

EASTERN
PACIFIC
SHIPPING



LIFE AT SEA PROGRAMME

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



Eastern Pacific Shipping's mission is to be the safe and efficient transportation provider of choice to the shipping industry. That means EPS needs to be at the forefront of innovation and building on our reputation for excellence in the way we serve our customers, run our business and impact the environment.

EPS is currently undergoing unprecedented growth with an orderbook of 80 ships, pushing us to over 22 million DWT under management. To manage this exponential growth in a fast-changing environment, EPS is shifting its culture from managing ships to leading people.

Supporting this culture shift is the EPS Life at Sea Programme - a robust initiative designed to improve the long term mental and physical wellbeing of our 6,000 strong workforce. While the programme is intended to enhance the quality of life onboard today, it is also an investment for the next generation of seafarers. In addition, the programme plays a key role in supporting EPS' rapid growth where attracting and retaining talent is a necessity.

The EPS Life at Sea Programme includes a comprehensive set of benefits such as:

Reimagined Accommodations

New and modern spaces create an inclusive and collaborative environment onboard, making time spent at sea an enjoyable experience. The reimagined living arrangements strengthens camaraderie, develops a sense of belonging, and forges an integrated culture across sea and shore – all of which are crucial elements to feeling, being safe, and appreciated.





Increased Connectivity

EPS provides seafarers with two hours of free Wi-Fi per day in common areas, free monthly data packages, and increased bandwidth. Since the onset of COVID-19, free data allotments have also been provided to our seafarers so they may stay in touch with their loved ones ashore.





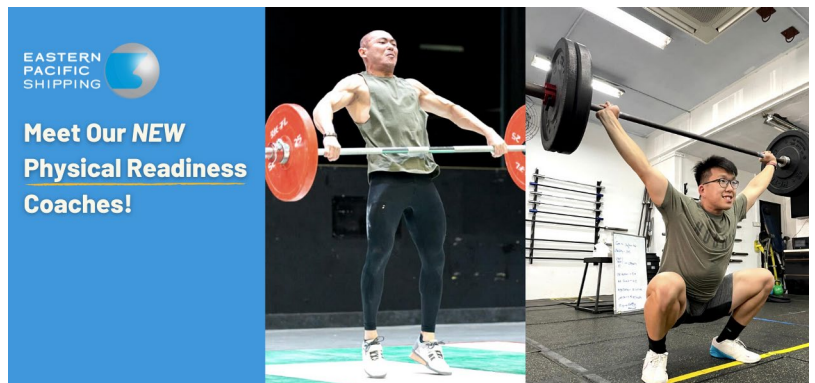
State-of-the-Art Gymnasiums

Our vessels are fully equipped with high-quality gyms that promote an active lifestyle. This is proven to have an array of long term physical and mental benefits, such as injury prevention, an increased ability to focus, and improved reaction times.



Dedicated Physical Readiness Coaches

To complement our state-of-the-art-gymnasiums, dedicated EPS Coaches share tips and exercises through a virtual Physical Readiness Programme that guides the EPS Community to achieve balanced strength, endurance, and mental resilience through functional and body weight training methods.



Culinary Consultant

EPS' in-house Culinary Consultant enhances the way meals are prepared onboard. Our Culinary Consultant has decades of experience running several high-end restaurants and working as a private chef for top political and business leaders. He works with our cooks to create easy, nutritious, and, most importantly, mouth-watering menus for our ship staff.





Culinary Training

To further enhance their skills, our cooks have been undergoing training by executive chefs at the Hyatt Regency Hotel Gurgaon, India since last year. The intensive five-day culinary training covers an extensive range of 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. As travel restrictions ease, we will be extending the training to EPS cooks from all over the world.



Pizza Ovens

In line with our vision to deliver a world-class culinary experience to the EPS Community onboard, EPS has procured high end professional-grade pizza ovens to be installed onboard all vessels fleetwide. Pizzas are delicious and the process of making them can be a perfect way to bring people together. Ship staff onboard can get together to make the perfect pizza dough, get creative with pizza toppings and more.



Hydroponics

EPS has been exploring sustainable ways to grow nutritious greens onboard. To kick this off, our colleagues onboard M/V Mount Hermon embarked on a trial with a state-of-the-art hydroponics system in May 2021. During the trial, the team onboard took turns to nurture seedlings into full-grown lettuce and celebrated their first harvest with a taste test. We are now looking to make this available fleetwide following the successful trial.





Company-wide Contests and Challenges

At EPS, connectivity also refers to a human connection. That is why we have sea and shore-wide team-building contests and challenges. These include cook-offs, physical challenges, singing and art competitions, and more. These company-wide initiatives are hosted on an internal social media platform, which creates an accessible, interactive, and engaging online EPS Community.



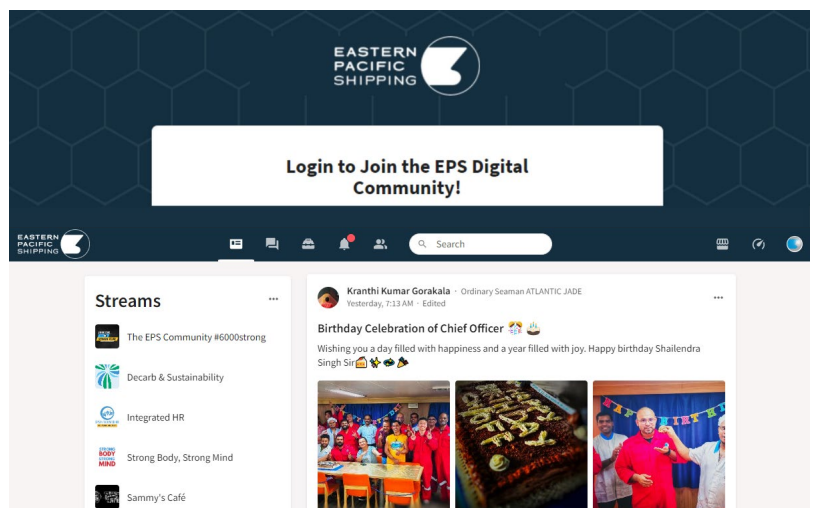
Photo: The top three winners for the EPS Photo Contest



Photo: An entry from our poster design challenge open to the EPS Community across sea and shore as well as their children.

Internal Social Network

Our internal social network allows our entire 6,000 strong sea and shore team foster a robust, interactive, and engaging online community. Members of the EPS Community can use this platform to share knowledge of best practices, recognise co-workers for putting the company's core values into action, congratulate team mates on work-related milestones, conduct interactive polls, surveys and more.





Corporate Social Responsibility (EPS Cares Initiative)

This year, EPS hosted its annual EPS Around the World fundraiser to raise S\$1 million to benefit a most deserving charity, The Mission to Seafarers – a global charity that provides essential support to the people who are the backbone of our industry. The fundraiser called on The EPS Community, partners, sponsors, friends and family across sea and shore to walk, run or cycle 100,000km from 2-22 February.



The spirit of the maritime community took over right from the start and by the end of the fundraiser, EPS saw over 5,000 participants worldwide engage in over 7,500 activities to move 217,448 km while raising over S\$1.58 million for The Mission to Seafarers.

Professional Mental Health Support

On top of the inherent physically and mentally demanding nature of life at sea, the long-drawn global effects of COVID-19 have also weighed heavily on the mental wellbeing of our sea and shore colleagues alike. EPS understands that long periods away from families, loved ones, along with heightened restrictions due to COVID-19, can all take their toll. Results from recent studies is further proof that more needs to be done to protect the mental wellbeing of our people.

This is why EPS has engaged a team of professional clinical psychologists with a deep and comprehensive understanding of the maritime industry. They provide a 24/7 helpline, bespoke campaigns on specific issues such as coping with stress, depression, employee conflict, fears, and anxieties. They also focus on uplifting topics such as gratitude, daily affirmations, diversity, positive communications, diversity, resilience, and compassion. Proper mental hygiene is crucial for a safe, positive, and healthy life and working environment.





Award Winning Programme

Organised by the Mission to Seafarers, the Seafarers Awards Singapore 2022 honoured individuals and organisations for their commitment and contributions to improve seafarers' well-being.

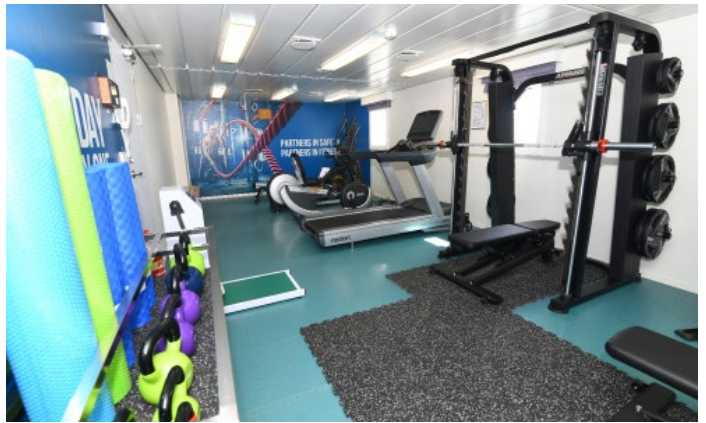
During the event, EPS was presented with the Glass Award for our 2022 Around the World Fundraiser: Sammy Ofer's Centennial Celebration which raised over S\$1.5 million.

EPS was also nominated and awarded with the Secretary General Award for our Life at Sea Programme. This award is given to the person or company who has shown sustained efforts to improve seafarers' welfare at sea or ashore, depicting our values, culture, and commitment to the long term mental and physical wellbeing of our seafarers.





Annex: Reimagined Accommodations



Annex: Pizza Ovens





Annex: Company-wide Contests and Challenges

Come join the
EPS PHOTO CONTEST
 1 DEC - 15 DEC 2022

Rules & Regulations:

- The theme of the contest will be anything nature-related
- Individuals should only submit photos taken by them
- Photos should be taken via Smart Phones only
- Photos should be a minimum of 2 MB
- Post your photos on Beekeeper with a caption and the label #EPPhotoContest or WhatsApp to +65 971 6975
- Participation is limited to one entry per person

1st Place: USD\$250
 2nd Place: USD\$150
 3rd Place: USD\$100

Winners stand to win cash prizes and have their photos upsized and placed onboard vessels!

EASTERN PACIFIC SHIPPING

EPS THINK TANK

EASTERN PACIFIC SHIPPING

Tortilla Wrap Competition

Grand Prize - Limited Edition Sky Blue Samsung Galaxy S22!

Prepare the dish. Write down your chosen filling. Take a good picture. Post on Beekeeper

Submit by 18 May 2022, 23:59 SGT

OPEN TO ALL EPS'ERS!

EASTERN PACIFIC SHIPPING

Earth Day Poster Design Contest

open to all EPS'ers and their children!

»» Design Theme ««
 Actions we can take to preserve our environment for future generations
 #InvestInOurPlanet

Submit By April 24, 2022
 23:59SGT

START TRAINING

DECEMBER BURPEE CHALLENGE

Chef Patrick's

INCREDIBLE EDIBLES CONTEST

OPEN TO ALL EPS'ERS!

FROM 6 SEP TO 20 SEP

- Add your own style and ideas to Chef Patrick's Baked Fish Fillet in Palak Paneer Sauce recipe
- Submit photos of your dish in the Sammy's Café stream on Beekeeper
- Using the [online submission form](#), tell us the name of your newly created dish and the culinary logic behind the ingredients you used
- Chef Patrick will judge dishes by *originality, creativity, elegance and plating*

EPS'ers who are not on Beekeeper yet can submit photos by email to corpscomms@eps-shipping.com.sg

CASH PRIZES TO BE WON FOR TOP 3 ENTRIES!

WE HAVE A WINNER!
 THANKS FOR VOTING!

THE FINALISTS

- MOUNT LOGAN
- MOUNT ELBRUS
- MOUNT KILIMANJARO
- MOUNT COOK
- MOUNT KAMET
- MOUNT ARARAT

WINNING NAME
MOUNT LOGAN

EPS BULKERS

NAME OUR SHIPS!

EPS TANKERS

NEWBUILDING 1 (DF LNG)
NEWBUILDING 2 (DF LNG)

Suezmax Fleet
158,000 DWT

POWERED BY LNG

EPS TANKERS

NEWBUILDING 3
NEWBUILDING 4

Suezmax Fleet
158,000 DWT

CLICK HERE TO VOTE!
 VOTING ENDS
 28 JAN 2021, 23:59 SGT

VOTE NOW!



EPS LIFE AT SEA PROGRAMME

Annex: Internal Social Network

Ugur Karabay · Master KORO SEA
26/02/2022 · Edited

Koro Sea Long Service Award - 2/O Jaison Menezes

In appreciation and recognition of 2/O Jaison Menezes's 10-year long service with EPS 🎉 Congratulations 🍷🍷🍷 **Jaison Menezes**



Eastern Pacific Shipping
18/03/2022 · Edited

Singapore's GCMD and Shanghai's ContiOcean Joins EPS ATW!

Shout out to our partners – The Global Centre for Maritime Decarbonisation (GCMD) and ContiOcean for recording kilometres in support of the EPS Around the World Fundraiser 2022!

- ★ To contribute to our 100,000km goal, the GCMD has logged over 60km from team walks, while ContiOcean rallied their colleagues to organise a group run in Shanghai!
- ★ Achieving our goal of 100,000km in 18 days while raising \$51 million for The Mission to Seafarers is a collective effort by the maritime community at large! We are grateful for all the support we have received from industry partners, friends and family thus far... [Continue Reading](#)




Hansraj Singh · Master On vacation
10/05/2022

Thought of the dayTeam!

A Happy and Motivated team is the one where you see your fellow colleagues turn up with a bright smile even on a Tough day and in action mode!! We all agree to this saying, "Old Ship or New Ship doesn't matter, its always the Team which matters the most"

I firmly believe that developing a motivated and successful team is about more than leading group of people with right mix of professional skills. It is more of dedication, patience and respecting each others concern at many point of times. Everyone in every team has a unique capability, it just needs to be groomed ,recognized and utilized to the fullest #6000strong #Teamworkmakesdreamwork #Deckteam




6000strong Teamworkmakesdreamwork Deckteam + Add Labels

Dragan Janovic · Master JACKSON BAY
31/05/2022

Jackson Bay upon departure from Dalian shipyard


Dry docking was completed on 22.05.2022.
Thanks to all crew, Superintendent **Osberth Fernandes** and whole shore team for successful completion of this project.

To **Tatiana Perinetti** special 🍷



Akaki Katsadze · Electrical Cadet NYK DENEH
15/05/2022

Eastern pacific shipping 🍷
6000 strong 🍷
Physical health 🍷
Strong body 🍷
strong mind 🍷




Eastern Pacific Shipping
01/06/2022 · Edited

Mount Nova Terra Delivered!

🌟 EPS has taken delivery of its Second Newcastlemax Powered by LNG! The 209k DWT Newcastlemax is the second of five vessels to be delivered as part of a 5-year landmark charter signed with global resource giant BHP in September last year!

Mount Nova Terra and its sister vessels are fitted with high-pressure MEGI engines — making them the cleanest and most efficient ships in the entire dry bulk shipping fleet. This vessels will also be IMO 2030 compliant eight years ahead of schedule!

The vessel has also made her maiden voyage to Singapore for her first LNG bunkering...
[Continue Reading](#)



MountNovaTerra EPSBulkers + Add Labels

Bhuloka Rao Dasari · Messman ATLANTIC JADE
03/29/2023

Making salads is an Art. A delicious, Healthy Art 🍷.

International month of NUTRITION 🍷

