advancing our global chemicals strategy

Saudi Aramco inaugurates S-Oil expansion project in South Korea

Saudi Aramco advances its global chemicals growth strategy with the inauguration of S-Oil’s new Residue Upgrading Complex. The inauguration, which was presided over by HRH Crown Prince Mohammed ibn Salman ibn ‘Abd Al-‘Aziz Al Sa’ud, was the highlight of a visit last week that also saw the signing of a dozen agreements designed to reinforce relationships with South Korea, expand Saudi Aramco’s international operations there, and support the region’s energy security.

Ithra’s ‘Bridges’ strengthens cultural ties

Showcasing Saudi Arabian heritage, talent, and culture, the King Abdulaziz Center for World Culture (Ithra) opens a 10-day exhibition in Seoul, South Korea.

new joint venture seeks to advance nonmetallics, expand Kingdom economy

Through an agreement signed Monday by Saudi Aramco and Baker Hughes, a GE company, the two companies will create a joint venture that will advance the production of nonmetallic solutions globally.

Ready for Hajj? Get vaccinated at JHAH

If you are joining millions of people from all around the world planning on traveling to Makkah for Hajj, it’s critical that you take health precautions such as getting your immunizations.

OPEC basket
five-week price trend 2019

| Date | Price
<table>
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</table>

A weekly Saudi Aramco publication for employees

July 3, 2019 | vol. LXXIV, No. 26

HRH Crown Prince Mohammed ibn Salman ibn ‘Abd Al-‘Aziz Al Sa’ud, is shown here with Moon Jae-in, president of the Republic of Korea, as they inaugurate the Residue Upgrading Complex and Olefin Downstream Complex at a ceremony in Seoul last week. The relationship between Saudi Aramco and S-Oil grows stronger with the inauguration of the new complex in South Korea.
expanding our economic footprint in the Far East
Saudi Aramco signs 12 agreements with South Korean partners worth billions of dollars

Today’s agreements mark a new era of cooperation with our Korean partners who will play an increasingly important role in our strategy to capitalize on new initiatives that include long-term energy supply, maritime and infrastructure development, and breakthrough research and development in the automotive, crude to chemicals, and nonmetallic sectors.

— Amin Nasser

Hyundai Heavy Industries (HHI)
• An agreement between Saudi Aramco, Hyundai Heavy Industries (HHI), and the Saudi Arabian Industrial Investments Company (Dussur). The agreement will establish a joint venture (JV) for a world-class engine manufacturing and aftermarket facility in Saudi Arabia. Under the partnership, Saudi Aramco will own 55% of the JV, while HHI and Dussur will own 30% and 15%, respectively.

• An MoU between Saudi Aramco and HHI that extends the existing collaboration to develop shipbuilding, engine manufacturing, refining, and petrochemicals.

• An agreement between Saudi Aramco and HHI to increase HHI’s equity share in the International Maritime Industries (IMI) from 10% to 20%.

• An MoU between HHI, Bahri, and IMI (JV between Saudi Aramco, HHI, Lamprell, Bahri), covering shipbuilding and transportation as potential areas of cooperation.

• An MoU between HHI and IMI to explore business opportunities in the shipbuilding business.

• Aramco Trading Company signed a crude oil sales agreement between Saudi Aramco and Hyundai Oilbank for Saudi Aramco to supply Arabian crude oil to Hyundai Oilbank.

• Aramco Trading Company signed a crude oil agreement to supply non-Arabian crude oil to Hyundai Oilbank.

• Aramco Trading Company signed an MoU between Saudi Aramco and Hyundai Oilbank for exploration of the potential for a JV between Saudi Aramco and Hyundai Oilbank.

• Aramco Trading Company signed a new MoU between Aramco, HHI, and IMI to expand the existing collaboration to develop shipbuilding, engine manufacturing, and petrochemicals.

• An MoU between Saudi Aramco and Hyundai Motor Company to create a strategic collaboration to accelerate the expansion of the hydrogen ecosystem in Saudi Arabia and South Korean markets, and to explore the use of advanced nonmetallic materials in various fields, including the automotive industry.

Korea National Oil Corporation
• An MoU between Saudi Aramco and Korea National Oil Corporation that will allow Saudi Aramco to explore the potential of crude oil storage in South Korea to complement its marketing and supply activities.

Hyosung Group
• An MoU between HHI and Hyosung Group to build a carbon fiber manufacturing facility in Saudi Arabia. This MoU will also provide a collaboration platform for the two companies on research and development, and deployment of carbon fiber technology.

GS Holdings
• An MoU between Saudi Aramco and GS Holdings to identify specific investment opportunities in Saudi Arabia.

Daelim Industrial
• Saudi Aramco and Daelim Industrial are collaborating on petrochemical projects and signed a new MoU to foster collaboration on value-added chemical products in the Kingdom.

Our community initiatives in Korea
Our efforts to reduce emissions at KAIST
A strong relationship with Korea
HRH Crown Prince 5-Oil inauguration
$4 billion-plus 5-Oil expansion investment

Seoul, South Korea — Saudi Aramco and its affiliates last week signed 12 agreements with major South Korean companies on the sidelines of the visit of Saudi Arabia HRH Crown Prince Mohammed ibn Salman ibn ‘Abd Al-‘Aziz Al Sa’ud to Seoul. Under the partnership, Saudi Aramco and its affiliates last week signed 12 agreements with major South Korean companies on the sidelines of the visit of Saudi Arabia HRH Crown Prince Mohammed ibn Salman ibn ’Abd Al-‘Aziz Al Sa’ud to Seoul.
advancing our global chemicals strategy

Saudi Aramco inaugurates S-Oil expansion project in South Korea

Saudi Aramco has an ever increasing footprint in the Far East, and South Korea is no exception. Based in Seoul, Aramco Asia-Korea (AAK) is a growing force in the local energy services market, and provides a wide range of supporting services to both Saudi Aramco and its Korean customers. Serving as an important market and strategic location for the company’s downstream strategy, AAK endeavors to have a substantial long-term commitment to the South Korean market.

Saudi Aramco is advancing its chemicals growth strategy with last week’s inauguration of S-Oil’s new Residue Upgrading Complex and Olefin Downstream Complex.

The new facilities feature the latest refinery technologies, which have raised S-Oil’s petrochemical portion from 8% to 13% and includes high-value products such as propylene and gasoline.

The inauguration of the complex was celebrated in the presence of HRH Crown Prince Mohammed ibn Salman ibn ‘Abd Al-Aziz Al Sa’ud, and HE Moon Jae-in, president of the Republic of Korea. Also in attendance were HE Khalid A. Al-Falih, Minister of Energy, Industry and Mineral Resources, and Chairman of the Saudi Aramco Board of Directors, and Sung Yun-mo, the Minister of Trade, Industry and Energy of the Republic of Korea.

A role model of our downstream strategy

The relationship between Saudi Aramco and S-Oil grows stronger with the inauguration of the new complex in South Korea.

“Today’s inauguration marks a historic moment for both S-Oil and Saudi Aramco,” said Amin Nasser, Saudi Aramco president and CEO.

“S-Oil serves as a role model for Saudi Aramco’s international downstream strategy and plays an important role by providing the vital energy needed for economic growth in South Korea.”

S-Oil serves as a role model for Saudi Aramco’s international downstream strategy and plays an important role by providing the vital energy needed for economic growth in South Korea.

A short history to date

Seoul, South Korea — Saudi Aramco

2009
- Appointed Ahmad A. Al-Sabaya as CEO
- Established S-Oil TOTAL lubricants Co. Ltd. (50:50)

2005
- Appointed Sami A. Al-Tubayjeh as CEO

2000
- Exported refining products worth $2.2 billion for first time among refiners in Korea

1996
- Signed joint venture agreement and long-term crude oil purchase agreement with Aramco Overseas Co.
- Completed construction of R&D Center

1987
- Began commercial operation of top quality lube base oil plant (1.300 bpd)

1980
- Installed atmospheric distillation tower

1976
- Started construction of Onsan Refinery
- Registered incorporation of the company
- Appointed Lee Seung-won as CEO

1981
- Marked first arrival of oil tanker
- Changed name to Ssangyong Oil Refining Co. Ltd.

1987
- Marked 100th arrival of oil tanker
- Went public through initial public offering

1991
- Marked 50th arrival of oil tanker

1996
- Signed joint venture agreement and long-term crude oil purchase agreement with Aramco Overseas Co.

1991 (see timeline), and their relationship continues to grow stronger, with the refining capacity increasing from 90,000 barrels per day in 1990 to roughly 700,000 in 2018.

Amin Nasser, Saudi Aramco president and CEO, witnesses the signing of a Memorandum of Understanding to collaborate on a steam cracker and the Olefin Downstream Project with S-Oil. Nasser is joined by Abdullah M. Al-Judaimi, Saudi Aramco senior vice president of Downstream, and Ahmad O. Al-Khowaiter, Saudi Aramco chief technology officer.
strengthening cultural ties

Ithra’s ‘Bridges to Seoul’ showcases Saudi culture, heritage, and talent

The 10-day exhibition, which will conclude July 3, opened June 24 and showcases Saudi Arabian heritage, talent, and culture to Korean audiences with a variety of activities. The goal of the Bridges initiative is to promote cross-cultural engagement and provide a platform to showcase Saudi talent.

A wide array of exhibits

The exhibition features a series of activities highlighting traditional and modern displays of Saudi Arabian culture, heritage, and society across several themed zones, such as:
- “The Kingdom’s Soul @ Seoul” photography and video zone, which showcases various aspects of Saudi Arabia:
  - “Medina and Medina”
  - “Earth and Nature”
  - “Culture and People”
- “The Kingdom’s Flavors @ Seoul,” which features a Taif flower exhibit, as well as Saudi heritage displays of henna hand painting, date and coffee tasting, and more.
- Visitors also have an opportunity to experience Saudi artist Abdulrahman Nugamshi’s live “Calligraffiti” as well as a host of immersive activities such as a fusion performance of the Korean Haegum instrument and the Saudi ‘Rabab.’

“Bridges to Seoul” is also featuring screenings of three Saudi films, including the acclaimed Ithra-produced film “Joud,” the documentary film “The Cave,” and director Abduljalil Al Nasser’s film “50,000 Photographs.”

First time in Asia for ‘Bridges’

Commenting on the initiatives, Ithra director Ali M. Al-Mutairi, said: “At its core, Ithra exists to promote culture, nurture creativity, and position Saudi talent within the global spotlight — traits that are championed through our successful Bridges program. In organizing the ‘Bridges to Seoul’ exhibition, held for the first time in Asia, Ithra continues to provide global opportunities to showcase Saudi talent, history, and culture to international audiences, as well as strengthening cultural bridges.”

The “Bridges” program works to build cultural bridges between the Kingdom and the rest of the world, positioning Saudi Arabian talent at the forefront of the global arena.
By Ahmed S. Abdelmoeti

The Arabian Sun

By encouraging Industrial Training Center (ITC) apprentices to demonstrate business-related soft skills and talents, the industrial training department (ITD) recently organized the third annual “ITC Talent Competition and Technical Skills Exhibition” under the theme “I Shape the Future.” This year, the technical job skills exhibition was introduced for the first time and gave apprentices the opportunity to show their creative ideas in technical fields.

Through the competition, ITD strives to identify all of the talented and skilled young Saudis in the ITCs, providing motivating and entertaining learning environments that will help them sharpen their skills.

“I was really impressed to see our young Saudis showing their excellent abilities and personal visions to shape the future of the company,” said Faisal A. Al Haji, general manager of Training and Development (T&D). “I am confident that these young men and women will add value to the various organizations they will join in Saudi Aramco.”

The competition featured four rounds of competition and technical job skills projects went through several stages of designing, investigating, and experimenting before the projects were displayed in the final exhibition. “ITD encourages innovation in the technical side of our daily training,” said Muad K. Al Badran, superintendent of the Southern Area Industrial Training Division. “Our apprentices proved that they can add a lot to their future organizations.”

ITD works to involve the sponsoring organizations in such activities, boosting the quality of training and the skills the apprentices will bring to their respective organizations. Four subject matter experts from diverse organizations formed the judging panel for the technical projects competition, ranking each project based on practicality, feasibility, and potential benefits to the target operations.

Four subject matter experts from diverse organizations formed the judging panel for the technical projects competition, ranking each project based on practicality, feasibility, and potential benefits to the target operations.

The judging panel for the soft skills had氢雅 from T&D planning, marketing, and curriculum development. “I believe that these competitions create wonderful learning environments and provide very inspiring opportunities for our young apprentices to learn and even shine,” said Mohammad A. Marry from T&D planning.

The winners in the “Soft Skills” final round were: (Best Speaker/Presenter) 1. Bukhameen, 2. Fatima Aladhab; (Best Poster Designer) 1. Aljasim, 2. Abdullah Alotaibi; (Best Safety Promoter) 1. Abdulmajeed Shamari, 2. Fatima Aladhab; (Best Poster Designer) 1. Aljasim, 2. Abdullah Alotaibi; (Best Speaker/Presenter) 1. Bukhameen, 2. Fatima Aladhab; (Best Safety Promoter) 1. Abdulmajeed Shamari, 2. Al Hassan Bukhari.


“I think that the best decision I made during my apprenticeship program was to participate in the competition,” he added. Wadihah S. Aljasim was thrilled after being named the 2019 first place winner as Best Poster Designer. “The competition boosted my confidence and gave me and all the female participants the feeling that we are valued in the company and in the society,” Aljasim said. “The learning experiences I gained through the four rounds of the competition are unmatchable, and no study materials can provide me with the same benefits.”

One of the best moments during the final round was when the winners were announced as some of the competitors’ parents looked on with pride. When Khaled I. Bukhameen was announced as the Best Speaker winner, his parents and his grandmother joined him on the stage to get his trophy.

Words cannot express my happiness today as I made my family proud of me,” said Bukhameen. “I really appreciate Saudi Aramco for giving me this opportunity to learn and for involving my family in my personal and professional development.”

The learning experiences I gained through the four rounds of the competition are unmatchable, and no study materials can provide me with the same benefits.

— Wadihah S. Aljasim

The value of teamwork

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— Wadihah S. Aljasim
accelerating nonmetallic solutions globally, advancing economic opportunity locally

Dhahran — Saudi Aramco and Baker Hughes, a GE company (BHGE), signed a Memorandum of Understanding on Monday to create a new joint venture (JV) facility in Saudi Arabia to manufacture nonmetallic materials that will be used in a variety of areas of the energy industry. The agreement supports Saudi Aramco’s strategy to play a leading role in accelerating the deployment of nonmetallic materials globally.

The focus on nonmetallic materials is intended to increase the efficiency and reliability of operational assets by reducing the effects of corrosion. The JV will initially focus on nonmetallic reinforced thermoplastic pipes as a first and critical step towards developing such capabilities in Saudi Arabia.

unlocking local opportunities

Welcoming this partnership with BHGE, Ahmad A. Al Sa’adi, Saudi Aramco’s senior vice president for Technical Services, said: “This partnership with BHGE is another step in Saudi Aramco’s journey toward expanding the use of innovative nonmetallic materials in its operations. Saudi Aramco has successfully deployed more than 5,000 kilometers of nonmetallic pipes, resulting in a significant increase in efficiency and reduction in maintenance and replacement costs across the company’s operations.

“Producing these materials in the Kingdom would also unlock opportunities for local manufacturers and facilitate knowledge transfer,” Al Sa’adi added.

Neil Saunders, president and CEO of BHGE Oilfield Equipment, said: “As a full service provider, we have a deep background driving nonmetallic product development that will benefit a wide range of industries. Saudi Aramco’s vision to expand their product development in the region aligns with our vision to support innovation and manufacturing in Saudi Arabia.”

wide array of industry use nonmetals

Nonmetallic applications are deployed in various industries, including oil and gas, construction, automotive, packaging, and renewable energy to manufacture products, including flow lines, downhole production tubing, vessels, pumps, and cooling towers — all of which are manufactured from nonmetallic materials such as plastic, carbon fiber, and glass fiber.

Saudi Aramco recently opened the Nonmetallic Innovation Center in the U.K. in collaboration with the U.K.-based Welding Institute and the National Structural Integrity Research Center to conduct research, and develop nonmetallic technologies. The center works with academic institutions and manufacturers to develop, test, and market new products.

20 years of opportunity, 20 years of growth

My journey began in 1999 when I started with the College Degree for Non-Employees Program, and then the real work began when I went to the Shaybah Producing Department in the Empty Quarter.

It was an amazing start to a great journey.

After Shaybah, I moved to development of the SATORP mega-project, and from there to the Domestic Joint Venture Management Department, and then to the Investment Management Department, and finally concluding my Saudi Aramco journey with the SABIC acquisition team.

After 20 years, I leave the younger generation a small piece of advice — make growth the focus of your journey with Saudi Aramco. Now, growth shouldn’t be measured by income but instead the amount of knowledge, contributions, and teamwork you are part of. Take on challenging assignments; there is no scarcity of them here at Saudi Aramco.

For me, that was working on the SABIC acquisition team. Don’t ignore once-in-a-lifetime opportunities, and while it might be requisite at times for your department to restrict your movement, opportunities also exist outside of work. Switch gears and volunteer.

One great example is the Young Leaders Advisory Board, a team of young, enthusiastic, and self-motivated individuals working to bridge the gap between generations here at Saudi Aramco.

And let me share with you a little secret, one I have long held while writing articles in The Arabian Sun — practice your communication skills. I was able to practice writing by publishing in The Arabian Sun in a way I could never do while I was in school.

When I got the opportunity to study abroad, I made certain to develop these skills through the available English courses. One of my proudest moments came when the professor chose my essay to read to the class.

And after I graduated, I continued to “sharpen the saw” of my writing skills by writing for The Arabian Sun. Then, a year ago, I published my first book!

Imagine, someone who was unable to write in his native language, developed his skill in a different language, sharpening it with Saudi Aramco, and publishing his first book, and being paid for it.

My 20 years with Saudi Aramco has truly been 20 years of continuous growth. I could go on recalling the many opportunities and great challenges Saudi Aramco has provided, but I would rather you explore them yourself.

The result will be self-satisfaction and true exponential personal development. Only you can make it happen, and only you are responsible for it. Make the years ahead good years, dedicated to a bright future.
Saudi Aramco advances technology drive with Baker Hughes GE research partnership

Dhahran — Saudi Aramco signaled its commitment to cutting-edge technology and developing global partnerships with the opening Monday of a “game-changing” Baker Hughes, a GE company (BHGE) research facility at Dhahran Techno Valley.

The state-of-the-art facility will house a host of groundbreaking technologies, including the first industrial 3-D printer for metal in Saudi Arabia, and a data visualization and automation platform to help simulate and optimize well activity and construction.

“[This center will be a game changer in] ways that many of us would have considered science fiction at the beginning of our careers,” said Saudi Aramco’s vice president of Petroleum Engineering and Development, Nasir K. Al-Naimi, who welcomed invited guests and a BHGE management delegation led by CEO Lorenzo Simonelli to the Dhahran Techno Valley.

Saudi Aramco expects the technology and strategic impact of the new center to significantly upgrade Saudi Aramco’s capabilities to project manage, design, manufacture, and commission hardware and software (control and condition monitoring industry) with the ambition of deploying it globally.

a long history of working together

— Saudi Aramco and BHGE have a long history of working together. We appreciate BHGE’s wholehearted commitment to the Kingdom and to supporting Saudi Aramco in its operations,” Al-Naimi said. “In a way, I believe the strength of this relationship comes from a fundamental alignment of

the technology road maps between Saudi Aramco and BHGE.”

The facility is also expected to house a “Visualization Lab” equipped with a digital learning, visualization and automation platform able to absorb data from multiple sources to create a digital twin of the planned well and its surrounding ecosystem. In turn, this will enable well planners to run multiple predictive simulations and workflows to optimize the well construction process.

Datuk Md Arif Mahmood, executive vice president of PETRONAS and Mohd Yusri Mohamed Yusof, vice president of Refining and Trading at PETRONAS, listen to Ahmed Al Tunisi from Saudi Aramco’s Process and Control System Department as he explains the company’s use of virtual reality technology in operations. The company’s booth was a hive of activity at the recent 20th Asia Oil and Gas Conference in Kuala Lumpur.

Saudi Aramco was a diamond sponsor of the event and used the opportunity to showcase its downstream story.

This center will be a game changer in ways that many of us would have considered science fiction at the beginning of our careers.

— Nasir K. Al-Naimi

about Dhahran Techno Valley

The Dhahran Techno Valley Holding Company — a wholly owned subsidiary of the King Fahd University of Petroleum and Minerals (KFUPM) — is a key driver of the Dhahran Techno Valley Ecosystem, which was created to promote a knowledge-based economy in Dhahran and in the Eastern Province. This ecosystem includes KFUPM, national companies such as Saudi Aramco, SABIC, and SEC, technology partners, and small- to medium-sized enterprises.
achieving new milestones in Northern Area labs

In 2018, the Fadhili Combined Heat and Power (CHP) project delivered the first steam to the Fadhili Gas Plant to assist in the commissioning of the overall Fadhili Gas complex — a 2.2 billion cubic feet per day production facility approximately 40 kilometers inland of Bas al-Khair.

As the project’s power tariff is the lowest ever achieved, the capital savings resulting from the project’s optimization process were significant, and the annual operating savings are also substantial.

Several firsts for the Kingdom, Saudi Aramco

The CHP project represents a number of firsts for the Kingdom and Saudi Aramco. It is the first power project that was jointly developed by Saudi Aramco and the Saudi Electric Company (SEC) with 30% equity participation by both companies.

It is also the first gas-fired power project to burn low British thermal unit (Btu) gas having a calorific content of approximately 600 Btu/standard cubic foot (scf) as the primary fuel, with the backup fuel having a calorific content of about 30% equity participation by both companies.

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Saudi Aramco’s Northern Area Technical Support Department (NATSD) has increased its ISO/IEC 17025:2017 laboratory accreditation to 33 tests in 2019.

The lab initially achieved this highest number of tests accredited at the Tanajib lab in February 2018. The lab had received accreditation for 18 tests in March 2017.

The accreditation was awarded after a detailed technical on-site evaluation of the Northern Area Quality Assurance and Integrity Division’s lab processes and workforce competence by the IAS. NATSD completed this year’s external on-site assessment in April through the accreditation agency and verified all the management and technical requirements of ISO 17025 accreditation standards.

During the assessment, the assessor visited the laboratories’ testing areas and witnessed all of the tests under the scope of accreditation. The accreditation now covers most of the testing conducted in the Northern Area Quality Assurance and Integrity Division (NAQA&ID) laboratories for crude oil, water, lube oil, and environmental samples.

The accreditation motivates staff

Accreditation has a significant positive impact on lab staff to sustain compliance to higher standards of quality within all of the NAQA&ID labs at Tanajib, Manifa, Khursaniyah, and Qatif.

Customers of the NATSD labs have great confidence in analytical data produced by the NAQA&ID labs, based on the fact that they can positively confirm that the dry crude oils produced by their wet crude handling facilities meet OSPAS specifications.

Our laboratories were operated by a contractor until November 2017, and we were able, in less than two years, to be the most qualified field laboratory in Saudi Aramco,” said NATSD manager Faisal I. Al-Dhababian.
well-being
caring for your health and wellness

Ready for Hajj? Get vaccinated at JHAH
by Dana Bugaighis

The Holy City of Makkah is a destination to millions of Muslims every year for Hajj. Pilgrims travel from all over the world, with the number of visitors equivalent to the entire population of Botswana.

Participants of Hajj should take precautions in regard to their health and safety. Johns Hopkins Aramco Healthcare (JHAH) cares about the health and well-being of our patients, and to support the Hajj pilgrims, we are pleased to offer the JHAH Meningococcal Immunization Program.

The program runs July 14-25 from 8 a.m. to 2 p.m., Sunday to Thursday, with no appointment necessary at the following Health Centers:

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<th>Location</th>
<th>Room</th>
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<tr>
<td>Dhahran Health Center</td>
<td>Primary Care, Immunization Room 201-13A</td>
</tr>
<tr>
<td>Al-Hassa Health Center</td>
<td>Primary Care, Immunization Room 70/2 Area A</td>
</tr>
<tr>
<td>Abqaiq Health Center</td>
<td>Primary Care, Immunization Room (P2-01)</td>
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<tr>
<td>Ras Tanura Health Center</td>
<td>Primary Care, Room 1054</td>
</tr>
<tr>
<td>Udhailiyah Health Center</td>
<td>Primary Care, Room 1030</td>
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Medical Designated Facility (MDF) patients

Employees and dependents registered with an MDF should contact their designated health care provider or MOH center. Details about Hajj health requirements and related issues can be found at: http://www.moh.gov.sa > Hajj and Umrah (English).

Other resources available to use can be found at: www.jhah.com > News and Events > Events.

Make sure you print your immunization report if you are performing Hajj. If you have signed up with MyChart, you can download your immunization report from home. For information on downloading your immunization report and how you can sign up for MyChart, visit www.jhah.com > About MyChart.

Learn more about meningococcal infections, symptoms, causes, treatment and prevention in our health encyclopedia at JHAH.com/health-encyclopedia.

If you are performing Hajj, JHAH provides a few tips to help you prepare and minimize your chance of illness:

- The meningococcal vaccination is required to obtain a Hajj permit. Visit your nearest health care provider to obtain the vaccination.
- Talk to your physician to ensure your vaccinations are up-to-date.
- Bring all of your regular medicines with you when you visit your health-care provider.

Salt is composed of 40% sodium, and sodium has been linked to an increase in blood pressure, which can damage the heart, brain, kidneys, and other organs. International health organizations recommend that people limit their sodium intake to 2,300 milligrams (mg) per day. This is equal to about 5 grams (or 1 teaspoon) of salt.

The problem is that much of the food we eat today, particularly packaged/processed foods and beverages we drink, contain sodium (colas contain sodium phosphate). As a result, many people consume too much salt not by adding it to their food, but because of the amount already in their food and drinks.

**tips to reduce salt intake**

Following are a few tips from JHAH’s Clinical Nutrition and Food Services to help you reduce your salt/sodium intake:

- Read food labels when shopping and select unsalted food.
- Limit canned or processed foods, low-sodium cubes (Maggi), and ready-to-eat snacks or dishes.
- Limit your consumption of fast food and avoid eating out.
- Prepare snacks at home using unsalted ingredients.
- Prepare foods at home using lemon juice and vinegar, not salt.
- Select unsalted foods, including dairy products such as chicken, cheese, nuts, and crackers.

**LEGAL DISCLAIMER**: All health and health related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment, and needs of you and your family.

**caring profile**

Ahmed Al Betiri
pharmacist

education
Bachelor’s degree in pharmacy, Prince Sattam Bin Abdulaziz University (Al-Kharj, Saudi Arabia), 2014

work history
- Pharmacist, King Fahad Medical City in Riyadh, 2015-2017.

Quote
“Work in the pharmacy is a diverse and rewarding career. We play a key role in helping patients get well and feel better. At JHAH, we educate patients about their medication to raise awareness and improve medication adherence. It is such an honor being a part of JHAH’s health-care team.”

**Become a patient at Johns Hopkins Aramco Healthcare (JHAI)**

Eligible Saudi Arabian employees and their dependents are invited to register for healthcare at JHAH.

For more information on how to change your registration, contact your local HR Service Center or visit HR Online, or scan the QR code below for detailed instructions.

**Health Page**

July 3, 2019
Ithra movies

in cinema

Ithra Heroes Adventure
A collection of engaging children’s animations that integrate science, technology, engineering, art, and math.

July 3, 4, 8, 9, 10 10:30 a.m.

Is Sumiyati Going to Hell?
As told through the eyes of young Layan, the story centers on Sumiyati, the family’s housekeeper, and her continuous negative work experiences.

July 4, 5 8:15 p.m.

Side by Side
This documentary investigates the history, process, and workflow of both digital and photochemical film creation.

July 3, 4, 5, 8, 9, 10 4 p.m.

so Thousand Photographs
The film follows the story of Adam, who at a young age, loses his father. Adam visits a photo collector who owns 50,000 photographs of the townspeople in search of his father’s photo. The visit changes Adam’s life giving him a new perspective on all around him. The film, directed by Abduljalil Al-Nasser, was first screened at Ithra during the Saudi Film Festival that occurred in March.

July 3, 4, 8, 9, 10 7 p.m.
July 5 6:30 p.m.
July 6 3:30 p.m.

Energy Exhibit Theater

Mysteries of the Unseen World
Visitors at the Energy Exhibit are invited to watch “Mysteries of the Unseen World,” which will take them to a journey to a whole world that they can’t see with the naked eye!

July 3, 9, 10 6 p.m.
July 4, 5, 6 5 p.m., 7 p.m.
Dhahran collects three gold medals at international youth tennis tourney

by Ching Yeh

Dhahran — Dhahran Junior Tennis Association (DJTA) players collected gold medals in all three age groups at a recent international open championship tournament.

Paul Blair won the first place in the U-16 group, while his brother James, earned the championship in the U-14 group, and Ulysses Escobar was the gold medalist for the U-12 group in the tournament, hosted by DJTA for the first time in more than 10 years.

A total of 42 players from the Saudi Arabia Tennis Federation, Bahrain Tennis Federation, and DJTA took part in the competition held at the Third Street tennis courts in Dhahran. Internationally qualified referee Ahmed al Hawaj was invited from Bahrain to organize the tournament to meet international tournament standards and practices.

For years, DJTA players have traveled to Riyadh and Bahrain for tournaments, but this was the first time the association was able to reciprocate as a host for the competition, said association president Ameer Ali. “It’s 10 years too late, but we managed to make it happen,” Ali said.

He said the competition and tournament proved valuable for young players who have the opportunity to play with kids from different backgrounds. “It is great exposure for our players to compete against international players,” he said. “The experience would push players to play at a higher level.”

DJTA players have earned a reputation in Saudi Arabia and Bahrain. “When we travel, people know our players. They earned their respect from the federations in Saudi and Bahrain,” he said.

DJTA player Pilip Malis is No. 1 ranked in the U-10 group, and Issah Ali holds the top rank in the U-12 group in the Kingdom.

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ITC apprentices expand, demonstrate business-related skills and talents

More than 260 innovative and energetic apprentices faced off in the third annual “ITC Talent Competition and Technical Skills Exhibition,” demonstrating skills in public speaking, poster design, video production, and more.

see page 5

by Ching Yeh

Pia Kokkarinen managed to take in the aviary scene at Hyde Park while visiting London recently, using her iPhone X to take these photographs of two very different kinds of birds — parakeets and swans. Kokkarinen lives and works in Dhahran, where she is a Government Affairs staff adviser. Kokkarinen has been with the company 12 years.