





Seafarer Wellbeing and Engagement

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CEO's MESSAGE



Following the very positive response to our inaugural publication of WeCare, I am pleased to introduce this second edition, which continues our crew wellbeing and engagement journey by updating the many initiatives we have put in place for the benefit of our most important asset: you.

Since the first publication, Anglo-Eastern's active crew pool has grown to include more than 32,000 seafarers worldwide. As one of the largest employers in ship management, where the key driver to our success is our people, your individual and collective safety and wellbeing matters.

From physical and mental health, occupational safety, and various social/support initiatives to lifelong learning for continuous personal and professional development, we are here to support and assist you in every way, as evidenced by the breadth and depth of initiatives outlined on the following pages.

Ultimately, we aspire to be an employer of choice by being an employer of *choices* - choices designed to give you the options and flexibility you need as you progress your career with us. Because we care.

Stay safe and keep well,

Bjorn Hojgaard Chief Executive Officer



This is what we believe in - the approach we take across every aspect of our business.

OUR PROMISE

Leading with integrity

Anglo-Eastern leads by doing the right thing the right way. We enable everyone to perform at their best, while challenging ourselves to responsibly shape the industry and making a positive impact in our communities.

OUR PURPOSE

- · Building trust
- · Driving performance
- · Shaping a better maritime future

OUR VALUES

Nurturing our people and communities

We have an unwavering commitment to the ongoing growth and success of our people and the communities that depend on us.

Progressively setting the standard

We look beyond the status quo and always strive to be the best we can be. We seek the latest knowledge and skills to set standards and deliver results.

Courage to do what's right

We take ownership for all outcomes and stand firmly for what we believe in, even when we have to make tough calls. We engage in open, honest dialogue to meet our stakeholders' needs.

CARE OF PEOPLE | CARE OF SHIPS | CARE OF PLANET



We at Anglo-Eastern understand the importance of strengthening the wellbeing of our people.

We conducted more than 60 wellbeing initiatives for our people both onboard and ashore, and we connected with their families too. We listened, we discussed, we implemented.







Mind the Mind (MtM) -**Mental Wellbeing Webinars** will be planned every three weeks



Increasing the number of wellness send outs by 3CUBE for onboard staff



Seafarer Feedback Rating (SFR)



AE Forum



Anglo-Eastern Women of Sea (AWOS) launch



E-wallet MarTrust



Wellbeing Surveys



Introducing Mental First Aid courses for the WE Teams

Wellbeing Surveys 2022

Total participation of more than 50,000 seafarers



FEB Empowerment Vessels Participation: 505 No. of Participants: 6782

Approval Rating: 89.8%



JUNE

Food Vessels Participation: 517 No. of Participants: 5759

Approval Rating: 94.5%

NOV Wellbeing Onboard Vessels Participation: 516 No. of Participants: 8035 Approval Rating: 90.3%



Approval Rating: 86.4%





DEC-JAN Living Condition Vessels Participation: 570 No. of Participants: 6291

Approval Rating: 92.6%



Vessels Participation: 564 No. of Participants: 6504

Approval Rating: 97.9%







EMOTIONAL AND MENTAL HEALTH

We believe in workplaces where everyone can thrive. To achieve this, we make sure to create a compassionate and caring atmosphere.

WE (Wellbeing & Engagement) Team

A team consisting of the 2nd Engineer, 2nd Officer and B.R.O. are responsible for the social initiatives onboard. The WE team holds monthly meetings with the mess committee.

WE teams are now on more than **450** vessels.



B.R.O. acts as the most approachable person, possessing positive outlook and drives positive energy onboard. An elected B.R.O. is further trained on emotional intelligence.

30% of ships have an elected B.R.O.

Buddy Programme

The onboard buddy programme has proven to be effective and has significantly changed the first-time experience of all our trainees and new joiners.

It has been a successful drive on **616** ships in 2022.

Let's Meet Programme

An open discussion on professional commitments and personal development, carried out informally between the MSTR/CE and crew.







Engine 1130

Deck **1403**

Anglo-Eastern Reach Programme (ARP)

Connecting our seafarers to specialists, for emotional support and psychological help. These sessions stay completely confidential between the participants.

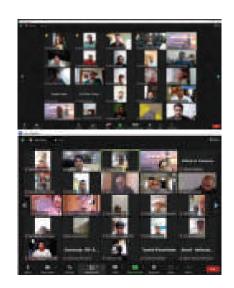
Psychological Cases ANGLO-EASTERN Other, 8% Disturbed **Sleep, 12%** Recovered 69 Sign-off Psychosomatic, 45% Stress/Anxiety, 35%

Mind the Mind (MtM) webinars

With the inception of the Mind the Mind webinar series, since September 2022, conducted by the Wellbeing team we have been able to improve the mental health of over one thousand seafarers.

> mental health send outs

conducted in 2022 on terms of employment, market scenario, wellbeing, financial management and AWOS. We engaged with over 6500 people



Feeling Stressed?

Listening Post

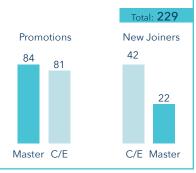
Family Connect

The MHR team connects with the families of seafarers while they are away at sea.

> 22948 families connected

HR Speak

A process where a senior director from Marine HR speaks to promotees, masters and chief engineers, to receive suggestions and feedback.



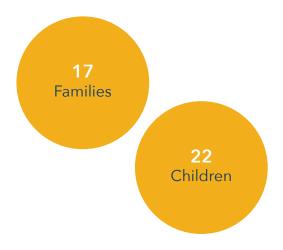
Shore medical insurance

We work to exceed every expectation. It is our mission to anticipate your every need.



Anglo-Eastern Humanitarian Fund

We created this fund to provide compassionate assistance and children's education for the families of seafarers who have passed away due to Covid, other illnesses and injuries.



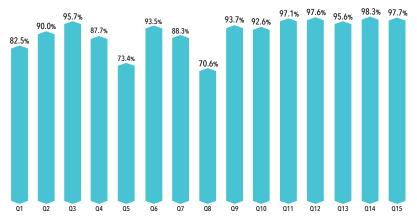
Wellbeing survey

A survey was conducted to understand the overall satisfaction and wellbeing of seafarers.

90.3%
Approval Rating
516
Vessels Participation

90.3%
Overall Approval Rating

8035
No. of Participants



At Anglo-Eastern, we speak out and stand firmly for what we believe in, even when we have to make tough calls to shape a better maritime future. #MyAngloEasternMyStory ANGLO-EASTERN

Survey questions:

- 1. Social Funday / ASSET events are held regularly on my ship.
- 2. The WE (Wellbeing and Engagement) team (2E/2O and B.R.O.) is active on my ship.
- 3. I have NOT faced or noticed any physical abuse or punishment on my ship.
- 4. Anti-Harassment training is carried out on my ship.
- 5. Internet quality onboard is good on my ship.
- 6. I have NOT faced or noticed any verbal abuse or insult on my ship.
- Everyone's opinions are considered towards utilising Library Fund on my ship.
- 8. Shore leave is being availed on my ship.
- I have NOT been threatened or noticed threats to spoil appraisal/career on my ship.
- 10. Gym/entertainment equipment are functional on my ship.
- I have NOT faced any discrimination based on religion/caste/gender etc. on my ship.
- 12. I am familiar with Anglo-Eastern Reach programme / subscribed radio medical advice, 3CUBE.
- 13. The buddy system is followed for trainees on my ship.
- $14. \ \ I \ am \ familiar \ with \ the \ grievance \ redressal \ procedure \ on \ my \ ship.$
- 15. I feel happy and safe while serving with Anglo-Eastern.

Ukraine-Russia Crisis

Arranged for relief from other nationalities



Logistical and informative assistance for evacuation provided to 83 families



Rehabiliated and provided assistance to at least 14 families in Latvia, Germany, and Canada



Medical insurance extended



Financial aid was provided to over 150 seafarers and Martust card issued to 2020 seafarers





SOCIAL LIFE AND SEA STAFF ENGAGEMENT

We care deeply for all our seafarers. By building strong social connections, we have managed to increase happiness and loyalty in the workplace.

Engagement onboard

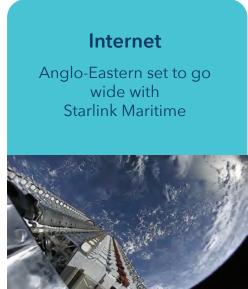
The workplace today is not just a set of walls and doors, but a set of resources that govern and guide different relationships between people. Getting the mix right was not a single decision and was possible only with the participation of our people.





Concierge desk

A dedicated desk to help seafarers look after their families ashore with gifts and presents.







Social Fundays

.....

Special events and global festivals

.....

Contests for family members

Contests held specially for the children of the seafarers:

- Father's Day
- Environmental, Social, and Governance (ESG)



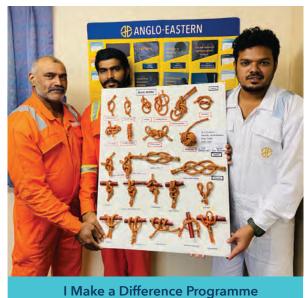




Magazines and newsletters



AWOS: We take pride in our commitment to maintain a diverse group of women seafarers from different nationalities, and are dedicated to accelerating the growth of this group.



4 IMD winners in 2022



FoodAhead newsletter

GalleyMasters was initiated in 2013 as a way to meet the growing demand for a comprehensive one-stop victualling and catering solution for ships. They always strive to ensure our customers are happy at all times by offering our best services.

Main highlights

Significant Procuring Power

The Best Quality and Best Price

FoodAhead newsletters - 12 issues

Food survey was conducted to assess the quality of food, water and other galley provisions onboard all vessels.

 94.5% Overall Approval Rating

No. of Participants

Team GalleyMasters had hosted a webinar for the cooks and by the cooks. The webinar was successfully attended by 200 cooks of Anglo-Eastern and was presented by six experienced in-house cooks, who shared their knowledge and experience. The webinar was addressed by few famous visiting personalities from the shipping and hotel Industry.

Victualling

Victualling allowance increased to **8.5 USD** per person per day.

PHYSICAL HEALTH

In Anglo-Eastern you'll have access to superb nutrition and healthcare on board, so you can stay in prime shape at sea.





Survey questions:

- 1. The quality/quantity of provisions being supplied onboard is good
- 2. There is sufficient variety of items available in the menu
- 3. The preparation of food being served onboard is good
- 4. The quality of drinking water available from water dispenser is good
- 5. There is sufficient potable fresh water available on board
- 6. The galley, provision stores, pantry and messrooms are clean and hygienic
- 7. Mess committee is functional, and your suggestions/feedback are accepted
- 8. Everyone gets same food onboard, without any disparity/favours

Seastaff Assistance Programme - Radio Medical Advice (RMA)

3 CUBE Medicare

Medical visit on ships

Total - 886 (Officers - 390 and Ratings - 496)

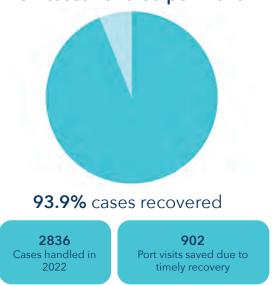
3 CUBE Assistance

Assistance to family and seafarers provided

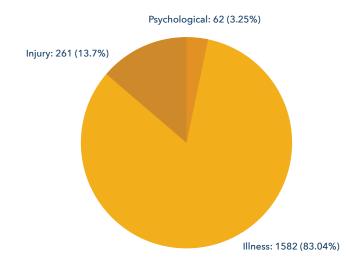
24x7 Doctors on Call 9 different specialist doctors on the panel



239 cases handled per month



Type of cases



Independent Maritime Consulting (IMC)

IMC arranges a doctor and a follow up, reducing prices by roughly 50% and therefore makes healthcare more accessible. IMCs should be informed about any medical shore visits made in the United States.

> 57 ships have used the services, saving over 105,000 USD



FINANCIAL WELFARE

What being financially healthy looks like

Financial

Salaries benchmark done twice.

Anglo-Eastern collaborated with MarTrust to bring a whole new experience of financial ease and security.

The MarTrust E-Wallet

Why E-Wallet?

- Zero charges to open the account
- Zero maintenance charges for the account
- Zero fees for two ATM withdrawals for month
- Competitive and fair charges





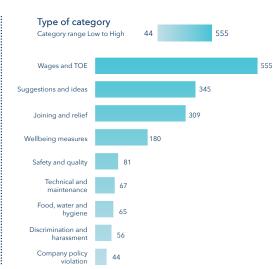
TRANSPARENT COMMUNICATION

Our emphasis is on transparent communication to build a culture of innovation.

Anglo-Eastern Forum

Anglo-Eastern Forum works as an educational platform where seafarers can post their queries or suggestions anonymously which get answered by senior management.





Grievance redressal system strengthened

Anglo-Eastern Mariner app

The app puts all job-related information at your fingertips in a clear, effective manner. Highlights include:

- Joining, onboard and training schedules
- News, updates and list of benefits
- AE forum for open dialogue at all levels
- Portal to give feedback on your experience with us from signing-on to life on board and signing-off



Average hits each day 11911

AE Flix app

This micro-learning platform contains short educational videos for seafarers of all ranks, allowing you to learn at your own pace.







BEING RESPECTFUL

Leading with integrity is our promise and our purpose. It is what sets us apart. Anglo-Eastern's code of conduct ensures that we are conducting Anglo-Eastern's business with high integrity and respect.





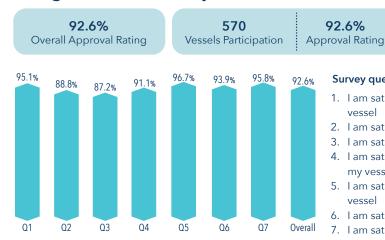
zero-tolerance harassment policy

> Protection of whistle-blowers/ informants

SURVEYS

Through consistent assessments, we have been able to build a community of great trust and advocacy amongst our people.

Living conditions survey



Survey questions:

- 1. I am satisfied with the working of the air conditioning and heaters on my
- 2. I am satisfied with the linen and blankets available on my vessel
- 3. I am satisfied with the condition of mattress on my vessel

6291

No. of Participants

- 4. I am satisfied with the laundry machines / dryers / detergent, available on
- 5. I am satisfied with the stocking of the first aid / general medicines on my
- 6. I am satisfied with the clean drinking water available on my vessel
- 7. I am satisfied with sanitary conditions / pest control on my vessel



PPE survey



Survey questions:

1. I am satisfied with the quality of boiler suits on my vessel

5759

No. of Participants

- 2. I am satisfied with the quality of safety shoes on my vessel
- 3. I am satisfied with the quality of warm clothing's onboard on my vessel
- 4. I would like to carry two extra boiler suits, in addition to existing supply
- 5. I am satisfied with the quality of helmet / helmets with earmuff on my vessel
- 6. I am satisfied with the quality of raincoats / rain boots on my vessel
- 7. I am satisfied with the quality of gloves on my vessel
- 8. I am satisfied with the quality and availability of eye protection on my vessel
- 9. I am satisfied with the quality and availability of PPE for chemical / hydroblaster on my vessel

Empowerment survey

89.8% 505 Overall Approval Rating

Vessels Participation

92.6% Approval Rating

6782 No. of Participants



Survey questions:

- 1. In your team, if you make a honest mistake, it will NOT be held against you
- 2. In your team, people are able to bring up problems to seniors and talk about the issues
- 3. In this team, it is safe to ask for help from others or to say I don't know
- 4. You believe that no one in this team would deliberately act to undermine your efforts
- 5. In this team, people don't hesitate to give the truth, especially ugly truths/bad news up to hierarchy in a meeting
- 6. People in this team do not bad mouth other members, behind their back
- 7. In this team you are entrusted to do your job independently, using your unique skills
- 8. You believe that in your team if you do a good job, you will get a fair share of recognition and credit for it
- 9. You feel that your supervisor will stand by you even if you take a wrong decision
- 10. You feel valued to be part of this team and team works to fulfil Organisation's goals and objective
- 11. Would you recommend others to join the Anglo-Eastern team?

Concerns resolved by the Welfare team

Sign on / sign off delays Water Drug and Alcohol policy breach Interpersonal conflict Delay in FPD Work competence Non-compliance Compensation and Wages Welfare activities Living conditions

Food

DRIVING PERFORMANCE

We are a highly engaged workforce and have been in a better position to achieve our goals by providing clear and constructive feedback, continual improvements throughout all facets of management.



TRAINING AND **DEVELOPMENT**

A culture of learning is needed now more than ever. We equip our people to excel in the skills needed now and prepare for the future.

Talent development



Indian candidates trained 23759

Other 5152

New courses and Computer-Based Test 35

Trainings outside India



2820

1675

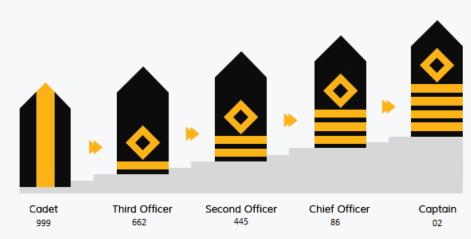
Trainings in India



16531

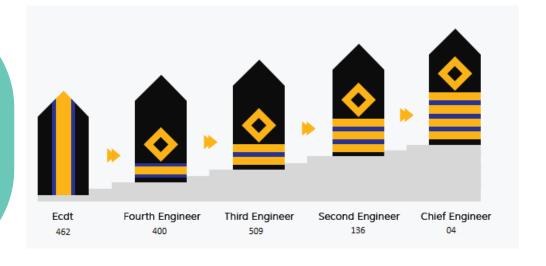






AEMA Deck Officers in different ranks

AEMA Engineers in different ranks



Transparent promotion system

We strive to have a transparent promotion system and promotion matrix. Our overall promotion for 2022 has reached 12.33%.









Committed team - High retention rates

Overall retention rate over 5 years is 95%



SIRE 2.0: More than 2500 officers and office staff trained so far. In the last five years, there have been close to 250 masters and 190 C/Es that gained employment ashore in the shipping industry, as VM, QHSE Auditor, Vessel Operations Managers, Classification Societies, Charter Broking companies and Training.







AWARDS AND RECOGNITIONS

The effort of our people has a measurable impact on the organization. Our success in strengthening team's relationships and creating a happier workforce encourages personal and professional growth. Here is a highlight of some great achievements in the year 2022.





SHAPING A BETTER MARITIME FUTURE

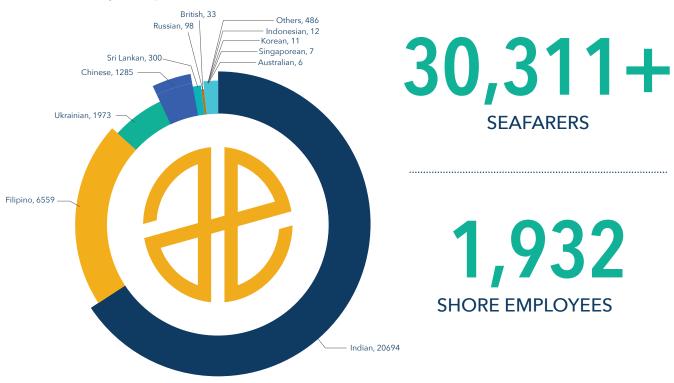
The ability to adopt to new and changing conditions is essential for future success. We have been able to manage and overcome dynamic challenges by keeping sustainability as a top priority.





SUSTAINABLE DEVELOPMENT OUR PEOPLE







70% of our seafarers have been promoted in-house.

Diversity Equity Inclusion

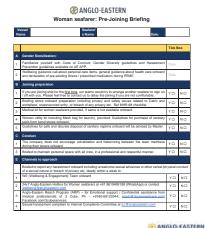
We encourage the empowerment of women onboard, and support them to have more control over their careers. With steps like investing in training, mentoring, implementing equality progammes, and providing education grants, we have ensured their career growth, which is essential to establish a strong female workforce in the future.





Anglo-Eastern Women Of Seas (AWOS)





Ves Nan			
		chec	kbox
١,	Gender Sensitization:		
	Carry out gender sensitization training onboard, using the Code of Conduct and Gender Diversity booklet available on the AE App.	Date Date	
2	Screen the Anti-harassment presentation / Sexual Assault Sexual Harassment (SASH) briefing, to all crew onboard, using the PPT / Video available on AE App.		
3	Completed shore-based Gender sensitization training for all crew onboard, where provided.	Υ	N
3.	Cabin Preparation:		
1	Assign a secure cabin with suitable curtains, attached & independent toilet. Checked cabin to ensure due safety and privacy for a woman seafarer.	Υ	N
2	Ensure that all spare keys of the cabin (including key with Messman) are in Master's custody and cabin cleaning is allowed only with woman seafarer's consent.	Υ	N
3	If warranted and possible, prepare a temporary safety latch (or similar arrangement) which can be used from inside and can be easily broken, during an emergency.	Υ	N
	Check if cabin phone is operational for emergency contact with Bridge / general alarm, otherwise consider placing another method to raise a panic alarm, from cabin.	Υ	N
5	ost the attached the "Hotline" poster for Woman seafarer, on back of cabin door.		N
٥.	Workplace preparation:		
П	Suitable PPE for women will be provided, however check about sizes for other onboard PPE.	Υ	N
2	Designate, if required and if possible, an empty cabin near the workplace entry, as Woman changing locker.	Υ	N
3	Check if common toilets near workplace, Messroom are well-lit and have working locking arrangement. Educate staff to keep the toilet seat clean.	Y	N
4	Ideally, allow women seafarer to use laundry exclusively, once in a week for half a day, by allowing them to lock the laundry or having a secure / separate drying area.	Y	N
D.	Senior Officers briefing/ guidelines:		
	Only Master should have the Master key (CE may be provided additional Master key in sealed envelope) and it should not be used to open a woman seafarer's cabin, except in an emergency.	Υ	N
2	Inspect cabin only during pre - announced inspections and in Seafarer's presence to avoid breach of privacy.	Υ	N
П	Ideally meet Trainee Woman seafarers in workplace / Office and avoid calling her to personal cabin.	Υ	N
-	Even a consensual relationship with someone who is two ranks or more lower (e.g. C/O& Cadet) can be considered as harassment.	Y	N
5	Woman seafarers should be allowed light duties, on certain days, if she states – "I am unwell".	Υ	N
5	Monitor and discourage any rumor mongering, moral policing, bullying or request for friendships.	Υ	N
E	General Preparation		
	Assign buddy for all trainee woman seafarers. Name of the buddy:	Date	
2	Arrange sanitary napkin – 10 Packets and 5 menstrual cups for bond store.	Y	N
3	Define guidelines for safe and discrete disposal of sanitary napkins onboard.	Υ	N
4	Check if medications for women as per PAM 11.13.7 (Note 5) is available or same can be ordered. These should be kept in medical locker and issued under medical advice.	Υ	N
d	Allow her to contact well being team / AWOS or other belotings available for them when required	v	N

Anglo-Eastern Annual Seminar 2023 - AWOS workshop

An important step in making an impressive gain in diversity, equity and inclusion, particularly in the gender diversity segment. This event focused on promoting the need for more seafarers and the larger talent pool that is female seafarers. A humble message to the male dominated industry to accept and recognise female seafarers as equal as possible. The event was attended by 35 female seafarers and cadets, including cadets currently studying at the AEMA academy.

Building a safer working environment for our women seafarers





Environmental, Social, and Governance (ESG)

A concept that has only recently begun to seriously permeate the maritime transportation industry. However, Anglo-Eastern has long been a strong advocate of acting responsibly with respect to these tenets.

Decarbonisation Through Collaborations

In April 2022, Anglo-Eastern proudly joined the Maritime Just Transition Task Force. The task force was established at COP26 in Glasgow by leading working groups, industry bodies, and organisations with the aim of bringing together governments, unions, and industry players to pursue a fair and equitable green transition. To further our industry-wide commitment, this year Anglo-Eastern also joined the Maersk Mc-Kinney Moller Center for Zero Carbon Shipping as Mission Ambassador.



Search and Rescue

In 2022, the number of rescues totalled 17, an incredible effort towards making the oceans safer.



Water Rwanda 2022

In 2022, offsets were purchased in a safe water supply project located in Rwanda. This project not only provides Anglo-Eastern with carbon offsets, but also significantly contributes to several other SDGs by providing clean water to Rwandans in need.



All Aboard Alliance

Anglo-Eastern is proud to be amongst the 26 founding members of the All Aboard Alliance and its collaborative community.





Maritime Anti-Corruption Network (MACN)

We are a proud member of MACN and are committed to the vision of a maritime industry free of corruption.



Founded in 2009, **ANAVI** is a volunteer association work run by our staff and women associated with seafaring. With several branches across India, the group is dedicated to bettering the lives of those in need, offering support to underprivileged children, the elderly, and physically challenged.

On the 23rd of September, Anavi was able to start a plantation drive within Mumbai, where trees specially selected to complement the unique ecosystem of the Aarey reserved forest area were planted.

While these are just a couple of Anavi's efforts, the grassroots charity is far-reaching and varied in the value it brings to our communities.

Contributing to SDG 4, Quality Education, 2022 saw the opening of the Janvi-Anavi Computer Centre, providing children with access to digital education.









Our Awards

We're one of the world's leading ship management companies, recognised by both the shipping industry and national governments. Below is a list of awards won in 2022.









Anglo-Eastern Global Wellbeing Team

Introducing Anglo-Eastern's Wellbeing Team, dedicated towards enhancing the welfare of our valued seafarers. With a strong emphasis on innovative initiatives, they diligently work towards ensuring the wellbeing of our ship staff and stakeholders.

To facilitate effective communication and engagement, the team has implemented multiple feedback platforms allowing for the meticulous analysis of data to provide actionable insights. Additionally, they conduct surveys, organize exciting contests, launch impactful campaigns, and arrange joyous celebrations, all communicated through diverse ASSET posts.

In alignment with Anglo-Eastern's commitment to Diversity, Equity, and Inclusion (DEI), the team actively supports the Anglo-Eastern Women of Seas (AWOS) and various initiatives under it. The Wellbeing Team works towards safeguarding the welfare of seafarers and fostering an inclusive maritime environment.



Priyanka Gupta



Milea Kim Karla S. Cabuhat



Rejish Chacko



Dia Michaela Cernol



Capt. Igor Naberezhny



Ashwini Bangera



Trusha Buthello



Doris Kurupaty



Saloni Kadam



Sheldon Gonsalvez

