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Letter from Editor

Dear all PetroChina team,

As we approach the midpoint of 2019, we look back to our achievements in the first half of the year and wish that success and prosperity stay with us until the year's end and beyond.

On March 30, 2019, PetroChina symbolically handed over the Al Abrar Mosque in Potoya, Sigi, Central Sulawesi, to Sigi regent Mr. Irwan Lapata. The mosque, badly damaged in the earthquake last year, was reconstructed with financial help from PetroChina's headquarters in Beijing. You can read a story about the mosque in this edition's main report.

Meanwhile, in Sarolangun, Jambi, PetroChina held a capacity-building training for Suku Anak Dalam indigenous people to help them pursue alternative livelihood. Hopefully, this will help them build a better future.

In Jakarta, PetroChina held its 2019 Town Hall Meeting on March 18. The event was deemed a big success. Everyone had a great time and PetroChina Indonesia President Mr. Gong Bencai thanked all employees for their continued commitment and hard work in boosting the company's achievements.

We hope you will enjoy this edition of Lampion. As always, feel free to contact us if you have interesting stories you wish us to feature

Keep calm and motivated, Lampion Editorial Team

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Be part of Magazine

As the part of PetroChina big family, we invite you to share your thoughts, knowledge, company related updates and your photographs in the next editions of Lampion. We are thrilled to receive your contributions on the following topics:

- 1. Oil and Gas related News
 - 4. PetroChina Events
- 2. Photo Gallery
- 5. Cultures
- 3. PetroChina's Club Activities

Or drop us emails to let us know what you think of our previous editions. Please send your feedback and contributions to:

Message from President

Dear employees,

First of all, I would like to congratulate all of you for a great first half of 2019. In March, we successfully held our 2019 Town Hall Meeting, where we celebrated our achievements in 2018 and showed our continued commitment for 2019.

During the Town Hall Meeting 2019, we also presented Recognition Awards for our employees with excellent performances.

This year, our company's campaign message will be "Leadership and Teamwork". Through solid teamwork and exceptional leadership, I believe we can make 2019 a year of High-Quality Development.

In PetroChina, we also pride ourselves for our attention to work-life balance. Yes, I would like all of you to work hard. However, I also wish that you enjoy yourself by balancing work and relaxation. At PetroChina, we have 24 communities for sports, cultural and religious activities. You can choose anything from Zumba, swimming, chess, tennis, cycling and many others. If you wish to improve your spirituality, please join our Muslim, Christian or Hindu communities. At PetroChina, we celebrate our diversity and see one another as equals, no matter who we are and where we come from.

This diversity is perfectly reflected in the several religious events we celebrate in April and May. Hindus commemorated Dharma Shanti in early April and Christian celebrated Easter later in the month. In May, Muslims will begin observing the fasting month of Ramadhan. I wish all our Muslim employees a solemn and blessed fasting. I also wish that all of us be able to purify our hearts and bodies and return to our natural disposition, filled with kindness and tranquility.

It is also with this spirit of thoughtfulness that we continue our CSR and disaster relief programs. In Sarolangun, Jambi, PetroChina recently collaborated with the Social Affairs Ministry to hold a capacity-building training for the Suku Anak Dalam (SAD) indigenous people.

Meanwhile, in Sigi, Central Sulawesi, PetroChina symbolically handed over the Al-Abrar Mosque to Sigi regent Mr. Irwan Lapata. The mosque was destroyed in an earthquake in September 2018 and has been rebuilt by PetroChina with budget from headquarters in Beijing. I also would like to thank our employees for their invaluable donation for the mosque reconstruction project.

Hopefully, in the future, we can reach out to more communities.

Salam,
Gong Bencai





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MAIN REPORT

House of Hope for Sigi People

Words by Lutfi Rakhmawati | Photo by Diah Mahardika

In Indonesia, home to world's biggest Muslim population, a mosque is very significant. The house of worship is called in many names in various parts of Indonesia, including masjid, masigi, musajik, meunasah and langgar.

The name Masjid comes from sujud, an Arabic word meaning prostration to God. As a part of a prayer in Islam, sujud acts as the symbol of faith, submission and the praise to the God Almighty. A masjid, therefore, is a place of knowledge, humility, and a source of serenity.

Masjid also serves as the center for Islamic teaching for the kids and social activities, a place to hold a wedding, even a place to pay the last respects for the dead. Long before the smart phone circulated the "breaking news" through a chat group among

neighbors, masjid became the first source to announce whether someone needed helps in constructing their house, or someone's grandmother passed away.

When a 7.5 magnitude earthquake hit Sigi Regency in Central Sulawesi in September 2018, people of Potoya District were devastated. Masjid Al Abrar, their beloved mosque, was badly damaged and could no longer accommodate the daily prayers and social gatherings.



"It was a hard time. People lost their loved ones, buildings collapsed and we were afraid more earthquakes would follow," said Mrs. Rukmini, a local resident living near Al Abrar Mosque. The powerful quake was followed by a tsunami and liquefaction and took thousands of lives. More than 80,000 people were evacuated and buildings were destroyed.

Even when the mosque was damaged, people still came during prayers' time, said the mosque's custodian Mr. Burhan. "We prayed in a tent for few weeks. It's not too convenience but we felt better because we could gather with our community. Praying and gathering kept us strong," he said.

Reconstructing the mosque was necessary, but it took times for the government to do that immediately. After the disaster, they focus on providing the shelters and rebuilding houses for people.

That's when PetroChina Indonesia stepped in and finance the reconstruction process as a part of the company's social program.

Using the budget from PetroChina's headquarters in Beijing, PetroChina channeled the reconstruction fund through humanitarian organization Action Fast Response (ACT Indonesia). PetroChina Indonesia employees also initiated donation platform "PetroChina Care" to provide the mosque's facilities, including carpet and sound system.

The reconstruction process of Al Abrar Mosque began in December 2018. After only 55 days of reconstruction, the 15x15-square meter mosque was ready to serve people of Potoya.

PetroChina Indonesia President Mr. Gong Bencai symbolically handed over the mosque to Sigi Regent Mr. Irwan Lapata on behalf of Sigi people on March 30, 2019.

Vice President HR and Relations Mrs. Maryke Pulunggono, ACT Partnership Manager Mr. Catur Widodo, SKK Migas Head of Institutional Relations Mr. Safe'i Syafrie, Head of Sigi Department of Religious Affairs Mr. As'ad, and other officials also attended the handover ceremony.

"We rebuilt Al-Abrar Mosque because we know how important the place for the people," said Gong. "The mosque is more than a place to worship, but also a place to restore the spirit and optimism during tough times. We are proud to support the reconstruction of this great mosque".

Catur said that the newly-built mosque was designed to follow disaster-prevention principles.

"The mosque has large, open windows and many strong pillars. Such design is important to minimize damages caused by earthquake and tsunami," he said.

Right now, Al Abrar is back on business. "I'm really glad that more people come to perform five daily prayers in the mosque. In the near future, we'll reopen the Qur'an recital teaching for the kids," Burhan said.

According to Burhan, the mosque will host many important events in the upcoming months. "We'll observe fasting month of Ramadan, one of the the most important months in Islam," he added.

Ramadan is a busy month. "There will be tarawih (Ramadan night prayers), pengajian (religious gatherings), tadarus (Qur'an recitals), iktikaf (stay in the mosque during the last 10 days of Ramadan) and other activities," Burhan said. "We are very relieved to do all these in a comfortable place, not amidst the ruins".

Apart from funding the reconstruction of Al-Abrar, SKK Migas-PetroChina also supported the construction of Integrated Community Shelter (ICS) for disaster survivors in Sigi. The temporary housing can accommodate up to 30 families and was handed over in December 2018.

Sigi Regent Mr. Irwan thanked PetroChina for participating in the reconstruction efforts. "The disaster has taken so many lives, but with the helping hands from all of you, we will rebuild our life," he said.

MAIN REPORT

Excitement and Joy at PetroChina's 2019 Town Hall Meeting

Words by Iman Mahditama & Stefani Paskalian Widiyani Photos courtesy of Communication Dept.

Excitement and joy ruled the day on March 18, 2019, as PetroChina International Jabung held its 2019 Town Hall Meeting at The Ritz Carlton Jakarta Hotel in Kuningan, South Jakarta. More than 500 PetroChina Indonesia employees from Jakarta and Jabung attended the event.





Arcade game competitions were abound, including basketball, virtual penalty shootout, virtual archery and king of hammer. There were also door prizes, a Peruvian traditional music performance, community shows and a cheers competition.

The Town Hall Meeting is the biggest annual gathering for PetroChina management and employees. PetroChina Indonesia President Mr. Gong Bencai, General Manager Jabung Mr. Nie Changmou, Vice President Finance and Control Mr. Xu Yalin, Vice President Technical and Business Development Mr. Zhu Fumin, Vice President HR and Relations Mrs. Maryke Pulunggono, Vice President SCM Mr. Gusminar and Jabung Field team representatives attended the event.

Head of Human Resources Division at SKK Migas Mr. Hudi Suryadipuro; Senior Manager of Human Resources of SKK Migas Mr. Daniel Kurnianto, who represented Head of Human Resources and Oil and Gas Operation Security Division Mr. Zudaldi Rafdi; Vice President Representatives Mr. Sulistya Hastuti; as well as other former VP Representatives, including Mrs. Susana Kurniasih, Mr. Herman Primo, Mr. Handoyo and Mrs. Nugrahani Pudyo also joined the gathering.

Mr. Gong used the occasion to deliver a management message about Jabung's 2018 achievements and 2019 targets. He thanked all employees for their contributions to the company's achievements in 2018. He said that he hoped everyone would continue to work hard to help the company achieve its 2019 targets.

"Jabung's outstanding achievement in 2018 was just the beginning of the continuous performance improvement in this year. All of our achievements in 2018 belong to all of you and, for that, you have my gratitude," he said, addressing the employees. "In 2019, we will enter the year of high-quality development," he continued. Among the company's 2019 goals, Mr. Gong said, would be developing Bangko Block, obtaining PROPER Gold certification, improving employee benefits and expanding CSR programs.

Furthermore, Mr. Gong announced manpower-related updates, including salary adjustment and production incentive. He congratulated some employees who received Recognition Awards for their outstanding performances.

While expecting his employees to work harder, Mr. Gong encouraged them to enjoy their hobbies and interests in sports, arts and religious activities. PetroChina has supported more than 20 communities, including diving, yoga and photography club so the employees could have balanced life.

"Balancing work and pleasure is the key to employees' happiness," he added.

PetroChina also invited Mr. Satya Fatwa of Dunamis Organization Services as external speaker at the Town Hall Meeting. Mr. Satya introduced the campaign message of "Leadership and Teamwork", saying that a successful company should have solid teamwork and exceptional leadership.

Vice President Finance and Control Mr. Xu Yalin said that he was impressed with the Town Hall Meeting. According to him, the event wonderfully highlighted PetroChina employees' creative talents.

"I am very impressed with the whole event. All the performances were very good. Everyone did a good job in organizing the event," Mr. Xu said, adding that he was particularly wowed by performances from the communities.

Mr. Xu, a member of PetroChina's diving and tennis clubs, said that that he hoped there would be more communities in PetroChina in the future.

"The communities are very beneficial for national employees and expatriates. It is good for health and creating an atmosphere for national employees and expatriates to communicate and exchange ideas with one another. I will be supportive [of more communities]," he said.

Mr. Xu continued that he believed involvement in the communities would boost employees' productivity. "If you play hard, you will be more relaxed. If you are more relaxed, you will be more inclined to work hard."

In the Town Hall Meeting, more than 50 employees from various departments were involved in numerous performances, including Zumba, bicycle demonstration and choir and dance performances. At the end of the event, the General Affairs Dept. was named as the "best of the best team" and brought home several prizes.

Mr. Herman Siswa Usman from the General Affairs Dept. said that everyone in the department was proud of having been named "best of the best" at the Town Hall Meeting.

"It was the result of collective teamwork, in which everyone were welcome to give inputs. We prepared for the event for three weeks. We routinely held meetings and practices. We reviewed our progress periodically. Everyone was ready to contribute," Mr. Herman explained.

Mr. Herman said that he was glad the event exceeded people's expectations. "The event was really about the delivery of the company's vision, mission and achievements. However, employees' involvement made the Town Hall Meeting more exciting. My favorite parts were the communities' performances and cheers competition."

Both Mr. Xu and Mr. Herman agreed that next year's Town Hall Meeting would have to be even better than this year's event. "I want more content and new activities [in next year's event]," Mr. Xu said, smiling.

"I suggest that next year's event has a theme and be more interactive," Mr. Herman said. "I hope the management continues to support the event's organizing committee. If we continue to support one another and hear one another's needs and suggestions, we will be able to work together."

PETROCHINA SPORTS AND CULTURAL COMMUNITIES

Community	Contact Person	Extension
Badminton	Dedi Irawan	8772
Band	Indri	8559
Basketball	C Dimas	8616
Billiard	Iwan Fratono	8851
Bowling	Adhityo Rachman	8530
Chess	Muhammad Ridha	8641
Choir	Siska	8039
Diving	Raldi	8715
Fishing	Asep Syafei	8589
Fun Bike	Zainal Abidin	8163
Futsal & Soccer	Rhama Andhita Bobian	8182
Martial Arts	Ananta Bagas	8552
Photography	Arya Wirasatya	8686
Running & Body		
Weight Exercise	Lucky	8736
Swimming	Deri Januardi	8716
Table Tennis	Fransiskus Janto	8760
Tao Kung	Herry Wibowo	8766
Tennis	Agus Purwadi	8541
Traditional Dance	Lutfi Rakhmawati	8576
Yoga	Fifi Febriani	8673
Zumba	Fifi Fitrianti	8683

PETROCHINA RELIGIOUS COMMUNITIES

Community	Contact Person	Extension
Badan Dakwah Islam		
(BDI)	Bachrun Mustiko	8342
Badan Koordinasi		
Umat Kristiani		
(Bakor Umkris)	Herman	8141
Banjar Hindu	I Nyoman Suta	8228



MANAGEMENT NEWS



PetroChina President Speaks at Seminar on Belt and Road Initiative

Words by Iman Mahditama
Photo courtesy of Communication Dept.

PetroChina Indonesia President Gong Bencai attended the Standard Chartered CEO Connect Forum on China's Belt and Road Initiative (BRI) at the Shangri-La Hotel in Jakarta on Tuesday, March 19, 2019. In the event, themed "Connecting Indonesia and China through the BRI", Mr. Gong spoke as chairman of the Chinese Chamber of Commerce in Indonesia.

In his speech, Mr. Gong highlighted the need for the Indonesian government to nurture an investment-friendly environment in the country.

"Indonesia must have stable policy terms and a prospective development plan to ensure investment stability and sustainability. Business cannot work without government support," Mr. Gong said.

He said that Chinese investors were ready to work with the Indonesian government to develop the Regional Comprehensive

Economic Corridor, comprising North Sumatra, North Kalimantan, North Sulawesi and Bali. BRI projects are expected to be developed in these four provinces.

"I am confident that, with support from the Chinese and Indonesian governments, we can work in these regions," Mr. Gong said. Mr. Gong was speaking in a panel that also included Former Trade Minister Ms. Mari Elka Pangestu and Standard Chartered Bank RMB Solutions Global Head Ms. Carmen Ling. Coordinating Maritime Affairs Minister Mr. Luhut Binsar Pandjaitan, Investment Coordinating Board (BKPM) chairman Mr. Thomas "Tom" Lembong and Chinese Ambassador to Indonesia Mr. Xiao Qian were keynote speakers at the event.

According to Mr. Gong, intergovernmental partnership between Indonesia and China, detailed and specific investment schemes involving regional administrations and good cooperation from businesses would be important in supporting BRI projects in the regions.

He said that Chinese investors find Indonesia attractive as it is one of the biggest and fastest-growing countries in South East Asia. China is Indonesia's largest trade partner in the last eight years while Indonesia is China's 4th largest trading partner in ASEAN.

"The good relationship between the two countries will create jobs, improve human resource capacity and enable transfer of skills," Mr. Gong said.

Mr. Gong cited a 2018 BKPM data that said 54 percent of Chinese investments in Indonesia are in secondary sectors, such as metal and mining, construction and materials and power. A majority of Chinese investments in Indonesia are located in Sulawesi (43 percent) and Java (40 percent).

"In the future, China seeks to increase its investment in innovative industries, such as e-commerce, communications and consumer-based technology," Mr. Gong continued.

MANAGEMENT NEWS

PetroChina Indonesia Bids Farewell to Mr. Yu Guoyi

Words by Iman Mahditama | Photos by Diah Mahardika

PetroChina Indonesia bade farewell to Mr. Yu Guoyi in a memorable event at Menara Kuningan, South Jakarta, on Thursday, February 13, 2019.

Mr. Yu served as General Manager Jabung from April 2017 to January 2019. He was widely respected for his professionalism, in-depth technical knowledge and sociability with everyone at PetroChina Indonesia. During his short period of leadership at Jabung, PetroChina Indonesia made many good achievements.

One example is the company's significant production increase in the past two years. Last year, Jabung reached a milestone 60,000 BOEPD production. It was the first time the field reached this milestone since its peak production many years ago.

Mr. Yu was transferred to CNPC headquarters in Beijing. Mr. Nie Changmou has been appointed to replace him as General Manager Jabung. Mr Yu said that he was sad to leave Indonesia. "Indonesia feels like home to me. I find that Indonesians are the

friendliest people. That is why I am very comfortable here. In the future, I will still keep an eye on Jabung and I hope our paths will cross again one day," Mr. Yu said.

PetroChina Indonesia Vice President of Human Resources and Relations, Maryke Pulunggono said that everyone in PetroChina Indonesia were grateful for Mr. Yu's leadership and exceptional work ethics. Furthermore, Mr. Yu also recognizes that it is important for people to share knowledge and understand others' cultures.

"Mr. Yu also realizes the importance of nurturing relationships with partners and stakeholders. He often travels back and forth to Beijing to accompany SKK Migas officials and our partners in visiting CNPC research centers and fields," Mrs. Maryke said. She continued that everyone at PetroChina Indonesia would like to wish Mr. Yu the best of luck with his new career and good health for him and his family.

"Should you find yourself in Indonesia in the future, please do not hesitate to drop by our office," she added.





PETROCHINA'S PARTNERS AND STAKEHOLDERS

PetroChina Welcomes SKK Migas Chairman's First Visit to Geragai

Words by Iman Mahditama and photo by IT Jabung

Geragai Camp in Tanjung Jabung Timur, operated by PetroChina Jabung, received a special visitor on Thursday, February 7, 2019, namely new SKK Migas chairman Mr. Dwi Soetjipto. It was the first visit by SKK Migas chairman to the facility.

General Manager Jabung Mr. Nie Changmou, Vice President Human Resources and Relations Mrs. Maryke Pulunggono, Field Manager Jabung Mr. Arif Hari Suseno welcomed Dwi, who visited Geragai with Directorate General of Oil and Gas Mr. Djoko Siswanto and Head of SKK Migas Representative Office in Southern Sumatera Mr. Adiyanto Handoyo.

"This visit has boosted our spirit and is a show of the government's support for us to continuously increase our oil and gas production and reach the target," Maryke said. "PetroChina is fully committed to supporting the government in achieving the national oil and gas production and energy security targets". Dwi, who was just appointed to his position in December 2018, said that SKK Migas pledged to help all oil and gas contractors in Indonesia (KKKS), including PetroChina, in obtaining all necessary permits and ensuring optimum operations.

"My view is that a stable national oil and gas industry will attract investors. To achieve this, we will always strive to coordinate will all stakeholders. Our duty is to help all KKKS, such as in ensuring speedy permit process," Mr. Dwi said.

He reaffirmed that PetroChina, like all oil and gas companies in Indonesia, should immediately notify SKK Migas of any problem

the company was facing. "If there is any problem, we hope that PetroChina can notify us so we can help find solutions. Just tell us if there is any problem and we will follow up within 24 hours," Dwi said, reassuringly.

Djoko shared Dwi' sentiments. "I hope that the local administration will support PetroChina's operations. On the other hand, PetroChina can help the local administration by providing social programs that benefit local communities," he said.

Apart from visiting PetroChina's facility, Dwi and the entourage also joined the Audit Board of Republic of Indonesia (BPK) Commissioner Mr. Rizal Djalil and BPK Auditorate IV A head Mr. Padang Pamungkas in a meeting with Tanjung Jabung Timur regent Mr. Romi Hariyanto at his official residence.

During the meeting, Romi raised some issues related to Petro-China's operations in his regency, including the employments of local people and social programs for local communities. He hoped PetroChina would keep its commitment to support the development in his area, such as building roads and bridges.



I CSR UPDATE

Petrochina Boosts Suku Anak Dalam's Livelihood

Words by Dodi Ibnu Fajar and Iman Mahditama Photos courtesy of Communication Department On March 20-23, 2019, 34 families of the Suku Anak Dalam (SAD) indigenous community in Pematang Kolim, Gurun Tuo village, Sarolangun regency, Jambi, gathered for a special occasion. Over those four days, they participated in an individual and community capacity-building training organized by SKK Migas-PetroChina Jabung in cooperation with the geographically-isolated indigenous people (KAT) empowerment directorate of the Social Affairs Ministry. Part of PetroChina's CSR program, the training was provided by Bandung-based agency Indonesian Sustainable Energy and Environment (ISEE).





The four-day training focused on sharing and brainstorming ideas on alternative livelihood for SAD members, many of whom are still practicing a hunting-and-gathering lifestyle.

The training was a follow-up to PetroChina's donation handover of clean water and sanitation facility along with a health and education shelter to SAD communities living around the Bukit Duabelas National Park in Sarolangun regency in late January 2019.

People of all ages, including men, women and children, participated in the training. SAD member Danil said that he was glad to have brought his wife and child to the occasion.

"The training helps SAD members like me find suitable alternative livelihood other than hunting. I am tired of hunting. This training gives me so many answers on other ways to earn a living," Danil said.

Throughout the training, the SAD members joined various educational group games in order to brainstorm ideas for alternative livelihood. First, there was a sharing session between SAD community members and Gurun Tuo villagers and village head, held at the Gurun Tuo village hall.

In the session, SAD community members told the villagers that they were grateful for the help from SKK Migas-PetroChina and the Social Affairs Ministry. The clean water and sanitation facility, for instance, provided them with their own water source for daily needs. Four villagers then shared stories of their livelihoods: farming cattle and goats, making tombstones and opening a vehicle repair shop.

Gurun Tuo village head Mr. Fairi Kausal said that he was grateful for the SAD community members' participation in the sharing session.

"SAD community members are also residents of this village," he said, reaffirming that SAD members would always be welcome to the village and would be assisted in processing population

documents, such as identity cards (KTP). With KTP, SAD members will be able to enjoy various public services provided by the government, like any other Indonesian.

In the next session, SAD families expressed their hopes for a better future. At first, SAD children said what they wanted to become when they grew up: police officers, medical doctors, employees or other professions. They were then told to address their parents and encourage them to support their dream.

"I want to be a police officer," said SAD child Kavin. "Mother and Father, if we have money, I want to go to school and be a police officer one day."

The children's mothers were then told to encourage their husbands to stop hunting and find work to support their children.

"Honey, our children wants to be a police officer," said Kavin's mother. "Honey, let's find work. Stop hunting. I don't want us to be miserable."

Upon hearing their wives and children's statements, the men then gained a new-found spirit to find better lives. Kavin's father, for instance, said, "Yes, I want to work. I believe that, where there is a will, there is a way."

After each family takes turn in expressing their wishes for better lives, everyone in the audience would say, "We believe, if there is a will, there is a way!"

On the third day of training, SAD members were split into three groups of men and one group of women. The names they gave to their groups reflected their dreams: "Together We Can", "Struggling for Progress", "One Change" and "House of Hope". The groups were told to discuss what alternative source of living they wish to pursue.

On the last day of training, the groups expressed their ideas of alternative livelihood. The three groups of men wanted to establish cattle farms while the women wished to cultivate catfish and grow crops for daily meals.

The training was fun and exciting for everyone, including the children. It instilled the idea among SAD members that they were just like all other Indonesian citizens, with the same rights and responsibilities. "Where there is a will, there is a way" became the training's motto.

Mrs. Ani Setyowati from the Social Affairs Ministry's KAT empowerment directorate, who attended the training, said that she highly appreciated the training as a form of cooperation between the government and the upstream oil and gas industry. According to her, the training can be used as a model for empowering KAT in other regions.

I HSSE UPDATE

Things to Do Before Exercise

Words by dr. Boy Hidayat | Photo by Arya Wirasatya

Who would have thought that PetroChina Jakarta office would feel like heaven for their exercise-loving employees? In several months, sports communities have rapidly mushroomed here. If you love high-intensity workout, you may join our Zumba or Freeletics classes. If you suffer from back pain, you may seek to relieve your soreness while having a swim at Gran Melia Hotel every Tuesday. For those of you craving for a little adventure, try joining our diving club or the plethora of other fun sports and hobby activities the company has to offer.

However, exercising is a significant physical activity that requires optimal preparation. You cannot just go out and play. Lack of warming-up may lead to injuries or illnesses that can be hard to cure. This is not to frighten you. Please just keep in mind that preparing your body is crucial for effective and successful physical exercises.

Whatever exercises you choose to do, pay attention to the following concerns:

1. Set up your personal goals

No matter how strong your intention to exercise is, you may be overwhelmed by laziness from time to time. Your motivation for physical exercise should be simple, such as: for your health, to be more energetic, to gain pleasure from exercise, to make exercising a priority, to get better sleep, to increase your alertness, to feel more relaxed, to make your body weight more manageable or to maintain good physical appearance. What is yours?

2. Consult your doctor

Although moderate physical activities like brisk walking is safe for most people, health experts suggest that you talk to





your doctor before starting an exercise program if you have high blood pressure, heart disease, type-1 or type-2 diabetes, kidney disease, arthritis, under treatment or having just completed treatment for cancer or other serious health problem, or if you are in any medication.

If you are unsure of your health status, have multiple health problems or are pregnant, consult with your doctor before starting a new exercise program. Working with your doctor ahead of time can help you plan exercise programs that are right for you. This is a good first step on your path towards physical fitness.

3. Prevent dehydration

It is very important to drink enough fluids before and after physical activity. Dehydration can decrease blood pressure and heart rate, which can make you feel quite unwell. You must ingest an adequate amount of fluids before and after exercises to minimize dehydration and replace electrolytes. About half a liter of water ingested in the two hours before exercise will help you stay hydrated, although the ideal amount of fluids depends on the expected duration and intensity of your workout. If you exercise for prolonged periods (e.g. long distance runs or cycling, footy games), please drink during your exercise.

4. Nutrition

To obtain the maximum benefit from your exercises, your muscles need energy to sustain your workout. Without energy, muscles fatigue quickly and your workout will be shorter and less intense. Energy is also needed to maintain, grow and repair tissues after exercise. A healthy balanced diet is needed to maximise the energy available – you will only receive the most benefit from exercise with the right amounts and types of food. The types of food that must be consumed before exercise is slow-release foods or those with a low glycaemic index (GI), such as apples, nuts, legumes and beans, wholemeal bread

Warming up

It prepares the muscles and heart for the exercise. Warming up, as the name suggests, warms up your muscles, decreas-

ing the risk of damage during the exercise. A warm up is a short (5–10 minutes), low-intensity exercise that must be done just before the main exercise.

6. Pre-exercise stretching

The aim of stretching before exercise is to increase the range of your muscles and improve their performance during the activity. Stretching before sporting activities should be relatively simple and quick (no more than 10 seconds spent on each stretch). It is very important to remember that no stretching should be done before the muscles are warmed up. If muscles are not warm before they are stretched, there is an increased risk of tearing them.

7. Dressing for exercise

Choose the appropriate footwear, clothes and protective equipment for your exercise to maximise sporting ability and reduce the risk of injuries. Many sports require the use of protective equipment, designed to protect certain "at-risk" areas of the body while still allowing optimum sporting performance. Protective equipment is essential and, if not used properly, can lead to serious sporting injuries.

8. Foot wea

Some sports require specialized footwear. Regardless of the type of shoe needed, it must be suited to your foot shape. Most sport suppliers will have trained staff that can assess your foot and leg shape.

9. Environment and weather

It is very important to monitor the weather and environment, as certain conditions can have a major impact on the success and safety of the exercise regime.

Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer. Do not ruin your life and getting no benefit from exercise just because your preparation for your exercise is not enough.

OIL AND GAS NEWS

PetroChina Kicks Off 2019 Internship Program

Words by Iman Mahditama | Photos by Diah Mahardika



On Monday, April 15, 2019, PetroChina International Jabung Ltd officially kicked off its 2019 PetroChina Internship Program (PIP).

PetroChina HR Manager Mr. Dencio Renato Boele and employees from Exploration, Exploitation, Reservoir Engineering, Human Resources and Communications departments received the interns on Monday.

"Congratulations to the interns for having passed all the tests and other steps so that you can be here today and join the PetroChina Internship Program. I hope that everything goes smoothly for you here and you can have a great time with us. In the future, I hope you can achieve all your dreams," Mr. Dencio said in his speech.

Four interns joined PetroChina in this PIP cycle, namely Dimas Alif Gibran and Adimas Cesandro from Trisakti University, as well as M Ilyasa Satyadharma and Muhammad Faisal from Gadjah Mada University. Ilyasa and Faisal would intern at Exploitation department, Adimas at Reservoir Engineering and Dimas at Production Engineering.

Acting as mentors will be Ahmad Fauzi Hadad from Reservoir Engineering; Lia Reulina Ketaren, Agus Heru Purwanto and Iqbal

Buldani from Exploitation; and Firmanta Sembiring from Production Engineering.

The PIP program will last for six months and may be extended under agreement by relevant parties.

HR Senior Planning and Development Superintendent Alfiani said that the interns' respective universities would send lecturers as observers in the internship program.

"The internship program is project-based. At the end of the program, we expect the interns to do a presentation in front of the lecturers and users," Alfiani explained.

She added that there would also be evaluation every two months to monitor the interns' progress.

PetroChina is committed to open internship opportunities for university graduates, especially those coming from engineering study programs. As a project-based program, PIP allows graduates to develop both their skills while solving real work challenges.

Through the program, interns can gain real working experience in oil and gas business activities. They will be involved in real projects and get direct supervision from experienced employees acting as mentors. Once they completed the internship program, they will obtain internship certificates from PetroChina

OIL AND GAS NEWS

A Road to Giant Discovery: PetroChina Focuses on Central – Eastern Indonesia

Word & photos by: Hendra Niko Saputra & Nyoman Suta

"Giant hydrocarbon discovery is a solution for growing shortfall in supply of oil fuel in the country. It could be a reality if we begin to see three factors: technology, efficiency & accountability, and capable human capital. Massive explorations would be absolutely needed in all areas potential to have oil and gas reserves in order to have giant discovery (Sunaryadi, 2019)"

Indonesia's oil and gas reserves remain huge from different type of HC resources such as from remaining past discovered, existing remaining reserves, and untapped resources. We may just need more ideas to re-discover and find them more. "Easy oil" has been consumed, while "difficult oil" still predicted in huge from future potentials. Exploration is an unfolding reality that requires creativity, persistence, and improved understanding on critical elements of play concepts.

To show our commitment to jointly enlarge opportunity of giant field discovery in Indonesia, China National Oil & Gas Exploration and Development (CNODC) has recently fulfilled the invitation from Special Task Force for Upstream Oil and Gas Business Activities (SKK Migas). Previously, SKK Migas team visited Beijing in 2018 to promote ten potential areas for upstream investment opportunities. Last year, SKK Migas started the campaign of "Road to Giant Discovery" by inviting leading oil and gas corporations to collectively formulate comprehensive regional information and petroleum system evaluation, as well as identify regional exploration target. All are aimed at increasing opportunities to discover giant field within the region.

During two-day visit between February 19 and 21, 2019, CNODC delegation was led by Mr. Guo Shengli (CNODC – Exploration)



accompanied by two experts from RIPED represent Asia Pacific - Exploration and International New Venture Department.

After several days work, we concluded to focus the area of interest in Central – Eastern Indonesia included offshore Kalimantan and Papua with its limitation, challenge, and sub surface complexity. Compared to what we found in western part of Indonesia, this new situation would be totally different, as we must learn offshore operation, overpressure zone, deep marine sediment, and both of Tertiary reservoir and Mesozoic age.

However, we try our best to improve our contribution.

In this case, SKK Migas did not only offer CNODC a participation in the regional study through routine exploration play based approach, but also to initially reprocess the existing seismic data for better resolution lead to comprehensive understanding on areas potential.

SKK Migas Chairman Mr. Dwi Soetjipto highly appreciated CNODC's participation in this regional study and our excellent hospitality during SKK Migas visit to our headquarters.

Who are we? G&G PetroChina... Who are we? G&G Indonesia...

OIL AND GAS NEWS

Strategy To Get Optimum ProperWhat is PROPER according to environmental rules?

Words by Widodo Ismanto

Basically if the company gets better PROPER assessment, the meaning is that the system implemented in environmental management is getting better in terms of compliance in the management of waste produced, the efficiency of natural resources and benefits socially.

Environmental issues can be a business strategy because if implemented properly and planned, the benefits that will be obtained include: Potential to increase profits, reduce operating costs and risks that occur and increase the value and reputation of the company (environmental stewardship).

In full, these environmental issues can be described in the form of four quadrants, namely:

- Quadrant 1, is an intangibles value that aims to build a company's reputation and trust.
- Quadrant 2, can reduce the risk of a company activity both in operation, production and process by building the ECO RISK CONTROL system.
- Quadrant 3, earns revenue by doing eco design, eco sales and marketing and eco defined new a market place, then
- Quadrant 4, in terms of cost, eco efficiency, eco expense reduction and eco efficiency value chain will be obtained.

What are the true PROPER criteria?

Broadly speaking, if a company is obliged to carry out the control function in accordance with the regulations set by KLHK which include: sea pollution control regulation, hazardous waste regulation, water pollution regulation, water pollution regulation and Environment Impact Assessment regulation.

- Black PROPER, if the company can carry out the established obligations and even tends to have no business.
- Red PROPER, if the company has carried out the obligation but has not been able to carry out it thoroughly but still strives to be able to carry out its obligations.
- Blue PROPER, if the company has carried out all its obligations properly in accordance with the applicable regulations with the right stages and governance. This means that you have fulfilled the requirements according to the rules.
- Green PROPER, it has done not only carry out the applicable regulatory obligations but coupled with efforts to efficiency natural resources and excellences waste management,

- among others are: best practice, best available technology and best CSR.
- Gold PROPER, in addition to carrying out all the processes in green PROPER equipped with superior innovation in environmental management that can be beneficial for the welfare of the community around the operating area.

In brief, it can be explained that the company can achieve BLUE PROPER if all waste management processes have been carried out according to the rules set by the LHK ministry, while if it will improve the competency of HIGHER PROPER, an innovation in waste management is needed by creating efficiency in the process.

These efficiencies include energy efficiency, reducing emissions, conserving water, implementing 3R (Reduce, Reuse, Re-cycle) hazardous waste, implementing 3R solid waste, protecting biodiversity, implementing environmental management systems and innovating running Comdev.

All of that will be achieved if implemented well if it starts from PRE-Operations including planning, OPERATION and after operations involving all Departments.



EMPLOYEE NEWS

Gemba Kaizen in Field Asset Department

Words by Arif and Photo by Andi J Silitonga

Gemba Kaizen (GK) a methodelogy which deals with human potential, its utilization for company s progress and easier sustainability of changes has been adapted by Field Asset Management Jabung.



Term Kaizen marks the most widespread concept nowadays, focuses on continuous improvement of all levels of company and involves everyone - top management, managers and workers.

People are the "engine" of continuous improvement. Field Asset Dept invests in people and therefore gains the dedicated workers who go to work every day on time and continually improve their operational activities.

Everyone is encouraged to come up with the small improvement and suggestions on a regular basis. This is not a once a month or once a year activity. It is continuous. It is like never ending journey.

The starting point for improvement is the ability to recognize the need for improvement. Therefore Gemba Kaizen emphasizes problem awareness and provides clues for identifying problem. Gemba Kaizen will become a tool to turn the wheel of PDCA (plan—do—check - action) cycle towards better or higher of quality level with standardization at each step of its improvement

First step of "go to Gemba" sounds very easy and it is simple to perform. But for Kaizen philosophy it is the very important point: do not solve the problems from behind the table, but in real place where things happen and with people who work in that process (workers) in daily base. So we put effort and go among people, materials, machines, etc. what in final effect means also among problems.

Then follows the step of "observe". Here is good to have some background of knowledge (for example about balancing of lines, logistics, waste, safety, ergonomics, etc.) and some practical experiences, too. Very often, only look at things, people, machines, flows, etc. without any tools and big analyzes, can uncover the problem. But it does not matter if we do not have big experiences. There is a better way to it all: discussing with fellow workers and try to manually do their work. The next point is "search & find". After you really find the problem, it is time to solve it. Then comes the latest step of "carry out Kaizen", means that we bring changes/ improvement.

When we want to improve, we have to find problem, waste, bottleneck or from the other point of view opportunity. One very good systematic tool for finding opportunities in which all important information like processes and their operators, lead times, cycle times, work in process, set up time etc. are included. Also there are drawn all material and information flows with their details. So, based on this map we have together whole current status with all pluses and minuses. There we can see our opportunities. Differences between current and future state are basically our opportunities for improvement.

Gemba Kaizen is applicable also in line balancing, low-cost automation, design, synchronization, logistics and delivery systems, waste management, lean office etc. The results will speak for themselves and bring the effect.

EMPLOYEE NEWS

Jakarta MRT: A New Dawn in Public Transportation

Words by Iman Mahditama

Jakarta, among the most gridlocked cities in the world, welcomed its first ever mass rapid transit (MRT) line in March 2019. Jakartans were overjoyed by its inauguration and many are putting high hopes that it will boost the Indonesian capital's fledgling public transportation system.

The 16-kilometer MRT line stretches north to south, from Bundaran Hotel Indonesia (HI) at the heart of downtown Jakarta to Lebak Bulus in the city's southern edge. It has seven elevated stations between Lebak Bulus and Jl. Sisingamangaraja alongside six underground ones between Senayan and Bundaran HI. Journey from end to end is only around 30 minutes, significantly shorter than the two hours you would need by car.

The trains and stations are modern, clean and air-conditioned. Trains come every 10 minutes.

Some of the stations have food and beverage outlets, including Auntie Anne's, Starbucks, A&W, KOI Café and Shihlin Taiwan Street Snacks. The stations also have minimarts such as Indomaret, Lawson, Family Mart and MOR.

Full commercial operation began on April 1, with distance-based fare set at Rp 10,000 per 10 km. The fare ranges from Rp 3,000 to Rp 14,000. Passengers can purchase single-trip or multi-trip cards at stations. Cashless (e-money) cards from BRI, BNI, Bank Mandiri, BCA and Bank DKI, are also accepted.

Three MRT stations are integrated with other public transportation modes. Lebak Bulus Grab and Bundaran HI stations are integrated with Transjakarta bus stops. Meanwhile, Dukuh Atas BNI station has a Transjakarta bus stop as well as Sudirman station (KRL Commuter Line service) and BNI City Station (airport train) nearby. There is also a plan to integrate ASEAN station with Transjakarta's CSW elevated bus stop.

Starting in May 2019, the MRT trains will be in operation from 5 a.m. to midnight.

In the MRT line's inauguration ceremony at Bundaran Hotel Indonesia (HI) on Sunday, March 24, President Joko Widodo said that the MRT's launch marked the beginning of a new era.

"The [MRT] is part of a new culture because this is a first in Indonesia," the President said. "Unless we are willing to adapt to a new culture, there will be no point in having the MRT."

The inauguration event also served as a groundbreaking ceremony of Jakarta MRT's second phase, which will span 7.8 km, connecting Bundaran HI to Kota Station in West Jakarta. The

second phase of construction is expected for completion in 2024. Further expansions include loop and East-West lines.

HOW TO GET TO THE MRT FROM MENARA KUNINGAN

The closest MRT stations from Menara Kuningan are Dukuh Atas BNI (in front of Sudirman Station), Setiabudi Astra (near Jl. Setiabudi Raya, in front of Prudential Tower and Chase Plaza) and Bendungan Hilir (near Jl. Prof Dr. Satrio, in front of Sampoerna Strategic Square and WTC).

At the roadside bus stop in front of Lippo Kuningan building, take Transjakarta No. DA3 bus (Dukuh Atas – Kuningan) to Dukuh Atas BNI station. Alternatively, take Transjakarta No. 6 bus (Ragunan – Dukuh Atas 2) from Karet Kuningan bus stop to Dukuh Atas 2 bus stop and walk for 10 minutes to Dukuh Atas BNI station. Transjakarta fare is Rp 3,500 flat.

The best way to reach Setiabudi Astra or Bendungan Hilir stations is by taxi or motorcycle taxi (ojek).

TIPS FOR RIDING MRT

We wish to keep Jakarta's MRT trains and stations orderly and clean. Here are some tips that you can follow to ensure your and other passengers' comfort!

- 1. Do not eat, drink, smoke or litter.
- 2. Do not push or cut in line.
- 3. When using the escalators, stand on the left side and walk on the right side.
- 4. Queue behind the yellow lines by the screen doors. Prioritize those exiting the trains before you get in.
- 5. Give priority seats to those in need: the elderly, expecting mothers, parents with children and people with disabilities.
- 6. Be considerate and exercise common courtesy to other passengers
- 7. Keep your belongings safe at all times.
- 8. Take care of all facilities in the trains and the stations. Do not do anything that may harm yourself or other passengers or damage the facilities.
- If you need any help, on-duty officers will be able to assist you.
- 10. Enjoy the ride!

WHAT'S NEAR THE STATIONS?

The areas between Lebak Bulus and Bundaran Hotel Indonesia (HI) are filled with interesting places. Here is a list of what you can find nearby several MRT stations.

 Blok M Square, Melawai Plaza, Little Tokyo culinary center, Pasaraya Blok M and Blok



Fatmaw

 Museum Basoeki Abdullah on Jl. Keuangan Raya No. 19

MRT Maps

 Cilandak Town Square, Prasetiya Mulya University's Cilandak campus and Fatmawati General Hospital.



Senaya

- Shopping centers Ratu Plaza, Plaza Senayan, fX
 Sudirman and Senayan City
- Gelora Bung Karno (GBK) sports complex's Gate 1 (Pintu 1)



Bendungan Hilir

- The Bendungan Hilir Market
- On Jl. Prof. Dr. Satrio, you can find various shopping malls, including Mal Ambassador, ITC Kuningan, Lotte Shopping Avenue, Kota Kasablanka.





Bundaran H

- Grand Indonesia, Plaza Indonesia, Thamrin City and Sarinah.
- Nearby hotels include Hotel Indonesia Kempinski, Pullman Jakarta Hotel and Mandarin Oriental.
- The MRT station is connected to Bundaran HI bus stop.



Istora Mand

M Transjakarta bus stop

• GOR Bulungan

· Gandaria City shopping center.

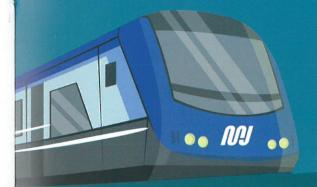
- GBK sports complex's Gate 5, The Sultan Hotel & Residence and the Sudirman
- Central Business District (SCBD)

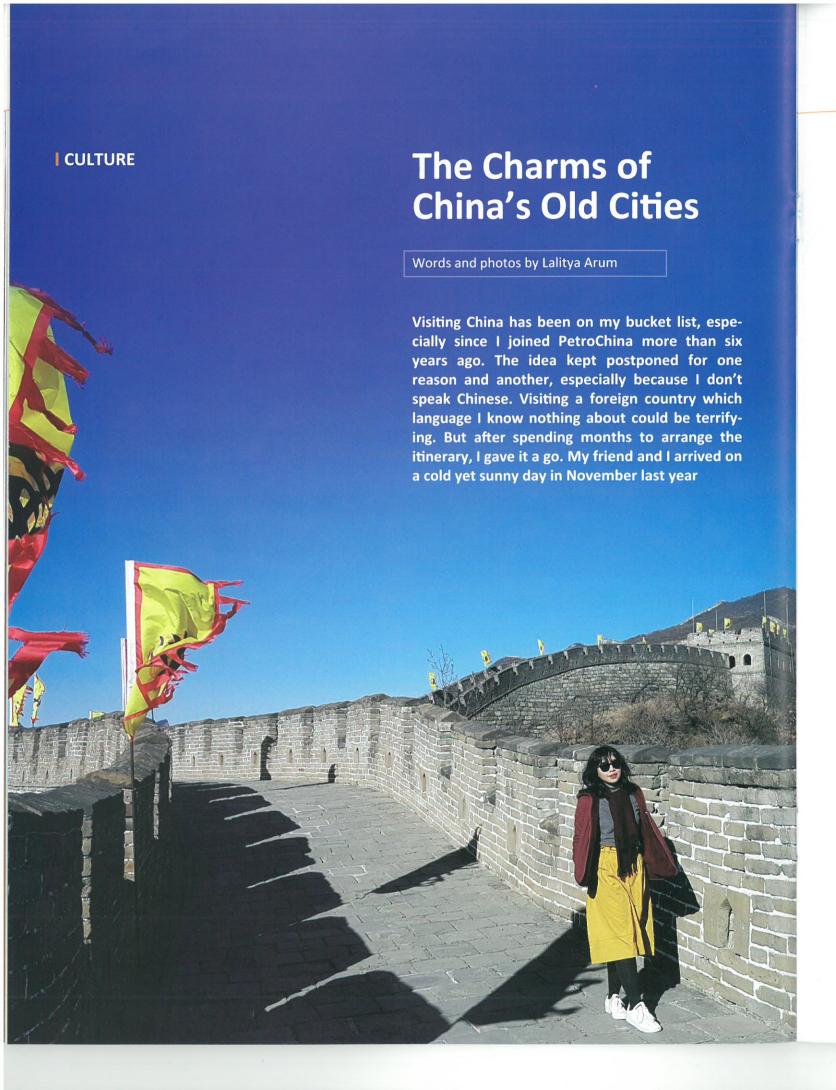
 Indonesian Stock Exchange, among other
 - buildings
 eateries at Jl. Senopati



Dukuh Atas BNI

- Sudirman Station (commuter train) and BNI City Station (airport train)
- Dukuh Atas 1 and Dukuh Atas 2 bus stops
 Transiakarta also provides four bus services.
- Transjakarta also provides four bus services connecting Dukuh Atas station to Sam Ratulangi (No. DA1), Tanah Abang (No. DA2), Kuningan (No. DA3) and Kota (No. DA4).







Due to limited time (and budget), we only visited Beijing and Shanghai. Without a doubt, the Great Wall of China and Shanghai Disneyland are top must-visit places. However, we found equally interesting, even though less popular, places/activities during our trip to these cities. I talk about observing the locals practicing tai chi and performing traditional dance in People's Park, taking the overnight sleeper train from Shanghai to Beijing, night-snacking at Wangfujing Snack Street, and many more. But if I had to narrow them down, here are my personal favorites:

1. Strolling Around The Bund Area

I never thought walking from Nanjing Road to The Bund on a chilly, windy late afternoon could be such a wonderful idea. For me, Shanghai's most attractive feature is the city's duality. It offers a charming blend of history and modernity, and The Bund is probably one of the best places to witness it. It has numerous historical buildings with different western architectural styles, which brings us back to the colonial era in 1800s. At the same time, we could admire Shanghai's iconic skyscrapers dominating the skyline across the river. Some of the most well-known structures are Oriental Pearl TV Tower, The Shanghai Tower, Jinmao Tower, and Shanghai World Financial Center.

2. Visiting Ancient Water Town

It was somewhere in 2016 when I first heard and read about "The Venice of The East." The source was referring to ancient water towns which were scattered around Suzhou and Shanghai. Choosing which town we would like to visit was tough because, obviously, we wanted to visit as many places as we could. Unfortunately, we only had enough time to visit just one place. We picked Zhujiajiao due to its close distance with Shanghai. Zhujiajiao was said to be packed by visitors most of the times and indeed it was quite crowded when we arrived to the place. But even when visitors flocked the city, and when the rain poured, it was really gorgeous.

We spent the whole afternoon strolling along the canals and bridges, exploring every corner of the small town. There are also some small museums, galleries, temples, and gardens where you can rest and relax. You can also hire a boat to explore the town on its waterways, but I'm personally quite satisfied just by walking around and enjoy the antiquity that this place offered. Hopefully someday I can come back to China to visit more ancient water towns.

3. Watching Chinese Acrobatic Show

You can watch Chinese acrobatic show everywhere around the world, but watching it in its original place feels kind of authentic (well, at least for me). Nothing is really special from the old theatre building where they hosted the show. But the acrobatic performance was amazing. The show started with some "light" performances like dancing and twirling umbrella on stacked chairs, but continued with more high-flying and death-defying acts that make you shrill in both fear and excitement.

The trip to Beijing and Shanghai definitely left great impression for me, and I am looking forward to finding more opportunities (finger crossed!) to explore China.



I CULTURE

PetroChina Welcomes the Year of the Pig

Words by Stefani Widiyani | Photo by Diah Mahardika

On Thursday, February 7, 2019, PetroChina Indonesia employees in Jakarta office celebrated the Chinese New Year together with management. Representing the management, Vice President Business Development and Technical Mr. Zhu Fumin, Senior Finance Manager Mr. Li Rui and Financial Planning Coordinator Mr. Li Haipeng received the New Year greetings from employees.

In his opening remarks to welcome the Year of the Pig, Mr. Zhu said that he appreciated employees' hard work in the previous year. He mentioned Jabung block's successful year in 2018 and hoped for more achievements in the future.

To mark the opening of the celebration, employees and management greeted one another and wished everyone luck, especially in this Year of the Pig. In Chinese culture, the pig symbolizes wealth, prosperity, hard work and generosity. Hopefully, all of these will be reflected this year.

The lively ambience was magnified by junior wushu performance from Inti Bayangan Foundation. There was also a performance from PetroChina's traditional dance community. The group performed a Betawi dance called Nandak Ganjen, which portrays the liveliness of young women.

There was also a singing performance by members of the Petro-China choir. The vocal group sang a number of Chinese songs as well as pop songs to add to the celebration's joyfulness. Various Chinese-themed dishes were served, further enhancing the revelry.



CULTURE

Celebration of Harmony in PetroChina

Words by Lutfi Rakhmawati Photos by Diah Mahardika



The big family of PetroChina Jakarta office gathered in the Dharma Santi event on Wednesday, April 10, 2019. As part of the Nyepi celebration, Dharma Santi offers an opportunity for us to meet with friends and colleagues in search of forgiveness and inner peace.

PetroChina Hindu Community Banjar Hindu, who organized this event, introduced us to "Tri Hata Karana" or "Living in Harmony" philosophy. As a part of Balinese Hindu way of life, Tri Hata Karana emphasizes the balanced and harmonious relationship between human and nature.

Just like other events in PetroChina, this year's Hindu celebration is filled with cultural performances. Banjar Hindu Chairman Mr. Nyoman Suta showed us that gamelan, a set of traditional music instruments, was a perfect example of harmony. "Each instrument has its own sound. But playing them one by one

wouldn't make a beautiful sound," he explained. Nyoman, a fluent gamelan player himself, said that the beauty of gamelan was the harmony of different sounds. "The variations of beats create a melody in a beautiful and coordinated rhythm" he added.

While Nyoman and his gamelan group played most of the musical parts during the event, more than 20 PetroChina employees performed the iconic Kecak Dance. The gamelan also joined PetroChina's band performance, demonstrating the beauty of traditional and modern music collaboration.

Speaking on behalf of PetroChina management, President Mr. Gong Bencai congratulated the Hindu community for hosting a beautiful event. "In PetroChina, cultural diversity is something we are proud of. We respect all cultures, religions and variety of backgrounds that shape the face of PetroChina," he said.

Gong emphasized that the religious events in the company were cultural celebrations for all employees. "I hope the events will enrich our togetherness and sense of belonging to this company".

Every year, PetroChina celebrates various religious events, including Ramadan, Halal Bihalal, Christmas, Nyepi and Chinese New Year. While each event is inspired by certain religion, the celebration is dedicated for all employees.

"There are only seven members of Hindu Community in Petro-China. Luckily, we have so many helping hands so we could successfully prepare the Nyepi celebration," said head of organizing committee Mr. Wayan Suandana. "We are very grateful for all of your supports".



CULTURE

Mandarin tutorial part 2

Prepared by Vina Wiryadinata

In this edition, we will learn about pronounciation. Here is the exercise:

Pronun	ciation Ex	ercises (1)		
	shān dōng	fēi jī	fā yīn	guãn xīn
	Shandong	airplane	pronunciation	to care for
-/	zhōng guó	huā chá	jīn nián	huān yíng
	China	jasmine tea	this year	welcome
- v	kāi shuĭ	gāng bǐ	shën ti	jī chăng
	boiling water	fountain pen	body	airport
- \	gōng zuò	chī fàn	yī yuàn	shāng diàn
	to work	to eat	hospital	shop
-	tā men	zhī dao	duō shao	gë ge
	they	to know	how many	older brother
/-	nán jīng	shí jiān	zuó tiān	cháng jiāng
	Nanjing	(period of) time	yesterday	Yangtze River
11	hóng chá	tóng xué	huáng hé	cháng cháng
	black tea	schoolmate	Yellow River	often

Pronur	nciation E	xercises (2)		
/ V	chá guăn	liáng shuĭ	chí jiǔ	rén kŏu
	tea house	cold water	lasting	population
/ \	niú ròu	nán kàn	bái cài	yī yàng
	beef	ugly	cabbage	the same
1	míng zi	shí hou	xué sheng	péng you
	name	point in time	student	friend
v —	lăo shī	běi jīng	xĭ huan	huŏ chë
	teacher	Beijing	to like	train
v/	fă guó	xiǎo shí	kě néng	shuĭ píng
	France	hour	maybe	level
v v	nĭ hǎo	kŏng zi	guăng chăng	běi hăi
	hello	Confucius	square, plaza	beihai
V \	mǐ fàn	hảo xiàng	zhŭ yào	hǎo hàn
	rice	it seems	main	brave



Pronu	nciation E	xercises (3)		
٧	jiǎo zi	mŭ qīn	wăn shang	zăo shang
	dumplings	mother	evening	morning
\ -	sì chuān	shàng bān	qì chē	kè tīng
	Sichuan	to go to work	car	living room
\/	jiù xié	pà rén	dì tú	sì shí
	old shoe	to be afraid	map	forty
\ v	rì běn Japan	hàn yǔ Chinese Ianguage	shàng hải Shanghai	fàn guǎn restaurant
11	guì xìng surname	hàn zì Chinese character	huà bào illustrated magazine	zài jiàn goodbye
\	ài ren	dì fang	xiè xie	bà ba
	spouse	place	thank you	dad
	nà r	zhèr	nà er	yī diănr
	where	here	over there	a little

See you in the next chinese tutorial

Zai jian 再见 Good Bye

| PETROCHINA EVENT



Participants visited one area each in Tanjung Jabung Timur and Tanjung Jabung Barat Regencies. In Tanjung Jabung Timur, participants looked into new PROPER-based potentials in Sungai Toman village. Meanwhile, in Tanjung Jabung Barat, participants explored and discussed agri-fishery potentials in Muntialo village.

The workshop was held as part of the PROPER certification process that will be completed in March. It was also a tool for participants to foster common perspectives on PROPER and Community Development compliance, criteria, and scoring. Participants also identified some of the challenges and opportunities that PetroChina International Jabung Limited (PIJL) faces in the effort to achieve 2019 PROPER targets.

In the occasion, participants were also guided in developing and managing Community Development priority programs in accordance with PROPER indicators. In addition, participants also used the opportunity together with facilitators to brainstorm Community Development strategic needs and follow-ups based on 2019 PROPER targets.

The Company hopes that participants will gain deeper understanding and synergy in developing and managing Community Development programs to achieve 2019 PROPER targets.

PROPER is an evaluation method developed by the Indonesian Environment and Forestry Ministry to encourage companies to have the appropriate environmental management system. PROPER is divided into five categories: black, red, blue, green, and gold. This year, PIJL is targeting green PROPER for oil and gold PROPER for gas.

PetroChina Jabung and Jakarta Office employees participated in a PROPER and Community Development Program Management Workshop at Betara Gas Plant in Tanjung Jabung Barat, Jambi, on February 26-27. 2019. The workshop was intended to foster interdepartmental synergy (HSSE, Production, Operations, CSR and Community Development) in order to achieve PROPER targets. The workshop was divided into two parts: a classroom discussion and a field visit.

PetroChina Holds Proper Workshop 2019

Words and photo prepared by Communication Dept.



PetroChina Indonesia Hosts ITSB Students on Company Visit

Words by Stefani Widiyani photo by Diah Mahardika

PetroChina Indonesia hosted 19 Petroleum Engineering students of the Bandung Insitute of Science and Technology (ITSB) on a company visit to PetroChina's office at Menara Kuningan in South Jakarta on Monday, February 11, 2019.

PetroChina Indonesia Communications Manager Mr. Ginandjar, Reservoir Engineering Manager Mr. Wicaksono, HR Training Superintendent Mrs. Yosefine Aryani, Mr. Noor Alamsyah from Exploitation department and HR staff members welcomed the students.

The students joined in presentations and toured around the PetroChina office.

In his welcoming speech, Mr. Ginandjar said that he hoped the company visit would benefit the students. "I hope this visit can give you a picture about the national oil and gas industry. Today, you will have the opportunity to see how we work at PetroChina Indonesia."

Mr. Wicaksono explained about field production life cycle. He told the students that the job of petroleum engineers was to create good development plans to ensure sustainable production into the future.

Mr. Noor Alamsyah explained how the Indonesian government worked together with domestic and foreign oil and gas companies on oil and gas fields all over the country. He urged the students to develop their soft skills to complement the scientific knowledge they obtain in classrooms.

"You need to improve your soft skills. Mastering software alone will not be enough. For instance, there will come a time when you need to do presentations in front of SKK Migas. You need to gain approval from them so you need great presentation skills," Mr. Noor said.

The students were enthusiastic throughout the visit. After each presentation and during the tour, they eagerly asked questions to find out more about the oil and gas industry in general and PetroChina Indonesia operations in particular.

PETROCHINA STAKEHOLDERS

SKK Migas and all Jambi-based oil and gas contractors (KKKS), including PetroChina Jabung, attended the National Committee of Indonesian Youth's (KNPI) National Seminar and Symposium on Sunday, March 24th, 2019.

The event was held at the Abadi Hotel and Convention Centre in Jambi City. SKK Migas Southern Sumatra Representative Office spokesperson Mr. Andi Ari Pangeran and Jambi Mayor Dr. H. Syarif Fasha, M.E. spoke at the event. Other local officials, university students and public figures attended the event.

In his opening remarks, KNPI Jambi Province Representative Office Head Mr. Muhammad Argon said that the event aimed to build awareness of the roles of big companies operating in the province. This is in-line with the event's theme, "Strengthening Upstream Oil and Gas Sector for People's Welfare".

Furthermore, the mayor said that oil and gas investors should prioritize local talents in their operating areas' surroundings. According to Mr. Andi Ari, oil and gas contractors are currently intensifying their exploration activities to discover more energy reserves. He said that he believed this could create jobs in the energy sector for future generations.

PetroChina Attends KNPI National Seminar and Symposium

Words by Rina Putri W. Photo courtesy of Communication Dept.



I HR UPDATE

2019 Petrochina Campaign Leadership And Teamwork

Working Together for One Company One Dream

Words by Yosefine Aryani



Following through on the 2019 Town Hall Meeting on March 18, 2019, PetroChina has chosen Leadership and Teamwork as the company's campaign theme this year. The campaign message was introduced by management at the event.

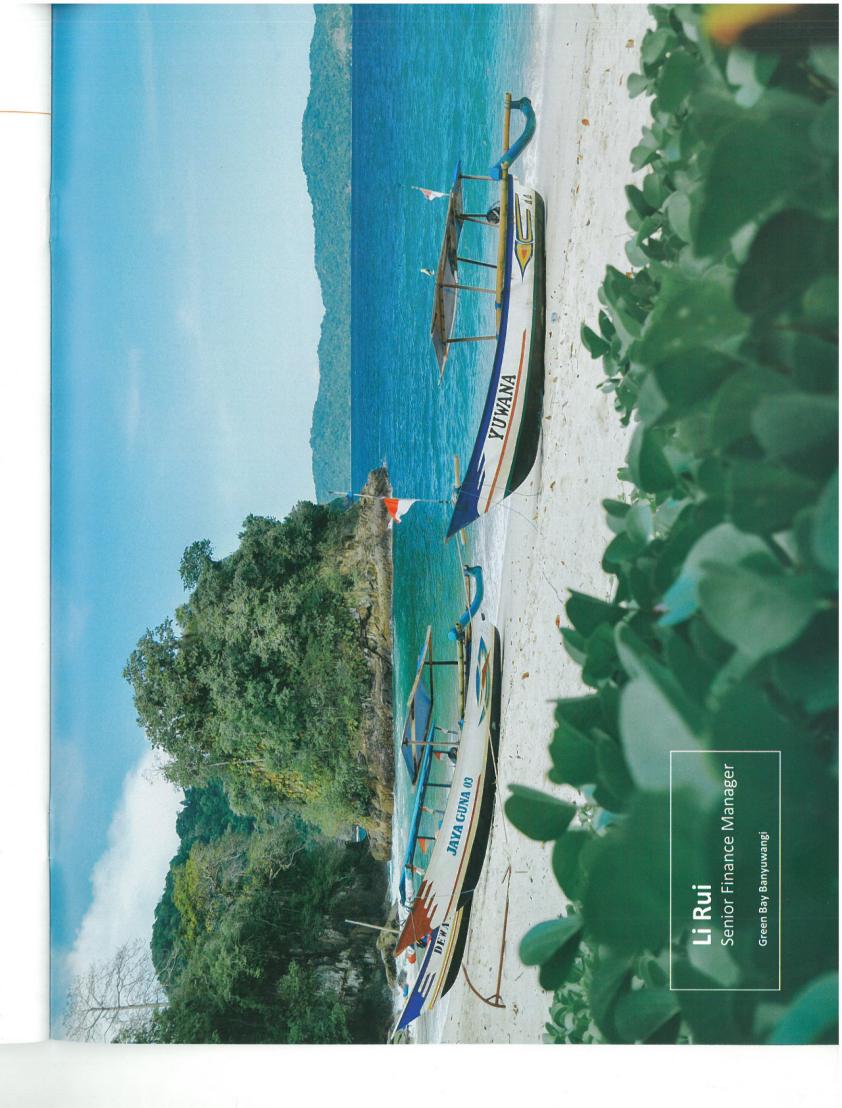
With respect to PetroChina's vision of becoming a leading international energy company in Indonesia, the themes of Leadership and Teamwork will contribute to PetroChina's efforts in achieving this. Leadership and Teamwork will help PetroChina achieve its vision through encouraging efforts to be the best in realizing the company's objectives in maintaining business sustainability.

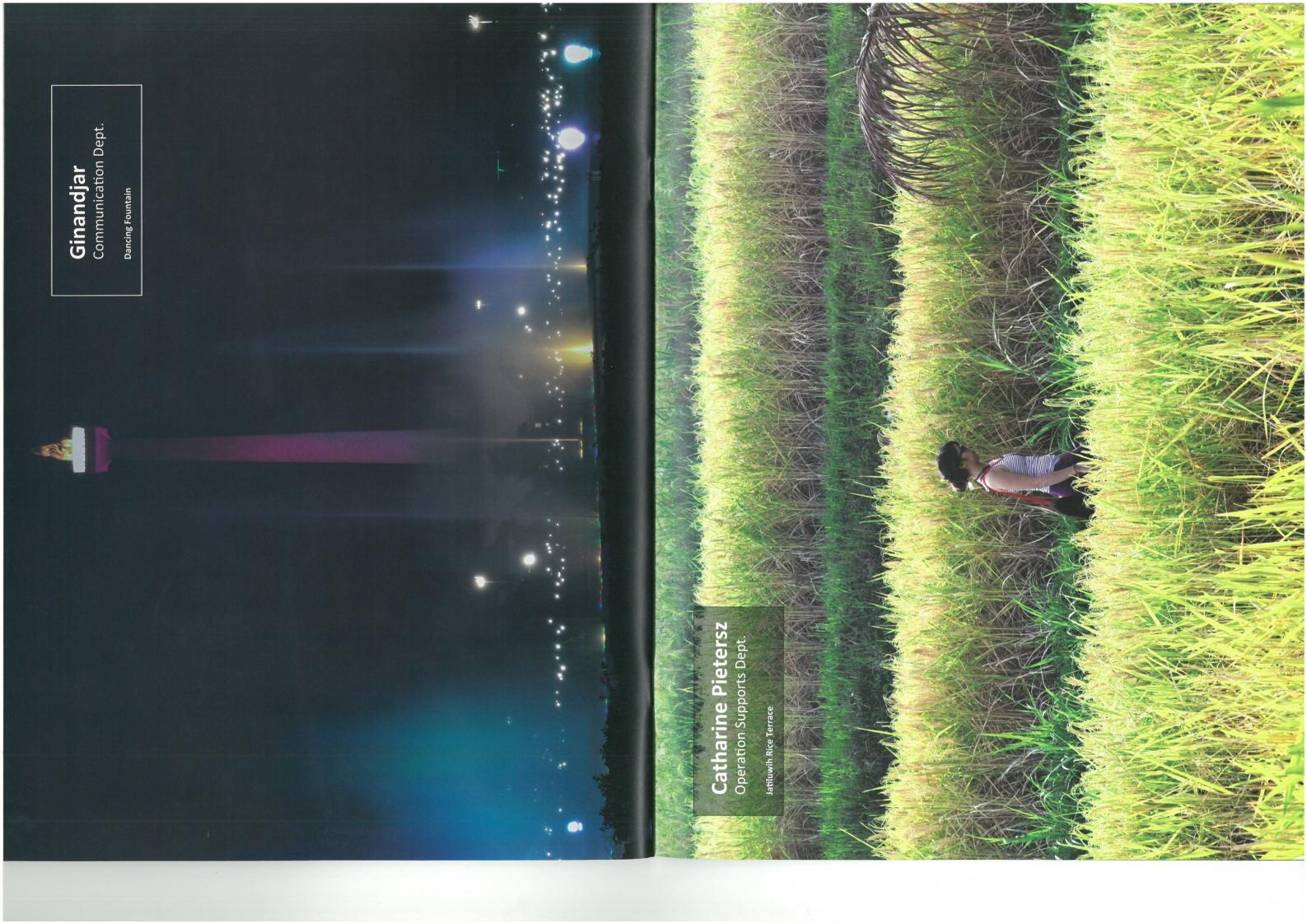
According to FranklinCovey Co., a winning culture is an essential part to achieve organizational success or greatness. Winning culture is established by great leaders and supported by employees in an aligned system process. The culture will then create employees with distinctive contribution, engaging performance and loyalty. Eventually, this will lead to sustained performance improvement and to organizational success.

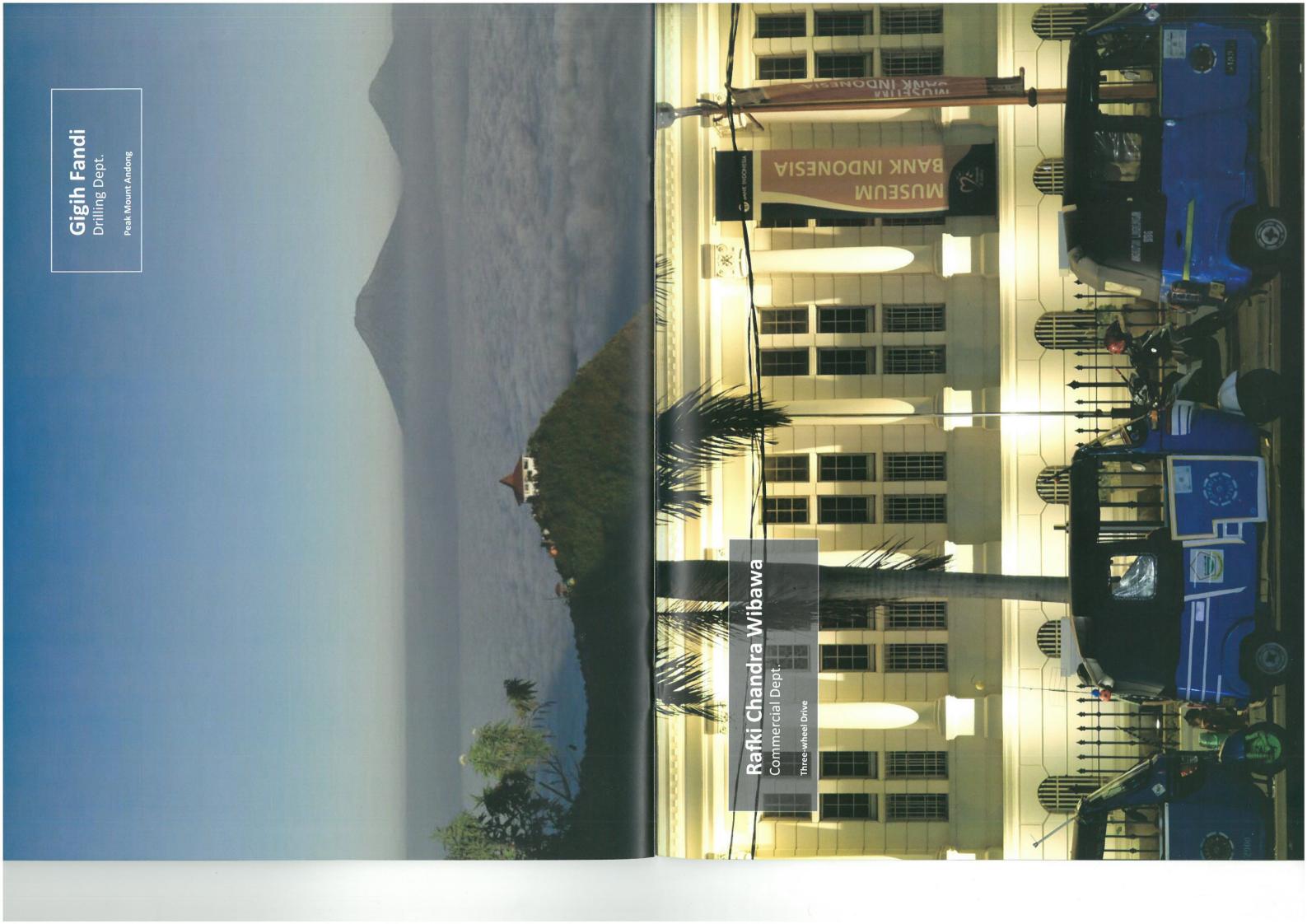
All of this highlights Leadership and Teamwork as the essential keys for attaining growth and organizational success. Thus, the great performance is formed from solid teamwork from the bottom-up and exceptional leadership from the top-down. Further challenges include ensuring sustainability year after year, especially in expanding sustainable and solid teamwork. In this aspect, exceptional leadership throughout the organization plays significant and impactful role.

According to FranklinCovey Co., exceptional leaders inspire trust, create clear goals, execute works strategically and train potential employees. Meanwhile, solid teamwork is achieved by employees who are focused and disciplined, trustworthy, able to make good business judgments, proactive, able to work with others, listen properly and communicate well.

In conclusion, organizational success or greatness can only be achieved if leaders and employees alike create a solid teamwork and move together in the right direction to obtain organizational vision.











Ramadan kareem

Wishing you a blessed and Happy Ramadan!



