

## Do Your Part by Staying Apart

Controlling COVID-19 is in our hands, and we should do whatever it takes to stop its transmission. Maintain physical distancing of 1.5 to 2 meters at all times.



### Dr. Virtual will see you now

Soon, you can schedule a virtual visit with your Johns Hopkins Aramco Healthcare doctor.

see page 7

### Upgraded berths at RT West Pier

Vessel berths will help increase pier capacity to support offshore activities.

see page 6



### a historic meeting

HE and Chairman of the Saudi Aramco Board Yasir O. Al-Rumayyan reflects back on a historic year and the challenges ahead at the first Annual General Meeting for Saudi Aramco as a public company.

see page 3

## 1st Quarter financial results of the year 2020

**\$18.75B**  
total dividend payments

**\$16.7B**  
net income

**\$15.0B**  
free cash flow

see story on page 2



Get the latest news from JHAH



### Novel Coronavirus (COVID-19)

Get the latest travel recommendations, find out who's at risk, view the types of coronaviruses, and get insights from Johns Hopkins Aramco Healthcare experts.

# strength and resilience despite challenges

## Aramco reports first quarter earnings

**Dhahran** — Saudi Aramco on Tuesday announced its financial results for the first quarter of 2020, demonstrating financial and operational strength despite a challenging macro environment and lower energy demand caused by the COVID-19 pandemic.

Commenting on the results, Saudi Aramco president and CEO Amin Nasser spoke to the company's ability to adapt to a highly complex and rapidly changing business environment during this unique period in history.

"Saudi Aramco has demonstrated resilience during economic cycles, and it has an unparalleled position due to a strong balance sheet and low-cost structure," Nasser said. "We have delivered solid earnings with robust free cash flow despite weak energy demand and low oil prices. We remain committed to the safety of our people while delivering on our long-term value creation strategy for all of our shareholders."

Nasser noted that during the first quarter, the company took steps to further optimize its planned 2020 capital spending, and identified opportunities to improve operational productivity.

"We retain significant flexibility to adjust expenditures and have considerable experience in managing the business through times of adversity. This resilience will enable us to continue delivering on our commitments to our shareholders," he said.

Looking to the remainder of 2020, Nasser said, "We expect the impact of the COVID-19 pandemic on global energy demand and oil prices to weigh on our earnings. We continue to reinforce the business during this period by reducing our capital expenditure and driving operational excellence. Longer term, we remain confident that demand for energy will rebound as global economies recover."

### financial highlights

**For the first quarter, net income remained robust at \$16.7 billion** despite lower crude oil prices, as well as declining refining and chemicals margins, and inventory remeasurement losses.

**Cash flow from operating activities was strong at \$22.4 billion in the first**

“ We have delivered solid earnings with robust free cash flow despite weak energy demand and low oil prices. We remain committed to the safety of our people while delivering on our long-term value creation strategy for all of our shareholders.

— Amin Nasser

“ Dividends of \$18.75 billion for the first quarter of 2020 are the highest of any listed company worldwide.

“ In response to COVID-19, Saudi Aramco has implemented a series of measures to protect its people, its communities, and its operations to supply the world with the energy it needs.

**quarter, compared to \$24.5 billion in the same period of 2019.** The impact of declining crude oil prices and refining and chemicals margins was partially offset by favorable movements in working capital.

**Free cash flow\* was robust at \$15.0 billion in the first quarter,** compared to \$17.4 billion in the same period last year.

**Our balance sheet remains strong and the gearing\* ratio decreased**

**from -0.2% on Dec. 31 to -4.9% on March 31.**

**Total dividends of \$13.4 billion were paid in the first quarter,** in respect of the fourth quarter of 2019. Dividends of \$18.75 billion for the first quarter of 2020 are the highest of any listed company worldwide, and will be paid in the second quarter.

**First quarter capital expenditures**

**were \$7.4 billion,** compared to \$7.2 billion for the same period in 2019. In light of market conditions and recent commodity price volatility, **the company continues to expect capital spending for 2020 to be between \$25 billion and \$30 billion.** Capital expenditures for 2021 and beyond remain under review.

### responding to the COVID-19 pandemic

In response to COVID-19, Saudi Aramco has implemented a series of measures to protect its people, its communities, and its operations to supply the world with the energy it needs.

The company has prioritized the safety, health and well-being of its employees, implementing measures to reduce the risk of spreading COVID-19 to mitigate the virus's impact. These measures include remote working for many employees, active prevention programs, detailed contingency plans, and leading medical support services from Johns Hopkins Aramco Healthcare to minimize risk of infection and ensure the best possible care.

Actions have also been taken to ensure all sites remain operational. Measures include the formation of dedicated taskforces to prevent supply chain disruption and to ensure the well-being of contractors and staff. Saudi Aramco continues to utilize inbuilt systems for managing global crises to maintain delivery of energy to customers.

In times of a crisis, community support is paramount. The company has established campaigns to help fight the spread of COVID-19 and provide humanitarian assistance to those who need it most.

For example, Saudi Aramco supported the Kingdom's health care sector by contributing SR200 million for the supply of ventilators, air purification devices, and personal protective equipment for health care practitioners and their patients. The company has also provided support to communities through its overseas offices, including those in the U.S., Europe, and Asia.

\*Please refer to [www.saudiaramco.com/investors](http://www.saudiaramco.com/investors) for reconciliation of non-IFRS measures.

aramco  
**insight**

COVID-19  
special edition



- > Ramadan - with a difference
- > shopping without dropping
- > old tires into new roads
- > virtual visits to ithra



reflecting back, looking forward

# Saudi Aramco holds historic first General Assembly Meeting as a public company

On May 11, Saudi Aramco's Chairman of the Board of Directors, HE Yasir O. Al-Rumayyan, welcomed shareholders to the company's first Ordinary General Assembly Meeting as a public company, after listing on Tadawul in December last year.

Opening proceedings, Al-Rumayyan welcomed the company's Board members who attended virtually, along with company shareholders.

Al-Rumayyan noted that 2019 was an exceptional year for Saudi Aramco. "The world was offered unprecedented insight into the company's unique assets, financial strength, operational excellence, resilience, and ability to adapt to various circumstances. Saudi Aramco successfully leveraged these attributes to accomplish a number of significant achievements last year, including the signing of the SABIC 70% share purchase agreement and the company's first bond issuance on the London Stock Exchange, which was covered with more than \$100 billion in orders, the highest ever for any issuance in developing markets."

Al-Rumayyan went on to note that Saudi Aramco also commanded the admiration of the world when it managed in record time after attacks on its facilities to restore the operations at the East-West pipeline and the Shaybah field, then at the Abqaiq and Khurais plants, to pre-attack levels. "And, of course, let's not forget the historic initial public offering (IPO) of about 1.7% of Saudi Aramco's shares on the Saudi Stock Exchange, the largest IPO ever, amounting to SR110 billion and subscribed more than four times over," he said.

On behalf of the entire Board, Al-Rumayyan expressed his appreciation to the Ministry of Energy for its support and help in facilitating the company's operations. He also went on to thank the company's management team and all of its employees for their contributions and dedication.

Al-Rumayyan noted the challenging times that the company is now operating in, and that Saudi Aramco remains committed to executing its strategies and leveraging its resource endowment.

Indeed, he noted: "Our vision remains unchanged. It is to be the world's preeminent energy and chemicals company operating in a safe, sustainable, and reliable manner, with a constant focus on developing our operations and enhancing their strength and efficiency to ensure the continuity of the energy supplies upon which the world relies."

Al-Rumayyan went on to note that the coronavirus pandemic does present an unprecedented challenge for all corporations and investments worldwide.

"At Saudi Aramco, we support our people and communities as they confront this pandemic, while continuing to supply the world with the energy it needs. We have undertaken a comprehensive program, including measures to maintain the continuity of our business and the health and safety of our people. And, we will remain committed to the safety of our employees and their families as well as to the reliable production and supply of energy," Al-Rumayyan said.



During the meeting, on Monday evening, Nasser said that as the company continues to work to minimize and mitigate the effects of the current global economic environment that has greatly affected demand and prices, it is also maintaining a firm focus on achieving growth and creating long-term value.



HE Yasir O. Al-Rumayyan presides over the company's first Ordinary General Assembly Meeting as a public company on Monday. Held virtually, the company's Board members gathered at the company's main administration building in Dhahran for the call. Al-Rumayyan reflected on the historic year the company had in 2019, demonstrating its resilience and strength, as it moves forward into a challenging 2020. (Photos: Hatim B. Oweida/MPD)

He concluded by noting that although COVID-19 has created unprecedented uncertainty, Saudi Aramco has considerable experience in managing through times of adversity. "This resilience will enable us to continue to deliver on our commitments to our customers, our partners, and shareholders," he said.

## Nasser: Aramco's people showed resilience, adaptability

After Al-Rumayyan concluded his opening statements, Saudi Aramco president and CEO Amin Nasser provided an overview of the company's operations, noting that Saudi Aramco was able to deliver a

strong operational and financial performance in 2019.

"As you will have seen in our Annual Report published in March, the men and women of Saudi Aramco demonstrated great adaptability and resilience in the face of many challenges last year — a year in which we also recorded a number of historical achievements," he said.

Nasser went on to note that specific to the challenges related to the COVID-19 pandemic, the company's top priority remains the health and safety of its people. He then expressed the company's sincerest sympathies to all the individuals, families, and institutions that have been

affected by this pandemic within the Kingdom, and worldwide.

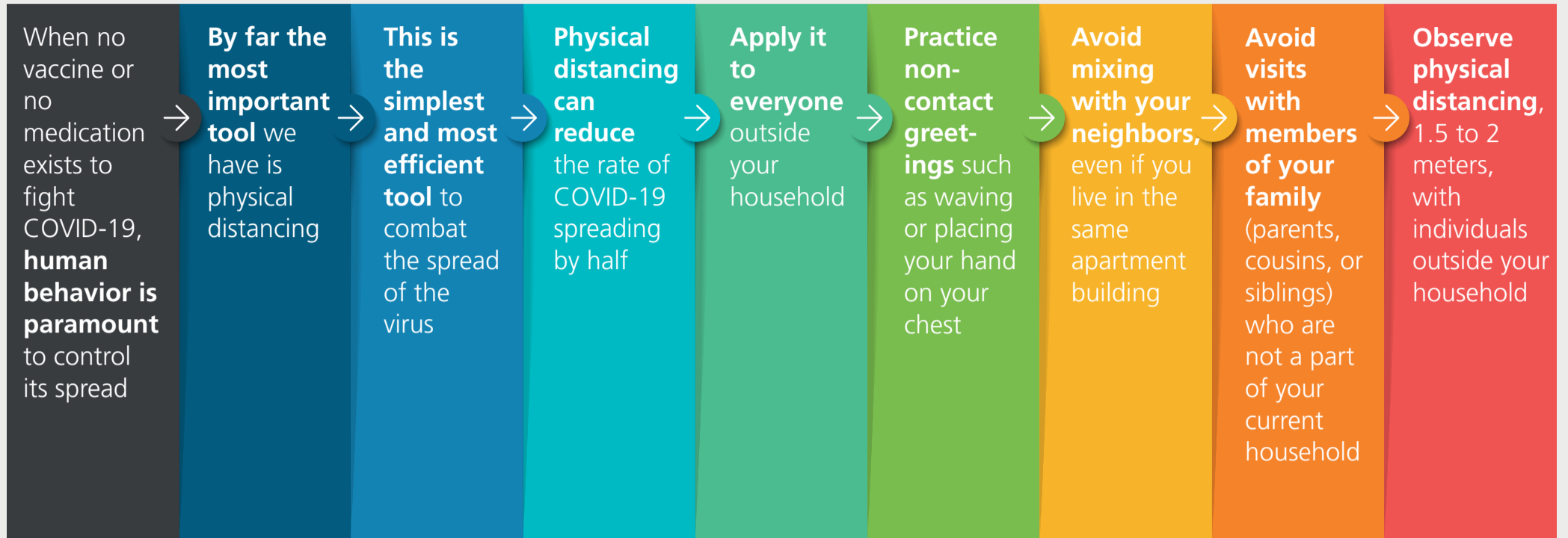
He noted that Saudi Aramco, for its part, has implemented comprehensive protective measures in all of its business lines and facilities to limit COVID-19 related risks to restrict its spread and to guarantee the continuity of business. Moreover, despite the current challenges, the company's long-term vision remains to become the world's largest integrated energy and chemicals company.

Nasser noted that, along with the excellence of Saudi Aramco's people, the company's preeminence in the upstream sector and strict adherence to sound financial policy remain two of the most important cornerstones of its success. He went on to say that in addition, the company continued to invest in the petrochemical sector to create more value from the hydrocarbons it produces, with the acquisition of a 70% stake in SABIC being a major step forward in this area.

"While we continue to work to minimize and mitigate the effects of the current global economic environment that has greatly affected demand and prices, we are also maintaining our firm focus on achieving growth and creating long-term value," Nasser said. "We are taking actions to lower our operational and capital expenditures based on our business priorities and in line with the requirements of the current situation, while maintaining efficiency, reliability and safety."

Concluding his remarks, Nasser thanked Al-Rumayyan and all the Board members for their support and wise counsel, as well as expressing his gratitude to colleagues on Saudi Aramco's leadership team, and to all Saudi Aramco employees for their commitment to safely, reliably, and responsibly delivering the energy that the world needs.

# Do Your Part by Staying Apart



## diversity@work

# an emphasis on empathy during COVID-19

by Lisa Stephens

In our current environment, we are presented with the task of acting decisively and resolving complex problems. We are also working with many stakeholders who have different values and priorities in our ever-changing situation. To create solutions, we must focus on transparency, over-communicating, and inclusion through empathy.

Inclusion refers to cultivating a healthy, high performing environment where behaviors and social norms make people feel welcome, valued, respected, and engaged. An inclusive workplace is one that provides equitable access to resources and opportunities.

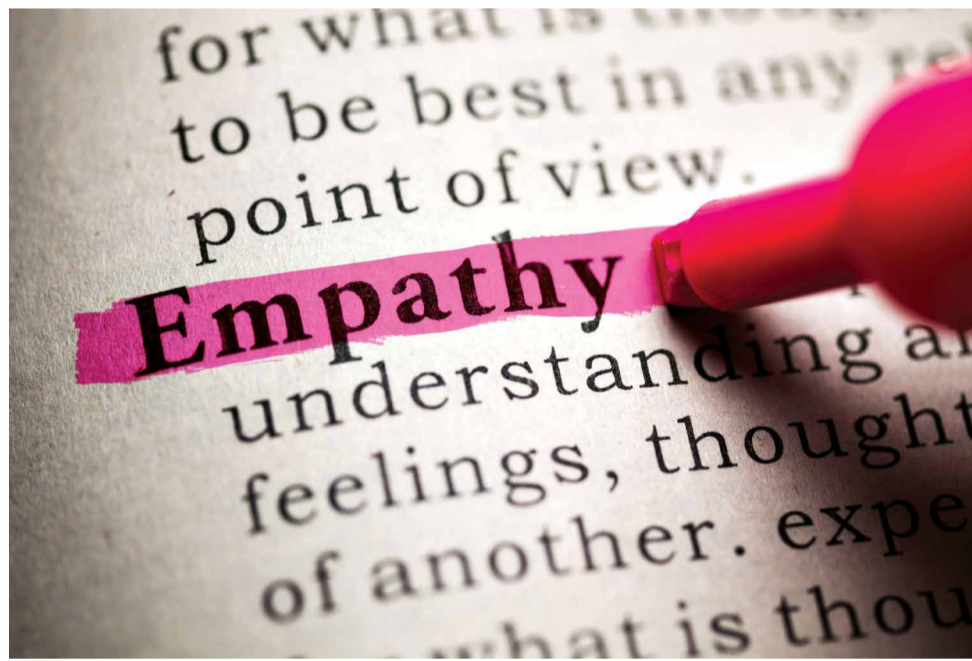
Having an inclusive mindset during times of change or crisis is critical as people become increasingly overwhelmed with feelings of confusion and anxiety. This can cause people to close themselves off and communicate less.

### **inclusion through social interaction**

The emotional implications of working in a new location, under curfews, and being away from family and friends, can have a negative impact on an individual's mental health and well-being. Though there are many areas of our lives where we lack control, we can control our mindset and behaviors.

Now is the perfect time to adopt new social interaction practices that will help everyone feel more included.

1. During weekly team meetings, make sure every member of the team speaks. This will nudge shy or less experienced members to begin to voice their great ideas, while also making sure everyone feels valued and heard.
2. To heighten empathy, consider



As we continue to produce value during this volatile time, inclusion and empathy are more precious than ever. Understand that many people are physically and emotionally strained, and deploy Plato's famous quote, "Be kind, for everyone is fighting a battle you know nothing about."

asking your team one of the following questions:

- What is something you are grateful for today?
  - What is a new action or best practice that is working for you at the moment?
  - What is something challenging that you are struggling with? (With the follow-up question, How can we help?)
3. Remember that no two people are alike. Avoid grouping others together or making assumptions based on the fact that people might have something in common such as gender, generation, ability, nationality, or family status.

In a recent Skype meeting, Mohamed brought up that he often goes outside during times of stress to take

a walk, and he is currently missing this part of his routine. His co-worker, Karina, mentioned that she has started the practice of going outside to stand in the grass and practice yoga.

"My house doesn't have any grass." Mohammed replied. His vulnerability toward sharing a current struggle led to team members brainstorming solutions such as having potted plants, planting seeds in a jar, or listening to the birds outside, along with team members sharing photos of their outdoor spaces.

This conversation took less than five minutes, but it gave every team member a chance to speak while also highlighting difficulties and solutions, giving emotional support through brainstorming verbally and visually through pictures. When the call end-

ed, everyone on the team had a more positive mindset.

### **leading with compassion**

Also, remember to use your authority wisely, and to lead with empathy. As a leader, your team should know and trust that you have their best interest in mind as they continue to work each day.

Make it a point to speak with team members individually, and work toward being vulnerable by sharing something that you are having difficulty with during this time, or working toward improving upon. This will help break down barriers and model that it is acceptable to have areas of struggle, and that it's OK to ask for assistance or support.

As we continue to produce value during this volatile time, inclusion and empathy are more precious than ever. Understand that many people are physically and emotionally strained, while also being separated from family and friends, which heightens emotions and the need to feel respected and included at work. Deploy Plato's famous quote, "Be kind, for everyone is fighting a battle you know nothing about."

We must move forward with kindness, empathy, optimism, and resilience. As leaders, our role is to foster an inclusive, respectful, and human approach to how we work and live. It is important to remember we are all leaders and influencers of an inclusive environment.

### **How will you work toward leading with empathy today?**

Explore more information on leading and managing in times of crisis at: <https://sharek.aramco.com.sa/orgs/30004206/Pages/DiversityandInclusionStrategy.aspx>.



# keep yourself and our community safe



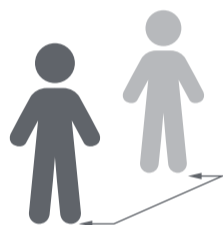
## Wash your hands

Wash your hands with soap and water for 40 to 60 seconds. Or use hand sanitizer for 20 seconds.



## Don't touch your face

Avoid touching your eyes, nose, and mouth.



## Maintain physical distance

Keep a distance of 1.5 to 2 meters from others.



## Cover your cough or sneeze

Use a tissue and dispose of it responsibly. If you don't have a tissue, cough or sneeze into your upper arm.



## Wear a face mask in public areas

Face masks should be worn when you may be near people. Wearing a face mask is not a substitute for physical distancing.



## Recognize symptoms

If you have a fever, cough, and difficulty breathing, call your health care provider immediately.



## Stay informed

Follow your health care provider's advice. Avoid rumors and the spread of incorrect information in social media and the news.



Help desk 87-COVID (013-872-6843) JHAH 800-305-4444 (Option 3)



For your convenience, cut out this page and post it at home for at-a-glance safety guidance.

# five upgraded berths brought into operation at Ras Tanura West Pier

**Ras Tanura West Pier** — On April 10, Saudi Aramco and its Marine Department received four upgraded and one newly constructed vessel berths to commence operations. The berths were handed over as the first of a three-phase expansion and renovation project designed to increase pier capacity and productivity to cope with the rising demands of our offshore activities.

The West Pier expansion and upgrade program is being managed by the Offshore Projects Department (OPD). Upon completion, the project will further broaden the Marine Department's capabilities in providing reliable, safe, and cost-effective, integrated marine services to its offshore production, drilling, exploration, and terminal operations.

## new berths: safety, efficiency and productivity gains

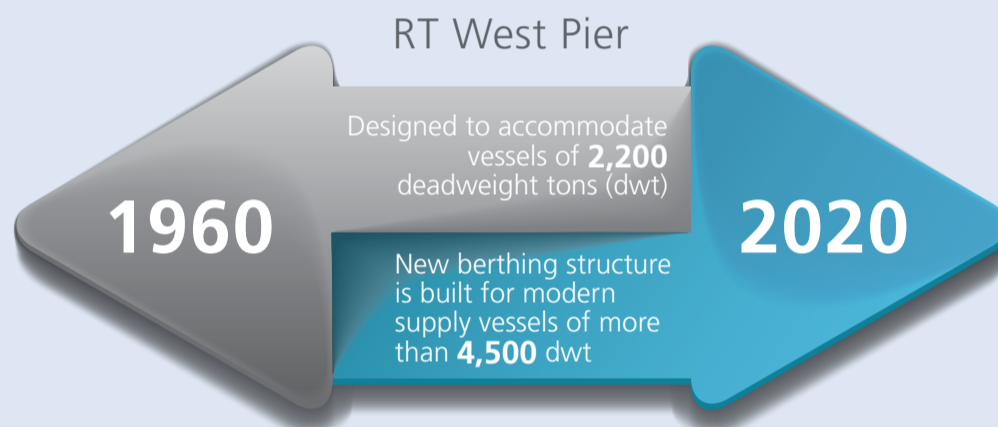
Built in 1960, the Ras Tanura West Pier was originally designed to accommodate vessels of 2,200 deadweight tons (dwt). The new berthing structure is built for modern supply vessels of more than 4,500 dwt, providing safe and robust arrangements for heavy lift operations and vessel maintenance activities. The seabed adjacent to the newly upgraded berths has been dredged to 8 meters in depth to allow safe access for the larger vessels.

"Supporting current offshore operations at the highest efficiencies and standards is our utmost goal, in addition to ensuring the readiness to complement ongoing offshore increments to help Saudi Aramco maintain its position globally as the most reliable supplier of energy" said Marine Department manager Abdullah O. Al-Tewairqi.

The new berths are already demonstrating a significant improvement in the safety and efficiency of port operations, providing the ability to perform multiple bunkering and loading operations simultaneously. The completion of all project phases will increase the pier efficiency and is anticipated to reduce vessel turnaround time by 50% through upgraded fuel and water loading rates. It is also expected to



The new berths are already demonstrating a significant improvement in the safety and efficiency of port operations, providing the ability to perform multiple bunkering and loading operations simultaneously. (Photos: Ding/MPD)



enhance safety through an upgraded fire protection system.

## automation and environmental protection enhancements

Scheduled for completion in November, the Automated Operations Control Center is a further enhancement of current port services. It provides shore-based control systems for vessel traffic management services and monitoring of pier operations.

The advanced Vessel Tracking Management System offers real-time tracking of our vessels to ensure the safety of

navigation and the optimization of fleet utilization.

The Terminal Management System (TMS) will automate and remotely control vessel loading operations, providing an accurate and safe handling of fuel and water supplies. The TMS offers fast response to emergencies, and enhances environmental protection through automated monitoring of hydrocarbon storage facilities.

Another advantage of the new pier design is the fast deployment of oil spill equipment and pollution response vessels through the use of a Gib crane launching mechanism.

The infrastructure upgrade pro-

vides further enhancement of marine capabilities to efficiently handle vessel generated oily water through upgrading the oily waste receiving and storage facility, which is compliant with the latest engineering and environmental standards.

## collaboration brings quality, enhances safety

It is no secret that achieving such a milestone would not have been achieved without the dedication and teamwork of Marine Department and OPD employees. Abdulaziz F. Al-Dulaijan, manager of OPD, said that the delivery of Phase 1 is the result of well-planned and coordinated team efforts on the parts of both the OPD and Marine Department, despite challenges in constructing the new berths while the pier was in operation.

"The new berths were handed over to Operations, meeting the highest level of safety and quality requirements," said Al-Dulaijan.

Fehr F. Khomais, superintendent of Marine Technical Services, added: "The collaboration between the Marine Department and OPD has led to the successful completion of Phase-1 of the project. The joint efforts are expected to continue to complete the rest of the project within the scheduled time frame."

No time was wasted. As soon as Phase 1 was received, marine vessels immediately occupied the upgraded berths starting with the Saudi Aramco-owned hydrographic survey vessel *Karan 8*. Salem E. Al-Enezi, superintendent of Ras Tanura Marine Operations, said, "The combined efforts have resulted in state-of-the-art pier facilities that we were able to immediately put it into operation supporting marine vessels without any delays.

As a result of receiving Phase 1, the second phase was handed over to OPD to continue their project construction scope execution and eventually deliver the fully upgraded pier facility that will help the Marine Department expand its support to growing offshore operations demands.



Built in 1960, the Ras Tanura West Pier was originally designed to accommodate vessels of 2,200 deadweight tons (dwt). The new berthing structure is built for modern supply vessels of more than 4,500 dwt.

# JHAH offers ‘video visit’ solution for patients

At Johns Hopkins Aramco Healthcare (JHAH), we have taken special measures to make sure that you can still reach us during the COVID-19 pandemic.

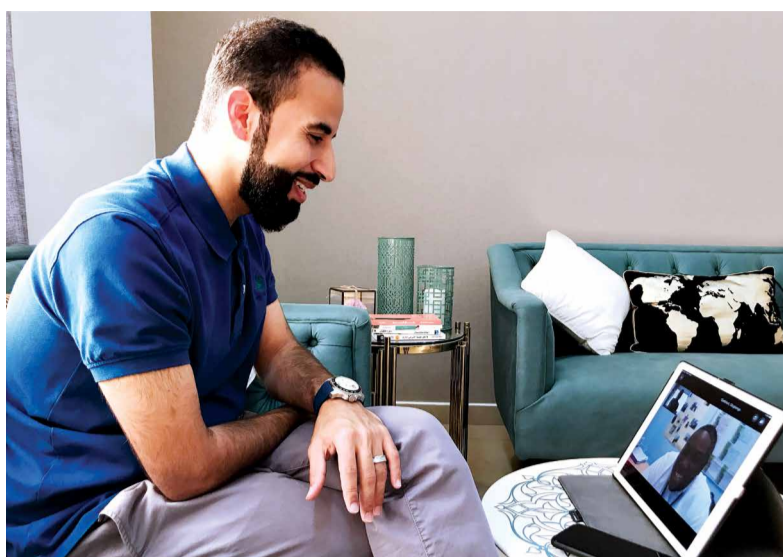
Since March, Dr. Nisar Ul-Islam Yaseen, Family Medicine specialist and JHAH Primary Care physician, and Dr. Abdulsamad Al Jishi, psychiatrist and chief of Psychiatry and Mental Health Services, have been connecting with patients through video visits on MyChart, the patient portal that is part of the hospital’s electronic medical record.

Now JHAH’s specialists, health care IT team, and other multidisciplinary colleagues are preparing to make multiple specialty care services accessible for video visits in the coming weeks.

## patients give video visits thumbs up

As with any new and emerging technology, there may be some connectivity challenges to overcome. However, the response from the patients surveyed have been strongly positive, with 85% (367 responses) replying that they felt their medical concern was resolved by their video visit and 82% (355 responses) noting they would use the technology again in the future.

“I found that video visits, when compared to the alternative of a telephone appointment, offers a valuable extra commu-



JHAH’s specialists, health care IT team, and other multi-disciplinary colleagues are preparing to make multiple specialty care services accessible for video visits in the coming weeks. Through this technology, doctors will be able to better diagnose employees and their families in a wide array of health care situations.

nication modality,” Yaseen said. “By being able to see the patient, you can improve the quality of the clinical assessment.

“For example, if a patient complains about asthma symptoms, without being able to see them, I would ask him to come to the clinic for a fuller physical assessment. But with the video visit, I would be able to see that the patient wasn’t in respiratory distress, looked well, and had no difficulty breathing. This would allow me to make a better judgment and develop a more appropriate management plan, which did not require him to come to the hospital,” he

added.

Yaseen noted that video visits also allow users to feel more connected, empowered, and reassured because they can see their doctor. “You are able to maintain eye contact with the patient, pick up on important nonverbal communication cues, and better express sympathy and empathy, unlike telephone or email,” he said.

## treating stress and anxiety

The COVID-19 pandemic is also having a psychological impact on the population, including elevated stress and anxiety. As

the situation continues, and people deal with stress, periods of isolation, and other restrictions, the World Health Organization predicts the effects will be more severe.

To maintain continuity of care, JHAH’s mental health specialists started MyChart video visits for patients currently under their care. “Tele-psychiatry began in the 1950s when teleconferencing was used for group therapy and consultation liaison psychiatry. In the 1990s, video visits spread further to provide psychiatric care in underserved areas around the world. In the decades since, studies have shown telehealth options to be equivalent to in-person psychiatric care in diagnostic accuracy, treatment, and effectiveness,” said Al Jishi.

To find out more about booking a Primary Care, Psychiatry Video Visit, or Telephone Visits, go to [JHAH.com](http://JHAH.com). If you need help signing up for MyChart, our online patient portal, or would like to ask a question, call the MyChart Help Desk at 800-305-4444, and select option 8.

<https://www.jhah.com/en/patient-information/appointments-and-referrals>

## additional resources for your well-being and mental health

- For medical questions related to a COVID-19 Care Line, or questions about your health, our caring and expert doctors and nurses can help. Call 800-305-4444, option 3:

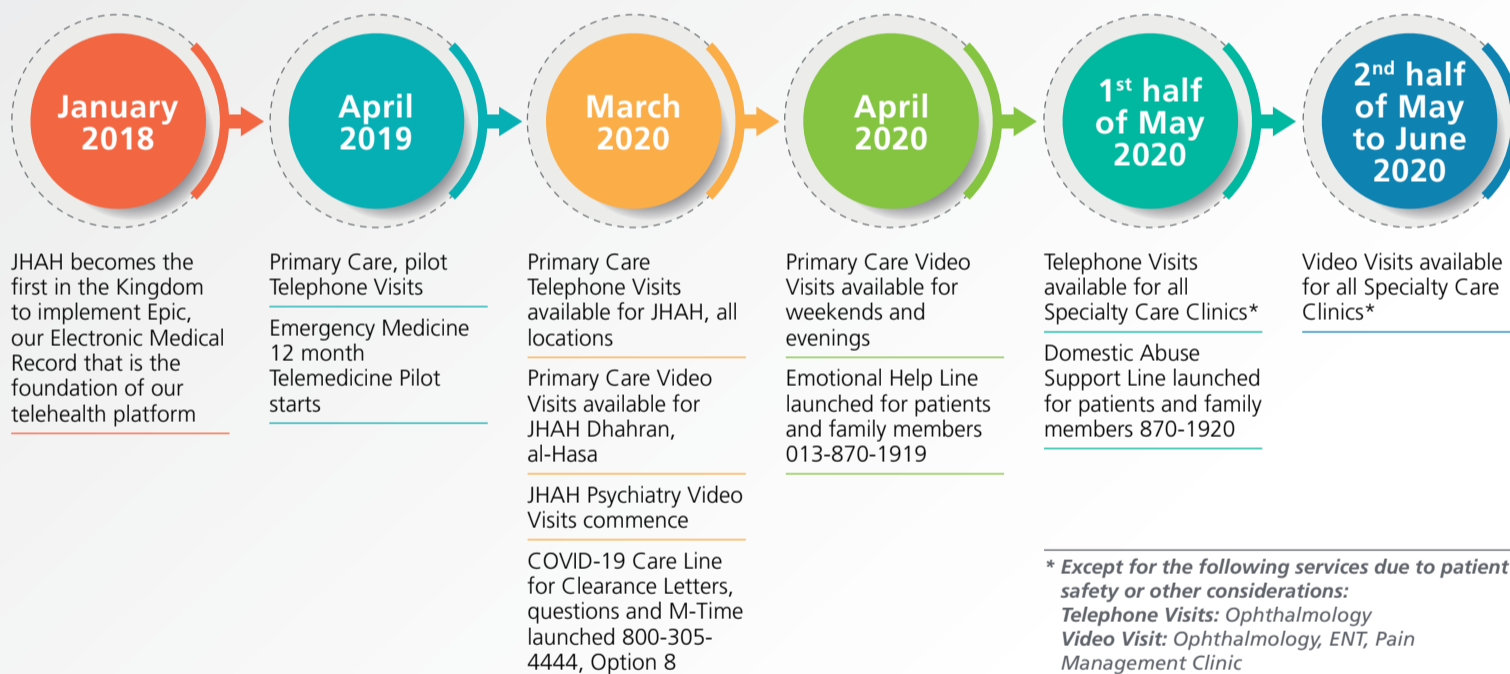
- o To speak to a clinician on the COVID-19 Care Line, press 1
- o To speak to a nurse about your health, press 2

- If you would like to communicate with your health care team, you can use MyChart to message them.

**The Emotional Help Line** is for Saudi Aramco employees and dependents admitted to a JHAH hospital, in a quarantine facility, or in home isolation. It provides psychological support and counseling when needed between 9 a.m. and 3 p.m., Sunday to Thursday, at 013-870-1919.

JHAH has established an online **Mental Health Took Kit**. Visit [JHAH.com](http://JHAH.com), and search “Mental Health Took Kit.” The Tool Kit avoids diagnosing or labeling, and helps people to normalize their experience by teaching strategies, techniques, and interventions to maintain their mental health, as well as help other family members, such as children and the elderly.

## JHAH Telehealth Journey



## Dr. Virtual will see you now | accessing health care without face-to-face contact

by Janet Pinheiro

With just a few online clicks from my home in Dhahran, I had booked myself on a virtual visit to Johns Hopkins Aramco Healthcare (JHAH) for an online consultation with a human doctor of my choice.

Hiking through Australia’s gorgeous Blue Mountains on a crisp winter morning in 2016, I slipped and broke my ankle, requiring two plates and 18 screws of titanium to permanently secure the multiple fractures.

Here and now, I needed a doctor to check why my ankle was becoming stiff and swollen.

In the privacy of my home, I was seated in front of a laptop, ready for my 11:45 a.m. online consultation, booked the previous day.

## a few quick clicks, and the visit begins

After logging into JHAH MyChart,

choosing email as the secure code option, I accessed my patient dashboard and entered the waiting room by clicking on “eCheck-in.” Here, I completed some routine medical questions.

Taken to my video visit page, I clicked the “begin video visit” button, and shortly afterward, Dr. Nisar Ul-Islam Yaseen was ready to see me.

He introduced himself, pulled up my electronic chart (which I could also see on my dashboard), and began asking routine questions about my general health.

A visual examination was needed when we got to chatting about my titanium-packed lower limb.

With much shared laughter, I maneuvered my leg and laptop camera so Yaseen could view my cantankerous ankle.

He concluded the swelling was likely due to increased inactivity from working from home during the COVID-19 pandemic.

While his medical advice was elevation, massage, and increased walking, I also privately thought I needed to stop using COVID-19 restrictions as an inexcusable reason to avoid exercise.

Many say you cannot outdo a face-to-face medical consultation but JHAH’s “video visits” was quick and easy to use.

## the benefits of online care

Yaseen estimates more than half of his patients are potentially suitable for online care, adding that with patient permission, and if needed, he can enable colleagues to join the video visit to offer further input in assessing and managing the medical case.

Besides the safety offered by online consultations during COVID-19, there are other benefits — not needing to travel, wait in waiting rooms, and the convenience and simplicity of what feels like a Face-Time session.



When a previous injury to my ankle that required pins and plates began acting up, an online visit from Dr. Nisar Ul-Islam Yaseen helped diagnose recent stiffness from the injury.

# keeping in step with technology

## physically isolated but working out together digitally

by Dalia Darweesh

With mobility restraints and curfews imposed during the COVID-19 pandemic, people have begun to adapt to this lifestyle in different ways — coping with being alone (but not necessarily lonely) by staying connected with family and friends.

*The Arabian Sun* wanted to know how people in the Saudi Aramco community are dealing with this lifestyle, but more specifically, when it comes to being active at home. In light of the current circumstances, it seems that technology and fitness go hand in hand with people during quarantine.

Many participants on online social platforms have come up with creative methods to keep moving and working out through applications and websites, collaborating with their friends or loved ones who are far away, to stay motivated and united during this pandemic.

Let's face it, we aren't always in the mood to get a workout going, but the competitiveness and motivation factors are there to help push us to stay active.

### healthy competition knows no borders

Silvia Gonzales, who works with the Aramco Expatriate Schools, said that she is using this time during quarantine to stay more active, especially to relieve stress.

Gonzales is using her Fitbit to compete with her father-in-law who lives in the U.S. The Fitbit application enables users to compete or challenge friends and family, allowing them to view the daily steps you have taken.

"My father-in-law can see my daily steps, and so he challenges me to take more steps by sending me a message on the application," said Gonzales.

This can be a great motivator, especially for those who still have a busy life



Technology can be your friend when it comes to working out and sharing your results with family and friends. From treadmills to smart watches to apps that provide up-to-the-minute updates of your progress, Aramcons are staying fit during the pandemic.

during the quarantine — an opportunity to connect with friends and family while helping to boost our motivation and reduce stress. It's important to stay focused on things we can control, said Gonzales.

### walking to Manama during the curfew

Jennifer Born, also with the Aramco Expatriate Schools, has organized a fitness group through doing challenges and competitions on Facebook with a new challenge each week for five teams of eight people each.

It began with a steps challenge for participants who would have to walk the equivalent number of steps to reach Bahrain. "There was a huge amount of accountability; everyone wanted to be successful and achieve their goals," said Born.



When a 24-hour curfew was enforced, the challenges changed to building routines from the team leaders themselves posting daily workouts of up to 20 minutes, and the rest of the participants would have to follow.

Then, it shifted to participants building their own plan for the week.

"It's a friendly competition that keeps people pushing while interacting with

each other at the same time, encouraging them to do more," said Born.

There are currently 45 to 50 participants in the group, and 15 of them recently bought treadmills — a true indicator of their enthusiasm.

### making connections over YouTube, Zoom

Dahran Middle School teacher Audrey Paar is also a yoga instructor in the community with her own website and YouTube channel to teach yoga. At the beginning of the quarantine, she thought that she would find satisfaction with teaching her regular attendees through videos on YouTube. But over time, she missed having a connection with them and decided to do live yoga classes on Zoom.

"It is a great opportunity to be able to find a connection between people. At the end of the live classes, some attendees get to catch up and chat with each other, making the most out of it," said Paar.

She added that other instructors in the community offer classes online, and that it feels great to be a part of a special community and have that support. Technology has provided an opportunity to connect not only on a personal level with instructors being motivated and building on their progress, but also by being able to give back to the community.

Many participants on different social platforms such as YouTube, TikTok, and Instagram are creating fun quarantine challenges such as dancing, soccer, and workout challenges to motivate individuals and push them to get moving.

This article is part of the COVID-19 well-being campaign.

# Toastmasters Division M takes its annual contest online

by Ahmed S. Abdelmoeti

Professional and personal growth never stops, even in times of adversity such as the current COVID-19 pandemic. This was the message from Soliman Almadi, the past Toastmasters District 79 director and current Division M adviser.

Division M, which comprises all Saudi Aramco clubs, recently welcomed members and contestants to showcase their talents and skills online rather than on stage in hosting its annual speech contest.

Toastmasters has a long and rich history in the Kingdom, with the first club inaugurated here by Saudi Aramco in 1978.

### levels of the competition

More than 130 attendees joined the online contest, demonstrating their dedication to Saudi Aramco's Toastmasters clubs.

Four members competed in the International Speech Contest, which qualifies the winner to represent Division M in the higher level District 79 Contest. Those who win at the district level advance to compete at the World Champion of Public Speaking competition. Before the division level contest, contestants must win at the club and area levels.

"To be part of the very first virtual Division M contest was an amazing new experience

full of excitement and growth," said contestant Hamoud K. Alkhaldi.

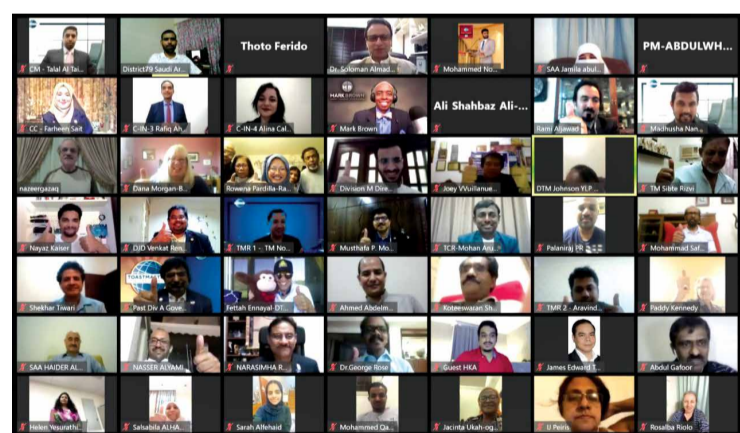
In 2015, Saudi Aramco employee Mohammed Al Qahtani was the first Saudi and Arab contestant to be announced as the world champion of public speaking. His winning speech has been viewed by more than 80 million people.

At this year's online Division M event, Mark Brown, the 1995 world champion of public speaking, was the guest of honor and keynote speaker. Brown praised the improvement of Toastmasters clubs in Saudi Arabia and the vital role they play in providing leadership and communication skills for its members.

### team work, great achievement

The success of the first online Division M Contest was the result of the collaborative work among the organizing team. Farheen R. Sait was the contest chairwoman, and her team included a group of committed Toastmasters, including Jamila M. Abulebdeh, Abdulwahab A. Al-Nuwaider, Talal M. Al-Taisan, and District 79 Club director Rami M. Jawad.

"The event showcased the daring and resilient efforts of the Division M team, and it proved yet again that nothing is impossible when we put our heads and hands together," said Sait.



Participants in the Division M contest join each other virtually, the first time the event hasn't been held on the stage. Rafiq Ahmed took top honors this year, with second and third places going to Hamoud K. Alkhaldi and Alina Calianu, respectively. Ahmed advances to the upcoming District 79 Contest.

er," said Sait.

Division M director Ahmed K. Balghonaim said the organizers were well prepared, noting: "We have walked the talk and practiced what we have been preaching for years. Our resilience and positive attitude helped us to adapt to the current situation."

Jawad also praised Division M's efforts, noting that not only is it one of the biggest Toastmasters divisions in the Kingdom, but it regularly fuels new members and champions.

### moving up and onward

Rafiq Ahmed took top honors this year, with second and third places going to Hamoud K. Alkhaldi and Alina Calianu, re-

spectively. Ahmed advances to the upcoming District 79 Contest.

"I was dazzled by the brilliance of the organizers, baffled by the wisdom shared by the guest speaker, and amazed by the speeches of the contestants," said Ahmed. "I am looking forward to bringing the trophy of the world championship to Saudi Arabia again."

To learn more about Saudi Aramco Toastmasters Clubs, visit ShareK at <https://sharek.aramco.com.sa/cop/Toastmasters/Pages/Home.aspx>, or visit a Toastmasters club near you to gain an idea about their educational and leadership pathways.

For information about the international organization, visit [www.toastmasters.org](http://www.toastmasters.org).



COVID 19  
Response

now's the time to  
**punch the air**

Explore ideas to engage your body, mind, and spirit.

When staying at home, it's easy to find yourself slipping into a sedentary lifestyle. But did you know that only 30 minutes of daily aerobic exercise reduces stress and helps you sleep while improving heart health?

There's no need for a gym or any fancy equipment to start a well-rounded fitness routine. To find some great fitness apps and other resources to help get your body moving, browse our Well-being site.



**Exercise**



Productivity



Edutainment



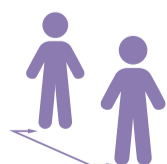
Healthy Diet



Self-care

We've compiled an extensive list of best-in-class resources in five categories. Discover items of interest for you or your family.

To start exploring, go to [saudiaramco.com/en/news-media/covid#chapter2](https://saudiaramco.com/en/news-media/covid#chapter2)



Maintain a **safe distance** of at least **1.5 to 2 meters** from others.



**Rub hands** with sanitizer for a minimum of **20 seconds**.



**Greet people** with a **wave** instead of a handshake.

\* Some sites are not available via the company network. All well-being information is accessible from your home computer or mobile.  
saudiaramco.com/en/covid | Help desk 87-COVID (013-872-6843) | JHAH 800-305-4444 (Option 3)



# Ithra joins with heroes of art, culture, and sports in 'Finding Beauty in Quarantine Times'



**Dhahran** — The King Abdulaziz Center for World Culture (Ithra) this past week participated in a 24-hour global livestream, gathering experts and authorities from different entities around the world. Organized by the World Economic Forum's Young Global Leader Coalition on Art, Culture & Sport, the livestream collected 50 representatives from over 20 countries as they hosted individual back-to-back sessions open to the public online.

The livestream focused on topics across the international art, culture, and sports fields, and was designed to offer the home-bound public a series of uplifting creative offerings during a time of global self-isolation. Titled "#FindingBeauty in Quarantine Times," it featured cultural experts, Olympic champions, acclaimed artists, chefs, and world-class musicians from more than 20 countries globally, including Saudi Arabia, the U.S., the U.K, France, Kenya, Brazil, and South Africa.

## a truly international collaboration

"This collective effort to connect the global community through art, culture, and sports demonstrates a truly international collaboration," said Fahad K. Al Dhubaib,



general manager of Public Affairs at Saudi Aramco. "It bridges creative and connecting people with global offerings across art and culture, aligning with Ithra's commitment to sharing knowledge and its ethos of cross-cultural exchange."

Ithra's participation, which falls under its mission to continue bringing its diverse offerings to global audiences, connecting creatives around the world, delivered four sessions during the 24-hour livestream initiative — "Mini Idea Workout," "Modern Calligraphy," "Art Therapy," and the "Story of Things." These were led by Ithra's in-

house creative experts.

- **"Mini Idea Workout,"** a 15-minute series of short exercises designed to kick-start the daily creative thinking process, was facilitated by Robert Frith and Maha Alghamdi
- **"Modern Calligraphy,"** which encouraged users to define their own style of calligraphy via a 45-minute tutorial highlighting calligraphy techniques, styles, and tools, was facilitated by Hind Alghamdi
- **"The Story of Things,"** a 30-minute discussion that examined the story, details, and design choices behind everyday objects, was facilitated by Robert Frith and

Farah Abushullaih

• **"Art Therapy,"** which allowed audiences to use a variety of art methods and materials to expand on their creativity and productivity, as well as take in a 45-minute reflective session promoting well-being, was facilitated by Dr. Melissa Valle.

Each of the initiatives aligned with the livestream's purpose of showcasing the power of art, culture, and sports to unite and uplift, and positively engage and connect with global audiences.

"Now more than ever, it is crucial we remain connected within our communities and across all languages that bring us together," said Al Dhubaib. "We have a responsibility and an opportunity to collectively provide support and knowledge through such initiatives, and create accessible spaces of interest in culture, art, and sports."

"As the only cultural institution involved in the livestream, we are delighted at Ithra to being able to contribute to the global collaboration, which proved to be an exciting opportunity to further connect virtually with audiences around the world," he added. "Despite the COVID-19 pandemic, Ithra has continued to enrich virtually through its many offerings."

# Worried? Feeling sad? Hopeful? Come share your insights, thoughts, and feelings on COVID-19 Journal

How do we balance our personal feelings with a worldwide crisis? How we answer this question can make all the difference about how safe our society is.

Feelings matter. Empathy is important. But isolation is difficult, especially when we are worried about faraway friends and family. Whatever your personal situation is, there is little doubt that your feelings are all over the map in this time of international crisis.

So, what can we do about it?

For some of us, the answer lies in keeping a diary where we can sort through our thoughts in private. Others prefer more public forums, such as social media. Now you can have both at once.

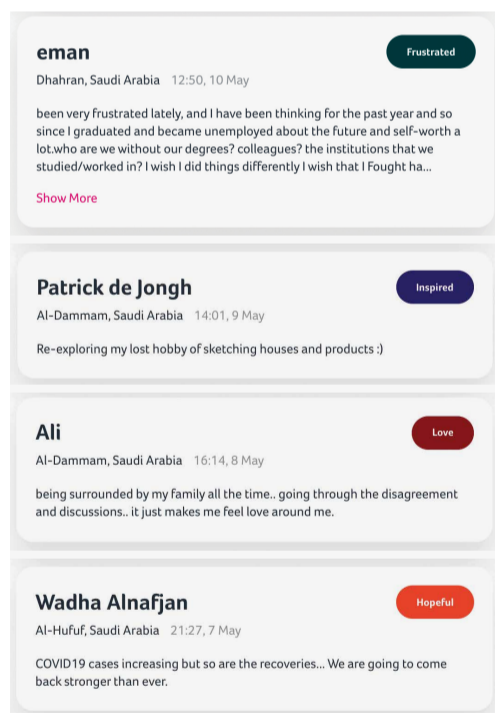
## sharing feelings and perspectives

The King Abdulaziz Center for World Culture (Ithra) has launched *COVID-19 Journal*, an online public forum where people can share their feelings and personal perspectives — a place to share hope as well as frustration.

Sometimes you need to vent. Sometimes you can inspire others. Now there is a place for all of that.

*COVID-19 Journal* is part of Ithra Connect, the Center's online initiative that features more than 30 programs ranging from intellectual culture conversations to activity videos for children, quizzes, classes, discussions, podcasts, videos, and more.

Anyone who wants to share can find the journal through [www.ithra.com](http://www.ithra.com). Visitors to the *COVID-19 Journal* page are first asked



to choose a "feeling" to help readers sort through what they want to read: hopeful, productive, isolated, lonely, frustrated, happy, inspired, sad, and so on. They can post a picture if they like. And then, in Arabic or English, they add their journal entry.

## a mix of hope and frustration

Most of the posts are positive and inspiring, but some of the reading is tough.

Feeling "isolated," one poster shared the experience of learning his father had passed away. Another from Dammam writes: "A strange feeling and sadness. I expect I can't

see my mother for two months. I hope that things will improve, and I can see her."

The page features a list of "feelings" under which people have posted. By far, the largest number of the posts on the new forum have been "inspired" and "hopeful."

"Hopeful" from Dhahran posts: "We look to the sky, hoping for a better tomorrow, so no matter how much the world has narrowed for us, and no matter how difficult our circumstances have become, a beneficent light comes and promises goodness, so God is more merciful to us than we are."

Ali in Dammam notes, "Being surrounded by my family all the time ... going through disagreements and discussions, it just makes me feel love around me."

"Transforming a feeling of frustration and depression into productivity by studying business science and language learning," writes Huda from al-Khobar.

"Giving is the meaning of love, in my opinion," shares a writer in al-Khobar. "To the people of my house, I give my time, my heart, and my mind."

Some of the *COVID-19 Journal* texts are no longer than a sentence sharing a single thought. Others are longer, sometimes conflicted, and sometimes poetic.

Susan, feeling "hopeful" and waxing poetic, writes: "Empty streets, a patiently resigned sign that stands at a yellow light, waiting for the first to cross .... Prayers and invitations fill the heavens .... Only a window of light appears inside every house. 'A dream' to remember the moment of standing behind a curtain from within this light

... light. The moon does not enlighten our hearts following days of fear .... After a long silence, after the darkness annihilates it .... It will take many years to remember this precious moment. Whispered rumors that one day we will be safe ... and security will have been fulfilled."

## all types of programming with Ithra Connect

Ithra Connect is a digital platform that includes many passive audience programs such as podcasts, videos, and articles. Much of the programming, however, is interactive.

COVID Culture Discussions, for example, is an Instagram streamed talk show during which the audience can submit questions and comments in real time. There are quizzes and competitions and online group meet-ups held, for example, by Ithra's Cinema Society, Book Club, and Art Society.

"Ithra is a huge cultural center with an iconic building," says Rania Biltagi, head of Ithra's Communications Division, "but since our mission is to serve the entire Kingdom, we had already developed an interactive online platform. Now that our doors are closed, we need to reach out to our communities more than ever."

"The pandemic has made Ithra Connect our top priority. We have even made it free, for example, to borrow books online from the Ithra Library. *COVID-19 Journal* is a diary for all of us together," she adds.

For information about Ithra Connect, post in *COVID-19 Journal*, or just read the thoughts of others, visit [www.ithra.com](http://www.ithra.com).



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# Ras Tanura welcomes sea turtle nesting season with a discovery

by Charmain D. Ford

As the COVID-19 pandemic impacts the world, one of the positive changes has been a resurgence and healing of nature. Here in the Kingdom, the season has brought a wide array of birds migrating and dolphins swimming in the Arabian Gulf.

Last year, several sea turtles were rehabilitated and released into the sea, but no turtle nests were found along the shorelines of Ras Tanura Beach in 2019.

Once again, the sea turtle nesting season is upon us, and Julito Puguio has informed RT Recreation and the Turtle Rescue Team that Yacht Club lifeguards have found a nest. Puguio is a lifeguard himself, and is familiar with sea turtle rescues from his time living in the Philippines.

## moving nests to a safe place

The Turtle Rescue team, Cathy McDaniel, Kai Lauritzen, and Kendle Enter, and their children, have treated this venture as a special science project. During the early morning of Friday, May 1, RT Security provided access for the team to the Yacht Club beach area.

The team was able to relocate the sea turtle nest situated in a rather poor location that threatened to wash away the eggs with the subsequent set of tides. They successfully moved 84 eggs to a secure place where the nest will be monitored daily until they finally hatch.

Hatching will take anywhere from 40 to 60 days.

According to Lauritzen, we do not currently know what species of turtle recently laid the 84 eggs; nevertheless, in time, we will know. However, it is important to note that Ras Tanura's beach has been the home for two identifiable species of turtle — the hawksbill and the green.

A potential third species has been spotted on another coastal area near the Ara-

bian Gulf. Sea turtle nesting season begins in April and May and continues through to the end of October; therefore, there is a possibility of finding many more nests.

## lifeguards on the lookout

Usually, volunteers from the community would discover these treasures during their daily walk on the beach; however, due to the current COVID-19 pandemic, public access to the beach has been restricted. Fortunately, we still have several keen lifeguards that continue to monitor our beaches for signs of turtles and their nests.

This is a wonderful example of Corporate Social Responsibility, Environmental Protection, and community involvement as it clearly demonstrates a collaboration between RT Recreation, lifeguards, RT Security, and community members.

During nesting season, the sea turtles come back to the beaches and dig holes to lay their eggs. The turtles leave up to 100 small eggs, which they cover with sand to hide them from predators. The sea turtles then leave the shores, and return to the sea. The female turtles tend to nest at night, and the males avoid coming to shore.

Incubation can last up to 60 days, at which point the eggs hatch and the baby turtles scamper along the sand where they swim out to the sea. Artificial lights tend to deter adult females from nesting along the shorelines, and those lights can also confuse the baby turtles that may crawl inland toward storm drains, roads, and parking lots, or they become prey. The hatchlings rely on moonlight and its reflection on the water to guide them at night.

## you can help

The beaches are closed right now, but RT Recreation would like to remind residents and visitors to Ras Tanura beaches to help by keeping the beach clean and knowing



A member of the Turtle Rescue Team attends to the site along Ras Tanura Beach where a batch of more than 80 sea turtle eggs were moved to hopefully increase the odds of survival. Sea turtles have been a rallying point for community members and others, as the Arabian Gulf beaches near Ras Tanura are common grounds for turtles to lay their eggs.

the locations of the nesting sites.

In the past, nests have been discovered on the South Beach near the golf course, around Jasmine Park, and in the camping area. If you find a sea turtle or nest on the beach in RT, leave it alone — do not touch it or put the turtle in the water, or attempt to take any barnacles off the turtle. Instead, contact RT Sea Turtle rescue through

their Facebook page. You can also call McDaniel at 677-5558, or Enter at 677-5140. Additionally, tell a lifeguard, or contact RT Recreation Services.

A special thanks goes out to all those involved in finding the sea turtle nest and the relocation efforts, RT Security, the beach lifeguards, the RT Sea Turtle Rescue Team, and RT Recreation Services.



## windmills in Zaanse Schans

Chiara Ciampricotti Iacoangeli took this photograph of windmills in Zaanse Schans, a community of about 40 homes in an area northeast of Amsterdam, in July 2019. The well-preserved windmills provided an iconic landscape image of the Netherlands. Ciampricotti Iacoangeli, who works as a paid volunteer for Community Education, used a Canon 700D to capture the image.



# make it real

## Ramadan Employee Donation Campaign 2020

Every year during Ramadan, the Holy Month of giving, we hold our employee online donation program. This year is no different. As with 2019's campaign, you will have the choice of contributing to one or more of three charitable causes:



### Social

- Orphans
- Widows
- Prisoners' Families



### Medical

- Blood Sugar Monitoring Devices
- Dialysis Machines
- Cancer Patients Support



### Educational

- Education Supplies
- Virtual Learning
- Educational Programs

**Whichever you choose, your donation will be matched 100% by Saudi Aramco.**

Turning Saudi Aramco's tagline "Where Energy is Opportunity" into reality, our campaign slogan this year is "Make It Real." It expresses our goal to transform lives and make a real difference for those less privileged.

Let us all once again demonstrate our commitment to citizenship and continuous desire to help those in our communities who face daily struggles.

May Allah grant you the blessing of health and wellness, and accept all of your good deeds.

Contribute today through MyHome.



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