# DAN SABIA'S NOMINATION

# Welfare ship of the year 2020

I gave this a long thought, before sitting down in front of my computer and start typing these coming sentences.

I was not sure if our contribution had the merit to meet and compete against all the fine pictures and videos posted on your web page, where we have seen people working hard to reach the 24-day December workout with people making perfect planks, even singing at the same time :-)

But then I decided, that all stories should be told, even the ones with less glitter and fanfare, so here we go.

## Firstly I will fill you in on who we are and what we do.

M/T Dan Sabia is a shuttle tanker operated from Copenhagen in Denmark. We are trading only in Brazil, where we load from FPSO's on the oilfields and then we sail to port to discharge. Often we only have 8-12 hours between the operations, so we are very busy. You could compare us with a shuttle bus from Kastrup to the nearby hotels, always on the move :-) The crew consists of 25 persons, coming from the Philippines, Brazil, Denmark, Poland and the Faroe Islands, so we all have very different cultural background and upbringing. This can in some case be a challenge, but it also gives you a lot of insight into other peoples frame of mind, and it is very rewarding to see how good everyone is to interact across our differences. Our contract on board varies from 8 weeks up to 6 months, so it goes without saying, that it is important that you are happy and content with your workplace/home because you spend almost half your life on board.

# What does welfare mean to you and me these days, where we have so much wealth and the possibility to buy almost all the things we crave or wish for?

Welfare if you ask me, is to have a good and strong body, but even more importantly, it is to have good mental health. With good mental health, you can withstand all the obstacles that you face on your path in life.

On-board the MT Dan Sabia, we are promoting the importance of good mental health. You may be able to recall the Tellmore Comercial "Tal ordenligt, det koster ikke noget" This is one of our pillars, that we should talk nicely to each other, and this has been very important during the Corona crisis, where people have been under enormous stress away from their family, and we even had crew members who lost close family members, but they were not able to sign off and go home for the funeral.

This has promoted the welfare on board, that people have been nice and supportive to each other when there have been days, where the mood has been low.

We are also an active crew, and some of the guys have six or even 8 packs to show for, so the gym is being used a lot.

I myself was playing on the national team in volleyball, but after having issues with the heart, I am not able to exercise as before.

In my opinion, it is very good that people choose a healthy lifestyle, but I do not want to push any of the crew to exercise, as they can suffer from underlying condition same as me, or they just prefer the warmth and safety of the couch, with a bag of Pringles :-) So our motto is "do whatever makes you happy "

My crew is also very active in arranging all sorts of tournaments, I will tell you in short about what we are spending our time on together.

#### Tanker Golf:

We do not have an 18-hole course, but we have a 12 hole one, which is situated in the beautiful landscape on the Sabia deck.

We have a puck like in ice hockey, and then the trick is to close your eyes, hammer the puck and hope for the best.

In normally takes two hours to complete the course, and it comes with great fun, and a lot of laughing, especially when someone makes a mistake.

#### Table football:

We are playing two against two, and this brings a lot of joy, but also fierce rivalries, especially if the players are Liverpool and United supporters.

The most used phrase is "Helicopter style" were competitors swing there players around like helicopter blades and score some lucky goals.

#### Dart:

We are playing in teams and also as single matches. This is always great fun, and easy for everyone to participate, as it only requires that you are able to throw an arrow.

Around the dart area, you can see the letter "H" this is the marking from our Chief officer, who sometimes prefers to play outside the board.

#### Bingo:

If there is something that can get the pulse racing then it is the Bingo nights.

Normally we send a crew member ashore to purchase prizes, but in these Corona times it is not an option, so our Christmas eve bingo prizes were money from the ship's club.

#### X-Factor:

We arranged an x-factor competition which we believe that Blackman would envy us.

There was a panel with three judges who would cast their vote on, which of the competitors would advance to the final.

As it turned out, all the competitors advanced to the final, where the spectators were deciding the outcome.

It was down to the wire with the winner getting 18pts, and the 2nd -3rd and 4th place with only 1 point separating the singing superstars.

This coming together gave us lots of laughs and smiles, so for sure, this will be repeated in the near future.

## Dipping:

We do not want to be any different from the modern people ashore, so when time allows and we are in a shark free area, the gangway will be lowered and the crew can dip into the blue ocean and imagine that they are far away from the ship on a holiday with the family :-)
They are off course in good hand, being cared for, by over own Baywatch team in the FRC

This concludes our nomination for welfare ship of the year, and of course, we are hoping that we will be in contention for the main prize.

We do not have any ping pong table on-board, so some of the guys have mentioned, that we should try to find the space for and purchase a table. Winning the prize would be perfect in this regard.

Finally, we want to thank all of you, for the work you are doing for the sea-farers around the world, it is much appreciated.

We wish you and your loved ones a happy and prosperous new year.

# Crew onboard M/T Dan Sabia



























