



About the calendar

The Swedish Shipowners' Association calendar for a better working environment aims to increase knowledge and provide inspiration for how leaders and employees can contribute to a better working environment and prevent harassment and abusive discrimination. The content is produced by the Swedish Shipowners' Association Equal treatment group and reference group with onboard employees. Several of the images and suggestions for content have also been received from those active in shipping.

If you have never talked about these topics in your work group or workplace, it may feel uncomfortable at first. Maybe you or someone else will want to joke when you talk about these topics and it is important to have fun in the workplace and it is perfectly okay to laugh together, even when talking about difficult topics. Just remember not to do it at someone else's expense. Perhaps the most important word to have with you when you take on this calendar is "kindness". We humans are social beings and need friendship and confirmation at work. Showing respect and consideration is more effective than anger/condescending behavior for us to be motivated and productive. Just such a simple thing as asking how a colleague is feeling and really listening to the answer is fundamental to a good work environment.

Some activities in the calendar may be better suited to a certain workplace, but then try to see it as a challenge to try to adapt the activities to your particular workplace. Additional materials are available in Swedish Shipowners´ website.

Feel free to take photos of the activities you do in the calendar and spread with the hashtag #onboardfun Good luck!



January

Mor	nday T	uesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						1	2	
•	3	4	5	6	7	8	9	
•	10	11	12	13	14	15	16	
•	1 7	18	19	20	21	22	23	
•	24	25	26	27	28	29	30	



February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



March

ment".

Discuss:

or not?

offended?

gue is unwell?

is offensive or not?

Mo	nday ⁻	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5	6
	7	8	9	10	11	12	13
,	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			



April

Mo	onday 1	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	
	25	26	27	28	29	30		



May

Mo	onday Tu	esday	Wednesday	Thursday	Friday	Saturday	Sunday
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

Discussion of the month

Start exercise 5 in Swedish Shipowners' discussion material "Act as an employee".

The participants each receive a post-it note and a pen. Every participants answers the questions individually or in small groups. Write down an answer on each question. Then discuss what you written with the entire group.

Questions:

- What behaviors in our working group should we nurture and preserve and / or develop and strengthen?
- What behaviors should we watch out for in our work group?
- What behaviors should we get rid off?
- What new behaviors could strengthen our work community to a better work environment?



June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Discussion of the month

Continue exercise 5 in the discussion material; "Act as an employee".

The participants each receive a post-it note and a pen.
Answer the questions individually or in small groups.
Then discuss what you have written with the entire group.

Questions:

- How do you show that a behavior is not okay?
- If you see a colleague being treated badly, what can you do in that situation?
- What can you as an employee do to support a colleague who has been treated badly and is not feeling well?

Manday Tuesday Madasaday

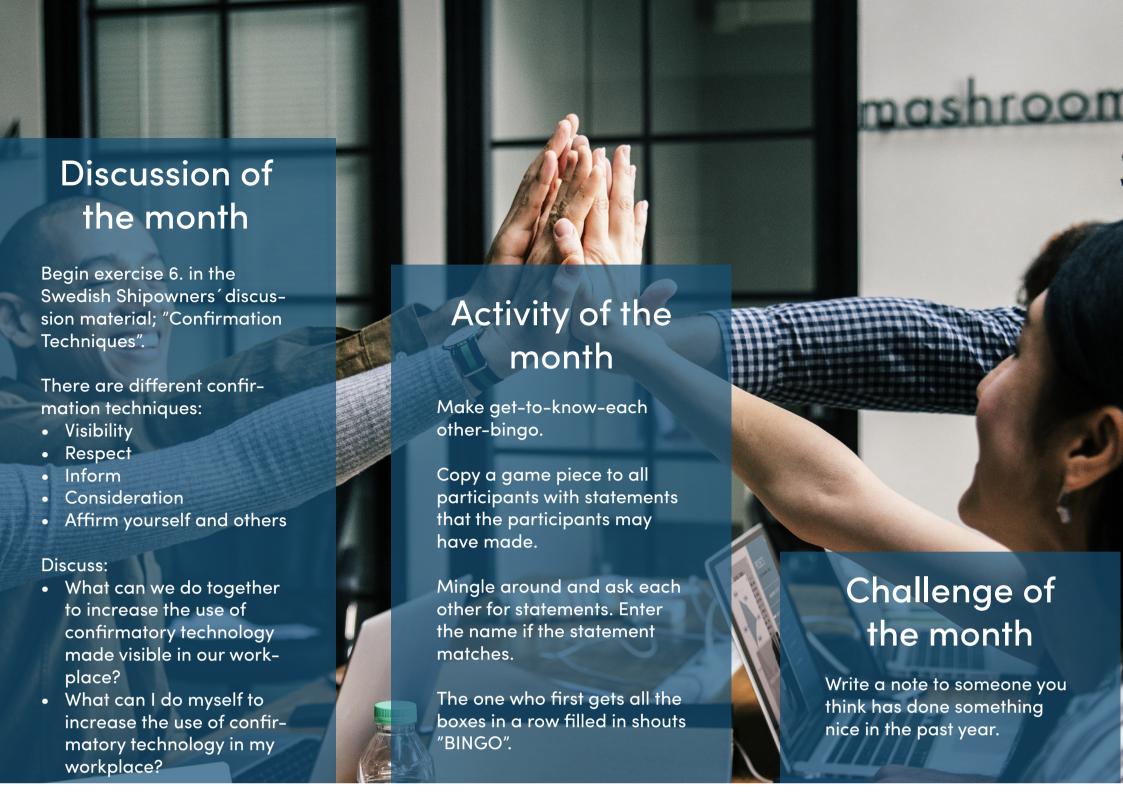
Activity of the month

Play Charades competition! The players are divided into two teams. Each team goes to its own room and comes up with names of movies, songs, books, TV shows, plays and famous phrases or quotes that the members of the other team have to illustrate with gestures. They write their choices (as many as there are members of the opposing team - more if there is time) on small pieces of paper, fold them and return to the game room. One person is appointed timekeeper. Each person has two minutes to convey the charade to their team.



July

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	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31



August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

Discussion of the month

Continue exercise 6. "Confirmation Techniques"

There are different confirmation techniques:

- Visibility
- Respect
- Inform
- Consideration
- Affirm yourself and others

Discuss:

- What can we do together to increase the use of the "respect" confirmation technology in our workplace?
- What can I do myself to increase the use of this confirmatory technology in my workplace?

Activity of the month

Time for autumn quiz! Find the quiz here: sweship.se/kalender.

We send a prize to the winner!

Challenge of the month

Tell a person you have not already said what you appreciate about them, preferably someone in another department.

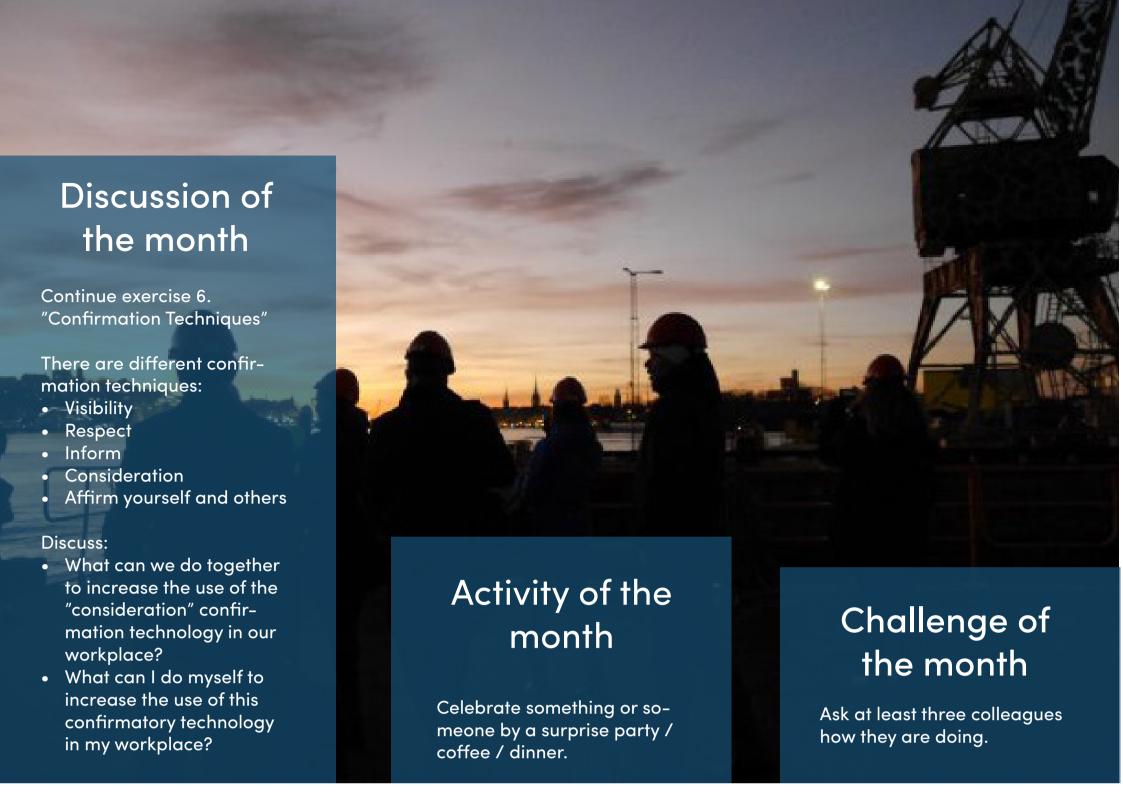
September

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				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30		



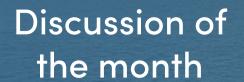
October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					1	2	
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17	18	19	20	21	22	23	
24	25	26	27	28	29	30	



November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Continue exercise 6. "Confirmation Techniques"

There are different confirmation techniques:

- Visibility
- Respect
- Inform
- Consideration
- Affirm yourself and others

Discuss:

- What can we do together to increase the use of the "affirm yourself and others" confirmation technology in our workplace?
- What can I do myself to increase the use of this confirmatory technology in my workplace?



the month

December

Mo	nday Tue	esday We	dnesday	Thursday	Friday S	Saturday	Sunday
				1	2	3	4
:	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
•	19	20	21	22	23	24	25
•	26	27	28	29	30	31	



The Swedish Maritime Administration's Seaman Service works hard to ensure that you as a seafarer have the opportunity to an active and meaningful spare time!

We are happy to offer both exercise and culture, all for increased well-being and stronger cohesion on board. In our SeaSportal, you can log your training or take part in one of our arranged competitions. Through the Seamen's Library, we offer new books, both in physical and digital form. If you want to watch a movie, we are happy to help you through our service.

Read more about us and our seafarer clubs and everything else on seatime.se

See you soon!

Best regards, Seaman service

