Insight!

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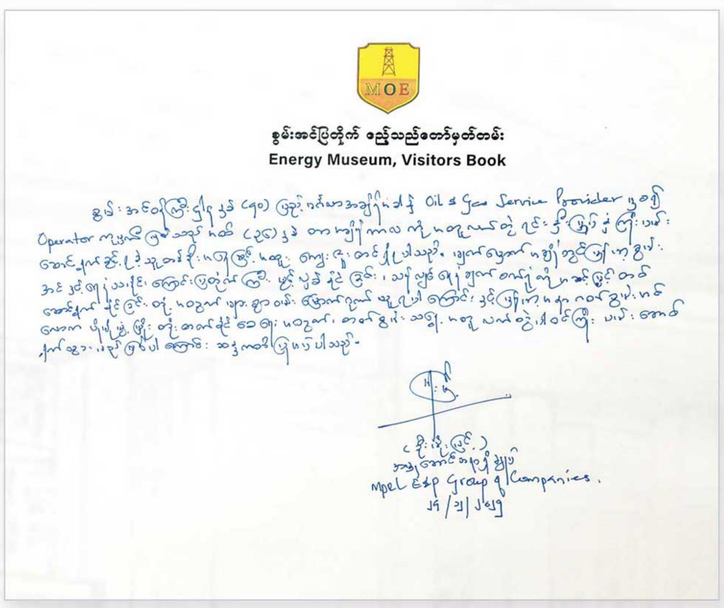
Marking the Ruby Jubilee of the Ministry of Energy

The ceremony commemorating the 40th Anniversary (Ruby Jubilee) of the Ministry of Energy, the Centenary of the No. (1) Thanlyin Oil Refinery, and the opening of the Energy Museum was held on 24 December 2025 in Thanlyin Township, Yangon Region. The event was honored by the presence of the Acting President of the Republic of the Union of Myanmar, in his capacity as Chairman of the State Security and Peace Commission, together with other distinguished officials and guests.

The MPRL E&P Group of Companies was deeply honored and privileged to participate in this auspicious and historically significant occasion.

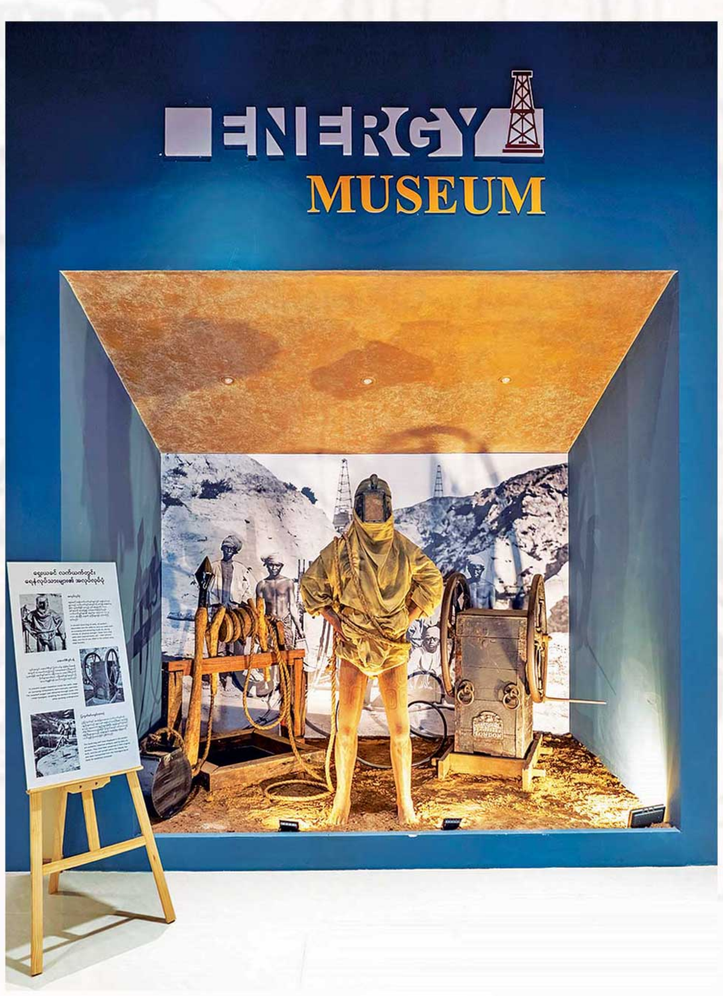


As the Ministry of Energy proudly marks its Ruby Jubilee, the MPRL E&P Group of Companies also reflects on its own journey, having contributed to Myanmar's energy sector for more than 36 years. Over this period, the Group has evolved from a service provider into a full-fledged operator, working closely and consistently with the Ministry of Energy for nearly four decades. Through sustained investment and long-term commitment, MPRL E&P has played its part in supporting the nation's upstream energy sector and strengthening Myanmar's energy foundations.

The late, beloved father of the Chief Executive of MPRL E&P Group of Companies was among those who played a leading role in the establishment of the Department of Geological Survey and Mineral Exploration (BaDaYa). Inspired by this legacy of service, U Moe Myint developed a deep aspiration from a young age to work in the field of mineral exploration, and has pursued this vision with dedication, perseverance, and a strong sense of national responsibility.

Today, U Moe Myint, along with MPRL E&P Group of Companies, proudly serves Myanmar's energy sector as a "**Myanmar Energy Crusader,**" making every effort to contribute to the national interest and the well-being of the people under the guidance of the Ministry of Energy.

As a Myanmar national-led energy company, MPRL E&P is advancing the Development Phase of Offshore Block A-6 Pyitharyar Integrated Project (PIP), an Ultra-Deepwater Project with significant potential to contribute to the nation's energy sector. Projects of this scale are rare globally, with only about 20 comparable Ultra-Deepwater Projects in existence worldwide. While some regional and international observers have questioned whether Myanmar professionals can lead and operate such a complex development, MPRL E&P remains firmly committed to demonstrating this capability. The Group is focused on continuing the role as operator of Block A-6 and is working diligently to deliver the project successfully, efficiently and in a timely manner. In alignment with the Ministry of Energy's mission to ensure energy security and sufficiency for national economic development, MPRL E&P Group of Companies reaffirms its determination to continue working hand in hand with the Ministry of Energy, contributing steadfastly in honor of this historic Ruby Jubilee milestone.■



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From the Desk of the Editor

Dear Readers,

As we welcome April and the arrival of the Myanmar New Year, I extend my warmest wishes to all our colleagues and their families. The beginning of a new Myanmar Era is always a meaningful moment for renewal, reflection, and hope. May this new year bring you safety, good health, inner strength, and abundant blessings.

As we continue our journey together, I would like to express my sincere appreciation for your continued support of Insight! Newsletter and for the collective spirit that keeps our organization moving forward. At the same time, this season invites us to reflect on our shared journey as one organization. In a world marked by change and uncertainty, what continues to define MPRL E&P is our steady commitment to responsibility, resilience, and unity. These values remain our foundation as we move into the new year together.

This issue highlights the many ways MPRL E&P continues to grow—not only in operations, but in responsibility, capability, and community impact.

Over the past months, we have seen meaningful progress across our ongoing projects and field operations. From technical excellence in drilling and production, to proactive Non-Destructive Testing (NDT) programs that safeguard lives and assets, our teams continue to demonstrate discipline, professionalism, and a deep commitment to safety. These efforts ensure that operational reliability and asset integrity remain at the heart of what we do.

At the same time, we continue to strengthen knowledge-sharing and collaboration across departments. Through cross-functional technical sessions on upstream oil and gas structures and field operations, our teams are building stronger capabilities and a deeper understanding of the industry. MPRL E&P also recently participated as instructors in the Wellsite Geologist Training organized by MOGE, where our technical experts shared practical knowledge with junior geologists. Such initiatives reflect our commitment not only to internal learning, but also to supporting broader industry development.

Our CSR initiatives further reflect our belief that development must be inclusive and sustainable. Whether through marine ecosystem conservation and coral restoration efforts, education partnerships, or health and capacity-building initiatives, we continue to invest in projects that deliver long-term value. These efforts reinforce that energy development and environmental stewardship must go hand in hand.

In HR and Learning & Development, we are proud to see our people growing. From cross-functional knowledge-sharing sessions to overseas scholarship achievements and employee spotlight features, this issue celebrates individuals who continue to rise through challenge and commitment. Their stories remind us that investing in people is not an expense, it is a long-term investment in our collective future.

We also mark milestones that reflect our enduring values, including a decade of commitment to the UN Global Compact and our continued focus on governance, transparency, and ESG integration. These are not simply reporting obligations; they are expressions of who we are as an organization.

As always, this newsletter is a reflection of cross-functional collaboration, and made possible by colleagues who contribute stories, data, insights, and photographs. Thank you to every department that continues to support this shared platform knowing that strong communication builds stronger teams.

As we move forward, may we remain focused, adaptable, and hopeful. Progress does not always happen overnight, but it is built steadily through preparation, integrity, and teamwork. ■

With gratitude and optimism,

Hnin W. Zaw

An Evening of Appreciation

Thank you to all MPRL E&P staff involved in the creation and development of the biography *Moe Myint: The Faith to Build, The Heart to Serve* for their dedication and collaborative efforts across both the English and Thai editions. ■

Your Opinion: Why Seeing the Big Picture Matters

Daw May Khin Oo
Administrative Officer
Administration & Contracts Department

Working at MPRL E&P as an Administrative Officer has taught me that "seeing the big picture" is not just about ticking off daily checklists of the Administration & Contracts Department. In my humble opinion, it is about understanding how routine tasks, from arranging accommodation and coordinating services to handling minor departmental requests, contribute to the organization's broader objectives.

Having a big-picture perspective not only supports individual growth but also contributes to organization's overall success. When I understand why certain detailed procedures and processes are in place and how they help minimize risks, I become more adaptable and productive, rather than frustrated by the multiple steps required to complete a task.

Challenges often arise when we focus solely on our individual responsibilities without considering the broader context. For the Admin Team, this can result in inefficient prioritization, delayed critical tasks, missed deadlines, and a higher risk of errors or oversight.

Much of administrative work involves supporting other departments, and a lack of understanding how our tasks align with their needs can lead to poor coordination and reduced cross-departmental efficiency. Delays in sharing important information, failing to follow up with service providers, or overlooking small discrepancies can later cause operational disruptions.

To develop a stronger "big picture" mindset, I encourage colleagues to understand what the organization is truly trying to achieve. Being aware of the company's objectives, whether expansion, cost savings, or compliance, allows us to prioritize tasks more effectively. Often, we know what we are doing, but not always why. Gaining a basic understanding of how different departments function and what matters most to them enables us to provide effective support to the company as a whole.

This big picture mindset helps the organization operate more smoothly. When we understand how our daily responsibilities are interconnected and how they support the company's objectives, our work becomes more meaningful. It is always rewarding to know that we are contributing to something bigger than our individual roles. ■

U Aung Thura
Corporate Affairs Officer
Corporate Affairs Department

In my view, seeing the big picture means a clear understanding of the full scope of MPRL E&P's business operations and programs, as well as the company's long-term objectives, strategies and policies. It also means aligning our daily tasks with the company's mission, vision, and values so that individual efforts support shared goals.

A big-picture perspective is vital for both individuals and the organization as a whole. It enables employees to prioritize critical tasks, consider multiple perspectives, and make informed perspectives, and make informed decisions that align with broader organizational objectives.

This approach leads to improved productivity, stronger decision-making, and enhanced problem-solving. It also helps employees understand how their work contribute to the organization's overall success, which improves their job satisfaction, fosters higher levels of motivation and commitment. In turn, this supports both individual career development and organizational growth.

Having a clear understanding of MPRL E&P's overall goals allows me to recognize the many factors shaping our business and to prioritize tasks that align with our long-term strategic direction. This perspective helps ensure effective support for executive leadership and close coordination with other departments.

When staff focus only on assigned tasks without considering the wider context, silos can form. These silos may lead to duplicated efforts, inconsistent outcomes based on incomplete information, and reduced motivation, ultimately weakening organizational effectiveness.

For these reasons, it is essential for colleagues to develop a big-picture mindset, particularly when adapting to change or taking on new responsibilities. To support this development, I encourage colleagues to remain open to new ideas and willing to embrace change; maintain a growth mindset by recognizing that skills and capabilities can be developed through dedication and effort; ensure that individual roles align with the company's overall goals; actively engage with colleagues across departments to understand how different functions interconnect; and build a solid understanding of the oil and gas industry, including MPRL E&P's mission and the broader trends shaping the sector. ■

Ngwe Saung Yacht Club & Resort Staff Celebrate Tradition With "Htamanè Pwè," Myanmar's Sticky Rice Festival

MPRL E&P Holds 7th Annual Fish Release Ceremony

Hnin Wynt Zaw

The 7th Annual Fish Release Ceremony of the MPRL E&P Group of Companies was held on 05 March 2026, at the premises of the Myanmar Yachting Federation within the Yangon Sailing Club compound. The event brought together 194 staff members from across the Group of Companies, including senior management and employees, who gathered to take part in this meaningful merit-making tradition.

The annual ceremony, locally known as "Ngar Hlut Pwe," reflects a long-standing Myanmar cultural practice of releasing living creatures as a way of performing acts of compassion and merit. In anticipation of the upcoming Myanmar New Year in April, participants released weed eating carp fingerlings "Myet Sar Nga Gyin" into Inya Lake, symbolizing goodwill, renewal and blessings for the year ahead.

As a Myanmar-led organization, MPRL E&P continues to recognize the importance of preserving cultural traditions while strengthening unity within the company. Employees who attended the ceremony also contributed financially to support the purchase of this fish species, making the event a collective act of generosity and shared purpose.

During the ceremony, Chairman & Chief Executive U Moe Myint delivered a keynote address, extending his wishes for the health and well-being of all employees and reflecting on the broader global and national context as Myanmar approaches a new year. In his remarks, he highlighted the growing uncertainty in the international landscape, noting how geopolitical tensions, conflicts and economic competition among major powers are reshaping global political and economic systems. He also emphasized how developments such as the closure of critical energy routes and ongoing conflicts could significantly affect global energy markets and national economies.

U Moe Myint further spoke about the increasing frequency of climate change impacts and natural disasters, referencing recent global events and Myanmar's own experience with the 2025 Mandalay earthquake. He acknowledged the importance of collective resilience and noted that the Group of Companies had contributed significantly to recovery efforts following the disaster.

Another major theme of his speech focused on technology and the growing role of artificial intelligence (AI). He emphasized that AI should be viewed as a tool to enhance human capability rather than replace it. To support responsible adoption, he announced that the Group has formed an AI Working Committee and will begin deploying enterprise-level AI platforms across business units starting in the 2026–27 fiscal year. At the same time, he stressed that these investments must be used responsibly and effectively to strengthen organizational performance.

Turning to the national context, U Moe Myint acknowledged the many hardships Myanmar has faced in recent years including the pandemic, natural disasters and economic challenges but expressed hope for a more stable and constructive path forward following the 2025 general election. He noted that renewed political and economic developments could create opportunities for trade and growth in the years ahead.

Within the organization, he reaffirmed the importance of strengthening corporate strategies, operational systems and long-term resilience. In particular, he emphasized the strategic importance of the Pyitharyar Integrated Project under MPRL A-6, which has been recognized as a national-level project and a key pillar of Myanmar's energy sector.

As the ceremony concluded, U Moe Myint encouraged all employees across the Group to approach the coming year with renewed strength, enhanced capabilities and a forward-looking mindset. "Let us move forward together with renewed hope," he said, urging staff to continue contributing to the nation, the company, their communities and their families.

The annual fish release ceremony once again served as a meaningful reminder of the company's shared values by combining cultural tradition, collective goodwill, and a renewed commitment to the future.■

Message from the Chairman & Chief Executive to the Staff of MPRL E&P Group of Companies

As we welcome the Myanmar New Year and Maha Thingyan, we do so at a time of uncertainty and profound change in the world. In such moments, the values that unite us as a people and as a community matter more than ever.

We are witnessing a significant shift in the global landscape. The system that shaped international trade, finance, and security for decades is being reshaped by geopolitical tensions, economic competition, and vulnerabilities revealed by recent crises. The era of seamless global integration is giving way to a more complex and multipolar world. In this evolving global order, resilience, sovereignty, and disciplined execution, especially in the energy sector, have become essential.

Across Asia and other emerging regions, many smaller and middle-income nations are strengthening strategic autonomy by building domestic energy security, protecting supply chains, and improving financial and industrial resilience. This is not isolationism, but prudent preparation. Lasting sovereignty depends on the ability to withstand external shocks while remaining constructively engaged with the world.

For our industry, this presents both responsibility and opportunity. Energy security is not only an economic goal; it is a foundation of national stability and development. Companies that combine operational excellence with long-term vision will help strengthen resilience at home while contributing to regional progress.

At the same time, true patriotism begins close to home, in our care for our families, our respect for one another, and our commitment to our communities, our nation, and the environment we share. During times of change, unity and shared responsibility give us strength and direction.

The arrival of Myanmar Era 1388 offers us a renewed opportunity to look ahead with hope and determination. It is my sincere wish that this new year will bring positive change, stability, and peaceful development to our beloved country. I am encouraged to see our staff and their families beginning the year with renewed energy and optimism.

Let us carry this spirit into our daily work. Through collaboration and dedication, we can continue to implement our projects wholeheartedly. Together, our efforts strengthen not only our company but also Myanmar's energy sector and the broader prosperity of our region.

As we begin this new year, may we cultivate the four noble qualities of *Metta* (loving-kindness), *Karuna* (compassion), *Mudita* (sympathetic joy), and *Upekkha* (equanimity) in our thoughts and actions.

May the Myanmar New Year bring you and your loved ones good health, happiness, and continued success. I look forward to moving ahead together with confidence and unity in the year to come.■

U Moe Myint
Chairman & Chief Executive
MPRL E&P Group of Companies

မင်္ဂလာနှစ်သစ်
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ဦးမိုးမြင့်
အမှုဆောင်အရာရှိချုပ်
MPRL E&P ကုမ္ပဏီအုပ်စု

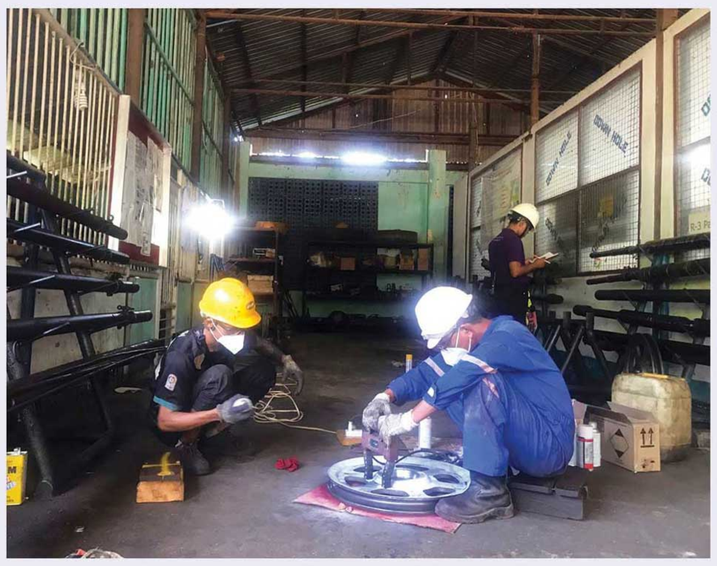
Why Non-Destructive Testing is Crucial in the Oil and Gas Industry

Soe Than Naing

In the oil and gas industry, where operations involve high pressure, heavy loads, and harsh environmental conditions, equipment integrity is directly linked to worker safety and operational reliability. To maintain a safe working environment, MPRL E&P systematically implements Non-Destructive Testing (NDT) as a core preventive safety process within Mann Field inspection and maintenance programs.

A well-planned NDT program enhances operational efficiency by enabling early defect detection. This allows maintenance to be scheduled proactively, reducing the likelihood of sudden equipment failures that could disrupt drilling or production activities. Over time, condition-monitoring data help track wear, corrosion, and fatigue trends, supporting informed decisions regarding repair, reinforcement, or equipment retirement. This structured approach ultimately extends service life and optimizes asset management.

NDT plays a critical role in identifying hidden defects such as cracks, corrosion, fatigue damage, wall thinning, and internal flaws that may not be visible during routine inspections. These examinations are particularly important for safety-critical components, including pressure manifolds, mast structural members, and hoisting, lifting, and handling equipment. By detecting weaknesses early,



NDT helps prevent catastrophic failures that could result in dropped objects, structural collapse, equipment rupture, or serious injury.

For lifting gear and rig hoisting systems, inspection regimes combine NDT methods with detailed visual examinations and strict traceability controls in accordance with company lifting gear inspection and rejection criteria guidelines. A color-coding system provides quick visual confirmation that equipment has been inspected and approved for use, minimizing the risk of uncertified gear entering service. Similarly, rig hoisting and handling equipment, including drawworks, traveling blocks, hooks, elevators, and rotary systems, undergo scheduled visual inspections, functional testing, and comprehensive NDT examinations to verify structural integrity and operational performance.

Beyond accident prevention, NDT safeguards both personnel and high-value assets. In Mann Field, many facilities operate under demanding mechanical and environmental conditions, and some assets are aging. Regular NDT and integrity verification ensure equipment remains fit for service while extending operational life. Inspection findings provide engineers and management with evidence-based assurance that equipment is safe to operate or clear justification to suspend operations and carry out necessary repairs.

NDT is also essential for maintaining regulatory and industry compliance. Inspections are conducted in accordance with recognized standards such as API, ASME, and ASTM and are performed by ASNT-certified inspectors. This structured approach demonstrates adherence to international best practices and aligns with MPRL E&P's HSE Management System, particularly for hoisting systems, lifting equipment, and load-bearing structures.

Through this systematic, standards-based inspection framework, the Mann Field NDT program becomes more than a maintenance activity. It is a critical risk-control measure that protects lives, preserves assets, ensures compliance, and strengthens the overall safety culture. By embedding NDT into routine operations, the Field Team demonstrates its commitment to providing a safe, reliable, and sustainable working environment across all Mann Field activities.■

Safeguarding the Subsurface: Why Soil Quality is MPRL E&P's Frontline Defense

Han Myo Aung

In onshore oil and gas projects, the spotlight often falls on the resources extracted from deep beneath the Earth's surface. Yet the true measure of long-term environmental performance lies much closer to home, in the top few meters of soil. Soil quality is more than a technical metric. It is the first line of defense against environmental harm, a key indicator of regulatory compliance, and a foundation for sustainable operations.

At MPRL E&P, soil is understood as both a protective buffer and a potential pathway for contaminants. Under Environmental Impact Assessment (EIA) frameworks and subsequent Environmental Monitoring Reports (EMoR), soil quality monitoring is not only good practice but also a legal and ethical obligation.

Baseline data on soil characteristics such as permeability and texture play a critical role in environmental risk management. In sandy soils with high hydraulic conductivity, hydrocarbon spills can infiltrate groundwater within days. In contrast, clay-rich soils may restrict movement but require different remediation strategies. Understanding these properties allows the company to design effective prevention, detection, and response measures tailored to site-specific conditions.

To support its EIA process, MPRL E&P initiated a baseline soil study in May 2015. Following regulatory approval, the company received its Environmental Compliance Certificate (ECC) in March 2019 and has consistently submitted biannual EMoRs since September 2019. Most recently, in January 2026, MPRL E&P partnered with the Environmental Conservation Department (ECD) to conduct regional soil sampling and laboratory testing. While results remained consistent with the original baseline, access to some locations was temporarily restricted due to security conditions. Monitoring at these sites will resume when conditions allow.

Beyond regulatory reporting, this work reflects a broader shift from reactive cleanup to proactive environmental stewardship. By monitoring and protecting soil quality, MPRL E&P helps safeguard local ecosystems, preserve the integrity of food chains, and strengthen its social license to operate.

In today's ESG-focused environment, companies are increasingly assessed not only by what they produce but by what they leave behind. MPRL E&P's continued commitment to soil quality demonstrates that environmental responsibility and operational excellence go hand in hand. Through consistent data collection, risk anticipation, and timely action, the company sets a strong benchmark for sustainable resource development, ensuring that the ground we rely on today remains healthy for generations to come. ■

Soil Sampling Overview

Study	Locations Sampled	Parameters Analyzed
May 2015 Baseline	8 locations	pH, arsenic, lead, cadmium, copper, zinc, manganese, iron, soil texture, soil color
January 2026	4 locations	pH, arsenic, lead, cadmium, copper, zinc, manganese, iron, soil texture, soil color

Note: Access to several locations in January 2026 was restricted due to security conditions.

M&AS Conducts Defensive Driving Training for GoC Drivers

Zay Yar Aung

The Myint & Associates Co., Ltd. (M&AS) HSE Team conducted Defensive Driving Training sessions for drivers of the MPRL E&P Group of Companies (GoC) in December 2025 as part of its ongoing commitment to road safety and operational excellence.

The first session was held at the Mann Field Base Camp on 05 December 2025, with 36 drivers in attendance. This was followed by additional training sessions at the Yangon office on 29, 30, and 31 December 2025, benefiting a further 39 drivers.

Defensive Driving Training is a key component of M&AS' HSE program and is aligned with the road safety requirements and expectations of the MPRL E&P Group of Companies. Recognizing the inherent risks associated with driving during operational activities, the training aims to prevent road traffic accidents and protect employees, contractors and the public.

The program focuses on improving drivers' hazard awareness and strengthening their ability to apply proactive and defensive driving techniques. Key topics include safe journey planning, hazard perception, maintaining safe following distances, speed control, fatigue and distraction management, and strict compliance with seat belt and vehicle safety requirements.

The training also reinforces adherence to company driving rules, internal policies and applicable local traffic regulations. Practical examples and incident case studies are used to highlight common causes of road traffic accidents and promote lessons learned. In line with company requirements, only trained and authorized drivers are permitted to operate vehicles on behalf of the MPRL E&P Group of Companies, with driver competency regularly monitored through assessments and refresher training.

Through the implementation of Defensive Driving Training, M&AS continues to demonstrate its commitment to meeting the HSE expectations of the MPRL E&P Group of Companies, safeguarding personnel and assets, and supporting incident-free operations. The initiative contributes to strengthening road safety culture and supports the shared objective of achieving zero road traffic incidents. ■

Cross-Functional Knowledge-Sharing Session Focuses on Upstream Oil and Gas Contract Structures

Htoo Suzan Lin

As part of its ongoing Learning and Development initiatives, MPRL E&P's HR Team organized a cross-functional knowledge-sharing session titled "Understanding Upstream Oil and Gas Contract Structures". The two-hour virtual session was held on 22 January 2026 via Microsoft Teams. It was delivered by the Technical Manager and attended by staff from both the Yangon and the Mann Field offices.

The key objective of the session was to enhance employees' understanding of upstream oil and gas contractual frameworks, with particular focus on Myanmar's petroleum sector. The session also aimed to promote industry awareness, encourage cross-functional learning, and strengthen the organization's culture of continuous development by enabling staff to gain insights beyond their core functional roles.

The presentation provided a comprehensive overview of petroleum operations in Myanmar, including foreign investment mechanisms and the structure of Production Sharing Contracts (PSCs). Key topics included the allocation of government and contractor revenues, standard PSC terms and conditions, Government Take versus Contractor Take, Petroleum Contract Concepts (PCC) and a comparative analysis of fiscal systems in neighboring countries.

Participants gained valuable insight into the current operational landscape of Myanmar's oil and gas sector, where both onshore and offshore blocks are active. It was highlighted that PSCs are the sole contractual framework for offshore blocks, while PSC, IPR and PCC frameworks apply to onshore operations. The session also emphasized that petroleum fiscal systems vary globally due to negotiated contractual terms.

Additional discussions covered investor risk-sharing considerations, the importance of return on investment and lifting costs in determining project viability, and the role of fiscal structures in balancing state and investor interests.

Overall, the session strengthened participants' understanding of upstream oil and gas operations, and demonstrated the organization's continued commitment to knowledge sharing and professional development. ■

MPRL E&P Participates as Instructors in the Wellsite Geologist Training for MOGE Junior Geologists

Kyaw Soe Win

MPRL E&P participated as instructors in the Wellsite Geologist Training organized by MOGE under its CSR Program. The three-day training was conducted from 25 to 27 February 2026, with MPRL E&P invited to deliver the training sessions during the first two days.

The opening ceremony was attended by the Director for Mann Field, the Chief Geologist (Nay Pyi Taw), and the Field Management Team. MPRL E&P's Technical Manager delivered the opening remarks and welcomed the participating geologists. A total of 23 MOGE geologists from the Nay Pyi Taw Head Office and various MOGE field locations attended the training. The primary objective was to enhance participants' understanding of wellsite geologist duties and responsibilities, particularly for newly recruited geologists.

MPRL E&P's Geoscience Manager, Senior Mud Engineer and Field Geoscientist delivered presentations and hands-on sessions covering basic petroleum geology, the role and responsibilities of a wellsite geologist, mud logging operations, and the drilling fluid system (KCl polymer).

Participants actively engaged throughout the sessions, with extensive discussions and questions following each topic. Overall feedback was positive, and attendees expressed appreciation to MPRL E&P for the informative content, practical insights and hands-on training, noting its value for their professional development and field operations. ■

Celebrating the Outstanding Performer Award for the First Six Months of Fiscal Year 2025-26

Htoo Suzan Lin

As part of its ongoing Reward and Recognition Program, MPRL E&P continues to honor outstanding employees from both the Yangon Office and the Mann Field Office on a biannual basis. This initiative aims to foster a strong sense of belonging and job satisfaction while serving as an effective tool for employee retention, sustained performance and motivation. Through this program, employees are encouraged to consistently deliver exceptional, performance-based outcomes that contribute meaningfully to the organization's success.

The Outstanding Performance Award Ceremony for the first six months of Fiscal Year 2025-2026 was held during the Monthly Management Meeting at Vantage Tower on 05 January 2026. The awards recognized employees who demonstrated high or exceptional performance outcomes that benefited MPRL E&P during the first half of the fiscal year.

To ensure fairness and transparency, the selection process followed a structured, multi-dimensional assessment approach. Performance outcomes were evaluated through a combined scoring system that included:

- Cross-functional voting by Supervisors and Heads of Departments
- 360-degree feedback obtained through cross voting
- Performance Management Process (PMP) scores

Final awardees were determined by consolidating scores from all three components, with the highest overall scores receiving the awards.

For this first six-month period, the awards were presented to:

- U Moe Thu, Reservoir Engineer (Yangon Office)
- U Thet Paing Oo, HSE Officer (Mann Field Office)

During the ceremony, the Senior HR Manager presented an overview of the award timeline and selection process, followed by the formal announcement of the awardees and a summary of their key performance contributions. The recipients then shared brief remarks.

Both awardees expressed pride in receiving the recognition and extended their gratitude to the company and their respective teams for their collaboration and support. They noted that the recognition motivates them to continue growing, improving and contributing to the organization's shared success.

The session concluded with closing remarks from the Senior HR Manager, reaffirming MPRL E&P's commitment to recognizing excellence and promoting a high-performance culture across the organization.■

Ngwe Saung Yacht Club & Resort Supports Beach Cleanup and Coral Conservation Awareness Event

Pyae Pyae Phyo

The 7th Beach Cleanup and Coral Conservation Awareness 2026 was hosted by the Myanmar Underwater Federation and Myanmar Dive Center on 22 February 2026 at Lovers' Island.

The activity brought together 32 volunteers from the Trash Hero Ngwe Saung, who participated in the beach cleanup and collected approximately 150 kilograms of trash from the beach.

In support of the initiative, Ngwe Saung Yacht Club & Resort donated 50 breakfast boxes of chicken sandwiches for the volunteers participating in the cleanup.■

Rising Through Challenge & Commitment

Hnin Wynt Zaw

For more than 13 years, U Aung Ko Min has built his career in Mann Field through perseverance, technical dedication and an unwavering commitment to safety. From his early days as a young petroleum engineering graduate to his current role as Senior Engineer in the Drilling Mud Section, his journey reflects resilience, continuous learning and a deep sense of responsibility to both his team and the company. His story is one of growth shaped by real-world challenges, strong mentorship and a passion for operational excellence.

For U Aung Ko Min, the journey into oil field operations began in Thongwa Township, a small town in the Yangon Region. He completed his matriculation at No. 1 High School in 2004 and, inspired by his uncle's engineering career, set his sights on Thanlyin Government Technological University. Faced with choosing among many engineering disciplines, he carefully evaluated his interests and career goals before selecting petroleum engineering—a decision that ultimately opened doors to the oil and gas industry.

He graduated with a Bachelor of Engineering in Petroleum in 2009. While teaching at the university for a period, his interest in the oil and gas sector deepened. The industry's technological complexity, operational risks and real-time problem-solving challenges drew him toward field operations, where theory meets practice under demanding conditions.

More than 13 years later, U Aung Ko Min remains a dedicated presence in Mann Field. He joined the company in 2012, motivated by the opportunity to work in a challenging, hands-on environment. What began as a technical role in drilling mud engineering gradually evolved into broader responsibilities in production engineering and field supervision.

After graduation, he strengthened his skills with computer and English courses before joining Australia Mud Company as a junior mud engineer under a nearly two-year on-the-job training program. There, he received systematic guidance from experienced senior mud engineers—mentorship he considers pivotal to his professional development.

During that period, he gained practical experience on one deep test well and three deep wells at Pyi Taung Tan, as well as another deep test well at the Thar Gyi Taung oil and gas fields. His responsibilities included checking and maintaining mud properties, performing solids control operations, addressing well problems such as loss of circulation and stuck pipe, and preparing daily mud reports. These early assignments allowed him to combine passion with practice and build the confidence necessary to transition smoothly into his role at MPRL E&P. The company later supported his continued development through IADC certification related to drilling operations and drilling fluids, further strengthening his understanding of well control, safety and fluid system management.

Field life, however, was not without its challenges. In his early years in Mann Field, U Aung Ko Min worked under difficult conditions, adapting to equipment limitations and operational constraints, particularly in solids control systems and mud tank arrangements. Through open discussions with management and collaborating closely with colleagues, the team gradually improved working conditions to better support safe and efficient operations. These experiences sharpened his technical discipline and reinforced the importance of communication and structured problem-solving.

Today, although often unseen by those outside the industry, drilling mud remains central to his work. As he explains, drilling mud is one of the most critical components of well drilling operations. It controls formation pressure, stabilizes the wellbore, cools and lubricates drilling equipment, suspends solids when circulation stops and transports cuttings to the surface. It also seals permeable formations and minimizes reservoir damage. Proper mud management directly affects well integrity, operational efficiency and, most importantly, crew safety.

From 2012 to 2018, his work focused primarily on drilling mud operations. When drilling activities were suspended for a period, he transitioned into the field production engineering section, expanding his responsibilities. He now serves as a senior engineer and often acts as a night team leader and well site supervisor during well servicing and casing swabbing operations. His role includes troubleshooting, planning, supervising teams and coordinating across departments to ensure operations run safely and efficiently.

Safety and precision remain at the core of his professional philosophy. Strict adherence to standard operating procedures, job safety analysis and well control policies guide every operation. He emphasizes clear communication, thorough preparation and shared understanding before execution of tasks. For him, safety is not simply compliance with rules; it is a culture built through discipline and teamwork.

Among the many operations he has supported, several moments stand out. In 2024, U Aung Ko Min delivered general mud training to MOGE personnel, strengthening operational knowledge and best practices. He is particularly proud of serving as a drilling mud consultant and trainer for the M-671 deep test well in 2024-2025. Supporting planning, execution and close-out phases, he helped the team navigate unexpected drilling conditions without operational delays while maintaining safety and efficiency. That experience, he said, made him proud not only of his own contribution but also of the company's professionalism and standards.

Mentoring junior engineers and technicians has become an important part of his role. By encouraging questions, involving younger staff in real-time problem-solving and leading by example, he helps build technical confidence and field readiness within his team. He believes that knowledge sharing strengthens both individual growth and overall operational performance.

"When I guide junior engineers," he said, "I always remind them that technical skill is important, but attitude and discipline are what build long-term success."

Despite the physical and mental demands of oil field work, especially during long rotations and challenging weather conditions, his motivation remains strong. A deep sense of responsibility for crew safety, operational success and team performance keeps him focused. Successfully completing complex operations without incident continues to provide professional fulfillment.

Looking ahead, he aims to strengthen his leadership capabilities and continue supporting complex drilling and production activities. If given the opportunity, U Aung Ko Min hopes to gain experience in other fields or offshore drilling operations—areas he has not yet explored.

"My goal," he said, "is not only as an engineer, but also to help develop the next generation of professionals who will lead this industry forward."

For young engineers considering a career in oil field operations, his advice is clear: stay committed to learning, prioritize safety and respect the value of teamwork. Every challenge in the field is an opportunity to grow. Patience, resilience and continuous improvement are the foundations of long-term success.

After more than a decade in the field, U Aung Ko Min's journey reflects perseverance, technical mastery and a steadfast commitment to safety—qualities that continue to strengthen Mann Field operations every day.■

Leading With Empathy, Strengthening With Purpose

Hnin Wynt Zaw

With a background rooted in care, responsibility, and resilience, Daw Ei Ei Htun brings a unique perspective to her role as HR Officer in Business Support. Drawing from her early career in the medical field and her experience as a working mother, she approaches Human Resources with empathy, discipline, and a deep commitment to supporting both people and organizational goals. Over the past two years, her journey in HR has been defined by growth, adaptability, and a genuine passion for helping others succeed.

Tell us a little about yourself and your family. How have your background and upbringing shaped who you are today?

I was raised in a family where responsibility, respect and kindness were part of everyday life. Those values continue to guide me both personally and professionally. As a working mother, I have learned to balance multiple roles, which has strengthened my patience, empathy and adaptability. It reminds me daily that everyone at work is also balancing responsibilities outside the office. That understanding shapes the way I approach my role in HR.

Can you share a bit about your educational journey?

My educational journey began in the medical field. After graduating, I worked as a medical officer at a private hospital. During my time in the oncology department, I realized I was drawn not only to medical treatment but also to the human side of care. I found fulfillment in encouraging and emotionally supporting cancer patients, helping them stay motivated through difficult chemotherapy treatments.

Later, I transitioned into a Human Resources role within the same hospital. An HR director recognized my strength in people management and encouraged me to grow in that direction. I learned from her that strong organizations are built by investing in people. That belief stayed with me and ultimately shaped my decision to pursue a long-term career in Human Resources.

Before joining the HR Department, what professional experiences helped shape your career path?

My experience as a medical officer played a significant role in shaping my career path. I worked closely with multidisciplinary teams to deliver comprehensive care, collaborating with professionals from diverse backgrounds and working styles. Those experiences helped me understand how work truly happens on the ground, often under urgent conditions, high pressure and demanding expectations.

Through that journey, I learned how essential teamwork, motivation, discipline and coordination are to daily operations. These lessons prepared me to view HR not as a separate function, but as a partner that supports the business while caring for its people.

Looking back, how have your academic and early professional experiences influenced the way you work in HR today?

Those early experiences shaped my mindset more than I realized at the time. They taught me to be practical, organized and adaptable. In my HR role today, I strive to balance policy compliance with a people-focused approach. I believe HR works best when it is both fair and human.

You have been part of the HR Department for two years now. How would you describe your journey so far?

The past two years have been a meaningful journey of learning and growth. I have had the opportunity to work across different areas of HR, collaborate with supportive colleagues and take on challenges that pushed me beyond my comfort zone, especially as I transitioned from a different professional background. It has not always been easy, but it has been deeply rewarding.

Your role focuses on business support within HR. What does that mean in your day-to-day work, and how do you support both employees and management?

For me, business support in HR means serving as a bridge between employees, management and organizational goals. In my daily work, I support my manager by providing relevant data and insights for decision-making. I coordinate learning and development initiatives, assist with training needs assessments and work closely with heads of departments to ensure employees are equipped with the skills required for both current roles and future responsibilities.

Together with my superior, I also contribute to discussions on succession planning and skills gap analysis to support long-term business continuity.

What do you enjoy most about working in Human Resources?

I enjoy the opportunity to make a difference, even in small ways. Whether it is offering emotional support, helping someone access a development opportunity or contributing to a more effective system, those moments are meaningful. Knowing that my work can make someone's professional life a little easier gives me genuine satisfaction.

HR often works behind the scenes. Can you share a moment when you felt proud of the impact your work made?

Some of my proudest moments are often quiet ones, when a process runs smoothly, when employees feel supported or when teams remain motivated and operations continue without disruption. I also feel proud when I see employees grow in confidence as a result of programs we helped implement. Even when our work is not highly visible, it still matters.

How has working in HR shaped your understanding of people and workplace culture?

Working in HR has reinforced that no two people are the same. Teamwork thrives on trust and mutual understanding. Workplace culture is not created by policies alone. It is shaped by daily interactions, fairness and the way people treat one another.

What motivates you during busy or challenging periods?

During demanding periods, I remind myself why I chose this path—to support people and contribute to a positive workplace. I focus on staying calm, taking one step at a time and finding practical solutions. I believe every challenge presents an opportunity to learn.

Looking ahead, how do you see your role evolving?

I am eager to deepen my expertise in learning and development, talent development and leadership support. I hope to contribute in ways that help individuals and the organization grow together.

If you could share one piece of advice with colleagues or young professionals who aspire to work in HR, what would it be?

Care genuinely about people while continuously investing in your own learning. HR is about balance—between people and process, empathy and accountability. ■

Break Time Chat with the Editor

Hnin Wynt Zaw

I had the privilege of speaking with U Aung Zaw Lwin, Assistant Manager at Mann Field warehouse, with nearly three decades of dedicated service at MPRL E&P Group of Companies. He has grown alongside the company—from warehouse operations to leadership roles supporting complex field activities. His journey is a beautiful story of resilience, discipline and unwavering commitment to operational excellence.

Thank you for taking the time to chat with me. I can't wait to hear your professional journey! Let's start with when you joined the company in the late 1990s. What first motivated you to join MPRL E&P, and what has kept you committed for nearly three decades?

I was drawn to the company because of its strong reputation, stable work environment and the opportunity to build a long-term career while gaining valuable technical experience. What has kept me committed over the years is the continuous learning, the trust and support from management, and the strong teamwork across the organization. I have grown alongside the company, taken on new responsibilities and contributed meaningfully to its success. That has made my journey both rewarding and fulfilling.

Starting as a warehouse staff member and progressing to Assistant Manager, what was the key turning point in your career?

A major turning point was my promotion from warehouse staff to a supervisory role, and later to Assistant Manager. That shift moved me from handling daily operational tasks to managing people, coordinating activities and supporting decision-making. It strengthened my leadership and problem-solving skills and gave me the confidence to take on greater responsibility within the organization.

It's quite amazing to see this kind of growth within the company. Over the years across MPRL E&P Group of Companies, you must have faced many challenges. How did they differ, and how did you overcome them?

The challenges varied depending on my role. In my early years, they were mostly related to daily operations, inventory control and deadlines. As I moved into supervisory and management positions, the challenges became more complex, involving team leadership, cross-department coordination and decision-making under pressure.

If you ask me how I overcome them, well, by staying organized, communicating clearly and remaining flexible when situations changed. I believe in understanding the root cause of problems before taking action and learning from past experience. Support from colleagues and management also played an important role. Above all, I put God first in everything I do. I have also learned valuable principles from U Moe Myint, the company's CEO, and his beloved late wife, Dr. Ohmar Moe Myint, who led with honesty and a strong commitment to righteousness and justice.

Let's talk about how you completed your university degree during full-time work. This is inspiring.

Balancing full-time work and university was challenging but meaningful. And trust me, it can be done. With the understanding and support of our CEO and his beloved late wife, I was able to manage both responsibilities. That experience strengthened my discipline, focus and resilience. It taught me consistency, self-sacrifice and responsibility—the values that continue to guide my work today.

One thing I found out was the fact that you have supported Mann Field Project for more than 20 years. What does this mean to you?

The Mann Field Project has been more than just a workplace for me—it has been an important part of my personal and professional journey. Personally, it has given me pride and a sense of belonging, as I have been part of a project that contributes to the country's energy sector and supports many people's livelihoods. It has also allowed me to build strong and lasting relationships with Senior Executive Management and mentors who have guided my growth.

Professionally, the project has been a place for learning, development, and long-term career growth. Over the years, I have gained valuable experience, taken on more responsibilities, and faced different challenges that have strengthened my skills and knowledge. Being part of this project for more than twenty years has shaped my work ethic, resilience, and commitment, and it continues to inspire me to contribute positively to the organization and its goals.

You have also worked across many departments. How did that broaden your perspective?

Working closely with many departments over the years has given me a much wider view of field operations. The work experience I did, each area, whether catering services at seismographic operations, overseas materials import for M&AS, hospital management for Green Cross Specialist Centre, restaurant management for Burger Buster fast foods and The Serenity restaurant—has its own processes, challenges, and priorities. By working in these different areas, I have learned how teams cooperate to achieve common goals and how decisions in one area can affect others.

This experience has helped me understand operations better, improve my problem-solving skills, and become more effective at coordinating and communicating with different teams. It has also taught me the value of teamwork, flexibility, and attention to detail in achieving good results. Overall, working across these departments has strengthened my ability to manage complex operations and contribute more effectively to the organization.

You have worked closely with the founding family and leadership for many years. How has that influenced you?

Oh, greatly! Their trust and consistent values have

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MPRL E&P Welcomes Three Final-Year Petroleum Engineering Interns From Yangon Technological University

Pyae Pyae Phyo

MPRL E&P recently welcomed three final-year petroleum engineering students from Yangon Technological University (YTU) to its Internship Program, reaffirming the company's long-standing commitment to nurturing local talent for Myanmar's energy sector.

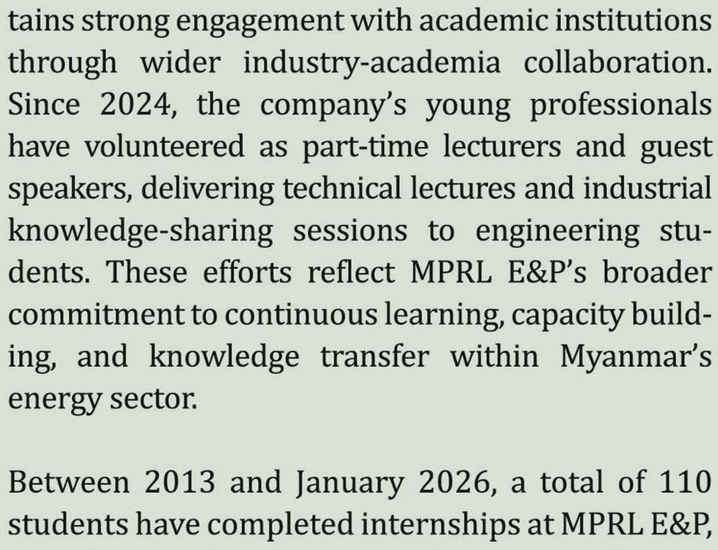
Approved by MPRL E&P's Executive Management, the two-month internship was conducted from 22 December 2025 to 11 February 2026, in coordination with YTU, MPRL E&P's Technical Team and the Ministry of Energy's HR Development Committee.

Launched in 2013, the Internship Program is designed to help students transition from academic learning to real operational environments. This year's interns—Ma Khine Zar Thwe Thin, Maung Kaung Khant Zaw and Maung Pe Lin Let—began their journey with a comprehensive Health, Safety, and Environment (HSE) orientation. They subsequently rotated through the Geoscience, Reservoir Engineering, and Production Engineering teams at MPRL E&P, as well as the Drilling Engineering team at Asia Drilling Pte Ltd., gaining structured exposure to upstream operations. This rotational approach enabled them to strengthen their technical foundations while applying classroom knowledge to practical scenarios, particularly in support of their graduation dissertations.

Beyond internship placements, MPRL E&P maintains strong engagement with academic institutions through wider industry-academia collaboration. Since 2024, the company's young professionals have volunteered as part-time lecturers and guest speakers, delivering technical lectures and industrial knowledge-sharing sessions to engineering students. These efforts reflect MPRL E&P's broader commitment to continuous learning, capacity building, and knowledge transfer within Myanmar's energy sector.

Between 2013 and January 2026, a total of 110 students have completed internships at MPRL E&P, with 16 returning for a second placement. Interns have come from universities and technical institutes across the country, including Yangon Technological University, Thanlyin Technological University, the University of Yangon, Dagon University and various Government Technical Institutes. This growing alumni network highlights the program's sustained contribution to national human resource development.

Through the Internship Program, MPRL E&P continues to address skills shortages and rising technical demands while investing in the long-term sustainability of Myanmar's energy sector. By bridging academic theory with hands-on experience and collaborating closely with educational and government partners, the company aims to nurture future industry leaders and promote meaningful knowledge exchange.



As reflected in the interns' experiences, the program not only builds technical competence but also instills professional confidence, helping prepare the next generation of engineers to contribute positively to the industry and society.

Beyond technical exposure and structured rotations, the true value of the Internship Program is best reflected in the voices of the students themselves. Each intern brought academic knowledge, curiosity and ambition—and left with hands-on experience, deeper industry insight and renewed professional confidence.

Below, our interns share their personal reflections on what the experience meant to them and how it shaped their journey as future petroleum engineers.

Ma Khaing Zar Thwe Thin

Final-Year Petroleum Engineering Student
Yangon Technological University

"Before joining MPRL E&P, everything I knew about petroleum engineering came from textbooks and lectures. This internship gave me the opportunity to step into real operations and see how production engineering, reservoir studies and geoscience connect in practice. Being involved in well performance analysis, production optimization and multidisciplinary discussions helped me understand what it truly means to work as an engineer. The experience not only supported my graduation project, but it also built my confidence, sharpened my analytical thinking and motivated me to grow into a more capable and responsible petroleum engineer."

Maung Kaung Khant Zaw

Final-Year Petroleum Engineering Student
Yangon Technological University

"This internship was my first real exposure to a professional E&P work environment, and it completely reshaped my understanding of petroleum engineering. Seeing drilling and production operations firsthand, learning how engineers interpret well and reservoir data, and observing how teams prioritize HSE every day made my studies feel real and relevant. Beyond technical knowledge, I learned how important teamwork, communication and professionalism are in the field. The experience strengthened my graduation thesis and inspired me to approach my future career with curiosity and confidence."

Maung Pe Lin Let

Final-Year Petroleum Engineering Student
Yangon Technological University

"Coming from a purely academic background, this internship was a turning point for me. Working with real field data, participating in reservoir analysis and engaging in discussions on drilling optimization helped me move beyond theory and think like an engineer facing real-world challenges. I learned that engineering decisions are not just about calculations but also about safety, collaboration and sustainability. This experience deeply influenced my graduation project and shaped my 'field-first' mindset, which I hope to carry forward into my future career in reservoir management and sustainable energy." ■

WE SUPPORT UN GLOBAL COMPACT

A Decade of Commitment: MPRL E&P Marks 10 Years With the UN Global Compact

Thal Sandy Tun

16 February 2016 – 16 February 2026

In February 2026, MPRL E&P proudly marks a significant milestone: 10 years of membership in the United Nations Global Compact (UNGC). Since joining the world's largest corporate sustainability initiative on 16 February 2016, the company has demonstrated a steadfast commitment to responsible business practices grounded in human rights, labor standards, environmental stewardship and anti-corruption principles. This decade-long journey reflects not only progress and achievement but also continuous learning, accountability, and deeper alignment with global sustainability goals.

Joining a Global Movement for Responsible Business

MPRL E&P's decision to become a UN Global Compact participant in 2016 was guided by a clear vision: to integrate sustainability, ethics and transparency into the core of its operations. At a time when the energy sector faced rising expectations around environmental and social responsibility, MPRL E&P recognized the importance of aligning its business strategy with internationally recognized principles.

By endorsing the UN Global Compact's Ten Principles, MPRL E&P committed to respecting human rights, upholding fair labor practices, protecting the environment and combating corruption in all its forms. Membership also signaled the company's intention to contribute meaningfully to a global network of organizations working collectively to advance the United Nations Sustainable Development Goals (SDGs).

Strengthening Governance and Ethical Foundations

Over the past decade, MPRL E&P has taken meaningful steps to strengthen its governance framework and reinforce ethical standards. Policies and codes of conduct have been reviewed and enhanced to align with international best practices, strengthening transparency, accountability and integrity across operations.

Anti-corruption measures have also been reinforced through clearer procedures, targeted awareness programs and strengthened internal controls. Ethical decision-making is embedded into daily business practices, ensuring compliance is not viewed merely as an obligation but as a shared responsibility across all levels of the organization. These efforts have helped foster a culture of trust—internally among employees and externally with partners, regulators and communities.

Advancing Human Rights and Labor Practices

Respect for people has remained a cornerstone of MPRL E&P's UN Global Compact journey. Over the past 10 years, MPRL E&P has worked to uphold human rights principles throughout its operations and value chain, with a particular focus on employee welfare, workplace safety and nondiscrimination.

Investments in health and safety systems, training and risk management have contributed to safer working environments, particularly in operational and field-based activities. The company has also strengthened fair employment practices, equal opportunity policies and diversity initiatives, reinforcing its belief that an inclusive and respectful workplace is fundamental to long-term success.

Employee engagement initiatives, capacity-building programs and welfare-focused activities have further supported a positive organizational culture—one that values people as the company's most valuable asset.

Environmental Responsibility and Climate Awareness

Environmental stewardship has remained a key priority throughout MPRL E&P's decade of UN Global Compact membership. Operating in the energy sector brings both responsibility and opportunity—to minimize environmental impact while supporting energy security and economic development.

Over the years, MPRL E&P has strengthened its environmental management systems, improved operational efficiency and promoted responsible resource use. Measures to reduce environmental risks, manage waste and protect local ecosystems are integrated into project planning and day-to-day operations.

In parallel, MPRL E&P has increasingly aligned its environmental initiatives with global climate objectives, recognizing the importance of climate awareness, resilience and long-term sustainability. These efforts reflect a balanced approach—one that supports sustainable development while addressing operational realities in a responsible and forward-looking manner.

Community Engagement and Social Investment

Beyond its operations, the company's commitment to the UN Global Compact principles is reflected in its approach to community engagement and corporate social responsibility. Over the past decade, MPRL E&P has worked closely with government authorities, local leaders and community stakeholders to design and implement CSR initiatives that address genuine needs and deliver lasting value.

From education and health care to infrastructure and social welfare, community development programs have focused on inclusivity, partnership and sustainability. Engagement with government stakeholders has ensured alignment with national development priorities while strengthening the long-term impact of these initiatives.

This collaborative approach has reinforced trust with host communities and strengthened the company's social license to operate.

Transparency, Reporting and Continuous Improvement

As a participant in the UN Global Compact, MPRL E&P has consistently emphasized transparency and accountability through regular reporting and performance reviews. The annual Communication on Progress (CoP) has served not only as a reporting requirement but also as a strategic reflection tool—highlighting achievements, identifying areas for improvement and guiding continuous progress.

Over the years, the company has strengthened its ESG reporting practices aligned more closely with international standards and stakeholder expectations. This evolution reflects a growing recognition that sustainability performance is inseparable from overall business performance.

Looking Ahead: The Next Chapter

Marking ten years of the UN Global Compact is both a celebration and a moment of renewed commitment. The global sustainability landscape continues to evolve, bringing new challenges, rising expectations, and opportunities for responsible businesses, particularly within the energy sector.

Looking ahead, MPRL E&P remains committed to embedding the UN Global Compact principles deeply into strategy, operations and partnerships. Key priorities include strengthening climate resilience, enhancing ESG integration, deepening stakeholder engagement and continuing to contribute meaningfully to the Sustainable Development Goals.

A Shared Journey

This milestone reflects the dedication of MPRL E&P's directors, employees, partners and stakeholders who have supported the company's sustainability journey over the past decade. Their professionalism and shared commitment have helped global principles into practical action.

As MPRL E&P marks ten years of UN Global Compact membership on 16 February 2026, the company reaffirms its belief that responsible business is not a destination but a continuous journey—one grounded in integrity, collaboration and a long-term vision for sustainable growth. ■

A Decade with the UN Global Compact
MPRL E&P | 2016-2026

Date	Milestone
16 February 2016	Joined the UN Global Compact
16 February 2017	Submitted Communication on Progress
16 February 2018	Submitted Communication on Progress
15 February 2019	Submitted Communication on Progress
11 February 2020	Submitted Communication on Progress
08 February 2021	Submitted Communication on Progress
01 July 2021	Submitted Reporting Cycle Adjustment Request
29 June 2023	Submitted 2023 Communication on Progress
06 June 2024	Submitted 2024 Communication on Progress
03 July 2025	Submitted 2025 Communication on Progress
16 February 2026	10th Anniversary of UN Global Compact Membership

Turning Dreams into Skills:

Empowering Mann Field Youth Through Educational Partnership Program

Pyae Pyae Phyo

For many young people in Mann Field Communities, finishing school often brings more questions than answers. “What comes next?” is a question many quietly ask themselves. Without affordable access to higher education or practical skills training, dreams and ambitions can easily stall. Recognizing this challenge, MPRL E&P has continued investing in long-term solutions focused on education, skill development and employability, helping youth from Mann Field turn interest into ability and effort into opportunity.

Since the Fiscal Year 2019-2020, MPRL E&P’s Educational Partnership Program has supported youth from Mann Field by removing financial barriers to technical, vocational and higher education. Through structured scholarships and partnerships with government and private Technical and Vocational Education and Training (TVET) institutions, the program ensures students not only access education but also succeed. Support includes hands-on training, proper supervision, and the development of both technical skills and professional workplace behavior needed for employment.

Expanding Access Through Strong Demand

For the 2025-2026 academic year, MPRL E&P initially planned to support 16 students. Driven by strong demand and a pool of promising applicants, the program ultimately awarded scholarships to 24 youths from Mann Field Communities.

Scholars are pursuing diverse educational pathways, including:

- Industrial skills and welding course at No.5 Industrial Training Center (ITC Magway)
- The agriculture diploma program at the State Agriculture and Livestock Institute (SALI Pwint Phyu)
- Higher education at the University of Medicine (Magway), Yezin Agricultural University and the Myanmar Mercantile Marine College

The CSR Team closely monitors each student’s academic progress to ensure challenges are addressed early and no scholar is left behind.

Strengthening Technical Pathways

A major milestone this year was the fifth round of the Educational Partnership Program with No.5 ITC (Magway). In the early Fiscal Year 2025-2026, MPRL E&P launched full scholarships for youths aged 17 to 25 who had completed or sat for the matriculation exam. From 15 applicants, eight were selected to pursue 11-month vocational courses in Automobile Maintenance and Computer-Aided Design (CAD) and Computer-Aided Manufacturing (CAM).

The scholarships covered enrollment fees, uniforms, accommodation, meals, learning materials, transportation and monthly allowances, enabling students to fully focus on training. The program combines 30 percent theory and 70 percent practical learning in automotive systems, CNC operation and AutoCAD.

Voices of Transformation

For many students, the impact has been deeply personal.

Maung Htet Wai Yan from Mei Bayt Kone Village, now studying Automobile Maintenance at No.5 ITC (Magway), shared, “I’ve always been interested in vehicles. Before this ITC training, I couldn’t explain much when people asked me about cars. Now I understand how electrical systems, engines, chassis and bodywork connect. I can explain it clearly and confidently.” With enrollment, monthly allowances, transportation and living expenses covered, he added, “I don’t have to worry about money, so I can concentrate on building my skills for the future.”

Ma Khine Mar Wai from Ywar Thar Village described her growth beyond technical skills, “I chose the Automobile Maintenance Course because I am interested in cars. The training taught me teamwork and discipline. Adjusting to strict rules and exams was hard at first, but it made me more organized and confident. Seeing older students from my village succeed encouraged me to apply. Now I feel proud studying a field I truly enjoy.”

For Ma Thein Thandar Kyaw from Auk Kyaung Village enrolled in the CAD/CAM course and gained skills in CNC machine operation, lathe and milling work, and 2D and 3D AutoCAD design. “Living away from home and following strict routines was difficult at first,” she admitted. “But over time, I learned discipline, teamwork and independence. I’m the first person from my village to attend this kind of training, and I hope my experience inspires.”

Quick Pathways to Employment

Short-term vocational training also creates faster employment pathways. During the second quarter of the Fiscal Year 2025-2026, four youth from Mann Field Communities were selected for a three-month Basic Welding Skills Training Program at No.5 ITC (Magway).

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Among them was Maung Myint Thu Maung from Kyar Kan Village. He said, "The training was physically demanding at first. I tried my best to adapt the sudden changes. I've learned real welding skills, teamwork and how to work in a structured environment. Teachers also guide us toward job opportunities."

Comprehensive Support Beyond Tuition

Support under the Educational Partnership Program extends far beyond tuition. For the 2025-2026 academic year, a total budget of MMK 43.5 million covered enrollment fees, uniforms, accommodation, meals, learning materials, transportation and monthly allowances. The CSR Team also prepared applicants for entry requirements, facilitated experience-sharing sessions with former scholars and conducted regular follow-ups with students to support academic progress and future planning.

Building Skills, Building Futures

In Myanmar, vocational and technical skills are not alternatives—they are essential. Skills in automotive maintenance, welding, agriculture and industrial design enable young people to secure stable employment, start small businesses, support their families, and contribute meaningfully to local economies.

Maung Min Chan Myae from Aye Mya Village, who completed the welding course on 30 January 2026, said, "MPRL E&P didn't just help us financially. They helped us believe in our future and gave us the chance to turn dreams into skills."

Through steady guidance, trust and respectful partnership, MPRL E&P's Educational Partnership Program continues to help young people in Mann Field Communities transform potential into confidence, competence, and opportunity—shaping not only their own lives, but the future of their communities as well.■

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deeply shaped my sense of responsibility and loyalty. I learned the importance of honesty, accountability and thinking beyond my own role. That long-term relationship strengthened my commitment to protecting the company's values and contributing to its continued success.

Now, with your long journey here, you must have won several awards over your career?

Yes, I have received several acknowledgements during my career. These were given in recognition of my dedication, consistent performance, and contribution to team and operational success. They reflect the confidence that management has placed in me and my commitment to maintaining high work standards.

While I appreciate these recognitions, I see them mainly as encouragement to keep improving and contributing positively to the organization. They also remind me of the importance of teamwork, responsibility and continuous effort in achieving long-term success.

What advice would you give to younger colleagues?

Stay committed, be willing to learn and take every opportunity to gain experience. Success requires patience, hard work and integrity. Observe experienced colleagues, value teamwork and continue developing both technical and communication skills.

Before we wrap up, are there any ideas you would like to bring to the department?

I believe we can further integrate digital tools to streamline operations, improve tracking and reduce errors. Strengthening training programs and encouraging open communication between teams will also help improve efficiency and collaboration.

> ***"I feel proud and thankful to have been part of the company's journey for so long. Being able to contribute over many years has given me a strong sense of purpose and satisfaction. It has also strengthened my sense of responsibility and my commitment to continue supporting the company's success."***

I also see value in enhancing team training programs to ensure all staff are updated on the latest procedures, safety standards, and best practices. Encouraging regular feedback and open communication between teams can also help identify challenges early and improve collaboration. These changes can support smoother operations, higher productivity, and stronger teamwork, ultimately benefiting the company as a whole.

Looking ahead, what are your hopes for the company and the energy sector in Myanmar?

I hope to see the company continue to grow while maintaining high standards of safety, efficiency and innovation in Myanmar's oil and gas industry. I also hope the industry embraces new technologies and sustainable practices. I want to continue contributing my experience, supporting operational improvements and mentoring younger colleagues so that MPRL E&P remains a leading oil and gas company in the region.■

AIT Third Batch Scholars Graduate With Broader Vision and Renewed Purpose

Hnin Wynt Zaw

U Phyo Pyae Sone Win

Junior Engineer

When I first stepped onto the campus of Asian Institute of Technology (AIT) for the first time, I felt more than excitement, I felt responsibility.

As a Junior Engineer, my daily focus had always been on the technical "how" of our work. But deep inside, I wanted to understand the strategic "why" behind the energy industry, the broader decisions, risks, and long-term vision that shape our operations. When the opportunity arose to pursue a one-year intensive Master's Degree Program through the company's sponsorship, it felt like a turning point. It was not just a scholarship; it was a door opening to growth, perspective, and possibility.

Arriving in Bangkok and entering the vibrant, international environment of AIT, I realized immediately that the next twelve months would challenge me in ways I had never experienced before.

The academic journey that followed was as rigorous as anything I had ever faced. The most challenging aspect was the intensive nature of the program—learning complex engineering theory and management skills within a single year required strong mental focus and disciplined time management. I found myself navigating a tailored curriculum closely aligned with my career trajectory, gaining a holistic view that I had previously lacked. I moved beyond basic operations to better understand the full technical workflow of the upstream oil and gas industry. However, the most valuable modules for me were those focused on decision-making and project management. These subjects shifted my perspective from simply understanding how things work to appreciating why certain choices are made. Studying alongside professionals from different cultures also encouraged me to rethink my problem-solving approaches, helping me develop a more inclusive and global mindset.

The highlight of this journey was the graduation ceremony on 17 December 2025. Walking across that stage was a moment of great achievement and emotion. As I received my degree, my thoughts turned to those who encouraged me to apply for the scholarship. In that moment of celebration, I am also mindful of the strength I found within my sanctuary. The constant emotional support I received became the anchor that kept me steady throughout the academic challenges. The emotions of the day were a powerful blend of relief that the hard work had paid off and inspiration for what lies ahead.

Reflecting on this experience, I view the company's sponsorship as a bond of trust. It is more than financial support; it is a long-term investment in my ability to contribute meaningfully to the organization's success. The key lesson I take from this year is that technical skill must always be paired with a proactive and responsible mindset. I plan to bring the advanced frameworks I studied back to the field, helping ensure our local operations align with global standards. I am particularly eager to leverage data more effectively to anticipate issues, guiding us toward a more efficient and forward-looking way of working. By applying the strategic project management principles to our technical tasks, I hope to streamline our workflows and ensure that every project is executed with clarity and precision.

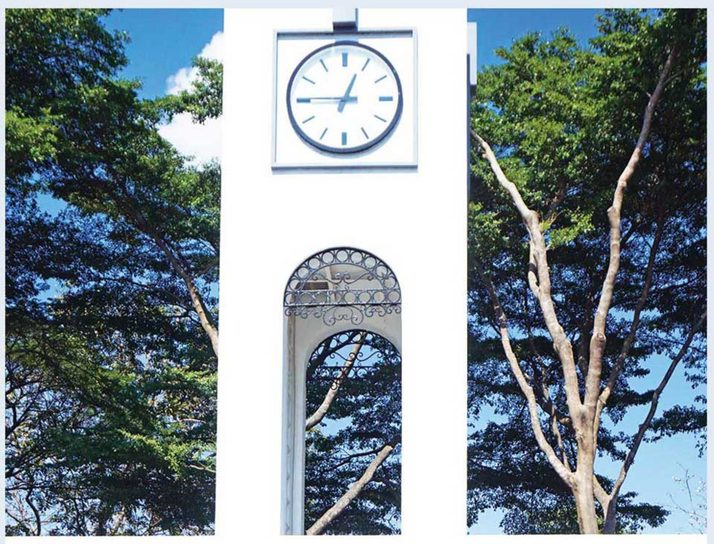
This journey has fundamentally reshaped my long-term career goals. I no longer see myself as only a technical contributor, but as a professional who can bridge the gap between ground-level engineering operations and our broader strategic vision. I am incredibly excited to begin contributing the insights I have gained to our team's daily challenges and long-term objectives.

To colleagues who may one day pursue a similar opportunity, my message is simple: embrace both the intensity and the diversity of the experience. It will challenge you, but that is where real growth happens. Stay curious, engage fully in campus life, and remember that you carry the trust of those who believe in you. I would describe this year abroad as the defining step that transformed my technical potential into a focused, global professional vision.■

U Thiha Ko Ko

Junior Engineer

When I first stepped onto the AIT campus, I carried a blend of ambition and apprehension. Having already built a solid professional foundation through my practical experience in field operations, I was eager to strengthen that background with advanced theoretical knowledge. Enrolling in the one-year intensive Master's Degree Program in Geosystem Exploration and Petroleum Geo-engineering marked a defining milestone in my career, made possible by the unwavering support of my company. My motivation stemmed from a strong desire to deepen my understanding of the technical complexities of the oil and gas industry, and the company's sponsorship served as a powerful catalyst. From my earliest days in Bangkok, it became clear that this academic journey would not only enhance my technical competence but also reshape my professional mindset and sense of responsibility.



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Community Voices: Witnessing the Reef's Return to Life

Pyae Pyae Phyo

On a calm January morning in 2026, the shoreline near Gaw Yan Gyi Island became a place of quiet excitement and discovery. Community members from Nga Yoke Kaung Bay gathered to witness, many for the first time, the visible progress of the Coral Revive Project, a flagship initiative under MPRL A-6's Pyitharyar Integrated Project CSR Program. Beneath the waves, they found a hopeful reminder that with care, collaboration and time, marine ecosystems can recover.

The event formed part of MPRL A-6's Sustainable Fishing Practices and Marine Ecosystem Conservation Workshop and Coral Conservation Open Day, marking nearly two years of steady effort to restore coral reefs while strengthening local stewardship of the marine environment.

Launched in 2024 as a pilot initiative near Sabahtar Island, the Coral Revive Project was developed through close consultation with surrounding communities. Since then, artificial reef structures, coral nurseries, and seagrass restoration activities have gradually transformed sections of the seabed. While much of this work takes place out of sight, by early 2026 its positive impact had become increasingly visible, both underwater and within the community.

On 28 January 2026, more than 60 participants, including fishermen, village administrators, teachers, students, local divers, and government representatives, gathered in Nanttharpu Village Tract for the Sustainable Fishing Practices and Marine Ecosystem Conservation Workshop.

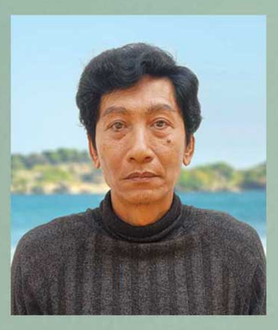
During the workshop, Daw Wit Hmone Tin Latt, Head of Corporate Sustainability for MPRL A-6's CSR Program, shared insights into the project's journey and progress. U Sithu Aung, a PADI-certified diving instructor, delivered a knowledge-sharing presentation on marine debris and ghost nets. Dr. Cherry Aung, Professor and Head of the Marine Science Department at Myeik University, spoke on coral reef survival in the climate crisis, focusing on coral bleaching. The program concluded with a presentation by Dr. Aung Aung Aye, Assistant Professor from the same department, on seagrass restoration and biodiversity rehabilitation. The workshop extended beyond project updates, creating space for shared learning and open discussion on marine conservation challenges and solutions.

Learning continued at sea on 29 January 2026, when 18 participants joined the Coral Conservation Open Day and traveled by boat to the project site near Sabahtar Island. Participants gathered on a wooden raft, where Dr. Cherry Aung led a project review and discussion on the way forward.

Diving instructor U Sithu Aung then provided guidance on snorkeling and basic scuba techniques to help community members safely observe the fish condos and coral nurseries within the coral conservation area. Together with local divers, he guided both community participants and Coral Revive team members as they explored the site. The structures, located at shallow depths, are clearly visible from the surface. For many participants, it was their first opportunity to see how conservation efforts translate into tangible change beneath the water.

As participants returned to shore, conversations were filled with surprise, pride and renewed hope. Many shared that they had not expected such visible progress within just a few years, while others expressed a strong desire to remain involved and continue witnessing the reef's recovery.

The following reflections capture how the Coral Revive Project is being experienced by the community itself, through the voices of elders, volunteers and youth who are closely connected to the sea.



U Kyi Lwin

Community Elder
Kyway Chaing Village Tract

"I attended the Sustainable Fishing Practices and Marine Ecosystem Conservation Workshop and learned that seagrass, sea cucumbers and coral species that once existed in our region have become increasingly rare. It made me realize how essential marine ecosystems are as the foundation of marine life.

I also took part in the Coral Conservation Open Day. Although I had previous diving experience, it was my first time scuba diving, and the diving instructor provided clear and careful guidance. When I entered the underwater project area, I was impressed by the artificial reef structures and coral nurseries. I saw many fish and newly growing corals. It convinced me that choosing Sabahtar location as the project site was the right decision, as the area is now becoming richer in marine life. Although I am not directly involved in operations, I regularly attend awareness sessions and encourage others to do the same. As I work in the tourism industry, I also share this information with visitors. I believe this project can support local tourism and bring long-term benefits to our region."

Mann Thit Lwin

Community Elder
Nanttharpu Village Tract

“I have been actively involved in the Coral Revive Project since it began in April 2024. My role includes guiding divers, supervising fieldwork, providing local support and conducting follow-up checks. After each inspection, I report my observations and help mobilize local resources and community members.

During the early pilot stage, there were very few corals and almost no visible growth. After the installation of artificial reef structures and coral nurseries, I began to see clear positive changes. Coral growth has increased, fish populations have expanded and new species—ones we had never seen before—are now appearing around Sabahtar Island. Even without diving, I can see small colorful fish increasing week by week.

Our local fishermen fully respect the conservation area, and any damaged buoys are reported quickly. I believe this project can serve as a model for other regions, as it protects marine resources, supports eco-tourism, and creates livelihoods. I am really proud to contribute and remain hopeful for our community’s future.”

U Phyo Mauk Tha Htet

Volunteer Diver
Nanttharpu Village Tract

“I am proud to support the Coral Revive Project as a local volunteer diver. I assist with installing artificial reef blocks, concrete pipes, reef balls and coral nurseries. Every two weeks, my fellow volunteers and I dive to monitor progress, record observations and clean the structures to support healthy growth.

More than 10 years ago, fish and prawns were abundant, but increased fishing pressure caused these resources to decline. Since the Coral Revive Project began, the transformation has been remarkable. Artificial reef structures now provide shelter, and many fish species—including those not seen for years—have returned. Watching corals survive and grow day by day fills me with pride.

This project is like raising fish naturally, helping to prevent future scarcity. It not only restores marine

life but also creates jobs for local boat operators, carpenters and divers. I believe expanding such efforts will strengthen our regional economy through sustainable conservation.”

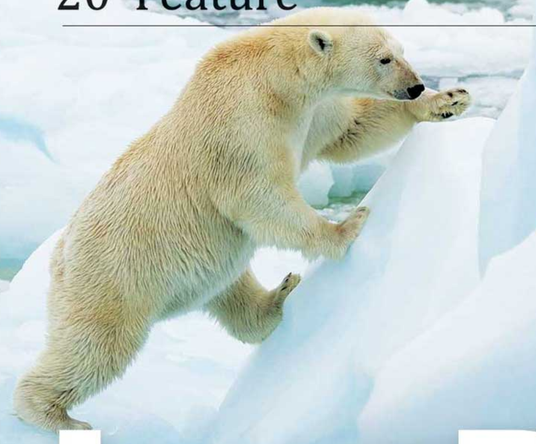
Ma Linn Lett Hlaing

Grade-10 Student
Nanttharpu Village Tract

“Living near the costal beach, I had seen corals along the coast before, but I never had the chance to learn about them in depth. The coral conservation signboards in our village helped me understand how coral reefs can be damaged.

I attended the Sustainable Fishing Practices and Marine Ecosystem Conservation Workshop with my teachers and friend, and it opened my eyes to the wonders of marine life. I was amazed to learn that there are over 60 species of seaweed that absorb about 30 percent of carbon dioxide. I also learned how harmful ghost nets and plastic debris are to the seabed.

The most exciting part for me was learning about coral transplantation. I was surprised and happy to know that coral nurseries are already being tested in our community. Learning about seagrass restoration and coral survival during the climate crisis made me realize how important this work is for our future. I hope to share what I learned and take part in more activities to help protect our ocean.”■



Ice Beneath the Seabed

Old Geo-Geezer (OGG)

Disclaimer: The statements, ideas and opinions expressed in this paper are solely from the author and do not necessarily reflect the statements, ideas and opinions of MPRL E&P, and in particular, from the members of the geoscience and exploration teams. All readers must rely upon their own skills, knowledge and judgement when making use of this paper.

We all know of ice above the sea, such as where this arctic bear tries to survive in the northern high latitudes. But a very special kind of ice also exists beneath the seafloor. It is very special because this ice traps ***methane***, a bonanza and, possibly, a curse.

Methane is the very gas that the Pyitharyar Integrated Project (PIP) seeks to bring to market. It is used to run engines, power turbines for electricity, and produce plastics and fertilizers.

Last year, one of China's major national petroleum companies stunned our little world of petroleum geoscientists and engineers. China National Offshore Oil Corporation, commonly known as CNOOC, announced on 7 August 2024, that it had found 100 billion cubic meters of gas in place in what it described as the *"first large-size ultra-shallow gas field in ultra-deep water in the world".*

That volume is roughly equivalent to the amount of gas expected to be produced during the first phase of PIP. While this new find is in the South China Sea beneath about 1,500 meters of water, the gas itself lies only some 200 meters below the seafloor. By comparison, PIP reservoirs are typically found at much greater depths, often two kilometres or more below the seabed.

What got our brains wildly ticking was the realization that this gas could only have come from the previously mentioned very special ice, known as ***gas hydrates***, or more likely from reservoirs just beneath it. This distinction remains unclear.

Gas hydrates have been known for more than 60 years, yet every attempt to produce them commercially had so far dismally failed. That is why CNOOC's reported result stands out. According to its press release (News Releases CNOOC Limited Adds over 100 Billion Cubic Meters of Proved Gas In-place), CNOOC managed to flow gas at a staggering rate of 350 million standard cubic feet of gas per day. That is about six times higher than the production rate intended for each PIP well.

So what are gas hydrates? Where are they found? And could this ice become the boon of the future and be one day exploited or is it a potential curse? And what does all this mean for Myanmar? Let's have a deeper look.

What Are Gas Hydrates?

Gas hydrates are simply a form of ice. Ice is a network of water crystals. Gas hydrates are iced water in which the ice crystals form cages, jailing molecules of methane gas, the same type of gas produced by the PIP (Figure 1).

When drilling operations bring from below the deep-sea bottom rocks impregnated with gas hydrates to the warmer surface, these gas hydrates can be ignited as fiery ice while the methane is freed from its melting ice cages thawing into water.

In terms of volume, melting one cubic meter of gas hydrates, about the volume enclosed by your boss' desk, produces the following:

- About 870 liters of water, or roughly 44 large plastic bottles used in office water dispensers
- Enough methane gas to fill a balloon with a volume of 164 cubic meters, about twice the size of your boss' office

Where Is It Found?

Let's look at the environments and locations around the world where gas hydrates occur.

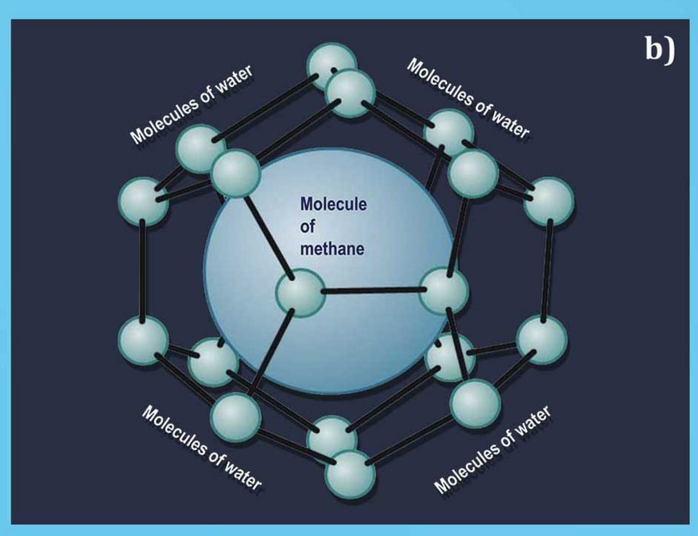
The ice that forms gas hydrates appears under very special conditions of pressure and temperature. These conditions are found in two very different domains (Figure 2):

- Permafrost, or permanently frozen ground, in very cold climates of the Arctic zones. Gas hydrates occur from about 200 meters below the surface down to about one kilometer underground.
- Marine sediments immediately below deep sea, under more than one mile of water. In this setting, gas hydrates form at depths that vary with the overlying water column, in cold temperatures typically between 2 degrees Celsius.

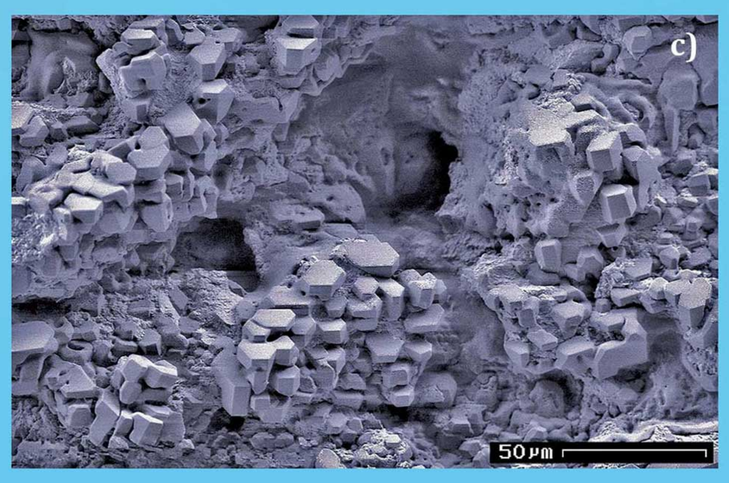
This paper focuses on the deep sea only, as most papers agree that 99 percent of the gas hydrates are found beneath the oceans, while only about 1 percent occur in the frozen grounds of the Arctic zone.

The gas of gas hydrates under the deep waters migrates from deeper sources through faults and propagates laterally through sands. This gas is mostly the product of zillions of microbes that digest carbon from dead algae. These algae sink through the water

Gas Hydrate Research: Advanced Knowledge and New Technologies



Modified from Climate Change and Methane Hydrate, World Ocean Review



Gas Hydrate Crystals, U.S. Geological Survey

Gulf of Mexico Gas Hydrate Formation, U.S. Geological Survey

Figure 1: Gas hydrates as the fiery ice *(a) Ignited sample of gas hydrates; (b) Gas hydrates as network of ice crystals jailing molecules of methane gas; (c) Crystals under the electronic microscope, the width of the picture is the width of an hair (d) Ice hydrates in the bottom of deep sea, with mussels teaming around the ice like kids in an ice cream parlour*

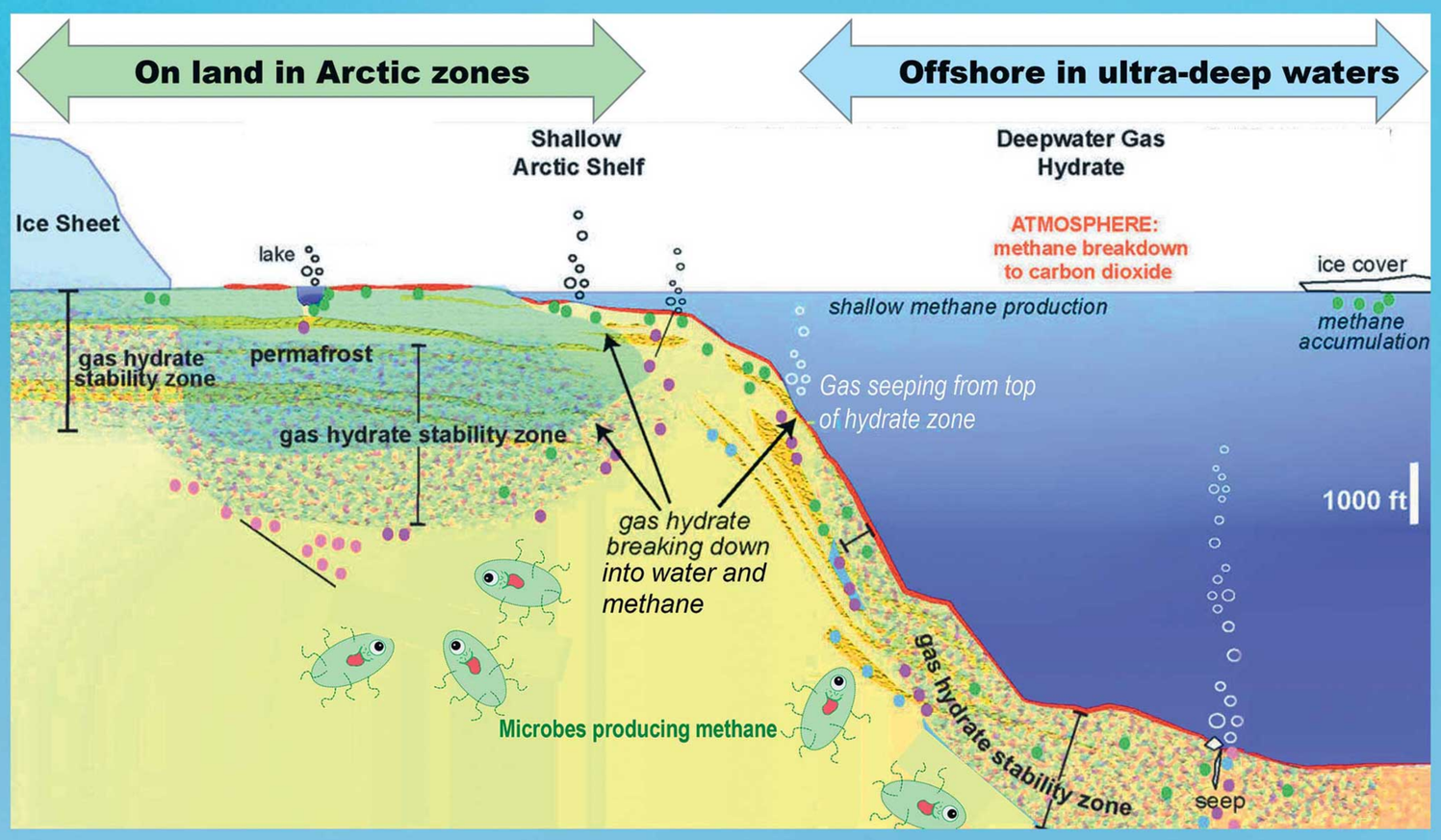


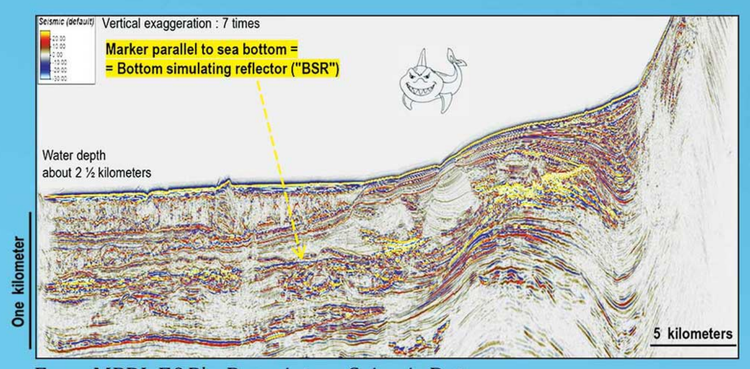
Figure 2 : Gas hydrates are found in two very different environments *(modified from USGS "Gas Hydrate in Nature" 2017, Gas Hydrates - Primer, U.S. Geological Survey (usgs.gov))*

column and are deposited on the bottom of the sea together with fine sediments.

As a reminder, we can see the layers of the underground, whether on land or under the sea, by using a technology known as seismic, just like a giant ultrasound imaging machine (an explanation of this technology can be found in your preferred three-monthly Insight! Newsletter, Issue 28, published in September 2021).

Gas hydrates can be seen on seismic as a special marker, a reflector that appears to underlie and mirror the sea bottom, known as a Bottom Simulating Reflector, or BSR. Above the reflector, the gas is enclosed in icy solid gas hydrates, with a fast speed of sound, while below the gas is free in sediments of slower speed of sound. The BSR marks the boundary between these two contrasted speeds of sound domains.

Figure 3 shows a clear example of a BSR over our deepwater Pyitharyar Integrated Project (PIP).



From MPRL E&P's Proprietary Seismic Data

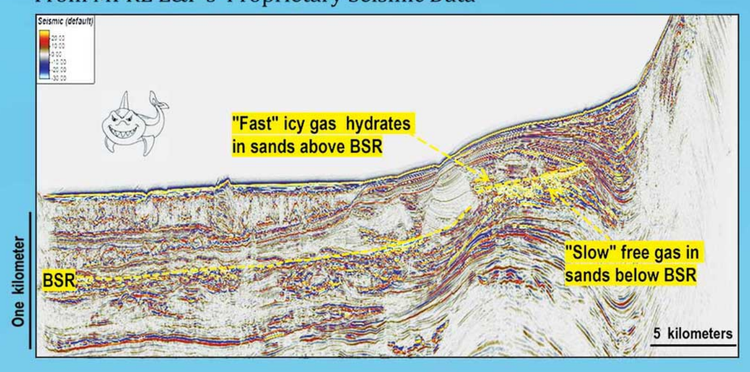
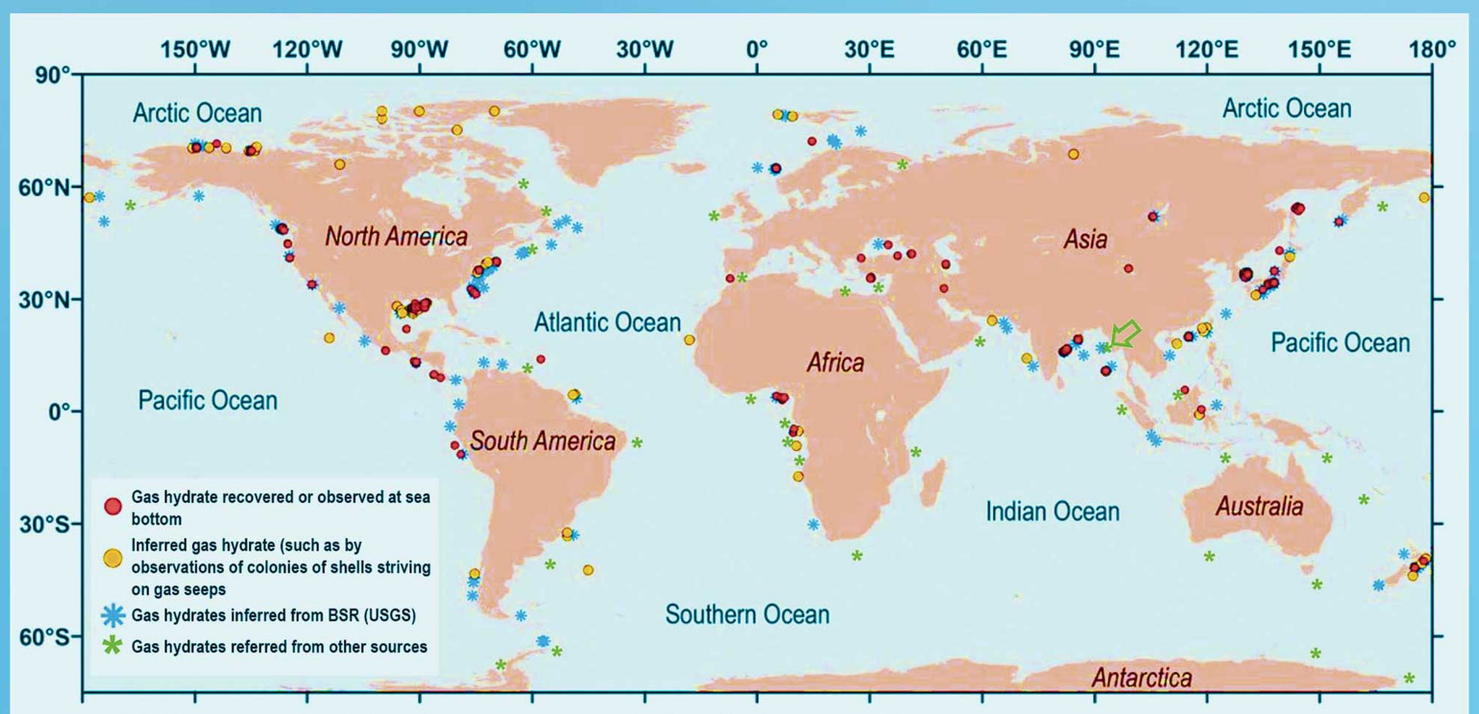


Figure 3: A key indicator of gas hydrates in Block A-6*; the top image shows an uninterpreted seismic line. The bottom image shows the same line, with the Bottom Simulating Reflector or BSR, outlined by a yellow dashed line. The BSR marks the boundary between gas hydrates above it, and the free gas below it.*

Bottom simulating reflectors are a very common sight around the planet, as showed in a modified map of the USA's Geological Survey (the USGS) in Figure 4.



Modified from Map of gas hydrate locations, known and inferred | U.S. Geological Survey

Figure 4 : Main gas hydrates deposits in the world; *the green arrow points to the telltales of gas hydrates observed by MPRL E&P in all blocks of the Myanmar waters of the Bay of Bengal where we could access the data.*

How Much Gas Could Be Extracted From Gas Hydrates?

One Chinese publication has extensively analysed 29 global estimates of gas hydrates published between 1974 and 2015. The estimates are very much a subject of speculation and vary by as much as five orders of magnitude, ranging from one unit of volume to 10,000 times that amount.

A clear trend emerges with respect to time. The more recent the publication, the smaller the estimated volume of gas hydrates that could be commercially produced globally. If this downward trend continues through 2050, the estimated expected resource of the gas hydrates would decline to about 20 percent of known conventional gas reserves. This is still a quite respectable number, but gas hydrates would only contribute to about 10 years of world gas resources on top of the estimated remaining 52 years of proven conventional gas reserves that are already producing or about to be produced.

A Boon for the Future, but a Curse for Now

The Boon

Gas hydrates as often described as a producible resource. They key challenge is how to produce gas from ice? The challenge is that the gas must be freed from its icy cage without producing the loose recent sands that host the icy hydrates. There are only two areas in the world where production has been attempted. One is the Nankai Trough in Japan, in seas around 1,200 meters deep. The other is in Chinese waters of the South China Sea, not far from the island of Hainan, at about the same water depth.

In Japan, engineers achieved a historic milestone on 12 March 2013. Engineers from the Japan Organization for Metals and Energy Security (JOGMEC) announced the world's first successful production of gas from hydrates. This feat was carried out by lowering the pressure directly from the gas hydrates in a well site of the Nankai Trough, some 300 meters below the seabed. JOGMEC successfully managed to flow less than 1 million cubic feet of gas per day for six days. The test had to be terminated because sand was being produced along the gas, which can severely damage production equipment. While this was a world first, the gas flow was 10 to 20 times less than what would be required to feed a commercial project.

The latest reported experiment in the Nankai Trough in producing gas from depressurizing hydrates was from two wells from April to June 2017. One of the wells flowed for 24 days at around 300,000 cubic feet per day without sand-related problems. Yet these production rates are barely 1 percent of what would be needed for commercial viability.

In China, after 20 years of exploring gas hydrates in the Shenhu area of the Pearl River Mouth Basin in South China Sea, the China Geological Survey, with China National Petroleum Company (CNPC) and the University of Beijing, initiated a test on 10 May 2017 that lasted for 60 days, producing an average of about 182,000 cubic feet per day, a world record with the longest continuous duration of gas production and maximal gas yield. By 2020, the world record for gas production from deepwater gas hydrates still belonged to the same sector of the South China Sea, where an average 680,000 cubic feet per day of gas was for one month, including a record 10.1 million cubic feet for one single day.

On 07 August 2024, our little world of petroleum techies were stunned when state company China National Offshore Oil Corporation (CNOOC) announced to have tested 350 million cubic feet per day of gas, in other words, around seven times the flow rate of our PIP discovery wells, and more than three hundred times the Japanese record

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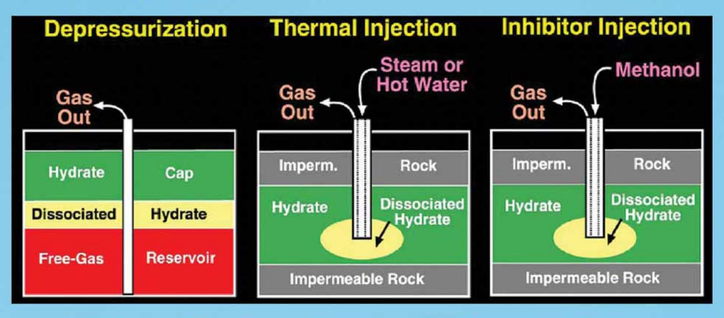
flow rate. This stupendous flow came from a gas discovery still in the South China Sea, as large as the PIP now under development. The find was qualified as the "first large-size ultra-shallow gas field in ultra-deep water in the world". While the nature of the reservoir rock was not revealed, we strongly suspect that the gas was more probably free gas from sands sealed by or immediately below gas hydrates, with a minor contribution from gas hydrates. Yet the challenge solved by the CNOOC was to produce gas from most probably loose sands, while not flowing them to surface with the gas.



From C.M. Jones, J.D.A. Dourado, and H.A.F. Chaves: *Gas Hydrates and Microbiological Processes;* Search and Discovery Article#80081 (2010); (PDF) Gas Hydrates and Microbiological Processes

Figure 5: How could gas hydrates be produced

Three main methods are being tested to produce gas from gas hydrates (Figure 5):

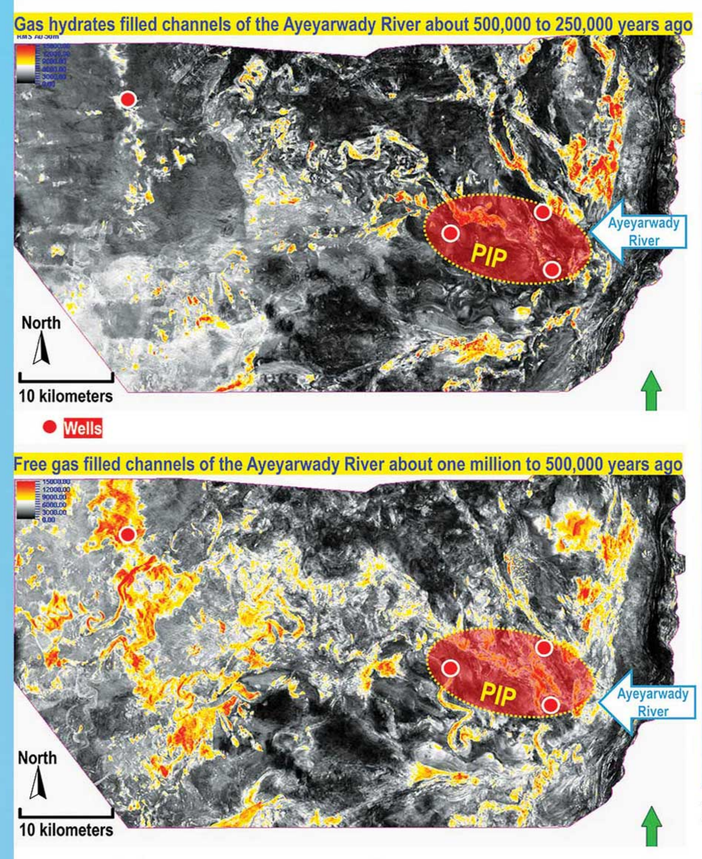
- Depressurization: depressurize the sands hosting the gas hydrates,
- Thermal injection: warm the gas hydrates with steam or hot water to melt them,
- Inhibitor Injection: inject a chemical that dissociate the hydrates.

The depressurization method is the one that meets a consensus as it is the least destructive, allowing to produce only the gas, without mobilizing the water and the loose sands below the seabed.

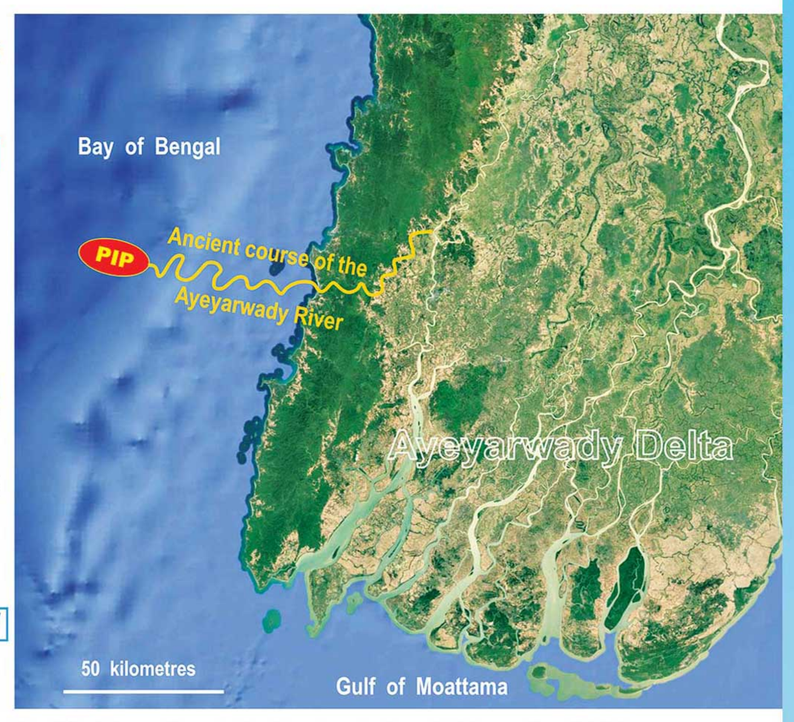
The Curse

Environment greenies and petroleum industry nerds sometimes agree, yes they do, but not for the same reasons.

Greenies hate gas hydrates because their melting frees methane in the air, as a gas causing global warming 20 to 30 times more efficiently than carbon dioxide. This melting may occur because of defreezing permafrost and ocean warming, changes of sea level, or catastrophic submarine slumps triggered by earthquakes, such as the giant slumps along the western continental shelf of Myanmar of half a million years ago (this morning after late breakfast for geo-nutters).



MPRL E&P's Proprietary Data and Interpretation



Modified from GoogleEarth extracted on 14 December 2025

Figure 8: Location of fiery ice overlying free gas in Block A-6: *The maps on the left show yellow and red wormy noodles, which are gas filled sandy channels. The top left map shows gas hydrates (fiery ice) filling in the last channels of the deep sea Ayeyarwady River system. The bottom left map shows the free gas filling the westwards flowing Ayeyarwady channels in the hundred meters directly below the gas hydrates. The map on the right shows the modern-day Ayeyarwady River as wormy noodles meandering in the delta, with an outline of its ancient course that fed the Pyitharyar Integrated Project (PIP).*

Petroleum producers hate gas hydrates as it plugs deepwater pipelines (Figure 7 from a pipeline in deep waters of Brazil), which therefore requires the injection of antifreeze agents. Meanwhile, drillers avoid gas hydrates, as drilling operations may warm up the sediments, melt the hydrates and cause collapse of the rock around the drill-string, thereby severely damaging installations laid on the sea floor. One of our jobs as geo-nutters when preparing for drilling is to map gas hydrates as a "geo-hazard" so as to show drillers how to avoid risky drilling locations.avoid gas hydrates, as drilling operations may warm up the sediments, melt the hydrates and cause collapse of the rock around the drill-string, thereby severely damaging installations laid on the sea floor. One of our jobs as geo-nutters when preparing for drilling is to map gas hydrates as a "geo-hazard" so as to show drillers how to avoid risky drilling locations.

From figure 2 in L. F. S. Vasconcelos, José C. C. Jr, C. Kakitani, T. H. Sirino, M. A. Marcelino Neto, R. E. M. Morales,and A. K. Sum: *"Experimental Phase Equilibrium Of CO2 Hydrates Above Q2 Inhibited With Meg, NaCl And Isopropanol",* ENC-2020-0461 - 18th Brazilian Congress of Thermal Sciences and Engineering November 16-20, 2020 (Online)

Figure 7: A gas hydrates plug, mostly ice, being removed from a pipeline in a Petrobras installation

What's in It for Us in Myanmar?

On about every seismic section that we geo-nutters have seen in the deep waters in western Myanmar, strong signs of gas hydrates show up. In particular, in Block A-6, the gas hydrates and the underlying free gas draw images of the last river course of the Ayeyarwady River before tectonic movement redirected the river towards the Gulf of Moattama (Figure 8).

China's successful experiment in August 2024 gives us good hope that this ultimate gas resource may be enough to extend the project by as much as five years after having produced all the conventional gas already mapped. While this unconventional gas is not yet economic, the PIP may last for long enough to see gas hydrates becoming an economic resource thanks to further technological breakthrough.

Further than Wikipedia, the US Geological Survey's *Gas Hydrate in Nature: A Geonarrative Based on USGS Fact Sheet 3080 or Methane clathrate - Wikipedia* provides an excellent accessible briefing from where you can deepen knowledge in various aspects of this exciting potential energy resource and quench your inquisitiveness.

That's it for now folks! Just **stay** (critically) **curious**, and the fun will go on!■

Modified from: Summary Graphic 8 in *"Frozen Heat - A Global Outlook On Methane Gas Hydrates - Executive Summary"*; edited by Yannick Beaudoin, GRID-Arendal; Guest Editors: William Waite, US Geological Survey; Scott Dallimore, Geological Survey of Canada; Ray Boswell, US Department of Energy; © United Nations Environment Programme, 2013; ISBN: 978-92-807-3319-8; 2013

Figure 6: Locations of notable global hydrate field programs; *red squares indicate the location of above-mentioned production trials; PIP stands for Pyitharyar Integrated Project.*

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The rigorous pace of the twelve-month curriculum proved to be a true test of resilience and discipline. Managing the demanding academic workload, particularly in areas aligned with offshore, subsea and petroleum engineering, required a level of focus, mental endurance and organization beyond what I had previously experienced. I navigated these challenges through intensive technical collaboration within AIT's diverse, multicultural learning environment and by actively seeking guidance from professors who brought extensive industry experience into the classroom. Their ability to translate complex academic theories into practical, field-oriented applications significantly strengthened my understanding. This combination of expert mentorship and peer collaboration not only helped me manage the academic demands effectively but also broadened my perspective on how global engineering standards are applied in real-world operations. Among all subjects, Project Management had a particularly profound impact, equipping me with structured frameworks to integrate engineering concepts within multidisciplinary teams and execute projects more strategically and effectively.

The 144th AIT Graduation Ceremony in December 2025 remains a moment of profound fulfillment. Walking across the stage symbolized the culmination of a challenging yet rewarding journey that balanced rigorous academic theory with practical industry relevance. During the ceremony, my thoughts were centered on my family and my colleagues, whose belief in my potential provided motivation during the most demanding periods of the year. The strongest emotions I felt were pride and gratitude, as this achievement represented not only personal growth but also a meaningful continuation of my professional commitment to the company. It marked a bridge between past efforts and the greater responsibilities I am now prepared to undertake.

I view the sponsorship provided by MPRL E&P not merely as an employee benefit, but as a strategic investment in human capital that carries a deep sense of responsibility to deliver tangible returns. This experience reinforced my belief that an organization's

greatest asset lies in its people, especially when their capabilities are strengthened through specialized education. Building upon my prior field experience, I am eager to apply the advanced technical insights gained at AIT to enhance site processes, improve operational efficiency and support stronger decision-making. I am also committed to promoting more robust project management practices and asset integrity protocols to ensure projects are delivered safely, efficiently and in line with international standards. These concepts are no longer academic theories to me; they are professional principles I am ready to implement and uphold.

Looking ahead, this academic year has clarified my long-term trajectory within the company. I am now focused on progressing into leadership roles that bridge technical geosystem exploration expertise with strategic oversight. Returning to work excites me, as I can now evaluate projects through a more advanced technical lens, applying modern workflows, subsea engineering concepts and integrated problem-solving approaches to address operational challenges. I am confident in my ability to contribute to the company's continued market leadership by navigating industry complexities with a broader global perspective shaped by this intensive academic experience.

To colleagues who may one day pursue a similar opportunity, I encourage you to see it not simply as earning a degree, but as transforming your professional identity. Representing our company in a global academic environment is a rare privilege that demands commitment, adaptability and discipline. Beyond the classroom, participating in initiatives such as the Campus Walk for Campus Clean and the Mini Olympic sports events contributed meaningfully to my personal growth, reinforcing values of teamwork, shared responsibility and community engagement. These experiences reflect the core values we uphold at our company and are principles I am eager to integrate further into our operations. Embracing this balance will not only enhance academic success but also prepare you to return as a more capable, well-rounded leader. ■

Field Lab Insights on Sustainable Resource Management and Industry Application

Hein Htut

The purpose of the field trip was to bridge the gap between theory and real-world application in Natural Resource Management (NRM). The field lab aimed to enhance the practical understanding of NRM by directly observing real-world applications across diverse ecological and agricultural settings in Thailand. It provided an opportunity to explore sustainable agricultural practices, integrated resource management systems, and community-based approaches in the real-world contexts.

Experiences and Observations

The trip included visits to several sites, each providing unique insights into NRM practices:

1. Baanwin Farm showcased a mixed farming system that integrates IoT technology with organic practices, promoting sustainable agriculture and strengthening resilience within farming communities.

2. Khao Hin Sorn Center functioned as a living natural museum, demonstrating integrated resource management through diverse crop cultivation, forest stratification and innovative livestock practices.

3. Suphattra Land focused on agritourism, combining environmental sustainability with income generation through hydroponics, beekeeping and rubber harvesting.

4. Mangrove Forest Learning Center highlighted community-driven mangrove restoration efforts, emphasizing biodiversity conservation alongside livelihood support.

5. Rayong Botanic Garden offered insights into wetland conservation and native plant species protection, while promoting low-impact tourism and environmental education initiatives.

Overall, the field trip allowed us to observe how theoretical concepts are translated into practical applications. We learned modern technologies can complement traditional knowledge to enhance agricultural practices and resource management. One of the most important lessons was the critical role of community involvement in managing natural resources to ensure long-term sustainability.

Challenges Faced

One of the key challenges during the trip was understanding the complex dynamics involved in integrating community-based initiatives with sustainable practices, especially in rural settings. While the importance of strong local institutions and governance structures was evident, aligning them effectively with environmental conservation efforts requires balancing economic incentives, social priorities and active community participation.

Reflections and Lessons Learned

This field trip significantly deepened my understanding of the practical complexities of natural resource management and reinforced the relevance of NRM principles beyond agriculture and forestry, particularly within Myanmar's oil and gas sector. Observing integrated resource management, ecosystem-based approaches and community participation across the visited sites demonstrated that environmental sustainability depends not only on technology, but also on governance, institutional capacity and stakeholder engagement.

These lessons are highly relevant to Myanmar's oil and gas sector, where exploration and drilling activities often intersect with sensitive ecosystems, agricultural land, forests and coastal areas. As seen in the field sites, unsustainable resource use in oil and gas operations can result in land degradation, water contamination and loss of ecosystem services if not properly managed. The community-based approaches observed during the field trip underscored the importance of involving local communities in decision-making processes, which is particularly critical in Myanmar, where oil and gas projects frequently affect rural livelihoods.

Personally, this experience strengthened my ability to connect theoretical concepts such as ecosystem services, environmental governance and sustainability frameworks with practical environmental management in extractive industries. It also heightened my awareness of the important of adaptive management, continuous monitoring and transparent communication among companies, regulators and communities. This field lab encouraged a more holistic and responsible perspective toward natural resource use, especially in high-impact sectors like oil and gas.

Acknowledgement and Future Outlook

In conclusion, the Natural Resource Management Field Lab successfully linked classroom theory with real-world practice and provided valuable insights into sustainable resource management across diverse ecosystems. The experience of observing community-led initiatives, technology integration and ecosystem-based management approaches offers meaningful lessons for addressing environmental challenges in Myanmar's oil and gas industry. These lessons highlight the importance of balancing economic development with environmental protection and social responsibility.

I would like to express my sincere gratitude to the course instructors, organizers and local communities at each field site for their guidance, openness and willingness to share their knowledge. Their contributions made this field lab a meaningful and impactful learning experience. Appreciation is also extended to all participants for fostering a collaborative and engaging learning environment throughout the trip. Last but not least, I would like to thank MPRL E&P for giving me this opportunity to further my knowledge and experience.

Looking ahead, the insights gained from this field lab will strongly influence my academic and professional interests, particularly in assessing and improving environmental management practices within Myanmar's oil and gas drilling operations. The experience has reinforced my commitment to applying NRM principles to promote sustainable development, reduce environmental risks and support community well-being in extractive industries. I believe that integrating lessons from nature-based and community-centered management models can play a vital role in shaping a more sustainable future for Myanmar's oil and gas sector.■

Field Trip to Bosch Hemaraj Explores Industry 4.0 and Digital Innovation

Zan Poe Ei

On 23 January 2026, a field trip to Bosch Hemaraj provided a valuable opportunity to observe how Industry 4.0 (I4.0) technologies are transforming modern manufacturing. As a global leader in automotive technologies, industrial solutions, and consumer goods, Bosch is widely renowned for integrating digital innovation to improve efficiency, safety, and sustainability.

For professionals in the oil and gas industry, this visit was particularly significant. Bosch's application of machine learning, artificial intelligence (AI), predictive maintenance tools, and real-time monitoring systems demonstrated how digital technologies can enhance operational reliability in industries that demand precision, remote supervision, and continuous equipment performance.

Key Observations from the Visit

The visit began with an in-depth overview of Bosch Hemaraj's advanced manufacturing systems, including Radio Frequency Identification (RFID), intelligent dashboard platforms, and predictive maintenance programs. These systems are highly relevant to the oil and gas sector; they support equipment uptime and operational continuity.

One of the most impressive features was Bosch's transparent material flow system, which allows real-time tracking and management of materials. This closely mirrors the supply chain and inventory management requirements in the oil and gas, where efficient logistics and real-time accurate data management help prevent costly downtime.

A key highlight of the tour was the demonstration of digital twin technology. Bosch's use of digital twins—virtual simulations of physical systems that can predict failures, optimize processes, and monitor equipment wear and tear in real-time—was particularly impressive. This technology is widely used in the oil and gas industry to model operations such as drilling, refining, and pipeline monitoring. Additionally, Bosch's integration of AI to optimize machine performance and detect anomalies is directly applicable to the oil and gas industry's need for predictive maintenance, where preventing failures in critical equipment such as pumps, valves, and pressure systems can help minimize the risk of catastrophic events.

Reflections on Lessons Learned and Personal Growth

Several key lessons emerged from this field trip, particularly regarding the importance of integrating digital technologies to enhance performance and reduce costs. These lessons are especially relevant to the oil and gas industry, which continuously strives to improve operational efficiency. Bosch's use of real-time data analytics to monitor equipment performance and dynamically adjust machine settings is a concept directly translatable to the oil and gas sector, where operations are often complex and constantly evolving. The ability to quickly diagnose and resolve issues based on data-driven insights can significantly reduce the risk of unplanned and expensive repairs, which are common in high-stakes environments such as oil rigs and refineries.

On a personal level, the trip reinforced the applicability of Industry 4.0 technologies not only in traditional manufacturing sectors but also in more complex industries such as oil and gas. The lessons learned emphasized the importance of staying ahead of technological advancements to ensure continuous improvement and drive innovation.

Conclusion and Acknowledgements

In conclusion, the visit to Bosch Hemaraj provided invaluable insights into the future of manufacturing powered by Industry 4.0 technologies. For the oil and gas industry, this experience underscored the potential of AI, predictive maintenance, and real-time monitoring to enhance efficiency, safety, and cost-effectiveness.

I would like to extend my gratitude to the Bosch team for their comprehensive presentations and for giving us the opportunity to witness these cutting-edge technologies in action. I would also like to express my appreciation to MPRL E&P for providing me with the opportunity to contribute to Insight! Newsletter, offering a platform to share the knowledge and experience gained from the field trip to Bosch.

Moving forward, this experience will undoubtedly influence future strategies and innovations in the oil and gas industry, where complex systems and high-risk operations are inherent to the landscape. The digital tools showcased at Bosch Hemaraj reaffirm the critical need for industries to stay ahead of the technological curve to maintain a competitive edge and drive sustainable growth. ■

From Dream to Podium

Hnin Wynt Zaw

When SSL Team Myanmar stepped onto the waters of the 33rd SEA Games to compete in the SSL47 keelboat class for the very first time in December 2025, they were not only racing against regional powerhouses—they were racing against history. In a nation with no marinas, no keelboat tradition and only a single sailing club, their bronze medal was more than a podium finish. It was a statement of belief, resilience and possibility.

Through leadership, strategy and unwavering teamwork, **these three sailors** demonstrated that courage and preparation can overcome even the steepest odds. Their achievement has ignited pride across the country and inspired a new generation of Myanmar sailors to dream bigger. In this special Q&A, they reflect on the journey, the challenges and what this milestone means for the future of sailing in Myanmar.

Sithu Moe Myint
Helm & Team Captain

Bronze Medal : Optimist Class
18th SEA Games, 1995

Gold Medal : Men's International 420 Class
21st SEA Games, 2001

Gold Medal : Half-Rater Class
27th SEA Games, 2013

Bronze Medal : SSL47 Keelboat Class
33rd SEA Games, 2025

Three words to describe his role:

- Leadership
- Accountability
- Temperance

Congratulations to you and the whole team. Watching the races from home, the office and even on our phones was intense—our hearts were racing the entire time. As Myanmar competed in the SSL47 keelboat class at the SEA Games for the first time, what did this historic moment mean to you personally?

It is a common and ultimate dream for sailors belonging to many vibrant and passionate sailing communities in Sailing Clubs all around the world to sail a high-performance keelboat such as the SSL47 and to compete in such a class against the best of the best of sailors from other nations.

When I first learned of the opportunity in late April 2025, it was hard to believe that this was really happening and that a dream that we had talked about for many years was finally going to be within our reach. Each and every one of us who had the honor to be selected to be a part of SSL Team Myanmar deeply understood that this was a once-in-a-lifetime opportunity. For me personally, this was an opportunity that would require unprecedented levels of leadership as well as a commitment to learning quickly and effectively how to perform as a team at the highest standards of keelboat sailing.

When you look back at the moment the team secured the bronze medal, what emotions stand out most?

In sport, what is truly meaningful is not what just what we achieve, but rather how we went about and secured our achievements–the journey always ends up being more memorable than the destination.

Although we came to this regatta with higher aspirations than securing the bronze medal, our podium finish was ultimately a very hard-won result that came down to the very last race. That made it truly meaningful for us.

The last downwind leg of the last race was a close-quarters tactical battle that neither we nor our fellow competitors will ever forget. All of our training and preparations came down to a handful of maneuvers that we, as a team, had to execute timely, precisely, and accurately. When we crossed that finish line after our last gybe to secure our position, the feeling of exhilaration was unequivocal.

How significant is this achievement for Myanmar sailing as a whole?

In addition to the achievement, it is worth noting that SSL Team Myanmar consists of sailors representing a nation with only a single sailing club that predominantly sails wooden double-handed dinghies on a lake. There are no marinas in Myanmar and certainly no keelboats. Furthermore, most of us had last competed professionally at least 10 years ago. Under such circumstances, demonstrating that in less than six months, SSL Team Myanmar were able to demonstrate the commitment, fortitude and competence in our preparations and campaign to ultimately earn a podium finish is something that will inspire generations of future Myanmar sailors and champions to come.

As Helm and Team Captain, how did your role differ from previous sailing events?

It was clear from watching the SSL47 racing circuit on YouTube that no matter how exceptional the sailors were on any of the teams racing, all it took was a single small mistake by just one crew member for a team to go from first place to last. As a strategy, it was clear that more so than sailing to win, we would have to learn to sail not to lose and focus on the highest quality of executing our maneuvers as a team.

As the Helm, I needed to fully understand the capabilities of all 10 crew members onboard, make precise decisions aligned with our team combined execution capabilities in varying wind and swell conditions, and ultimately hold myself accountable for our collective performance under such circumstances.

What was the biggest challenge of stepping into a new keelboat class like the SSL47, particularly with limited training time in open-sea conditions?

I was fortunate to realize early on that the main challenge was not for my team to learn and execute each of the unique roles and responsibilities assigned to them onboard, but rather to do so exceptionally well together and consistently during every race. To perform at the level that we aimed for, tremendous empathy and resilience were required from each and every team member, since every maneuver we could undertake involved at least 10 total process steps, and one small mistake was all it took for the maneuver not only to fail, but also to result in catastrophic consequences.

The races looked intense, especially when the spinnaker went up and during close mark roundings. Which parts of sailing are the most strategic for the team?

Every part of sailing the SSL47 is strategic and important–from the pre-race strategy planning, to execution, and every second of every race from start to finish. The difference between winning and losing came down to establishing the right pre-race strategy and execution quality. It really was not about how fast we could execute our maneuvers, but rather about getting them right and being able to consistently perform and complete our maneuvers as a team.

Watching the start feels like pacing a marathon. Do you tend to push early or build up gradually, and what's the best approach in a race like this?

You have to push, push hard, and push harder the entire time–it really is going at 100% from pre-start to finish.

On a boat like this, everyone seems to have a clear responsibility. If one role isn't executed properly, how does that impact teamwork and the race strategy as a whole?

The impact of one mistake can be disastrous in terms of race results and even catastrophic for the race equipment and the boat. There is simply so much power generated by the massive sails.

In addition, we were racing in conditions that were almost at the limit in which the race committee would allow us to race in (20 nautical miles per hour (or knots) wind speed limit–we were racing in 18-20 knots). To sum it up, the experience was thrilling, rewarding and unforgiving.

How did you balance decision-making on the water while also keeping the crew focused and confident under pressure?

It all came down to sailing the way we practice. Specifically, we developed a routine from the time we all wake up, have breakfast, and attend the pre-sail team briefing, to rigging up, sailing out, setting up, undertaking pre-start planning, executing, returning to shore, rigging down, showering, having dinner and going to bed. We keep the process steps the same and the times the same so that regardless of race day or training day, we are sticking to the same process, routine and same timing for everything we do. Most importantly, we always stick together as a team and do everything together as a team.

Can you share a moment during the regatta when leadership made a decisive difference in the outcome of a race? Or which race day stood out the most to you and why?

On the first day, during the second race, the wind speed had picked up to around 18-20 knots. On the last downwind, we reached a top speed of 18 knots (nautical miles per hour which is about 35 kph), which was by far the fastest any of us had ever sailed in our lives. It may sound slow but trust me, when you are being powered by wind on a 4-ton keelboat with a gennaker flying from a 70-foot mast and no windshield, it feels incredibly fast. The best part was that we did not even notice how fast we were going given how the entire team was fully dialed in and rocket shipping toward the finish together.

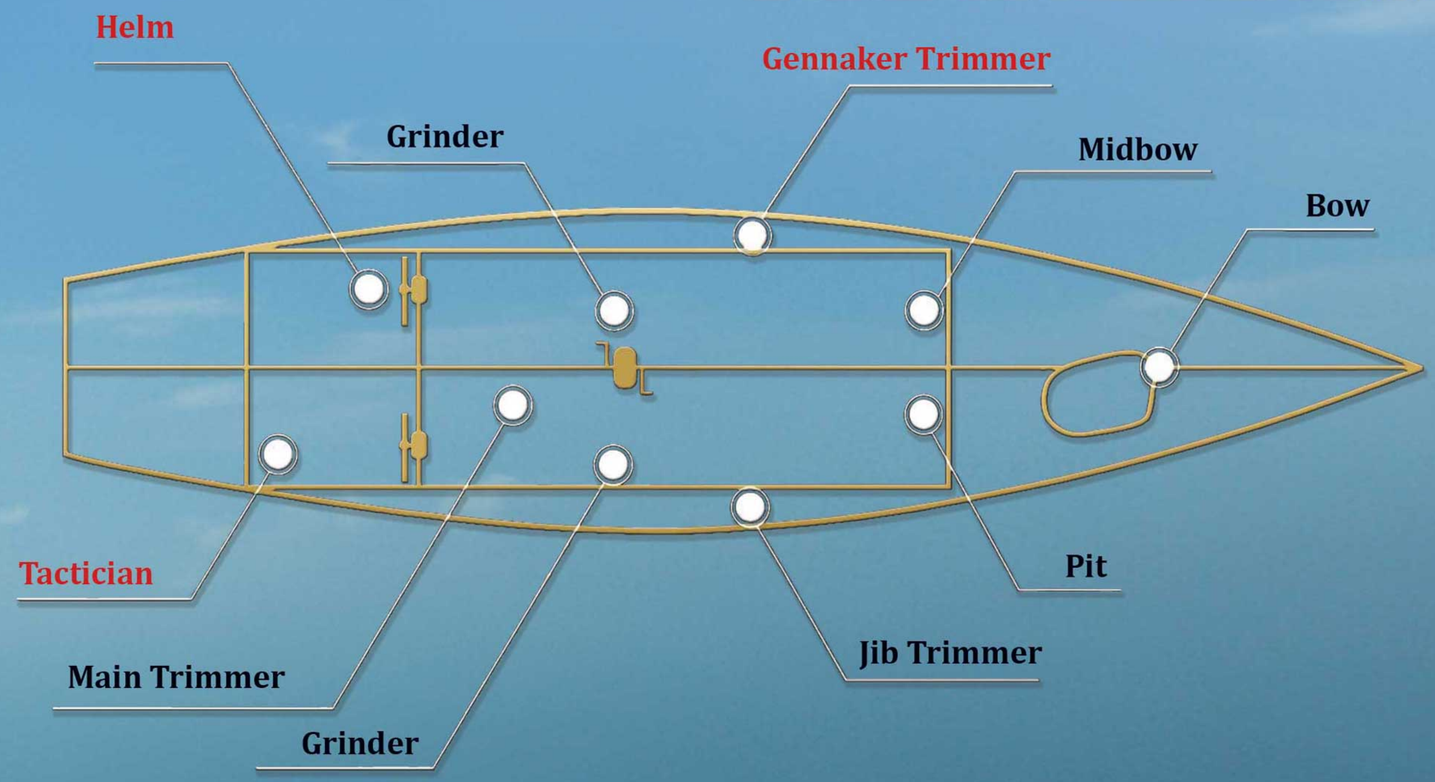
What support systems (coaches, federation or family) played a key role in this achievement?

SSL Team Myanmar sailors are but just the surface of what it took for us to achieve what we achieved. Equally important particularly during our six-month journey of training and preparation for the SEA Games was the support that we received from our MYF President and Vice-Presidents, our MYF Sailing and Finance Team Members whom undertook all of our administrative matters and engaged with the Ministry of Sports and Youth Affairs; our coaches, both on and off the water; and the members of Yangon Sailing Club, who supported us with everything from uniform to multimedia needs and came out to Ocean Marina to cheer us on.

Most importantly, we thank our families and loved ones, who made sacrifices and demonstrated the utmost support and patience throughout our campaign. Our bronze medal is an achievement that we all won for our country. You all truly embody the spirit of SSL Team Myanmar, and we could not have done this without the unwavering support that you all blessed us with.

Looking ahead, how do you envision your role in shaping the future of the SSL47 Myanmar Team? Any words for future sailors in Myanmar?

This is just the start of our journey for SSL Team Myanmar. We will continue to train and plan to compete again when the class features in the 2027 SEA Games in Langkawi, Malaysia. To our future sailors, I want you all to dare to dream big, commit to chasing the biggest of your dreams and never quit until you turn your biggest dreams into reality. ■



စုမြတ်စိုး

Tactician

Gold Medal : Girls' International 420 Class
21st SEA Games, 2001

Silver Medal : Women's International
470 Class, 23rd SEA
Games, 2005

Silver Medal : Women's International
470 Class
27th SEA Games, 2013

Bronze Medal : SSL47 Keelboat Class
33rd SEA Games, 2025

ပြိုင်ပွဲအတွင်း တာဝန်ယူဆောင်ရွက်ခဲ့သည့် အပိုင်းကဏ္ဍများ

(၁) မဟာဗျူဟာ (Strategy)
(၂) ပြုပြင်ပြောင်းလဲခြင်း (Adaptability)
(၃) ပြိုင်ပွဲအကြောင်း သိမြင်နားလည်မှု (Race Intelligence)

ပထမဆုံးအနေနဲ့ လုပ်ငန်းခွင်က မြန်မာအမျိုးသမီးတွေအတွက် ဝမ်းမြောက်အားကျဖွယ်ရာ စွမ်းဆောင်ခဲ့တဲ့အတွက် ကျေးဇူးတင်ဂုဏ်ယူကြောင်း အရင်ပြောလိုပါတယ်။ စုမြတ်စိုးအနေနဲ့၊ ပြိုင်ပွဲ (Regatta) ကာလတစ်လျှောက်လုံးမှာ တည်တည်ငြိမ်ငြိမ်နဲ့ ဆုံးဖြတ်ချက်တွေ ပြတ်ပြတ်သားသား ချမှတ်သွားတာ တွေ့ရပါတယ်။ Tactician တစ်ဦးအနေနဲ့ အခုလို ဖိအားများပြားတဲ့ SEA Games ပြိုင်ပွဲတစ်ခုအတွင်းမှာ၊ အခြေအနေတွေကို မှန်မှန်ကန်ကန် လေ့လာသုံးသပ်ဖို့နဲ့ ကိုယ့်ရဲ့ လေ့ကို အကောင်းဆုံး လမ်းညွှန်ထိန်းကျောင်းပေးနိုင်ဖို့ ဘယ်လောက်အထိ စိန်ခေါ်မှု ကြီးမားခဲ့တယ်လို့ ပြောလို့ရမလဲ။

ကျေးဇူးတင်ပါတယ်။ ပထမဆုံးပြောချင်တာက Tactician နေရာက အရမ်းတာဝန်ကြီးပါတယ်။ ကိုယ့်ဆုံးဖြတ်ချက်အမှား တစ်ခုကြောင့် Team တစ်ခုလုံးကြိုးစားထားသမျှ သဲထဲရေသွန်သလိုမျိုးဖြစ်သွားနိုင်ပါတယ်။ အဲဒီအတွက် ကျွန်မအနေနဲ့ ကိုယ့်စိတ်ကို အတည်ငြိမ်ဆုံးဖြစ်အောင် ပြိုင်ပွဲမစမီကတည်းက ကြိုတင်ပြင်ဆင်ခဲ့ပါတယ်။ အသင်းလိုက်လေ့ကျင့်ချိန်ကလည်း လုံလုံလောက်လောက် မရခဲ့ပါဘူး၊ အဲဒီအတွက်ကြောင့် Teamwork ကောင်းမွန်အောင်၊ အသင်းရဲ့အားသာချက်၊ အားနည်းချက်တွေကို အချိန်တိုအတွင်း သိရှိနားလည်အောင် အထူးကြိုးစားလေ့လာခဲ့ပါတယ်။ ပြိုင်ပွဲမစမီ ကျွန်မတို့ အသင်း ခေါင်းဆောင် (Captain) ညွှန်ကြားခဲ့တဲ့ အချက်တွေအတိုင်း အနီးစပ်ဆုံးဖြစ်အောင် ပြင်ဆင်လုပ်ဆောင်ခဲ့ပါတယ်။

ပတ္တရာရဲ့ ပင်လယ်ပြင်အနေအထားနဲ့ လေထုကတော့ ပြောင်းလဲနေတာပေါ့နော်။ အဲဒီအတွက် အသင်းအနေနဲ့ Tactically ဘယ်လို ပြင်ဆင်ခဲ့ရပါသလဲ။

အပေါ်မှာပြောခဲ့တဲ့အတိုင်းပါပဲ။ အသင်းအတွက် လေ့ကျင့်ချိန်က အရမ်းနည်းခဲ့ပါတယ်။ အထူးသဖြင့် SSL47 လေ့ကိုစီးပြီး လေ့ကျင့်ခွင့်ရတဲ့ အချိန်က စုစုပေါင်း (၁၀) ရက်လောက်ပဲရှိခဲ့ပါတယ်။ ရွက်လေ့ပြိုင်တဲ့အခါ Decision တွေ ကောင်းကောင်းချမှတ်နိုင်ဖို့အတွက် လေရဲ့သဘောသဘာဝကို သိထားဖို့လိုပါတယ်။ လေက မတူညီတဲ့ ပင်လယ်ပြင်အနေအထားတွေ (Different Sea Conditions) မှာ ဘယ်လောက် Speed နဲ့ သွားသလဲ။ Upwind angles နဲ့ Downwind angles တွေဆိုရင် ဘယ်လောက် (Speed) နဲ့စီးရမလဲ။ Boats on Boats Tactics တွေဆုံးဖြတ်ရတဲ့အခါမှာ ဘယ်လောက်အထိ ကပ်ပြီး ရှောင်လို့ရမလဲ။ ဘယ်လောက်အထိကပ်ပြီး Tacking လုပ်မှ ကိုယ့် Opponent ကို Cover ထဲထည့်ထားနိုင်မလဲ စသဖြင့် သိနိုင်ဖို့ဆိုရင် အချိန်အများကြီး လိုအပ်ပါတယ်။ သိစရာတွေက ဒီထက်မက ရှိပါသေးတယ်။

အမှန်အတိုင်းပြောရရင် ပြိုင်ပွဲမစခင် Tactically ကောင်းကောင်းမပြင်ဆင်နိုင်ခဲ့ပါဘူး။ လက်တွေ့လုပ်ဖို့ အခွင့်အရေးမရတဲ့အတွက် SSL47 YouTube Channel မှာတင်ထားတဲ့ Races တွေကိုပဲ လိုက်ကြည့်ပြီးလေ့လာခဲ့ရပါတယ်။ တကယ်တမ်း ရေပြင်မှာ ပြိုင်ရတဲ့အခါကျတော့ YouTube ကြည့်ရသလောက်တော့ လွယ်မနေပါဘူး။ ဒီလိုပဲ ပြိုင်ပွဲတစ်ပွဲပြီးတိုင်း ကိုယ့်အမှားတွေကို ပြန်လည်သုံးသပ်တယ်။ ပြီးတော့ Captain နဲ့ ဆွေးနွေးတယ်၊ နည်းပြဆီက အကြံဉာဏ်ယူတယ်။ အဲလိုနဲ့ပဲ တစ်ပွဲပြီးတစ်ပွဲ ပိုကောင်းလာအောင် ပြိုင်နေရင်းနဲ့ပဲ ကြိုးစားသင်ယူလုပ်ဆောင်ခဲ့ပါတယ်။

ကိုယ့်ရဲ့ Tactical ဆုံးဖြတ်ချက်တွေက ရုတ်ချည်း အရေးပါလာတဲ့ ပြိုင်ပွဲစဉ်မျိုး ရှိခဲ့ပါသလား။ အဲဒီအချိန်မှာ ဘာတွေဆောင်ရွက်ခဲ့ရပါသလဲ။

ရှိခဲ့ပါတယ်။ အဲဒါကတော့ Philippines Team နဲ့ အမှတ်တွေတူပြီး Tie-Break ဖြစ်နေတဲ့အချိန်၊ သူနိုင်ကိုယ်နိုင် အပြိုင်ကြိုးစားပြီး Podium နေရာလုနေရတဲ့ အချိန်ပါ။ "ဒီပွဲမှမနိုင်ရင် ငါတို့ဆုမရတော့ဘူး" ဆိုတဲ့အသိနဲ့ စီးခဲ့ရတဲ့အချိန်ပေါ့။ တစ်သင်းလုံးလည်း စိတ်အလှုပ်ရှားဆုံးအချိန်ဆိုတာ အားလုံးလည်းသိပါတယ်။ အဲဒီအချိန်မှာ နိုင်ချင်တဲ့စိတ်တစ်ခုပဲ ရှိတော့တယ်။ ဘာမှလည်း မကြောက်တော့ဘူး။ အရင်က လေ့တိုက်မှာစိုးရိမ်လို့ မလုပ်ခိုင်းရဲခဲ့တဲ့ Tactical Decision တွေကိုလည်း ချနိုင်ခဲ့တယ်။ Team တစ်ခုလုံးကလည်း စည်းစည်းလုံးလုံးနဲ့ တညီတညွတ်တည်း လုပ်ဆောင်နိုင်ခဲ့တဲ့အတွက် ကြေးတံဆိပ်ဆုကို ယူနိုင်ခဲ့တာပါ။

Tactician ရယ်၊ Helm နဲ့ Crew တွေအားလုံးအကြားက Communication ကရော ပြိုင်ပွဲလေးရက်တာကာလအတွင်း ဘယ်လို ပြောင်းလဲတိုးတက်ခဲ့တယ်လို့ မြင်မိပါသလဲ။

Team communication ပိုင်းကတော့ Captain က အဓိကနေရာက ဦးဆောင်ပါတယ်။ ပြိုင်ပွဲမစခင်ကတည်းက သူလိုချင်တဲ့ ပုံစံမျိုးကို သေချာဆွေးနွေးပြောပြပါတယ်။ ပြိုင်ပွဲမှာတော့ Tactics ပိုင်းနဲ့ ပတ်သက်တဲ့အချက်တွေကို Captain နဲ့တိုက်ရိုက် Communicate လုပ်ရပါတယ်။ Crew Work ပိုင်းကိုတော့ Captain ကပဲ Command ပေးပါတယ်။ လေမှာ သူ့နေရာနဲ့သူ

SSL Gold Cup © Martina Orsini

တာဝန်တွေခွဲဝေပြီး လုပ်ဆောင်ကြတဲ့အတွက် Communication နဲ့ပတ်သက်လို့ အခက်အခဲသိပ်မရှိခဲ့ပါဘူး။

SEA Games ပြိုင်ပွဲအတွေ့အကြုံကနေ ရလိုက်တဲ့ သင်ခန်းစာတွေ ရှိမှာပေါ့နော်။ စုမြတ်စိုးအနေနဲ့ အနာဂတ်မှာ နိုင်ငံတကာ KeelBoat ပြိုင်ပွဲတွေမှာ ဝင်ရောက်ယှဉ်ပြိုင်မယ်ဆိုရင် အဲဒီသင်ခန်းစာတွေက ဘယ်လိုအသုံးဝင်လာမယ်လို့ ယူဆပါသလဲ။

KeelBoat Racing ကတော့ ပထမဆုံးဖြစ်တဲ့အတွက် အတွေ့အကြုံအများကြီးရရှိခဲ့ပါတယ်။ နောက်တစ်ကြိမ်စီးဖို့ မသေချာတော့ပေမဲ့ ထပ်ပြိုင်ဖို့ အခွင့်အရေးရခဲ့မယ်ဆိုရင်တော့ Helm အနေနဲ့ တစ်ကြိမ်လောက်စီးကြည့်ချင်ပါတယ်။

ပြိုင်ပွဲဝင်လှေတွေက အရှိန်ရလာတာနဲ့အမျှ၊ တစ်စီးနဲ့ တစ်စီး မကြာခဏဆိုသလို ပွတ်ကာသီကာနဲ့ ယှဉ်ပြိုင်နေကြတဲ့ အနေအထားတွေ တွေ့ခဲ့ရတာပေါ့နော်။ အဲဒီလို အချိန်ဆိုရင် ကိုယ့်ရဲ့ပတ်ဝန်းကျင်ကို ဘယ်လို စောင့်ကြည့်ယှဉ်ပြိုင်ခဲ့ပါသလဲ။ နောက်ပြီး တစ်စီးနဲ့တစ်စီး တိုက်မိခိုက်မိတာတွေ မဖြစ်အောင် ဘယ်လို သတိထား ဆောင်ရွက်ခဲ့ကြရပါသလဲ။

ကျွန်မအတွက်ကတော့ ရွက်လှေပြိုင်ပွဲတွေသွားလာတာ အတွေ့အကြုံများလာပြီဆိုတော့ ဒီအချက်အတွက် အထူးတလည် လေ့ကျင့်စရာမလိုတော့ပါဘူး။ Starting Signals ပေးပြီးတာနဲ့ လူက Racing Mode on ပြီးသားပဲ။ KeelBoat မှာ Tactician လုပ်ရတဲ့ အားသာချက်ကတော့ Tactics နဲ့ Sail Trim Check ပိုင်းလောက်ပဲသီးသန့်လုပ်ရတာ။ တခြားသိပ်ကြည့်စရာ မလိုဘူး။ အရင် Double-Handed လှေတွေ စီးတုန်းကဆို Boat Handling ၊ Sail Trimming ၊ Tactics အကုန်လုံး လုပ်ရတာ။ KeelBoat မှာတော့ လှေအရွယ်အစား (Size) နဲ့ Boat Speed ပိုင်းက နည်းနည်းကွာခြားတာရယ်၊ ကိုယ်တိုင်က Helm မကိုင်ရတဲ့အတွက် လှေရဲ့ Feeling ကိုမသိတာရယ်ကြောင့်တော့ အစပိုင်းမှာ ပိုပြီး သတိထားခဲ့ရပါတယ်။ အစပိုင်းမှာတော့ လှေချင်းတိုက်မှာ ကြောက်လို့ Tacking မလုပ်ရဲတာ၊ အဝေးကြီးကကြိုပြီး Tacking လုပ်တာတွေရှိခဲ့တယ်။ နောက်ပိုင်းပြိုင်ပွဲ အရေအတွက်များလာတော့ လှေအထာနပ်လာပြီး Precise Decision တွေ ပိုလုပ်လာနိုင်ခဲ့တယ်။

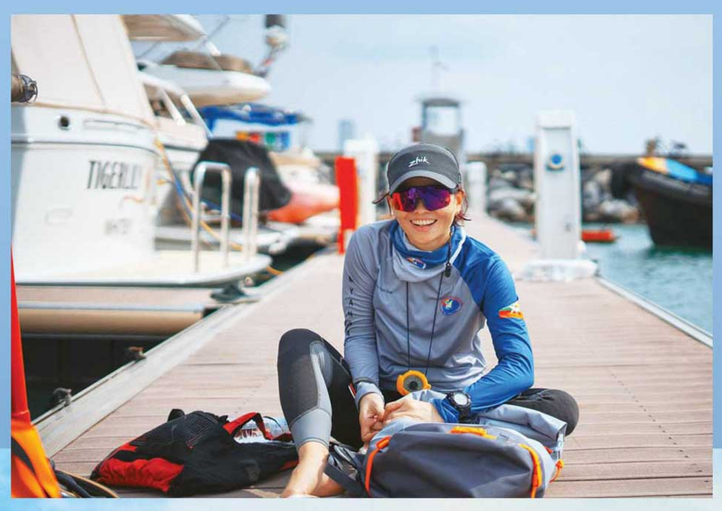
ကိုယ့်ရဲ့ Tactical ရွှေထောင့်က ကြည့်ရင်၊ အသင်းအနေနဲ့ နောက်ထပ်အားဖြည့်ပြီး ပိုမို တိုးတက်ကောင်းမွန်အောင် လုပ်ဆောင်သွားလို့ရမဲ့ အပိုင်းတွေက ဘာတွေရှိပါသလဲ။

ကျွန်မတို့အသင်းက Teamwork ပိုင်းအရမ်းကောင်းပါတယ်။ KeelBoat မှာက ဒါက အရေးအကြီးဆုံးပါပဲ။ နောက်ပိုင်း ကောင်းဖို့ဆိုရင် ပြိုင်ပွဲအတွေ့အကြုံများများရှိဖို့ လိုအပ်မယ်လို့မြင်ပါတယ်။ Starting ပိုင်းတွေလဲ လေ့ကျင့်ဖို့လိုပါမယ်။

နောက်ဆုံးမေးခွန်းအနေနဲ့၊ ယခုအောင်မြင်မှုက ကိုယ့်အတွက် ဘယ်လောက် အဓိပ္ပါယ်ရှိပါသလဲ။ နောက်ပြီး စုမြတ်စိုးကို အားကျကြတဲ့ အနာဂတ်အမျိုးသမီး Sailing အားကစားလူငယ်တွေကို ဘယ်လို သတင်းစကားတွေ မျှဝေအားပေးချင်ပါသလဲ။

အမှန်အတိုင်းပြောရရင် SEA Games မှာ ပါမယ်၊ မပါဘူးက နောက်ဆုံး နှစ်လအလိုအထိ သေသေချာချာမသိသေးဘူး။ ပါဝင်ခွင့်ရခဲ့ရင် ဆိုတဲ့ ယုံကြည်ချက်နဲ့ Physical Fitness ပိုင်းကို အကောင်းဆုံးဖြစ်အောင် ကြိုတင်ပြင်ဆင်ထားခဲ့ပါတယ်။ နောက်ဆုံး Training Trip ရောက်မှ ပါရမယ်ဆိုတာသိပြီး ဆုရဖို့ အစွမ်းကုန်ကြိုးစားခဲ့ပါတယ်။ ဒီတစ်ခေါက်ပြိုင်ပွဲက အသင်းရဲ့ကြိုးစားမှုကို ကြည့်ပြီး နိုင်အောင်စီးရမယ်။ ဆု ရကိုရမှဖြစ်မယ်ဆိုတဲ့ စိတ်နဲ့ကြိုးစားခဲ့ပါတယ်။ ဆုရတော့လဲ အရမ်းကိုပျော်ရွှင်ရပါတယ်။ ကိုယ်တစ်ယောက်တည်း ကြိုးစားမှုမဟုတ်ဘဲ အသင်းလိုက် စည်းစည်းလုံးလုံး ကြိုးစားခဲ့ရတဲ့အတွက်လည်း ပိုပြီး အဓိပ္ပါယ်ရှိတယ်လို့ ခံစားရပါတယ်။

အနာဂတ် အမျိုးသမီး Sailing အားကစားသမားတွေကို ပြောချင်တာကတော့ Sailing Sports က အရမ်းပင်ပန်းပါတယ်။ တော်ရုံ ဇွဲနဲ့အနိုင်ရဖို့ခက်ခဲပါတယ်။ တစ်ကြိမ်ရှုံးနိမ့်တာနဲ့ အားမလျှော့ပါနဲ့။ အကြိမ်ပေါင်းများစွာကြိုးစားပါ။ အနိုင်ရချင်စိတ် ပြင်းပြဖို့တော့လိုပါတယ်။ နိုင်ချင်တဲ့စိတ်ရှိရင် မဖြစ်နိုင်ဘူးဆိုတာ ဘာမှမရှိပါဘူးလို့ သတင်းစကားပါးလိုက်ပါတယ်။■



စိုင်းပြည့်စုံဟိန်း

Gennaker Trimmer

Gold Medal : Men's International 470 Class 23rd SEA Games, 2005

Gold Medal : Men's International 470 Class Qatar International Regatta, 2005

Bronze Medal : Men's International 470 Class, 24th SEA Games, 2007

Bronze Medal : SSL47 Keelboat Class 33rd SEA Games, 2025

ပြိုင်ပွဲအတွင်း တာဝန်ယူဆောင်ရွက်ခဲ့သည့် အပိုင်းကဏ္ဍများ

(၁) တိကျမှု (Precision)

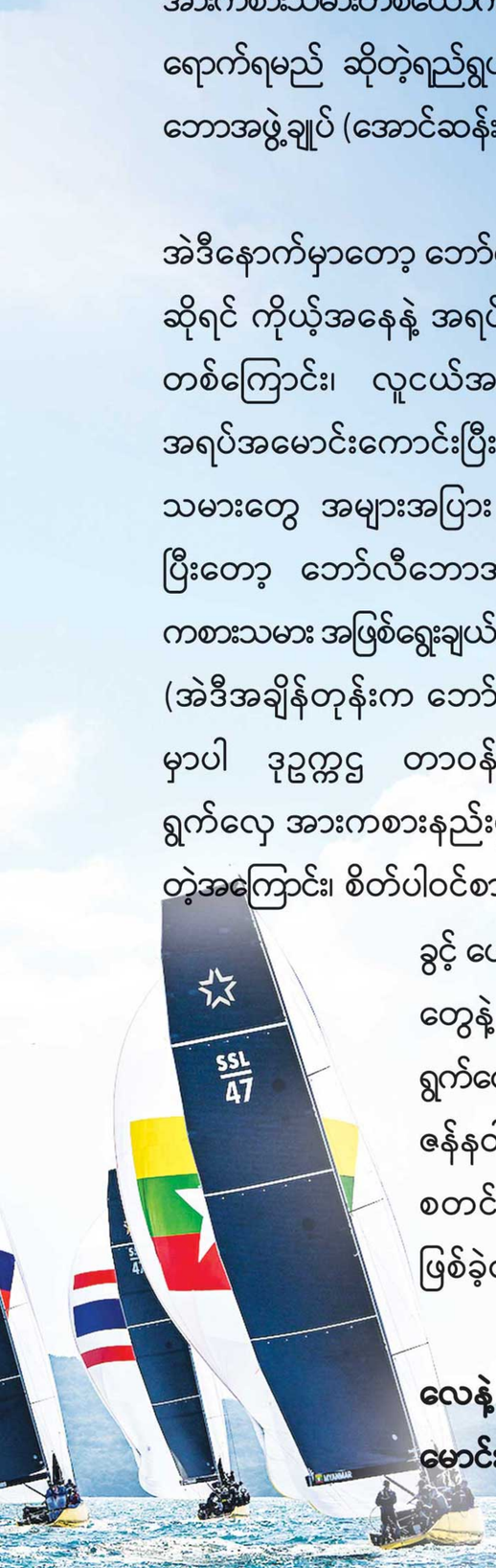
(၂) အသင်းလိုက်ဆောင်ရွက်မှု (Teamwork)

(၃) အကောင်အထည်ဖော်မှု (Execution)

ကွန်ဂရက်ကျူးလေးရှင်းစ်လို့ ထပ်မံပြောပါရစေ။ ပထမဆုံးအနေနဲ့ စိုင်းပြည့်စုံဟိန်းအကြောင်းနဲ့ Sailing အားကစားကို စတင်လုပ်ဆောင်ခဲ့ပုံကို မိတ်ဆက်ပြောပြပေးလို့ ရမလား။

ကျေးဇူးပါ။ ကျွန်တော်က ရုပ်မြင်ပြည်နယ်မြောက်ပိုင်း၊ ကျောက်မဲခရိုင်၊ သီပေါမြို့နယ်က သီပေါသားတစ်ယောက်ပါ။ အရင် ကျောင်းသားဘဝမှာ အားကစားမျိုးစုံ စိတ်ပါဝင်စားပြီး လေ့ကျင့်ခဲ့ဖူးတယ်ခင်ဗျ။ နောက် ဆယ်တန်းဖြေပြီးတဲ့အချိန်မှာတော့ လူငယ်ဘော်လီဘော အားကစားသမားတစ်ယောက် (မြန်မာ့လက်ရွေးစင်အဆင့် ရောက်ရမည် ဆိုတဲ့ရည်ရွယ်ချက်နဲ့) အနေနဲ့ ဘောလီဘောအဖွဲ့ချုပ် (အောင်ဆန်းကွင်း) မှာ လေ့ကျင့်ခဲ့တာပါ။

အဲဒီနောက်မှာတော့ ဘော်လီဘောအားကစားအတွက် ဆိုရင် ကိုယ့်အနေနဲ့ အရပ်ကနည်းနည်း ပုနေတာက တစ်ကြောင်း၊ လူငယ်အသင်းမှာတင် ကိုယ့်ထက် အရပ်အမောင်းကောင်းပြီး Senior ကျပြီးသား ကစား သမားတွေ အများအပြား ရှိနေတာကတစ်ကြောင်း၊ ပြီးတော့ ဘော်လီဘောအဖွဲ့ချုပ်ကို ဘော်လီဘော ကစားသမား အဖြစ်ရွေးချယ်ခဲ့တဲ့ အန်ကယ် ဦးမောင်ဝင်း (အဲဒီအချိန်တုန်းက ဘော်လီဘောမှာရော၊ ရွက်လှေ မှာပါ ဒုဥက္ကဋ္ဌ တာဝန်ထမ်းဆောင်နေချိန်) က ရွက်လှေ အားကစားနည်းမှာ ကစားသမားလိုအပ်နေ တဲ့အကြောင်း၊ စိတ်ပါဝင်စားပါက စမ်းသပ်လုပ်ဆောင် ခွင့် ပေးမှာဖြစ်ကြောင်း စတဲ့အချက်တွေနဲ့ တိုက်ဆိုင်သွားတဲ့အတွက် ရွက်လှေအားကစားကို ၂၀၀၁ ခုနှစ်၊ ဧနနဝါရီလ (၄) ရက်နေ့က စပြီး စတင် စမ်းသပ်စီးနင်းလေ့ကျင့် ဖြစ်ခဲ့တာပါ။



လေနဲ့ လားရာတူညီစွာ လှေကို မောင်းနှင်တဲ့နေရာမှာ Gennaker Trimmer ရဲ့ အခန်းကဏ္ဍက အင်မတန်အရေးကြီးတယ်ဆိုတော့၊ အခုလို အားနဲ့မာန်နဲ့ တက်ကုန်ဖွင့်ပြီး ယှဉ်ပြိုင်ရတဲ့ပွဲဟာ ကိုယ့်အတွက် ဘယ်လောက် တာဝန်ကြီးခဲ့ပါသလဲ။ အဲဒီတာဝန်ကို ဘယ်လိုကိုင်တွယ်ဆောင်ရွက်နိုင်ခဲ့ပါသလဲ။

အခုစီးနင်းခဲ့တဲ့ SSL47 မှာ ကျွန်တော့်အနေနဲ့ Gennaker Trimmer အနေနဲ့ ပါဝင်ခဲ့ပါတယ်။ အရင်က စီးနင်းခဲ့တဲ့ Int'l 470 Class လှေမှာလည်း ကျွန်တော်က Spinnaker ကို ထိန်းကြောင်း စီးနင်းခဲ့တဲ့သူဆိုတော့ သဘောတရား က အတူတူပါပဲ။ အရွယ်အစားပိုင်းနဲ့ ထိန်းကြောင်းမှုပုံစံ လေးတွေပဲ ကွာခြားသွားတာပါ။ Gennaker ကလည်း လေစုန်ဆင်းတဲ့အချိန်မှာ လှေရဲ့မြန်နှုန်းကို ထပ်မံမြှင့် တင်နိုင်ဖို့အတွက် အသုံးပြုရတာပါ။ တာဝန်အနေနဲ့ ပြောရရင်တော့ တာဝန်ကြီးတယ်ပြောရမယ်။ ထိန်း ကြောင်းမှု မှားယွင်းလို့မရသလို၊ Captain (Helm) နဲ့လဲ Communication အဆက်ပျက်သွားလို့မရပါဘူး။ အဲဒီ လို ထိန်းကြောင်းရင်း Captain နဲ့ Tactician တို့ တိုင်ပင်ဆုံးဖြတ်ထားတဲ့ လမ်းကြောင်းမှာ လိုအပ်တဲ့ မြန်နှုန်းကို အလိုက်သင့်ရှိနေဖို့ တာဝန်ယူခဲ့ရတာပါ။ ဒီလိုထိန်းကြောင်းနိုင်ဖို့အတွက်လဲ Grinder ရဲ့အကူ အညီနဲ့ တိုင်ပင်ပြီး ဆောင်ရွက်နိုင်ခဲ့ပါတယ်။

Gennaker Trimmer တစ်ယောက်အနေနဲ့ တာဝန်ကျ အောင် ကိုင်တွယ်ဆောင်ရွက်ခဲ့တဲ့အခါမှာ လှေအတွက် အားနဲ့မာန်နဲ့ ဆောင်ရွက်ရတဲ့အခါရှိသလို၊ လိုအပ်ချိန် များမှာ ရှိခဲ့တဲ့ အတွေ့အကြုံ၊ Teamwork ၊ Communication၊ တိကျသေသပ်မှု၊ အချိန်ကိုက်ဆုံးဖြတ်ဆောင် ရွက်နိုင်မှု စတာတွေနဲ့ ဆောင်ရွက်ခဲ့ရပါတယ်။

ပြိုင်ပွဲအတွက် ပြင်ဆင်ခဲ့ပုံ Training တွေအကြောင်း လည်း အနည်းငယ် သိချင်ပါတယ်။ ဒီပြိုင်ပွဲအတွက် တစ်သင်းလုံးအနေနဲ့ (ရုပ်ပိုင်း၊ စိတ်ပိုင်းနဲ့ နည်းပညာ ပိုင်း) ဘယ်လို ပြင်ဆင်ခဲ့ကြပါသလဲ။ SSL47 ပြိုင်ပွဲ အတွက် လိုအပ်တဲ့ Speed ၊ Loads နဲ့ Coordination တွေရရှိဖို့ ကိုယ်ကိုယ်တိုင်ရော ဘယ်လို Training တွေ ရယူပြင်ဆင်ခဲ့ပါသလဲ။

ကျွန်တော်တို့တစ်တွေရရှိခဲ့တဲ့ အချိန်အပိုင်းအခြားက အရမ်းကို တိုတောင်းလွန်းပါတယ်။ ဒီအချိန်တိုတို အတွင်းမှာ တစ်သင်းလုံးအတွက် လိုအပ်တဲ့ (ရုပ်ပိုင်း၊ စိတ်ပိုင်းနဲ့ နည်းပညာပိုင်း) တွေကို အဓိက ဦးဆောင် ဖြေရှင်းပေးတာကတော့ အသင်းခေါင်းဆောင် ကိုစည် သူပါ။ စီးရမယ့်လှေက SSL47 ဆိုတဲ့လှေ။ အပြင်မှာလဲ မမြင်ဖူးဘူး။ အခုစုဖွဲ့ထားတဲ့ အသင်းမှာလည်း KeelBoat ကို အပျော်တမ်းလောက်ပဲ စီးဖူးတဲ့သူတောင် နည်း နည်းပဲပါတာ။

အဲဒီလိုနဲ့ စတင်လေ့ကျင့်မယ်ဆိုတော့ အသင်းဖွဲ့ စည်းဖို့ အရင်ပြင်ဆင်ရပါတယ်။ အသင်းကို အဓိက အသင်းသား (၅) ဦးနဲ့ စတင်စုဖွဲ့တယ်။ KeelBoat အသေး (၅) ယောက်စီးလှေနဲ့ လေ့ကျင့်တယ်။ ပြီး တော့ အခုအသင်းအင်အားအတိုင်း (၁၂) ယောက်ဖြစ် အောင်ပြင်ဆင်ဖွဲ့စည်းခဲ့ပါတယ်။

ပြီးတော့ SSL47 နဲ့ ဆင်တူတဲ့ (၁၀) ယောက်စီးလှေ RC44 ကို ငှားပြီး လေ့ကျင့်တယ်။ ကိုယ်တိုင်လဲ အသင်းနဲ့ အတူတူပဲ လိုအပ်တဲ့ Speed တွေ၊ ကြံ့ခိုင်မှုတွေ၊ Coordination တွေအတွက် Fitness Training တွေ၊ Yoga လေ့ကျင့်မှုတွေ၊ စိတ်ပိုင်း ဆိုင်ရာအတွက် Visual Exercises တွေကို အပတ်စဉ်လေ့ကျင့်ခဲ့ကြတယ်။ ပင်လယ်ပြင်လေ့ကျင့်ရေးအစီအစဉ်တွေ ရေးဆွဲလေ့ကျင့်ခဲ့ကြတယ်။ နည်းပြတစ်ဦးပါ ငှားရမ်းပြီး ပြင်ဆင်ဆောင်ရွက်ခဲ့ကြပါတယ်။

လှေစီးတဲ့အခါမှာ တစ်ဦးချင်းစီအလိုက် လိုအပ်တဲ့ Specific Fitness ပိုင်းတွေအတွက်လည်း လိုအပ်သလို ပြင်ဆင်လေ့ကျင့်ခဲ့ကြပါတယ်။ လိုအပ်တဲ့လေ့ကျင့်ရေးလေ့ ရရှိလေ့ကျင့်နိုင်ရေးကိုလည်း Team Captain က တာဝန်ယူ စီစဉ်ခဲ့ရပါတယ်။ လေ့ကျင့်ရေးအတွက် အဓိကလိုအပ်ချက်ဖြစ်တဲ့ Budget အပိုင်းမှာလဲ အဖွဲ့ချုပ်ဥက္ကဋ္ဌကြီးနဲ့ Team Captain တို့ကပဲ စီစဉ်ဆောင်ရွက်ပေးခဲ့ကြပါတယ်။

အရမ်းကို ပြင်းထန်တဲ့ ယှဉ်ပြိုင်ချိန်တွေအတွင်းမှာ Helm ရယ် Tactician ရယ်နဲ့ Trimmer အကြားမှာ အပြန်အလှန် ယုံကြည်မှုနဲ့ Communication က ဘယ်လောက် ကောင်းမွန်ဖို့အထိ လိုအပ်ပါသလဲ။

လုံးဝ အပြည့်အဝ (100%) ယုံကြည်မှုရှိရပါမယ်။ ဒီအပိုင်းကိုပြောရမယ်ဆိုရင်တော့ ပြိုင်ပွဲယှဉ်ပြိုင်မှု ပြင်းထန်နေတဲ့ အချိန်တွေမှာ Helm ရယ် Tactician ရယ်နဲ့ Trimmer အကြားမှာ အပြန်အလှန် ယုံကြည်မှုနဲ့ Communication က ပြိုင်ပွဲတစ်ပွဲမှာ ယှဉ်ပြိုင်နေတဲ့ လှေတစ်စီးအတွက် အသက်ပါပဲ။

လှေပေါ်မှာ အသင်းတစ်ခုလုံးက တစ်ကယ့်ကို တစ်စိတ်တည်း တစ်ဝမ်းတည်း စုစုစည်းစည်း ဟန်ချက်ညီညီနဲ့ စီးမြောသွားခဲ့တဲ့ ပြိုင်ပွဲတစ်ခုခု (ဒါမှမဟုတ်) ပွဲစဉ်တစ်ခုခုများ ရှိခဲ့ပါသလား။ အဲဒီအချိန်ကို ပြန်လည်ပြောပြပေးနိုင်မလား။

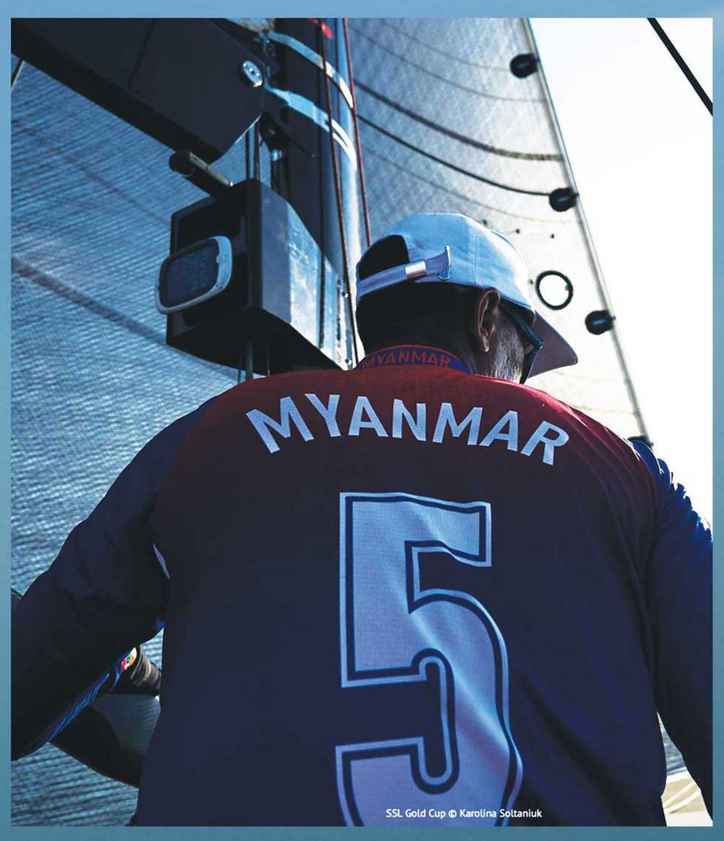
ရှိခဲ့တယ်။ အကောင်းဆုံးအချိန် (Magic Moment) လို့ပဲ ပြောရမလားမသိဘူး။ အဲဒီပွဲ၊ အဲဒီအချိန်၊ အဲဒီနေရာမှာ စီးခဲ့ရတဲ့ Feeling က ဒီ ဆယ်ယောက်စီးလှေတစ်စီးလုံးကို ကိုယ်တစ်ယောက်တည်း စီးနေသလားလို့ တောင် စီးမြောသွားခဲ့တာ။ အဲဒီလောက်အထိ တက်ညီလက်ညီ တစ်စိတ်တည်း တစ်ဝမ်းတည်း စုစုစည်းစည်း ဖြစ်သွားတာ။ အဲဒီပွဲက မှတ်မှတ်ရရ Philippines Team နဲ့ Tie-Break ဖြစ်ပြီး လက်ထဲက ကြေးတံဆိပ်ကို ကာကွယ်နိုင်ခဲ့တဲ့ပွဲပေါ့။

အင်တာဗျူးတွေဖြေကြတဲ့အချိန်မှာ အဖွဲ့ဝင်တွေက တစ်ယောက်နဲ့တစ်ယောက် မြန်မာစကားနဲ့ 'ကျား' ဆိုပြီး ခေါ်ဝေါ်ပြောဆိုခဲ့တာ၊ 'မြန်မာဆိုတာ ကျားတွေပဲ' လို့ ပြောခဲ့တာတွေ ကြားမိခဲ့တယ်။ အဲဒါ ဘာအဓိပ္ပါယ်လဲဆိုတာ အများပြည်သူလည်း သိရအောင် နည်းနည်းလောက် ရှင်းပြပေးနိုင်မလား။

အဲဒါက ကျွန်တော်တို့ Team Captain ကြီးက အသင်းအတွက် သူကိုယ်တိုင် စီစဉ်လာတဲ့ Anthem လေးပါ။ တိုက်ပွဲတစ်ပွဲရဲ့ နောက်ဆုံးအဆင့်တိုက်တဲ့အချိန်မှာ ကျားတပ်ထိုးပြီးတိုက်သလိုလည်း သုံးတယ်။ ကျားဆိုတာကလည်း ရဲရင့်တယ်၊ ဖျတ်လတ်တယ်၊ လိုအပ်လာရင်လည်း လိုအပ်သလို ပရိယာယ်ကြွယ်ကြွယ်နဲ့ တိုက်ခိုက်တတ်တယ်၊ စတဲ့ အဓိပ္ပါယ်တွေနဲ့ "မြန်မာဆိုတာ - - - ကျား - - -" ဆိုတဲ့ Team Anthem လေးကို သုံးခဲ့ကြတာပါ။

စိတ်ဝင်စားစရာ Team Anthem လေးပါပဲ။ ဒါဆို နောက်ဆုံးမေးခွန်းအနေနဲ့၊ အခုလို SEA Games မှာ Bronze Medal ဆွတ်ခူးပြီး အိမ်ပြန်လာနိုင်ခဲ့တာဟာ နောက်မျိုးဆက်သစ် မြန်မာ Sailing အားကစားမောင်မယ်တွေအတွက် ဘယ်လို မျှော်လင့်ချက်တွေ၊ အိပ်မက်တွေ ဖန်တီးပေးနိုင်မယ်လို့ စိုင်းပြည့်စုံဟိန်း ယူဆပါသလဲ။

အခုအသင်းစုဖွဲ့မှုမှာ လက်ရှိကလေးတွေရဲ့ ဆရာတွေအများစုပါဝင်ပါတယ်။ ဆရာတွေအားလုံးကလည်း SEA Games Medalists တွေ၊ National Champions တွေပါ။ အခု SEA Games မှာလည်း ပြိုင်ပွဲတွေကို နောင်လာမယ့် မျိုးဆက်သစ် မြန်မာ Sailing Community က အားကစားမောင်မယ်တွေ ကြည့်ရှုခဲ့ကြရတဲ့အတွက် ကျွန်တော်တို့တတွေ အခုလို ဆုတံဆိပ် (ကြေးတံဆိပ်) တစ်ခုရယူနိုင်ခဲ့တာက ဒီလိုအောင်မြင်မှုကို လိုချင်တဲ့ သူတို့လေးတွေအတွက် မျှော်လင့်ချက်အိပ်မက်တွေ ဖြစ်လာနိုင်စေမယ်လို့ ကျွန်တော်ယုံကြည်ပါတယ်။■



MPRL E&P GoC Staff Continue Lifesaving Tradition With 19th Blood Donation

Thal Sandy Tun

As part of the GoC Welfare Program 2026, staff of MPRL E&P Group of Companies successfully carried out their 19th group blood donation on Saturday, 31 January 2026, at the National Blood Bank in Yangon.

A total of 63 employees—15 from the Yangon Sailing Club and 48 from the Group of Companies—voluntarily donated blood, supporting the National Blood Bank's efforts to maintain a reliable supply for patients in need. The event demonstrated the strong spirit of solidarity and compassion that defines MPRL E&P Group employees.

This blood donation initiative has become a meaningful and long-standing tradition within the Group, reflecting MPRL E&P's continued commitment to employee welfare, community health and social responsibility.

Since the program's inception on 19 September 2015, the GoC Blood Donation Program has been held regularly every four months. The 14th donation took place on 11 January 2020. After a pause due to the COVID-19 pandemic, the program resumed with the 15th donation on 21 September 2024. With the completion of the 19th event this January, the Group has now contributed a total of 1,087 blood bags over the years.

MPRL E&P Group of Companies extends its heartfelt appreciation to all staff who participated in and supported this initiative. Their generosity continues to make a positive impact beyond the workplace and reinforces the Group's culture of care and service to the wider community.■

Employee Volunteer from Ngwe Saung Yacht Club & Resort Shares Financial Skills With Fishing Community in Ngwe Saung

Thal Sandy Tun

On 29 January 2026, a basic pricing and cost-calculation training session was held for fish vendors and fisheries and water-related workers from Magyimaw Village in Ngwe Saung Township. The program was organized by the Myanmar Women's Affairs Federation to strengthen financial literacy and support sustainable livelihoods within the local community.

The initiative was supported through employee volunteerism from Ngwe Saung Yacht Club & Resort (NSYC). At the request of the Ngwe Saung Town Administrator, NSYC Finance Officer Daw Hnin Thidar Phyo participated as a volunteer trainer, sharing her professional knowledge as part of the resort's corporate social responsibility efforts.

"I currently serve as a Finance Officer in NSYC's Finance Department," Daw Hnin Thidar Phyo said. "When the Town Administrator requested support for a basic pricing training for vendors and water-related workers in Magyimaw Village, the request was shared internally, and I was encouraged

to participate as a volunteer. As both an NSYC employee and a finance professional, I was genuinely interested in contributing what I know, and I was happy to take part."

Reflecting on her experience, she described the session as her first time participating in a community education initiative of this kind.

"I felt both excited and a little nervous at first," she said. "To make the concepts easy to understand, I used real examples from their daily fishing and water-related work and adjusted my explanations based on their needs."

She added that sharing her accounting knowledge directly with community members was deeply fulfilling, both personally and professionally.

The program demonstrates how skills-based employee volunteerism can create meaningful impact. By connecting professional expertise with community needs, NYSC continues to strengthen relationships with local stakeholders while empowering individuals with practical knowledge they can apply in their daily work.■

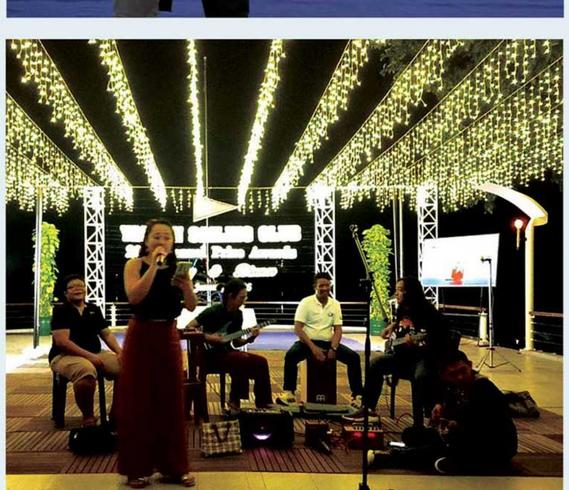
Myint & Associates Co., Ltd. Marks 14 Years Without LTA With Certification and Celebration Ceremony

Vantage Tower Conducts Emergency Earthquake Drill on 26 February 2026

Congratulations!

to VANTAGE Tower on Celebrating 10 Years of Excellence

Yangon Sailing Club's 2025 Annual Prize Awards Ceremony & Dinner



စွမ်းအင်ဝန်ကြီးဌာန၊ နှစ် (၄၀) ပြည့် ပတ္တမြားရတုအတွက် ဆုမွန်လွှာ

စွမ်းအင်ဝန်ကြီးဌာန၏ နှစ် (၄၀) ပြည့်ပတ္တမြားရတု၊ သန်လျင်ရေနံချက်စက်ရုံရာပြည့်နှင့် စွမ်းအင်ပြတိုက် ဖွင့်ပွဲအခမ်းအနားကို ၂၀၂၅ ခုနှစ်၊ ဒီဇင်ဘာလ (၂၄) ရက်နေ့က သန်လျင်မြို့၌ ခမ်းနားစည်ကားသိုက်မြိုက်စွာ ကျင်းပခဲ့ရာ နိုင်ငံတော်ယာယီသမ္မတ နိုင်ငံတော်လုံခြုံရေးနှင့်အေးချမ်းသာယာရေးကောင်မရှင်ဥက္ကဋ္ဌနှင့် တာဝန်ရှိသူများတက်ရောက်ချီးမြှင့်အားပေးခဲ့ကြပါသည်။ MPRL E&P ကုမ္ပဏီအုပ်စုအနေဖြင့်လည်း၊ ယင်းအခမ်းအနားကို ဂုဏ်ယူဝမ်းမြောက်စွာဖြင့် ဖိတ်ကြားခံ တက်ရောက်ခွင့်ရခဲ့ပါသည်။ ပတ္တမြားရတုတိုင်ခဲ့ပြီဖြစ်သော စွမ်းအင်ဝန်ကြီးဌာနကဲ့သို့ပင်၊ MPRL E&P ကုမ္ပဏီအုပ်စုသည်လည်း မြန်မာ့စွမ်းအင်ကဏ္ဍ၌ Service Provider တစ်ဦးဘဝမှ Operator တစ်ဦးဖြစ်လာသည်အထိ (၃၆) နှစ်တာ အချိန်ကာလကို ကျော်ဖြတ်ခဲ့ပြီးဖြစ်ပါသည်။ တစ်နည်းအားဖြင့်၊ စွမ်းအင်ဝန်ကြီးဌာနနှင့်အတူတူ လက်တွဲရင်းနှီးမြှုပ်နှံ ကြိုးပမ်းဆောင်ရွက်ခဲ့သည်မှာ ဆယ်စုနှစ်လေးစုနီးပါးရှိခဲ့ပြီဖြစ်ပါသည်။ ကုမ္ပဏီအုပ်စုအမှုဆောင်အရာရှိချုပ်၏ဖခင်ဖြစ်သူသည် မြန်မာနိုင်ငံ၊ ဘူမိဗေဒလေ့လာရေးနှင့်ဓာတ်သတ္တုရှာဖွေရေးဦးစီးဌာန (ဘဓရ)ကို စတင်ဖွဲ့စည်းတည်ထောင်ချိန်က ဦးစီးပါဝင်ခဲ့သူဖြစ်သည့်အလျောက်၊ အမှုဆောင်အရာရှိချုပ်အနေဖြင့်လည်း ငယ်စဉ်ကတည်းကပင် ဓာတ်သတ္တုရှာဖွေရေး လုပ်ငန်းကိုလုပ်ကိုင်ရန် စိတ်ကူးအိပ်မက်ရှိခဲ့ကာ၊ အစဉ်တစိုက်အကောင်အထည်ဖော် ကြိုးပမ်းဆောင်ရွက်ခဲ့ပါသည်။ သို့ဖြင့် MPRL E&P ကုမ္ပဏီအုပ်စုသည် မျက်မှောက်အချိန်အခါ၌ မြန်မာ့စွမ်းအင်ကဏ္ဍတွင် **မြန်မာ့စွမ်းအင်ခရူဆေဒါ (Myanmar Energy Crusader)** တစ်ဦးအနေဖြင့် စွမ်းအင်ဝန်ကြီးဌာန၏ လမ်းညွှန်မှုနှင့်အတူ နိုင်ငံ့အကျိုး၊ လူထုအကျိုးအတွက် စွမ်းစွမ်းတမံ ကြိုးပမ်းဆောင်ရွက်လျက်ရှိပါသည်။ နိုင်ငံ၏ စွမ်းအင်ကဏ္ဍအတွက် အလားအလာအကောင်းဆုံး စီမံကိန်းတစ်ခုဖြစ်သည့် ကမ်းလွန်လုပ်ကွက်အမှတ် A-6 ပြည်သာယာရေနက်ပိုင်းစီမံကိန်း (Ultra-Deepwater Project) ဖွံ့ဖြိုးမှုအဆင့် (Development Phase) ကို မြန်မာနိုင်ငံသားများဦးဆောင်သည့် ကုမ္ပဏီတစ်ခုအနေဖြင့် နိုင်ငံတကာနှင့်ရင်ဘောင်တန်း၍ကြိုးပမ်းလုပ်ကိုင်ဆောင်ရွက်လျက်ရှိပါသည်။ ယင်းသို့သော (Ultra-Deep-Water) ရေနက်ပိုင်းစီမံကိန်းအမျိုးအစားသည် တစ်ကမ္ဘာလုံး အတိုင်းအတာ၌ပင် အရေအတွက် (၂၀) ခန့်သာရှိ

ပါသည်။ ဤစီမံကိန်းကို မြန်မာများက Operator အနေဖြင့် အမှန်တကယ်ဦးဆောင်ဦးရွက်ပြုဖော်ဆောင်နိုင်မည်လားဆိုသော ဒေသတွင်းနှင့်နိုင်ငံတကာကုမ္ပဏီများမှ အထင်သေးအမြင်သေး ဝေဖန်ထောက်ပြနေသည့် စိတ်ထားနှင့်စီမံကိန်း၏ Operator အဖြစ် လွှမ်းမိုးဆောင်ရွက်လိုသည့်အပြုအမူတို့ကို ချေဖျက်ကျော်လွှန်၍၊ အမြန်ဆုံးအောင်မြင်စွာအကောင်အထည်ဖော်နိုင်ရန် သန္နိဋ္ဌာန်ချ ကြိုးပမ်းဆောင်ရွက်နေပါသည်။ စွမ်းအင်ဝန်ကြီးဌာန၏ ရည်မှန်းချက်ဖြစ်သောနိုင်ငံတော်၏ စီးပွားဖွံ့ဖြိုးမှုအတွက် စွမ်းအင်လုံခြုံမှုရှိစေရေးနှင့် ဖူလုံမှုရှိစေရေး ဆောင်ရွက်နေသည့် လုပ်ငန်းစဉ်များတွင် MPRL E&P ကုမ္ပဏီအုပ်စုသည်လည်း တစ်ထောင့်တစ်နေရာမှအုတ်တစ်ချပ်၊ သဲတစ်ပွင့်အနေဖြင့်အတူလက်တွဲပံ့ပိုးကူညီပါဝင် ဆောင်ရွက်သွားမည်ဖြစ်ပါကြောင်း ဂုဏ်ပြုမှတ်တမ်းတင်အပ်ပါသည်။■