

# Shipping companies and ship owners:



**Keep in touch with families of crew on board and offer support**

Reassures and keeps families informed, taking pressure off crew

**Contact vessels regularly with updates and guidance**

Helps crew to feel valued and supported

**Share good news company-wide**

Opens communication between vessels and creates sense of community

**Send goodie bag on board for crew, e.g. games**

Boosts morale and encourages crew to come together and enjoy the gifts

**Facilitating strong relationships on board**

**Organise tournaments and competitions on board**

Strengthens crew relationships as a team via a fun activity


**Increase internet quota and provide free/discounted calls**

Helps seafarers to keep in touch with families for moral and emotional support

**Encourage daily exercise sessions in small groups on board**

Encourages crew to spend time together and benefits mental as well as physical wellbeing

**#ConnectingCrew**

Thank you to  for their suggestions in creating this resource

