



**EASTERN
PACIFIC
SHIPPING**



LIFE AT SEA PROGRAMME

*Designed to improve the long
term mental and physical
wellbeing of our seafarers*



Reimagined Accommodation

The new spaces are aimed at creating an inclusive and collaborative experience onboard. The first wave of modifications has already been completed with new designs being rolled out across our new build programme since 2020.

Physical Wellbeing

Our vessels are fully equipped with state-of-the-art gyms to promote an active lifestyle, which is proven to have an array of physical and mental benefits. Dedicated EPS Coaches have also been made available to share tips and exercises through a Physical Readiness Program.



Culinary Upskilling

A dedicated Culinary Consultant works with our Captains and ship cooks to create healthy and delicious menus for our seafarers. In addition, EPS has partnered with the Hyatt Regency Hotel in Gurgaon, India to provide our cooks with additional culinary training from experienced Executive Chefs that specialise in various cuisines.



Increased Connectivity

All EPS managed vessels provides seafarers onboard with two hours of free Wi-Fi per day in the common areas and free monthly data packages.

REIMAGINED ACCOMMODATION



Mess Hall



Gymnasium



Captain/Senior Officer Cabin



Company-wide Physical and Creative Challenges

Challenges include cook-offs, a jingle contest and various fitness competitions with prizes.

Cook-off

What started as a fun challenge quickly blossomed into a movement that included hundreds of EPS employees across sea and shore putting their culinary skills to the test.

Photos and videos of our colleagues in action were submitted and put together in an eight-minute-long montage. The video served as a significant morale booster for the entire EPS community as it showcased how diverse and connected we are despite geographical and cultural differences. The challenge continues with weekly recipe and photo sharing across the company.



BUILDING THE EPS COMMUNITY

Contests,
challenges and
an internal social
network



EPS #TeamCookOff
Shakshuka Challenge



PHYSICAL READINESS PROGRAMME

complementing our state-of-the-art
gymnasiums onboard



Meet Our **NEW** Physical Readiness Coaches!
from Sports Lead Academy



Physical Readiness Coaches

As part of the EPS Life at Sea Programme, our dedicated EPS coaches share tips and exercises through a Physical Readiness Programme that will guide the EPS Community at sea to achieve balanced strength, endurance and mental resilience through functional and body weight training methods.





CULINARY JOURNEY

A two-pronged approach to healthy and delicious meals onboard.



EPS' Culinary Consultant

The EPS Community, specifically our cooks onboard, have the opportunity to be trained by our own culinary expert Chef Patrick.

Each week, Chef Patrick shares gourmet recipes and cooking videos that inspire our cooks to create healthy and delicious world-class recipes for our seafarers to enjoy onboard!

Culinary Training

To further enhance their skills, cooks will undergo training by executive chefs at the Hyatt Regency Hotel Gurgaon, India in batches.

EPS' partnership with the Hyatt Regency Hotel helps set a strong foundation through practical and classroom training sessions. The five-day course covers an extensive range of culinary topics such as knife skills for varying cuts of vegetables and meat, creation of spice mixes, tips and tricks to perfect various global cuisines and many more!





Internal Social Network

We launched a digital social network that will help our sea and shore teams foster a robust, interactive and engaging community.

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Login to Join the EPS Digital
Community!

SSO Login



Vando Matić • Project Manager, Technical
28/09/2020



Nadim Prasad • GM (Operations)
Nice



Micheal Angelo Villaraez Dandan • OILER A Pacific Zircon
nice video chief... 👍👍👍

14/09/2020 • Like

Nadim Prasad • GM (Operations)
Nice

14/09/2020 • Like

Bhaskararao Singiri • ABLESEAMAN
Nice video

14/09/2020 • Like

Yingtiao Wang • CHIEF OFFICER Pacific Zircon
Thank you!

15/09/2020 • Like

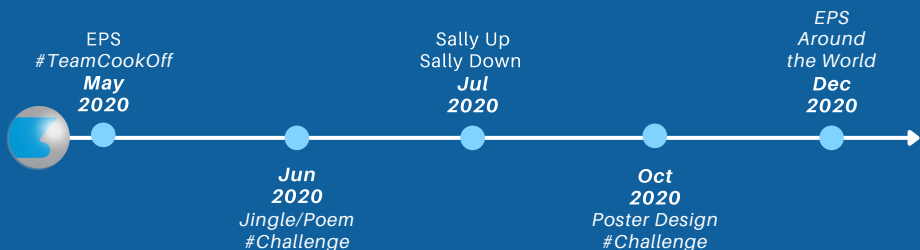
Nitin Mattamal • Supt (Tech)
Nice upload Chief. Was surprised to see Pacific Zircon in the middle of Brazil (Manaus.)

15/09/2020 • Like

Yingtiao Wang • CHIEF OFFICER Pacific Zircon
Micheal Angelo Villaraez Dandan 🙏

15/09/2020 • Like

CONTESTS AND CHALLENGES



Most recent

NAME OUR SHIPS!

JAN 2021

NEWBUILDING 1 (AT LNG)
Suezmax Fleet
158,000 DWT

NEWBUILDING 3
Suezmax Fleet
158,000 DWT

POWERED BY **LNG**

CLICK HERE TO VOTE!

APR 2021

Name our newly purchased MR Tanker!

VOTE NOW!

EPS TANKERS

EASTERN PACIFIC SHIPPING

Values in Action
recognise a co-worker for putting EPS values into action!

MAR 2021

COMMITMENT
Commitment Badge

RESPECT
Respect Badge

INTEGRITY

TEAMWORK

EPS BULKERS

SHIP NAME

JUN 2021

VOTE!



EPS CARES INITIATIVE

Addresses the
current situation
our colleagues at
sea are facing
caused by
COVID-19



Data Allotments

Free data allotments have been provided to our seafarers so they may stay in touch with their loved ones ashore.



Monetary Bonus Scheme

This financial support is a token of our appreciation for the professionalism and resilience exhibited by our seafarers onboard who are impacted by these challenging times.



Mental Wellbeing Resources

We provide access to trusted news sources as well as mental wellbeing articles and videos to help manage stress and anxiety onboard. We also send weekly EPS Roundups that shares company related news and lighter stories from sea and shore.



Care Packs

A token of appreciation that includes a personalised letter of thanks and encouragement signed by EPS CEO, Cyril Ducau and EPS COO, Capt. Anil Singh. These carepacks are a reminder for our team that they are not forgotten or alone.