

NEWSLETTER

VOL 28 / AUG 31, 2026

This newsletter shares key internal & external updates related to SUNWOO TANKER fleet, along with relevant operational and safety-related information, prepared by GFSM.



SAFETY

Protecting our people, vessels and the environment.



QUALITY

Delivering reliable operations through continuous improvement.



RELIABILITY

Building trust through performance and accountability.



SUSTAINABILITY

Navigating towards a cleaner and better tomorrow.



[SWT & GFSM / Fleet Objective]

- PSC Issue – Zero
- Marine Incident/Accident - Zero
- Customer Complaints – Zero

[SWT & GFSM / Fleet Issue]

- **12 Aug, 2026** | M/T DAESAN CHEMI handover was successfully completed in Singapore following the vessel sale.
- **12 Aug, 2026** | GFSM attended a labor-management meeting on foreign seafarer employment and seafarer supply administration.
- **20 Aug, 2026** | GFSM successfully completed its 3rd Annual DOC Audit conducted by Korean Register (KR), with four Minor NCs identified for corrective action.
- **24–27 Aug, 2026** | GFSM President visited SWT Headquarters for regular management meetings and coordination on ongoing operational matters.
- **25–26 Aug, 2026** | GFSM Marine Technical Team Leader attended Safety Management Officer Training at the KR Academy Center.
- **25 Aug, 2026** | GFSM Safety & Quality Team Leader and Human Resource Team Leader attended the 2026 CIC Seminar on Cargo Securing.
- **26 Aug, 2026** | GFSM DPA attended the KR DP Seminar covering PSC policies, detention cases, PSC-MLC, CSS Code and CSM.
- **26 Aug, 2026** | GFSM conducted its periodic employee health consultation, including CPR guidance and hands-on practice.



1> Top News of 28 JULY – 31 AUGUST 2026



August 12, 2026 M/T DAESAN CHEMI - Handover Successfully Completed in Singapore

The handover of M/T DAESAN CHEMI to the new owner was successfully completed in Singapore on August 12, 2026, following the necessary preparations and coordination between SWT and GFSM.

Following the vessel sale and handover, the relevant departments have been carrying out the required administrative and documentation procedures. The Certificate of Deletion has been issued, and other relevant certificates and documents have been obtained sequentially and forwarded to the buyer as required. SWT and GFSM will continue to complete the remaining follow-up procedures in coordination with the relevant parties to ensure that all matters related to the vessel sale and handover are properly concluded.



August 20, 2026 GFSM – Completed 3rd Annual DOC Audit

GFSM successfully completed its 3rd Annual DOC Audit on August 20, 2026, conducted by the Korean Register (KR). During the audit, a total of four Minor Non-Conformities (Minor NCs) were identified.

Following the audit, the relevant teams reviewed the findings and prepared corrective action plans for each identified Minor NC. On August 24, 2026, GFSM submitted its response to KR with the corrective action plans prepared by the respective teams. The relevant teams will proceed with the corrective actions in accordance with the submitted plans and follow up on their implementation and completion. The findings will also be reflected in each team's ongoing management and review activities to prevent similar findings and minimize non-conformities in future DOC audits.



August 24~27, 2026 GFSM - President visited SWT Headquarters to strengthen operational & management cooperation

From August 24 to 27, 2026, the President of GFSM visited the SWT Headquarters as part of his regular management business trip. During the visit, the President reviewed ongoing operational and management matters with SWT and shared updates on the current status of the managed fleet. The meetings also focused on coordinating upcoming work plans and discussing matters requiring close cooperation between the two companies. In particular, both sides exchanged views on how to maintain smooth communication and effective coordination in day-to-day operations, while continuing to support safe and stable vessel management.

Through these regular management visits, GFSM and SWT will continue to strengthen practical cooperation and maintain close communication for efficient and reliable fleet operations.

2> Top News of 28 JULY – 31 AUGUST 2026



August 25~26, 2026 GFSM - Attended Safety Management Officer Training at Korean Register

On August 25–26, 2026, a Marine Technical Team Leader from GFSM attended the Safety Management Officer Training (Ocean-going Vessel) held at the Korean Register (KR) Academy Center. The two-day training program covered the roles and responsibilities of safety management personnel and provided an opportunity to enhance practical knowledge related to ship safety management and safe vessel operations. Through the training, the participant further strengthened his understanding of safety management responsibilities and relevant practices, which will support the effective management of GFSM's fleet. GFSM will continue to encourage its personnel to participate in relevant professional training programs to strengthen their expertise and support safe and reliable vessel operations.



August 25, 2026 GFSM – Attended 2026 CIC Seminar on Cargo Securing

On August 25, 2026, GFSM's Safety & Quality Team Leader and Human Resource Team Leader attended the 2026 Port State Control Concentrated Inspection Campaign (CIC) Seminar held at Korea Maritime and Ocean University in Busan. The seminar was organized in preparation for the upcoming three-month CIC on cargo securing, which will be conducted from September 2026. The session provided guidance on the key inspection areas and requirements, including the suitability of cargo securing manuals for actual onboard conditions and compliance with proper cargo securing procedures. The seminar also covered recent cases related to MLC deficiencies and key MLC inspection items, providing the participants with practical information for preparing for upcoming PSC inspections and preventing potential vessel detention.



August 26, 2026 GFSM – DPA Attended KR DP Seminar

On August 26, 2026, GFSM's Designated Person Ashore (DPA) attended the Seminar for Designated Persons (DP) hosted by the Korean Register (KR) at the KR Joint Training Center in Busan. The seminar covered key topics related to Port State Control (PSC), including major KR PSC policies and case studies on deficiencies and vessel detention under the USCG and Paris MOU. The program also provided practical guidance on PSC-MLC, together with an introduction to the CSS Code and Cargo Securing Manual (CSM). Through the seminar, GFSM's DPA had an opportunity to review recent PSC trends, actual deficiency and detention cases, and relevant requirements for supporting effective safety management of international trading vessels.

3> Top News of 28 JULY – 31 AUGUST 2026



August, 2026 GFSM – Conducted Periodic Health Consultation for Employees

The Korea Industrial Health Association visited the GFSM office on August 26, 2026, to conduct the Company's periodic health consultation program for employees.

As part of the August program, employees received detailed guidance on Cardiopulmonary Resuscitation (CPR), including the basic procedures and appropriate response in an emergency situation. Following the explanation, each employee had an opportunity to practice CPR individually using a training manikin. Through the hands-on session, employees were able to better understand the importance of CPR and become more familiar with the basic actions required in the event of a medical emergency.

GFSM will continue to provide practical health and safety programs to enhance employees' awareness and preparedness in the workplace.

SAFER SHIPS. STRONGER FUTURE.

SHIPBOARD CYBERSECURITY

8 ESSENTIAL RULES

Good cyber hygiene protects our crew,
our ships and our operations.



01 EMAIL SECURITY

- Do not open suspicious emails.
- Do not click links or attachments from unknown senders.
- Report suspicious emails to the designated person.



05 SECURITY PATCHING

- Always keep your system and software up to date.
- Check office and onboard systems regularly.
- Reboot the system after installing updates.



02 USB / REMOVABLE MEDIA CONTROL

- Scan USB and removable media with antivirus before use.
- Do not use unauthorized or unknown devices.
- Do not connect USB to untrusted computers.



06 REMOTE ACCESS CONTROL

- Use remote access only when necessary.
- Use approved methods and authorized accounts only.
- Log out after use and keep access records.



03 ANTIVIRUS PROTECTION

- Install and keep antivirus software up to date.
- Run regular scans.
- Report and treat any detected threats immediately.



07 WIFI SECURITY

- Protect your Wi-Fi with strong passwords.
- Change default IDs / passwords of devices (WPA2/WPA3).
- Do not share Wi-Fi passwords with unauthorized persons.



04 DATA BACKUP

- Back up important data regularly.
- Store backups in a secure location.
- Test restoration to ensure backups are usable.



08 USER AWARENESS

- Be alert and think before you click.
- Follow company security policies and procedures.
- Report security incidents immediately.



STOP • CHECK • VERIFY

STRONG CYBER HABITS. SAFE VOYAGE.

✂ REMIND : Anti-Bribery & Corruption (ABC) Awareness Reminder

**** REMIND : Reinforcing our commitment to transparency and ethical business practices**

REPORT IT. REJECT IT. RESIST IT.



ZERO TOLERANCE FOR BRIBERY & CORRUPTION



REPORT IT



REJECT IT



RESIST IT

We expect all employees, vessels, and service providers to remain informed of applicable policies, exercise due diligence, and actively support a transparent and ethical

✂ REMIND : Anti-Bribery & Corruption (ABC) Awareness Reminder

Section 1) Background – Why This Reminder Matters



As part of our ongoing compliance initiative, we continue to share Anti-Bribery and Corruption (ABC) awareness reminders with all relevant parties.

This initiative reflects our continued commitment to integrity, transparency, and ethical business practices.

Section 2) Key Message – Our Expectations

- Maintain full compliance with our Anti-Bribery and Corruption (ABC) policies
- Ensure all team members are fully informed of relevant requirements
- Uphold the highest standards of ethical conduct
- Exercise due diligence in all interactions with our organization



ABC Awareness Reminder and Ongoing Commitment to Ethical Practices



A reminder continues to be shared with all fleet and service providers to reinforce awareness of our Anti-Bribery and Corruption (ABC) standards. We kindly ask for your continued cooperation and active participation in fostering a transparent and ethical working environment. We sincerely appreciate your ongoing support and commitment.

5> Shipping Industry News for 28 JULY – 31 AUGUST 2026

장금상선 컨테이너선, 남중국해에서 전복 예선 선원 4명 구조

장금상선 소속 컨테이너선이 남중국해에서 전복된 인도네시아 예선의 선원 4명을 구조했다. 인도네시아 국가수색구조청에 따르면 장금상선이 보유·운항하는 컨테이너선 '상하이 보이저(SHANGHAI VOYAGER)'호는 지난 25일 인도네시아 리아우제도 아남바스 제도 인근 해상에서 구명뗏목에 타고 있던 예선 'AOM 787호' 선원 4명을 발견해 전원 구조했다. AOM 787호는 빈 바지선을 예인해 탄중발라이카리문에서 세라산섬으로 항해하던 중 높은 파도와 강풍을 만났다. 선원들은 선박의 전복 위험을 줄이기 위해 바지선과 연결된 예인줄을 끊었으나, 예선은 결국 전복됐다. 이후 선원 4명은 구명뗏목으로 대피한 뒤 조난신호용 불꽃신호탄을 쏘아 구조를 요청했다. 당시 말레이시아에서 홍콩으로 항해하던 상하이 보이저호는 구명뗏목에서 발사된 두 번째 불꽃신호를 발견했으며, 기상이 좋지 않은 상황에서도 구조 작업을 벌여 조난자 4명을 모두 선내로 끌어올린 것으로 전해진다.

해진공, 중소선사 특별지원 프로그램 재정비

한국해양진흥공사(사장 안병길, 이하 해진공)가 중소선사의 경영 부담 완화를 위해 특별지원 프로그램을 대폭 개선한다. 해진공은 지난 26일 서울 여의도 글래드 호텔에서 '2026년 중소선사 CEO 콘퍼런스'를 열고, 업계 현장의 의견을 반영한 '제2차 중소선사 특별지원 프로그램' 지원안을 발표했다. 중소선사 특별지원 프로그램은 중소선사의 안정적인 자금 조달과 경영 지원을 위해 해진공이 2022년부터 운영해 온 금융·비금융 종합지원 프로그램이다. 제1차 프로그램을 통해서는 총 3,887억 원 규모의 지원이 이뤄졌다. 이번 2차 지원안은 중소선사의 진입 장벽을 낮추고 지원 범위를 넓히는 데 초점을 맞췄다. 우선 기존 중소기업 중심이던 지원 대상을 신규 중견선사까지 확대하고, 중견기업 진입 이후에도 3년간 지원 자격을 인정하는 '성장 사다리' 제도를 도입한다. 사업 참여 조건도 완화된다. 부채비율 기준은 기존 500%에서 600%로 조정해 더 많은 선사가 지원 프로그램에 참여할 수 있도록 했다. 외항선사 대상 대출이자 지원사업의 추천 금액도 기존 20억 원에서 30억 원으로 상향해 고금리 환경 속 선사들의 금융 부담을 줄일 계획이다.

해수부·부울경·지역 경제계, '해양수도권' 조성 위한 다자간 협력 착수

해양수산부는 부산에서 13일 부산광역시·울산광역시·경상남도 3개 지방정부를 비롯해 부산상공회의소, 울산상공회의소, 경상남도상공회의소협의회와 함께 「해양수도권 조성 및 공동 투자유치 활성화를 위한 상생협약(MOU)」을 체결한다고 밝혔다. 이번 협약은 해양수산부와 부·울·경 지방정부, 지역 경제계가 긴밀히 협력하여 동남권 지역경제의 경쟁력을 높이고, 해양·항만을 기반으로 미래 신산업을 육성하며 기업하기 좋은 투자 환경을 조성하기 위해 마련되었다. 이를 위해 ▲해양수도권 조성 및 기업 투자유치 공동 전략 수립·추진, ▲해양 및 해양연관산업, 친환경 에너지산업, 제조AI 등 미래 성장산업 투자 기반 확충, ▲규제·제도개선, 지원방안 발굴 및 현장 애로사항 해소, ▲투자설명회 공동 개최 및 글로벌 투자유치 네트워크 구축, ▲공동 홍보 협력 등을 위해 상호 협력할 방침이다.

2028년 해사법원 개원 앞두고 '활성화 추진위' 공식 출범

2028년 3월 개원을 앞둔 해사국제상사법원(이하 해사법원)의 성공적인 정착을 지원하기 위한 민간 전문가 조직 '해사법원 활성화 추진위원회'가 지난 8일 공식 출범했다. 이번 위원회는 2015년부터 활동해 온 해사법정중재활성화 추진위원회의 후신으로, 법원행정처 후원으로 대법원에서 열린 첫 회의를 통해 정식 발족했다. 회의는 조병구 기획조정실장의 인사말로 시작됐으며, 이어 김인현 위원장이 회의를 주재했다. 김인현 위원장은 이날 회의에서 해사법정중재활성화 추진위원회가 10년간 이어온 활동을 소개하며, 해사법원이 국제경쟁력을 갖추 수 있도록 향후 2년간 준비 작업에 나서 힘을 모으자고 제안했다. 참석자 전원은 해당 제안에 찬성했으며, 해사법원의 성공적인 정착을 지원한다는 목적 아래 새 위원회를 출범시키기로 결의했다.

DP월드, 상반기 매출 13% 증가...중동사태에도 외형 성장

글로벌 항만운행사 DP월드가 중동 지역의 물류 차질에도 물류와 해운서비스, 해외 터미널 사업의 성장에 힘입어 올해 상반기 두 자릿수 매출 증가율을 기록했다. 다만 두바이 제벨알리항의 선박 기항 감소 여파로 전체 컨테이너 처리량과 수익성은 뒷걸음질쳤다. DP월드는 올해 상반기 매출액 127억1500만달러(약 18조8700억원)를 냈다고 밝혔다. 전년 동기 112억4400만달러에서 13.1% 증가한 수치다. 반면 조정 EBITDA(상각 전 영업이익)는 28억6300만달러(약 4조2500억원)로 1년 전 30억3300만달러에서 5.6% 감소했다. 상반기 글로벌 컨테이너 총 처리량은 4282만6000TEU로 지난해 같은 기간(4543만8000TEU)보다 5.7% 줄었다. 중동 지역 분쟁에 따라 제벨알리항의 선박 통항이 감소하면서 전체 물동량에 영향을 미쳤다. 다만 제벨알리항을 제외하면 물동량은 성장세를 이어갔다. 제벨알리항을 뺀 DP월드의 컨테이너 처리량은 3968만 1000TEU로, 전년 동기 3766만4000TEU 대비 5.4% 증가했다. 아프리카와 아시아·태평양, 유럽, 미주 지역에서 고른 성장세를 보였다.

출처 링크:

[해운산업신문](#) / [현대해양](#) / [코리아슈핑가제트](#) /

6> Shipping Industry News for 28 JULY – 31 AUGUST 2026

Strait of Hormuz Tanker Traffic Remains Severely Disrupted Amid Continuing Security Risks

Vessel traffic through the Strait of Hormuz remained at exceptionally low levels amid continuing security tensions in the region. Fewer than 20 commodity vessels reportedly transited the Strait over the weekend, with tanker traffic accounting for a significant portion of the remaining movements. Crude oil, petroleum product and chemical cargoes were among the principal commodities carried. Vessel operators continue to face increased security risks, uncertain passage conditions and possible voyage delays when trading through the Gulf region.

Iran Warns 45 Tankers of Possible Detention and Cargo Confiscation in Strait of Hormuz

Iranian authorities reportedly placed 45 tankers on a blacklist for alleged violations of transit requirements in the Strait of Hormuz. The vessels could face fines, detention or cargo confiscation if they enter waters controlled by Iran. Tankers associated with several international operators, including Stolt Tankers and South Korea's Sinokor, were reportedly included. Operators conducting ship-to-ship transfers with blacklisted vessels may also face additional restrictions, further increasing operational and chartering risks in the region.

Chinese Tanker Operators Avoid Hormuz and Bab el-Mandeb as Security Concerns Increase

Major Chinese state-controlled tanker operators COSCO Shipping Energy Transportation and China Merchants Energy Shipping have kept their oil tankers away from the Strait of Hormuz and Bab el-Mandeb since late July due to heightened security risks. Instead, crude cargoes are increasingly being loaded through ship-to-ship transfers near Fujairah and Omani ports outside the Gulf. The change has resulted in longer voyages, increased waiting time and greater operational uncertainty, while tanker freight rates on some Middle East–China routes have risen sharply.

Saudi Arabia Resumes Tanker Loadings Inside Strait of Hormuz Amid Continuing Risks

Saudi Aramco resumed crude oil loadings from terminals inside the Strait of Hormuz after temporarily reducing operations following attacks on tankers in the region. Three VLCCs loaded crude at Juaymah and Ras Tanura between 12 and 16 August, while additional cargoes were offered to Asian refiners through ship-to-ship transfers off Fujairah. Although some tanker operations have resumed, security conditions in both the Strait of Hormuz and Red Sea continue to affect routing, vessel availability and crude supply to Asian markets.

India-Bound Oil Tankers Sail 'Dark' Through Bab el-Mandeb Following Houthi Threats

Two tankers carrying Saudi crude oil for Indian refiners reportedly switched off their AIS transponders while passing through the Bab el-Mandeb Strait following Houthi threats against Saudi-linked shipping. The Suezmax tanker *Amazon* was carrying approximately one million barrels for Indian Oil Corporation, while the Aframax tanker *Rodos* carried about 700,000 barrels for Mangalore Refinery and Petrochemicals. The vessels adopted the measure after other tankers managed by the same operator were struck by projectiles. Indian refiners have increasingly sought cargoes transported on routes avoiding high-risk waters.

Oil Spill from Sanctioned Tanker Raises Pollution Concerns off Oman

A sanctions-listed tanker carrying Russian-origin crude oil was reported to be leaking oil off the coast of Oman after sustaining earlier damage. Satellite imagery showed an expanding oil slick near the vessel, while maritime specialists indicated that part of the hull may have been breached. The vessel was also reportedly listing, raising concerns about further structural deterioration and additional pollution. The incident highlights the environmental and navigational risks associated with aging or poorly maintained tankers operating in international trade.

Related link :

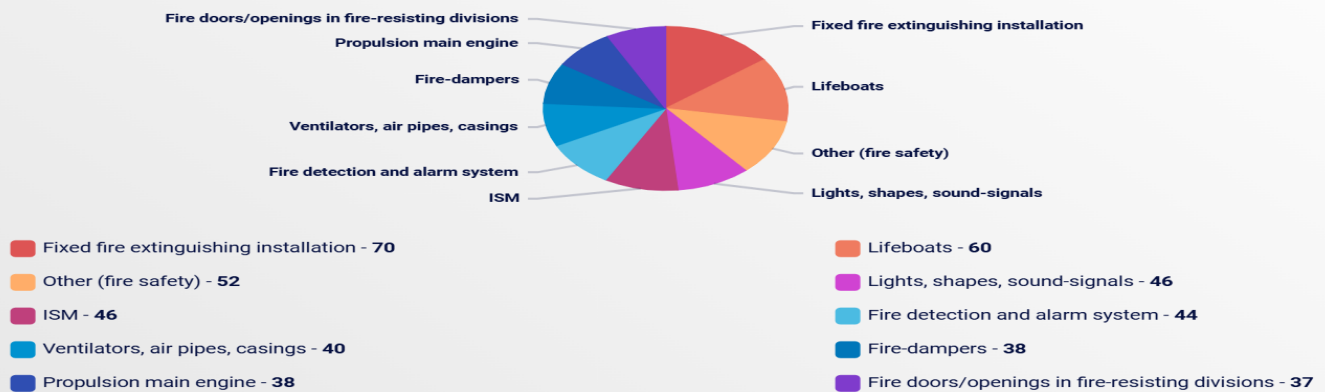
- 1) Reuters : <https://www.reuters.com/>
- 2) The Maritime Executive : <https://safety4sea.com/>
- 3) SAFETY4SEA : <https://safety4sea.com/>

7> PSC Risk Profile & Trend (Updated Date : 31 AUG 2026)

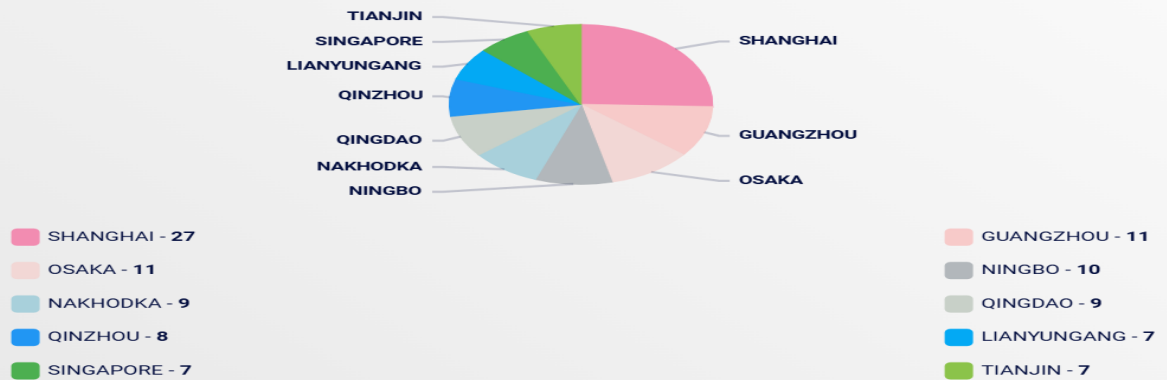


Detailed company performance calculation	
Deficiency Average:	2.64
Detention Average:	0.0384
Inspections Count:	21
Deficiencies Count(Non ISM):	21
Detentions Count:	0
ISM Related Deficiencies Count:	0
Deficiency Index:	1
Detention Index:	0
Company Performance:	High

Top 10 Deficiencies (KR)



Top 10 Detention Ports (KR)



*** 2026 년도 8 월 31 일 자 기준 업데이트 사항 (Has been updated PSC risk profile & trend as of August 31, 2026.)**

이번 달 PSC 성과지표가 업데이트됨에 따라 Deficiency Count (Non-ISM)는 기존 21건으로 변동사항이 없으며, Inspections Count가 22건에서 21건으로 감소함에 따라 Deficiency Index는 기존 0.95에서 1.00으로 소폭 상승하였습니다.

이는 신규 지적사항 발생에 따른 증가가 아닌, PSC 성과지표 산정 대상 Inspection 수의 변동에 따른 결과입니다.

Detention은 지속적으로 0건을 유지하고 있으며, Company Performance 또한 'High' 등급을 유지하여 Fleet의 전반적인 PSC 관리 수준은 안정적으로 유지되고 있습니다. 최근 PSC 주요 지적 항목은 Fixed Fire Extinguishing Installation, Lifeboats, ISM 및 Fire Detection & Alarm System 분야에 집중되고 있습니다. 당사는 해당 항목을 중점 관리 대상으로 운영하여 선내 자체점검, 예방정비 및 유지관리, PSC 사례 공유, 승무원 교육을 지속적으로 실시함으로써 반복 지적을 최소화하고 Fleet의 PSC 대응 역량과 안전관리 수준을 지속적으로 향상시켜 나갈 예정입니다.

Following this month's update to the PSC performance statistics, the Deficiency Count (Non-ISM) remained unchanged at 21. As the Inspections Count decreased from 22 to 21, the Deficiency Index slightly increased from 0.95 to 1.00. This change resulted from the reduced number of inspections included in the PSC performance calculation rather than from any additional deficiencies.

The fleet continues to maintain zero detentions, while the overall Company Performance remains at the "High" level, indicating that PSC performance across the fleet remains stable. Recent PSC deficiencies have mainly been concentrated in the areas of Fixed Fire Extinguishing Installation, Lifeboats, ISM, and Fire Detection & Alarm System. GFSM will continue to focus on these areas through onboard self-inspections, preventive maintenance, PSC case sharing, and crew training to minimize recurring deficiencies and further enhance the fleet's PSC preparedness and overall safety management standards.

8> Flag & Class KR_Technical Information (Updated 26 AUG 2026)

Flag / Website Link
Korean Register / Law
https://www.krs.co.kr/kor/Content/CF_View.aspx?MRID=129
Korean Register / Hotline (24H)
Urgent Support : survey@krs.co.kr Emergency Call : First) +82-10-3620-9286 / Second) +82-10-9433-8019 / Third) +82-10-6334-8019
GICOMS
https://www.gicoms.go.kr/know/know_03.do
Contact : 110 (No area code required) Technical Support : +82-51-773-5885 General Situation Room : +82-51-773-5895~6
Marshall Islands
https://www.register-iri.com/blog/marshall-islands-flags-the-worlds-first-hybrid-platform-supply-vessels/

Classification / Web-site Link
https://www.krs.co.kr/kor/Content/CF_View.aspx?MRID=129#
Briefings of IMO
SOLAS/MARPOL/Others
Port Rule Information
ISM/ISPS/MLC
SOPEP/SMPEP
Rules and Technical Information

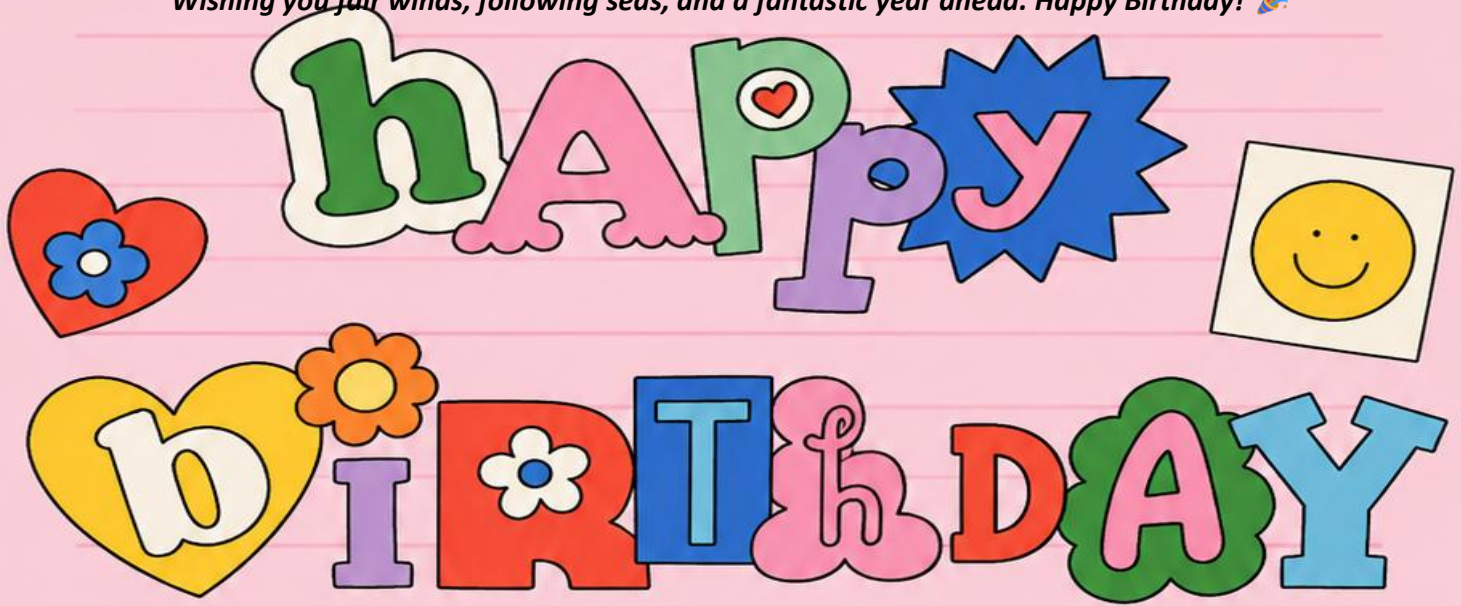
9> Celebrating Our Crew Member's Birthdays (AUGUST 2026)

Happy Birthday to All Our August Birthday Crew Members! 🎂

Whether your birthday has already passed or is still just around the corner, we're sending our warmest wishes to everyone celebrating this August!

We hope your special day brings you happiness, good health, and plenty of wonderful moments to remember. Thank you for your continued dedication and hard work on board.

Wishing you fair winds, following seas, and a fantastic year ahead. Happy Birthday! 🌈



M/T BANGKOK CHEMI

*** Rank : BSN**

*** Name : MIN MIN OO**

*** Birthday : AUGUST 22**



M/T BANGKOK CHEMI

*** Rank : OS**

*** Name : APOSAGA**

*** Birthday : AUGUST 13**



M/T BANGKOK CHEMI

*** Rank : OLR(B)**

*** Name : NAY TUN LIN**

*** Birthday : AUGUST 03**



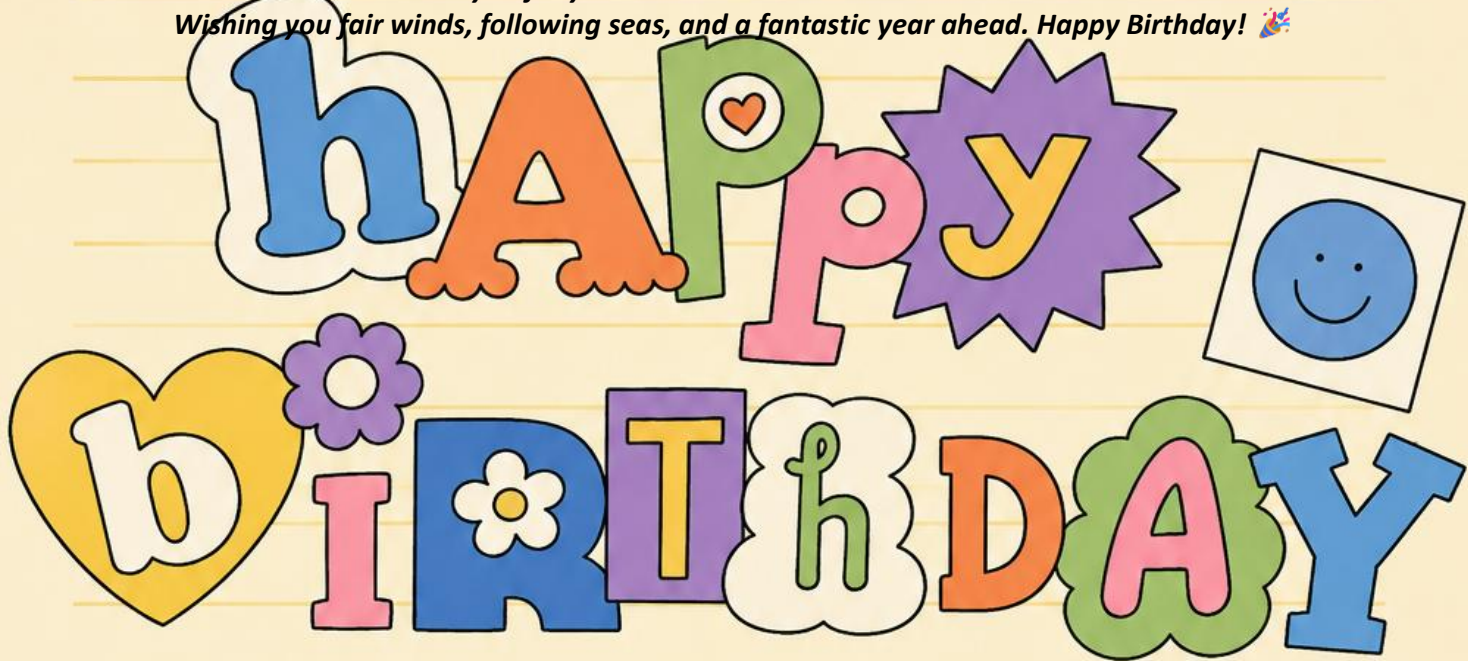
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Wishing you fair winds, following seas, and a fantastic year ahead. Happy Birthday! 🎉



M/T ONSAN CHEMI

*** Rank : 2/O**

*** Name : PUEBLO**

*** Birthday : AUGUST 25**



M/T ONSAN CHEMI

*** Rank : 2/E**

*** Name : ALMAREZ L.**

*** Birthday : AUGUST 26**



M/T THAI CHEMI

*** Rank : 1/E**

*** Name : JAGNA A.**

*** Birthday : AUGUST 11**



11> Mental Health & Wellness for Crew members for AUGUST 2026

MENTAL & HEALTH CARE FOR CREW MEMBERS

Small habits. Better days at sea.



BRAIN BREAK – TAKE 3 MINUTES!

Give your brain a short break.
Try these quick questions!

- Q1** A ship has 20 crew members.
Everyone shakes hands with
every other person exactly once.
How many handshakes are there?



A. 180 B. 190 C. 200 D. 210

- Q2** What number should come next?
2, 3, 5, 8, 13, 21, ?



A. 30 B. 32 C. 34 D. 35

- Q3** Which of these is the only word
that is spelled correctly?



A. Recieve B. Separate C. Occured D. Definitely

ANSWERS : Q1-B (190) Q2-C (34) Q3-D (Definitely)



60-SECOND RESET

Feeling tired or mentally overloaded?
Try this simple 60-second reset.



LOOK AWAY

Look at something
far away.
Give your eyes
a rest.



RELEASE

Relax your shoulders,
jaw and hands.
Let go of the tension.



BREATHE

Take a slow, deep breath
in and breathe out
a little longer.



You don't need a long break to reset.
Even one quiet minute can help you
return with better focus.



CHECK YOUR ENERGY LEVEL

Think of your energy like fuel for the day.
How is your battery today?



	100%		Feeling fresh & focused
	75%		Doing fine
	50%		A little tired
	25%		Running low
	10%		I really need some rest



ONE SMALL STEP FOR TODAY

You may not be able to do everything.
But one small step can make a difference.
Choose one action you can do today.



Take a short break
when it's safe to do so.
Even 5 minutes helps.



Get some fresh air
on deck.
Breathe deeply.



Drink water
regularly.
Stay hydrated.



Focus on one task
at a time.
Keep it simple.



Stretch your body
to release tension
and improve focus.



Get enough rest
when your watch
is over.



Talk with your crewmate.
A short conversation
can lift your mood.



Stay in touch
with your family.
It matters.



DAILY WELLNESS CHECK

Small daily habits support your body and mind at sea.



EAT WELL

Try to eat
balanced meals
and enough
vegetables.



MOVE YOUR BODY

Stay active.
A little movement
keeps you strong
and healthy.



SLEEP ENOUGH

Good sleep
is the best
recovery.



LOOK OUT FOR OTHERS

Notice if someone
is not okay.
Support each
other.



TAKE CARE OF YOURSELF. TAKE CARE OF EACH OTHER.

A healthy mind and body
make a safe and strong crew.





* South Korean athletes set to compete at the 2026 Asian Games pose for photos after a joint press conference at the Jincheon National Training Center in Jincheon, North Chungcheong Province, on Aug. 20, 2026



* Ryu Seung-min, president of the Korean Sport & Olympic Committee, speaks during a press conference at the Jincheon National Training Center in Jincheon, North Chungcheong Province, on Aug. 20, 2026.

Team Korea aims for up to 45 gold medals as Aichi-Nagoya Asian Games draw closer

With the 2026 Asian Games in Japan just one month away, South Korea has set its sights on winning up to 45 gold medals and securing a top-three finish in the overall medal standings. The Korean Sport & Olympic Committee (KSOC) announced the goal during a media day held on August 20 at the Jincheon National Training Center. The 20th Asian Games will take place in and around Aichi Prefecture, Japan, from September 19 to October 4, bringing together around 15,000 athletes from 45 nations across 43 sports.

South Korea plans to send a delegation of 792 athletes and 260 officials competing in 41 sports. The country is expected to challenge for multiple gold medals in traditionally strong events including archery, swimming, shooting, fencing, taekwondo, badminton, judo and e-sports, while medals are also anticipated in athletics, gymnastics, sport climbing and other disciplines. Attention will also be on South Korea's team sports. The baseball team will seek a fifth consecutive Asian Games gold medal, while the men's football team will pursue its fourth straight title.

One of the major storylines will be the continuing sporting rivalry between South Korea and host nation Japan. South Korea finished third behind China and Japan at each of the previous two Asian Games, while Japan held an advantage in the gold medal count. With Japan competing on home ground this year, the KSOC expects another highly competitive medal race.

KSOC President Ryu Seung-min said competing in Japan would provide additional motivation for Korean athletes, while emphasizing the importance of providing strong support for the national delegation throughout the Games.

Although reaching 45 gold medals may not necessarily guarantee second place, Team Korea hopes to narrow the gap with Japan while maintaining its position among Asia's leading sporting nations. Expectations are also growing that younger athletes could deliver some unexpected medal performances when competition begins in September.

13> GFSM_Annual Review & Plan for 2026Y

Target	Subject
Jun, 2026	<Completed> 6/23~25, SWT & GFSM_Completed TMSA Audit by PETRONAS
Jun, 2026	<Completed> 6/30, M/T DAESAN CHEMI_PSC Inspection @ Qinzhou, China
Jul, 2026	<Completed> 7/03, SWT & GFSM_Outstanding Seafarer Recognition Program was conducted on 03 July 2026 to recognize crew members (M/T DAESAN CHEMI) for their outstanding performance, dedication and contribution to safe vessel operations.
Jul, 2026	<In Progress> 7/14, Corrective Action Response and relevant documents submitted to PETRONAS; additional supporting documents submitted and feedback pending.
Aug, 2026	<Completed> 8/12, M/T DAESAN CHEMI – Vessel sale and handover to the new owner successfully completed in Singapore.
Aug, 2026	<Completed> 8/20, GFSM_3 rd Annual DOC Audit
Aug, 2026	<Completed> 8/26, GFSM_Visited by Korea Industrial Health Association for Employee Health Consultation, including CPR training and hands-on practice.
Sep, 2026	<In Progress> Mid-Sep., M/T THAI CHEMI – SIRE 2.0 Inspection tentatively scheduled at Ningbo.
Sep, 2026	<In Progress> Mid-Sep., M/T BANGKOK CHEMI – SIRE 2.0 Inspection tentatively scheduled at JNPT.
Sep, 2026	<In Progress> Mid-Sep., M/T ONSAN CHEMI – SIRE 2.0 Inspection tentatively scheduled at Bangkok.
Sep, 2026	<In Progress> 9/17, SWT & GFSM – Safety Prayer Ceremony for the Newbuilding tentatively scheduled at Usuki Shipyard, Japan, in connection with the keel laying.
Q3 2026	<Planned> Published & Introduction and application of PMS program