

**EMBARKATION / PROMOTION REQUIREMENT based on SEAGULL - COMPUTER BASED TRAINING PROGRAMS AND SAFETY VIDEOS**



Rvd 20171110, 20180829

Effective date: **1-Apr-19**

CD#	CBT Module Name	MM	CM	2M	3M	Bosun	A/B	O/S	D/CDT	CE	1AE	2AE	3AE	No1 Oiler	Oiler	Wiper	E/CDT	CKK	2CK	MM	
1	Personal Safety (Req. for Safety Officer)	M2017	M2017	M2017	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2017	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
2	Ship General Safety	M2021	M2019	M2017	M2019	M2018	M2017	M2017	M2016	M2021	M2019	M2018	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
4	SOPEP	M2019	M2019	M2017	M2019	M2018	M2017	M2017	M2016	M2020	M2019	M2018	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
5	The ISM Code (Req. for Safety Officer)	M2017	M2017	M2018	M2018	M2018	M2018	M2017	M2016	M2017	M2017	M2018	M2018	M2018	M2018	M2017	M2016	M2018	M2018	M2016	
6	OPA 90	M2017	M2017	R	R	R	R	R	R	M2017	M2017	R	R	R	R	R	R	R	R	R	
9	Fuel Oil System									M2019	M2019	M2017	M2017	M2018	M2017	M2017	M2018				
10	Marine Fuel Handling and Pre-Treatment									M2017	M2017	M2017	M2017	R	R	R	R				
14	Vessel Structural Conditions	M2019	M2017	R	R	M2017	R		R	R	R	R	R	R	R	R	R				
15	Corrosion Protection I	M2019	M2017	R	R	M2017	R	R	R	M2019	M2017	R	R	R	R	R	R				
16	Corrosion Protection II	M2019	M2017	R	R	M2017	R	R	R	M2019	M2017	R	R	R	M2017	R	R				
17	Steering Gear	M2021	M2019	M2018	M2018	R	M2017	R	R	R	R	M2017	M2017	R	R	R	R				
18	Cooling System									M2018	M2018	M2017	M2017	R	R	R	R				
20	Search and Rescue	M2019	M2017	M2016	M2017	M2017	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
21	GMDSS	M2019	M2017	M2016	M2017		R		R												
22	Maritime English, Ship Familiarization	M2021	M2019	M2017	M2018	M2018	M2017	M2017	M2016	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
24	Auxiliary Engine									M2018	M2018	M2018	M2017				R				
27	Ballast Water Management	M2018	M2018	M2017	M2017	M2017	M2017	R	R	R	R	R	R	R	R	R	R				
28	Protection and Indemnity	M2018	M2017	R	R				R	M2018	M2017	R	R				R				
29	Hull and Machinery	M2018	M2017	R	R				R	M2018	M2017	R	R				R				
30	Marine Lubricants									M2017	M2017	M2017	M2017	R	R	R	R				
31	Emergency Towing system	M2018	M2018	R	R	R	R	R	R	R	R	R	R	R	R	R	R				
33	Stability I	M2018	M2017	M2017	M2017	R	R	R	R	R	R						R				
34	AC4, Digital Governor System									R	R	R	R				R				
35	Inspections	M2017	M2017	R	R				R	M2017	M2017	R	R				R				
36	Medical First Aid	M2020	M2018	M2017	M2017	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
40	Maritime English, Pilot on the Bridge	M2021	M2019	M2018	M2018	R	M2017	R	R												
41	Operation of Generators									M2018	M2018	M2017	M2017	R	R	R	R				
43	Bludge Water Separator	R	R							M2017	M2017	M2017	M2017				R				
46	Auxiliary Boiler Plant									M2018	M2018	M2017	M2017				R				
47	Fuel Combustion Efficiency											R	R	R	R	R	R				
48	Gas Measurement	M2020	M2019	M2018	M2018	M2017	R	R	R	M2020	M2019	M2017	M2017	R	R	R	R	R	R	R	
49	Radar Observation and plotting	M2019	M2018	M2017	M2017		R		R												
50	Operational use of ARPA	M2019	M2018	M2017	M2017		R		R												
51	Introduction to Navigation	M2019	M2018	M2017	M2017		R		R												
53	HAZMAT - IMDG Code, Basic	M2017	M2017	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
57	Doppler Log	M2019	M2019	M2018	M2018				R												
58	COLREG	M2016	M2016	M2016	M2016		M2016		R												
59	Satellite Navigation - GPS	M2019	M2019	M2018	M2018		R		R												
60	Navigation in Ice	M2018	M2018	R	R				R												
61	Stability II, Damage Stability	M2019	M2018	M2018	M2018				R												
63	Mooring	M2019	M2018	M2018	M2018	M2017	M2017	M2017	R												
66	Basic Ship Handling	M2020	M2018	M2018	M2018		R		R												
68	IMSBC Code	M2017	M2017	R	R				R	R	R	R	R				R				
69	Basic Refrigeration Theory									M2019	M2018	M2017	M2017	R	R	R	R				
72	Basic Hydraulics									M2019	M2018	M2017	M2017				R				
78	Pumps and Pumping Operations									M2019	M2018	M2017	M2017				R				
83	Automation - Viscosity Control									M2019	M2018	M2017	M2017				R				
87	Personal Survival and Survival Craft	M2019	M2019	M2017	M2017	M2018	M2017	M2017	M2016	M2019	M2019	M2017	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
88	Human Relations, Social Responsibilities (Req. for Safety Officer)	M2017	M2017	M2018	M2018	M2018	M2017	M2017	M2016	M2017	M2017	M2018	M2017	M2018	M2017	M2017	M2016	M2017	M2017	M2016	
89	Medical Care	M2019	M2019	M2017	M2017	R	R	R	R	M2019	M2019	M2017	M2017	R	R	R	R	R	R	R	
91	Incinerators									M2017	M2017	M2017	M2017	R	R	R	R				
92	Introduction to MARPOL	M2019	M2018	M2018	M2017	M2017	M2017	M2017	M2016	M2018	M2018	M2018	M2017	M2017	M2017	M2017	M2016	M2017	M2017	M2016	
95	Marlins Study Pack 1 Progress Test	M2021	M2019	M2018	M2018	R	R	M2017	M2017	M2021	M2019	M2018	M2018				M2017	M2017	M2017	M2017	
97	Energy Conservation	R	R	R	R				R	M2017	M2017	R	R				R				
98	Fresh Water Generator									M2019	M2019	M2018	M2017				R				
101	IALA Buoyage	M2019	M2019	M2018	M2017		M2017		M2017												
109	AIS - Automatic Identification System	M2019	M2020	M2018	M2018				R												
115	Security Awareness	M2019	M2018	M2017	M2017	M2018	M2017	M2017	M2016	M2019	M2018	M2017	M2017	M2018	M2017	M2017	M2016	M2018	M2017	M2016	
118	Steering Gear, RAM type	R	R	R	R				R	M2017	M2017	M2017	M2017				R				
121	Ship Security Officer Training System	M2017	M2017	R	R				R	R	R	R	R				R				
122	ISO 14001 Environmental Management	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017
123	Risk Assessment and Management (Req. for Safety Officer)	M2017	M2017	R	R	R	R	R	R	M2017	M2017	R	R	R	R	R	R	R	R	R	
124	Greasing Mooring Winches and Windlasses	M2018	M2017	M2017	M2017	M2017	M2017	M2017	R	R	R	R	R	R	R	R	R				
125	Hot work	M2021	M2018	M2018	M2018	M2017	R	R	R	M2018	M2018	M2018	M2017	M2017	R	R	R				
127	Enclosed Space Entry	M2020	M2018	M2018	M2017	M2018	M2017	M2017	M2016	M2018	M2018	M2018	M2017	M2018	M2017	M2017	M2016	M2018	M2017	M2017	
130	LRM - IHI GTC	M2017	M2017	M2018	M2019	M2017	M2018	M2018	M2018	M2017	M2018	M2018	M2018	M2018	M2017	M2017	M2017	M2018	M2017	M2017	M2016
132	LRM - SHIGI S2	M2018	M2018	M2019	M2019	M2017	M2018	M2018	M2018	M2017	M2017	M2018	M2018	M2017	M2017	M2017	M2017	M2018	M2017	M2017	M2017
134	LRM - HARDING FF	M2018	M2018	M2019	M2019	M2017	M2018	M2018	M2018	M2017	M2017	M2018	M2018	M2017	M2017	M2017	M2017	M2018	M2017	M2017	M2017
145	SMCP - Distress Urgency and Safety	M2018	M2018	M2018	M2018	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
146	SMCP - Navigation and Cargo Handling	M2019	M2019	M2018	M2018	M2017	M2017	R	R												

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147	Maritime English, Introduction	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2016	M2019	M2019	M2018	M2017	M2018	M2017	M2017	M2016	M2018	M2017	M2016	
149	Incident Investigation	M2018	M2018	R	R				R	M2018	M2018	R	R				R				
150	Maritime English, Superintendent's Inspections	M2018	M2018									M2019	M2018								
151	HAZMAT - IMDG Code, Advanced	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	
155	Stowaways, migrants and refugees	M2017	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	
156	Piracy and Armed Robbery	M2020	M2018	M2017	M2017	M2018	M2017	M2016	M2016	M2020	M2018	M2017	M2017	M2018	M2017	M2016	M2016	M2018	M2017	M2016	
158	Maritime English, Report Writing	M2018	M2018	R	R				R	M2019	M2018	R	R				R				
160	Fire Fighting - Basic	M2020	M2018	M2017	M2017	M2018	M2017	M2016	M2016	M2019	M2018	M2017	M2017	M2018	M2017	M2016	M2016	M2018	M2017	M2016	
161	Fire Fighting - Advanced	M2021	M2018	M2018	M2018	R	R	R	R	M2019	M2018	M2018	M2017	R	R	R	R	R	R	R	
162	ALCAP (Separation Principles)									M2018	M2018	M2018	M2018	R	R	R	R	R			
163	ALCAP (The ALCAP System)									M2018	M2018	M2018	M2018	R	R	R	R	R			
164	ALCAP (Fuel Oil System)									M2018	M2018	M2018	M2018	R	R	R	R	R			
165	ALCAP (Lube Oil System)									M2018	M2018	M2018	M2018	R	R	R	R	R			
166	ALCAP (Monitoring and Control)									M2018	M2018	M2018	M2018	R	R	R	R	R			
172	International Collision Regulations	M2016	M2016	M2016	M2016		R	R	R												
173	Introduction to Computers	R	R	R	R					R	R	R	R							M2017	
174	MS Word 2003	R	R	R	R					R	R	R	R							M2017	
175	MS Excel 2003	R	R	R	R					R	R	R	R							M2017	
176	PowerPoint 2003	R	R	R	R					R	R	R	R							M2017	
177	MS Outlook Express	R	R	R	R					R	R	R	R							M2017	
179	Marine Fuel Properties II									M2018	M2018	M2018	M2018	R	R	R	R	R			
183	Electrical Safety	R	R	R	R	R	R	R	R	M2020	M2019	M2018	M2018	M2017	M2017	M2017	M2017				
186	Vessel General Permit	M2019	M2019	R	R	R	R	R	R	M2020	M2019	R	R	R	R	R	R	R	R	R	
187	Marine Environmental Awareness	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	
190	H2S - Hydrogen Sulphide Awareness	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	
191	Maritime Labour Convention 2006	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	
192	MLC 2006 - Onboard Responsibilities	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2018	M2017	M2017	
193	MLC 2006 - Shipowner's Responsibility	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2018	M2017	M2017	
194	MLC 2006 - Lifestyle assessment and advice	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2018	M2017	M2017	
195	MLC 2006 - Physical exercise and lifestyle coaching	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2020	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2018	M2017	M2017	
196	Volatle Organic Compound - VOC	R	R	R	R				R	R	R	R	R								
197	MLC 2006 - Basic Introduction	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	
211	ECDIS system and chart types	M2016	M2016	M2016	M2016				R												
212	ECDIS display features	M2016	M2016	M2016	M2016				R												
213	Passage planning with ECDIS	M2016	M2016	M2016	M2016				R												
215	Voyage planning, Pre departure	M2016	M2016	M2016	M2016				R												
216	Voyage planning, The sea passage	M2016	M2016	M2016	M2016				R												
217	Voyage planning, Pilotage and berthing	M2016	M2016	M2016	M2016				R												
218	Oil Record Book, Part I	M2017	R							M2017	M2017	M2017	M2017					R			
219	Oil Record Book, Part II	M2017	R							M2017	M2017	M2017	M2017					R			
220	Galley Operations 1 - Workplace and Equipment Safety	R	R							R	R								M2017	M2017	M2017
221	Galley Operations 2 - Hygiene	R	R							R	R								M2017	M2017	M2017
222	Galley Operations 3 - Food Handling	R	R																M2017	M2017	M2017
223	Galley Operations 4, Nutrition	R	R																M2017	M2017	R
224	Nutrition and well-being, awareness	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2021	M2019	M2018	M2018	M2018	M2017	M2017	M2017	M2017	M2017	R	
230	High voltage, Fundamentals									M2017	M2017	M2017	M2017	R	R	R	R				
231	High voltage, Ship's electrical networks									M2017	M2017	M2017	M2017	R	R	R	R				
232	High Voltage - Equipment and testing									M2017	M2017	M2017	M2017	R	R	R	R				
233	High Voltage - Management on Ships									M2017	M2017	M2017	M2017	R	R	R	R				
234	Electric propulsion, Fundamentals									M2020	M2020	M2019	M2019	R	R	R	R				
235	Electric Propulsion, Electrical Machines									M2020	M2020	M2019	M2019	R	R	R	R				
236	Electric Propulsion, Power Electronics									M2020	M2020	M2019	M2019	R	R	R	R				
237	Electric Propulsion, Electrical propulsion system for ship									M2020	M2020	M2019	M2019	R	R	R	R				
240	Bunker Fraud	M2017	M2017	R	R				R	M2017	M2017	M2017	M2017	R	R	R	R				
241	Development of Heavy weather	M2016	R	R	R					R											
242	Heavy Weather Navigation	M2016	R	R	R					R											
245	Safe operation and maintenance of Grinding wheels					R	R	R						R	R	R					
247	Anchor Mooring Procedures	M2017	M2017	M2017	M2017	M2017	R	R	R												
250	Conflict Management	M2021	M2019	R	R					M2021	M2019	R	R								
251	Culture Management	M2021	M2019	R	R					M2021	M2019	R	R								
252	Active Listening	M2021	M2019	R	R					M2021	M2019	R	R								
253	Corrective Feedback	M2021	M2019	R	R					M2021	M2019	R	R								
254	Meeting Management	M2021	M2019	R	R					M2021	M2019	R	R								
255	Question Techniques	R	R	R	R				R	R	R	R	R					R			

256	Team Leadership	M2020	M2019	R	R					R	M2020	M2019	R	R					R			
257	Stress Management	R	R	R	R	R	R	M2017	M2016	R	R	R	R	R	R	M2017	M2016	R	R			M2016
258	Ship Energy Efficiency Management Plan (SEEMP)	M2018	M2018							M2018	M2018											
259	Seafarer Appraisal	M2021	M2019							M2021	M2019											
260	Behavior Based Safety	R	R	M2016	M2016	M2016	M2016	M2016	M2016	R	R	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	
261	Mentoring at sea	R	R	R	R	R	R	M2017	M2017	R	R	R	R	R	R	M2017	M2017	R	R			M2017
263	Principles of assessment	R	R							R	R											
264	Onboard assessment	R	R							R	R											
265	Shore based assessment	R	R							R	R											
271	Leadership, Communication for maritime leaders	M2018	M2018	R	R					R	M2018	M2018	R	R					R			
272	Leadership, Maritime conventions	R	R	R	R					R	R	R	R									
273	Leadership, Shipboard personnel management and training	R	R	R	R					R	R	R	R									
274	Leadership, Task and workload management	M2020	M2019	R	R					M2021	M2019	R	R									
275	Leadership, Effective resource management	R	R	R	R					R	R	R	R									
276	Leadership, Decision making techniques	R	R	R	R					R	R	R	R									
277	Marine environmental awareness, Environmental challenges	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
278	Marine environmental awareness, Sustainable Shipping	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
285	Enclosed Space Entry, Awareness	M2020	M2019	M2018	M2017	M2016	M2016	M2016	M2016	M2021	M2019	M2018	M2017	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016	M2016
289	Learning MS Word 2007	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
290	Learning MS Excel 2007	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
291	Learning MS PowerPoint 2007	R	R							R	R											
292	Learning MS Outlook 2007	R	R	R	R					R	R	R	R									
300	Rigging and Slings	R	R	R	R	M2017	R	R	R	R	R	M2019	M2019	M2017	R	R	R	R	R	R	R	R
301	Crane Operations	M2021	M2019	M2018	M2018	M2017	M2017	M2017	R	R	R	M2017	M2017	M2017	M2017	M2017	M2017	R	R	R	R	
306	Incident Investigation - Cause and effect (Req. for Safety Officer)	M2017	M2017							M2017	M2017											
307	Incident Investigation - Investigation techniques (Req. for Safety Officer)	M2017	M2017							M2017	M2017											
342	Common Bulk Cargoes	M2017	M2017	M2017	M2017	M2017	M2017															
347	Bulk Carriers - Trim & Stability	M2017	M2017	M2017	M2017																	
348	Bulk Carriers - The voyage	M2017	M2017	M2017	M2017																	
417	Low Sulphur Fuel Operation	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
400	CEMS - Crew Endurance Management System	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
604	Eye Injury Prevention	R	R	R	R	R	R	M2016	M2016	R	R	R	R	R	R	M2016	M2016	R	R			M2016
605	Work Ergonomics and Back Care	R	R	R	R	R	R	M2017	M2017	R	R	R	R	R	R	M2017	M2017	R	R			M2017
606	Hearing Conservation	R	R	R	R	R	R	M2017	M2017	R	R	R	R	R	R	M2017	M2017	R	R			M2017
608	Drug and Alcohol Policy and Testing	M2021	M2019	M2018	M2018	M2017	M2017	M2017	M2017	M2021	M2019	M2018	M2018	M2017	M2017	M2017	M2017	M2018	M2017	M2017	M2017	M2017
612	Respiratory Protection	R	R	R	R	R	R	M2018	M2018	M2018	M2018	R	R	R	R	M2018	M2017	M2018	M2018	M2018	M2018	M2018
2512	Chemicals in the Engine Room	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
4014	Equipment Specific Training - JRC ECDIS	R	R	R	R					R												
4063	Cyber security awareness	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018
2001	DVD - Personal Safety	M2017	M2016	M2017	M2017	M2017				M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017					M2017
2002	DVD - Ship General Safety	M2017	M2016	M2017	M2017	M2017				M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017					M2017
2004	DVD - SOPEP	M2017	M2016	M2017	M2017	M2017				M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017					M2017
2036	DVD - Medical First Aid	M2017	M2016	M2017	M2017	M2017				M2017	M2017	M2017	M2017	M2017	M2017	M2017	M2017					M2017
2052	DVD - Fire Fighting, Basic and Advanced	M2018	M2017	M2018	M2018	M2018				M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018					M2018
2053	DVD - Mooring and Anchoring	M2018	M2017	M2018	M2018	M2018				M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018					M2018
2063	DVD - Mooring and Anchoring	M2018	M2017	M2018	M2018	M2018				M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018					M2018
2087	DVD - Personal Survival and Survival Crafts	M2018	M2017	M2018	M2018	M2018				M2018	M2018	M2018	M2018	M2018	M2018	M2018	M2018					M2018
	MANDATORY	114	109	81	81	57	46	54	51	103	103	85	85	51	39	52	53	47	42	51	51	
	RECOMMENDED	36	41	52	53	24	37	27	63	43	43	52	52	46	50	43	67	19	19	16	16	

Safety Officer  
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WITH FORMULA																			
MANDATORY	114	109	81	81	57	46	54	51	103	103	85	85	51	39	52	53	47	42	51
RECOMMENDED	36	41	52	53	24	37	27	63	43	43	52	52	46	50	43	67	19	19	16
NOT NECESSARY	30	30	47	46	99	97	99	66	34	34	43	43	83	91	85	60	114	119	113
TOTAL COURSES	180	180	180	180	180	180	180	180	180	180	180	180	180	180	180	180	180	180	180

- M** Mandatory CBT modules, repeated every 36 months, except HAZMAT modules 0053 and 0151 which should be repeated every two years
- M** Mandatory CBT modules, for Bulk Carrier Crew only (not apply for PCC crew)
- R** Recommend CBT modules (not compulsory).
- M** Mandatory DVD, repeated every 36 months
- M** New Requirement after the Marix was revised.

Mandatory CBT modules must be completed at least 95% and score on built in assessment must be at least 60%

06.03.2014	MM	CM	2M	3M	Bosun	A/B	Q/S	D/CDT	CE	1AE	2AE	3AE	No1 Oiler	Oiler	Wiper	E/CDT	CCK	2CK	MSM
2016	12	14	13	11	4	5	7	19	2	2	3	3	4	4	7	19	4	4	19
2017	25	30	25	28	24	28	31	17	29	33	34	45	17	25	32	18	22	27	19
2018	24	31	38	35	27	11	14	13	28	35	40	30	28	8	11	14	19	9	11
2019	23	33	5	7	2	2	2	2	17	29	8	7	2	2	2	2	2	2	2
2020	11	1	0	0	0	0	0	0	14	4	0	0	0	0	0	0	0	0	0
2021	19	0	0	0	0	0	0	0	13	0	0	0	0	0	0	0	0	0	0
TOTAL COURSES	114	109	81	81	57	46	54	51	103	103	85	85	51	39	52	53	47	42	51



## SEAGULL COMPUTER BASED TRAINING PROGRAM

CD No.	CBT Module Name	Details	Duration
001	Personal Safety	To be familiar with safety procedures and to be aware of the most common hazards linked to the different working operations on board is very important. This can and will reduce the number of incidents and accidents.	60 min
002	Ship General Safety	This CBT module introduces the personnel to the expressions "Vessel Risk Factors" and "Vessel Risk Profile". The personnel will also be able to determine and document their own vessel risk factors, risk profile, and develop awareness with regard to managing and operating their vessel in a safe manner.	60 min
004	SOPEP	According to MARPOL all oil tankers of 150 tons gross tonnage or more and all ships of 400 tons gross tonnage or more must carry an approved shipboard oil pollution plan. Seagull has developed an e-learning module that provides a basic understanding of international and national oil pollution laws.	60 min
005	ISM Code	Chapter IX of SOLAS requires the safe management of ships through compliance with the ISM Code. This e-learning module explains the principles of the Code, as well as giving examples of how it may be implemented onboard ship. This module is also part of Seagull's Safety, Health and Environment onboard training course and the Safety Officer onboard training course.	120 min
006	OPA	OPA 90 is an act to establish limitations on liability for damages resulting from oil pollution, and to establish a fund for the payment of compensation for such damages, and for other purposes.	120 min
009	Fuel Oil System	This training module will introduce the user to the fuel oil systems, and the main components of these systems, for the different types of machinery onboard a ship. The module covers the different fuels used onboard, some basic combustion theory, the various fuel systems for diesel engines, including the main components such as fuel pumps and fuel injectors and the basic control requirements such as viscosity control, and also a brief look at boiler fuel systems.	120 min
010	Marine Fuel Handling and Pre-treatment	Poor quality bunker oil can be a major problem. It is important to know how to handle, store and treat the marine fuel oil. Seagull AS has together with AS Norske Shell, Hoegh Fleet service AS and Torvald Klaveness Group developed a CBT to increase the awareness of marine fuel oils impact on diesel engines and how to treat and store marine fuel oil.	120 min
014	Vessel Structural Conditions	This module will provide officers and crew with an understanding of structural risk factors and the forces acting on a vessel externally and internally. This is important for maintenance and survey of critical areas of the ship.	60 min
015	Corrosion Protection I	Corrosion protection and corrosion control are two important factors in working to reducing maintenance cost. From an economical and safety point of views, early detection of corrosion problems is of the utmost importance. In this e-learning module the students will be made aware of what to look for, how to reduce corrosion and proper planning of corrosion maintenance.	120 min
016	Corrosion Protection II	The e-learning module Corrosion Protection II is focused on the procedures involved in on-board maintenance, surface preparations as well as correct paint application procedures. In order to obtain a good end result it is important that these subjects are well understood. The evaluation of paint specification and increasing the users expertise of different paint types is also focused upon in this module.	150 m
017	Steering Gear	In case of emergency situations it is very important to know how to operate the steering gear. It is also important to know about safety rules and regulations regarding steering gears. Seagull and Porsgrunn Steering Gear AS have developed an e-learning module covering Porsgrunn steering gear, steering modes, relevant safety rules and regulations.	60 min
018	Cooling System	Seagull AS has developed an e-learning module covering cooling water systems. This module will familiarize the crew with conventional and central cooling water systems and their main components.	60 min
020	Search and Rescue	This e-learning module provides information about the IMSAR program, i.e. how to arrange on-scene coordination, how to plan and conduct an effective sea-surface search as well as how to cope with onboard emergencies. Other important aspects covered are procedures for assisting vessels, helicopters and aircrafts and how to set up various search patterns.	90 min
021	GMDSS	This module is a refresher course for officers already holding a GOC/ROC certificate, but it will also serve as an introduction to GMDSS for cadets planning to be an officer of a navigational watch.	240 min
022	Maritime English, Ship Familiarization	Maritime English, Ship familiarisation is the perfect education and training tool to obtain basic knowledge in marine English terminology. The programme also gives a basic on board training in familiarisation, seamanship as well as safety on board. Maritime English gives students with little or no knowledge in English the possibility to achieve basic language training on board the vessel, at their own pace. Seafarers of all nationalities can use this Maritime English training module since the programme is an English-English course.	120 min
024	Auxiliary Engine	The module provides the information necessary for the safe and efficient operation of auxiliary diesel engines in general and the Ulstein Bergen engine in particular. It will provide personnel responsible for the day to day operation of auxiliary diesel engines with a sound knowledge and awareness of good operational and maintenance practices, and in doing so, help reduce engine down time and the associated costs.	120 min
027	Ballast Water Management	The background for developing this e-learning module is the IMO convention A 868(20) of 2004 covering Ballast Water Management and requires that: All officers and crew involved in ballast water management are to receive proper training. (i.e. This e-learning module); All ships must minimize the transfer of harmful aquatic organisms and pathogens; All ships must develop and follow a Ballast Water Management Plan; All ships must record all ballast operations	60 min
028	Protection and Indemnity	This module provides an introduction to the principles of Protection and Indemnity insurance and the risks it covers. It outlines the way in which a typical P&I Association works and its relationship with the owners / operators of a ship and with the ship's Master.	60 min
029	Hull and Machinery	This module provides an introduction to Hull and Machinery insurance and the risks it covers. It outlines the way in which claims are processed and the part that a ship's Master and other officers play in that process.	60 min
030	Marine Lubricants	The use of incorrect lubrication oil for the main and auxiliary machinery can be very expensive. An understanding of lubrication oil and its properties has today become an important part of being an engineer. Seagull and Shell Marine have developed an e-learning module covering basic lubrication principles, properties of lubrication oil, and treatment and storing of lubricating oils.	60 min
031	Emergency Towing System	The purpose of this training programme is to make crewmembers familiar with modern Emergency Towing Systems (ETS), its purpose, location on board and how to operate the system in a safe and efficient way. Another main topic in this course is dealing with proper maintenance and the importance of following recommended maintenance intervals.	60 min
033	Stability I	The purpose of this e-learning module is to make cadets and junior officers understand the basic principles and importance of ship stability. Another goal of this module is to enable junior officers to recognise good or insufficient stability, and assist in practical precautions to prevent insufficient stability. The module may also act as a tool for senior officers to refresh their comprehension of the principle of stability.	90 min
034	AC4, Digital Governor System	The Digital Governor System is a complete package that fulfills all tasks for governing the speed of low-speed, long-stroke diesel engines. Seagull has developed an e-learning module covering the description of its functions, operating information and the maintenance of the digital governor system.	120 min
035	Inspections	The main purpose of this e-learning module is to focus on the need to be safety minded and well prepared for port state and vetting inspections. It will explain how "standard procedures" can save time, money, prevent accidents and injuries and in some cases save human life. Other important matters covered are the "sub standard" problem and how to avoid unnecessary monetary fines.	120 min
036	Medical First Aid	This training course is to prepare ship personnel on how to execute first aid in a safe and efficient manner. This course will focus primarily upon how first aid techniques work. It also provides valuable knowledge about how to evaluate and treat injured and sick persons. Various types of minor as well as more serious injuries and illnesses are described and explained in a straight forward manner.	120 min
040	Maritime English, Pilot on the Bridge	Aims to develop the student's ability in professional and conversational English in a common shipboard situation. Built around an actual port movement between two berths and features all the typical instructions and exchanges used by the principal personnel involved. The names of all the common items of bridge and manoeuvring equipment are integrated into the dialogue and an innovative instant translation facility is included for students with Russian and Chinese as a primary language. The module features a substantial non-scoring practise session and an assessment.	120 min
041	Operation of Generators	A modern marine electrical plant is a very complex system that demands trained personnel to ensure safe and economical operation. This e-learning module will give understanding of basic principle of synchronous generators. This module will also cover paralleling of generators, the main switchboard, and the power management system.	60 min

043	Bilge Water Separator	This e-learning session will familiarize the student with the latest and most common Bilge water separators. It will also introduce the student to the relevant regulations concerning such systems. The student will also learn how to correctly fill in the Oil Record book. As the shipping industry has become more and more environmentally conscious, due to this there has been more focus on correct use and maintenance of the bilge water separator.	60 min
046	Auxiliary Boiler Plant	In order to operate the auxiliary boiler plant at a safe and efficient way it is necessary to properly understand all the components in a steam system. Seagull has developed this e-learning module covering the auxiliary boiler plant, the control systems and safety precautions.	60 min
047	Fuel Combustion Efficiency	Today fuel costs are a large part of the total operating costs. In order to keep fuel costs as low as possible it is important to know how to run the main and auxiliary engines as efficiently as possible. This e-learning module covers the four combustion phases, fuel combustion efficiency, and problems related to fuel injection systems.	120 min
048	Gas Measurement (0425- A Safe Atmosphere) (0426-Measuring Instruments)	Enclosed space entry remains one of the most hazardous areas of shipboard operation. There are many risks involved and the knowledge of the dangerous gases that may be present is paramount in ensuring an incident free, safe operation. This module is the first of two modules covering gas measurement in enclosed spaces and cargo tanks onboard ship. This module covers the dangerous gases which may be present in spaces onboard ship and the minimum requirements when entering an enclosed space. The use of an ullage gas flammability diagram is explained, including its use in purging and gas freeing operations. The module is aimed at the operational level, but will also act as a refresher for Management level.	90 min
049	Radar Observation and Plotting	This module covers the minimum required theoretical knowledge for radar operators and is made in accordance with IMO Model Course 1.07. The module is a natural part of study before entering the ARPA module. The module provides an indepth description of radar features and limitations. Limitations caused by technical design as well as limitations caused by atmospheric disturbances are described in detail.	120 min
050	Operational Use of ARPA	This e-learning module will provide the basic theory of ARPA including a review of manual plotting principles and a list of the new navigational symbols that are to be used on all navigational displays installed on or after 1 July 2008 (ARPA, ECDIS, AIS). Since this module is not an ARPA simulator, it does not comply with the requirements set for ARPA training. However, after successful completion of this e-learning, it will refresh your ARPA knowledge or prepare you for the required simulator course complying with the IMO requirements for ARPA training and certification.	120 min
051	Introduction to Navigation	This e-learning module provides a general introduction to maritime navigation, its history, chart work, navigation instruments, coastal as well as deep-sea navigation principles.	120 min
053	HAZMAT - IMDG Code, Basic	This is Seagull's basic level module on the International Maritime Dangerous Goods Code for seafarers assigned specific duties and responsibilities related to cargo or cargo equipment involving packaged dangerous, hazardous and harmful goods. It delivers training on the legislation and requirements behind the shipboard procedures in which they are involved.	90 min
057	Doppler Log	The purpose of this training programme is to teach the principles of the Doppler log as well as the safe and efficient operation of the log during various operational conditions. Important operational aspects are explained and practical operational tips are given.	60 min
058	COLREG (0303-Lights, Shapes, and Sound Signal) (0304-Conduct of vessels)	<b>(0303)</b> - In response to the collisions that continue to occur between vessels at sea, this e-learning module has been developed to improve seafarer knowledge of "Rule of the Road". By using effective visualization techniques, the module ensures visual and easy understanding of lights, shapes and sound signals. Effective learning is ensured through exercises that test the learner's knowledge of the application of the rules. This e-learning module is aimed at active navigators on power driven vessels of more than fifty metres in length. <b>(0304)</b> - Highlighting the dangers of collisions between vessels at sea, this e-learning module discusses the importance of critical topics that still cause many accidents worldwide. By using effective visualization techniques, the learning experience is enhanced by real-life case studies that ensures the user's understanding of complex situations. Designed and developed together with experienced navigational experts, the module combines exercises with engaging scenarios to guarantee effective learning. This e-learning module is aimed at active navigators on power driven vessels of more than fifty metres in length.	90 min
059	Satellite Navigation - GPS	The purpose of this training course is to provide ship personnel with an understanding of how to use GPS Satellite navigation system in a safe and efficient way. System functions and features are described in a clear and concise way as seen from a navigational point of view. System limitations and possible error sources and how to handle them in order to obtain maximum system performance is focused upon throughout the module. As GPS has become the prime positioning system at sea, expertise in using the GPS system is a must for all navigators, regardless of ship size.	120 min
060	Navigation in Ice	The purpose of this training programme is to provide general and useful information about safe operation of ships in ice conditions. After completion of this module the deck officer will be able to demonstrate knowledge and understanding of ship operations in ice.	150 min
061	Stability II, Damage Stability	The purpose of this training program is to provide students with basic damage stability theory and make them understand how to perform damage stability calculations. Knowledge of damage regulations and how to use assessment tables are discussed in detail. The change of floating position and stability parameters in case of damage is discussed in detail. Other important subjects covered are the two primary methodologies used to calculate survivability of a ship after damage i.e. the loss of buoyancy method and the added weight method.	90 min
063	Mooring	The objective of this training program is to acquaint crewmembers with mooring arrangements, their purpose and their location on board. Planning and organizing mooring and anchoring operations are discussed and focus on. The operation and maintenance of winches, windlass and mooring equipment are discussed in detail.	120 min
066	Basic Ship Handling	Shiphandling can be defined as the task of using forces under control to manage forces not under control, to make the ship do what you want, when you want. There is no doubt that shiphandling requires a lot of practice, however, good theoretical knowledge about the ship and its surroundings is highly recommended for anyone intending to master the art. This e-learning module will take you through the basic principles of ship handling and the different forces involved in this craft.	75 min
068	IMSBC - International Maritime Bulk Cargo Code	The CBT module provides an "easy to follow" understanding of the IMSBC Code and illustrates the dangers of noncompliance with a series of case studies of actual accidents/incidents which have occurred within the industry recently. The module will be extremely useful in providing guidance to shipping companies, ship operators and to the ship's officers involved in cargo operations onboard. It will assist in maintaining safe and effective cargo operations in compliance with the code and observance with "Best Practice".	120 min
069	Basic Refrigeration	This program familiarizes students with the theory of basic refrigeration. It delivers the basic theoretical knowledge and skills needed to perform normal operation of a refrigeration plant. The program further explains the terminology used to understand the refrigeration cycle. Various types of compressors and other important components of the refrigeration plant are explained in detail. The program has also a built-in simulator of a typical two chamber refrigeration plant.	90 min
072	Basic Hydraulics	This training programme you will be introduced to the principles and possibilities of a hydraulic system. The module will familiarise the users with the principles and the inner workings of the industries' most common components. All components are animated and show what's usually hidden to the naked eye.	60 min
078	Pumps and Pumping Operations	Incorrect operation of pumps can be both time-consuming and expensive. A proper understanding of the different types of pumps and their design and function is essential to operate them in a safe and effective way. Seagull has developed this e-learning covering various types of pumps and pumping operations such as parallel pumping and series pumping.	60 min
083	Automation - Viscosity Control	This e-learning module will help the user to understand the importance of viscosity control regarding fuel and lube oil, and educate the user as to what viscosity really is. Seagull together with Maritiem Instituut "Willem Barentsz" has developed this module covering viscosity control and how to tune three-therm controllers.	120 min
087	Personal Survival and Survival Craft	In an emergency situation the crewmembers must be familiar with the ships lifesaving equipment. They must be familiar with personal survival techniques and the equipment located in survival crafts.	60 min
088	Human Relations, Social Responsibilities	This module will provide crewmembers with a better understanding of orders and communication with others and will contribute to good human relationships on board a ship. This module will also point out the importance of marine pollution prevention. This module is also one of five modules that are included in Seagull's Safety, Health and Environment onboard training course.	90 min
089	Medical Care	The main objective of this training programme is to educate the user as to how to provide medical care to sick and injured persons while they remain on board. Another objective is to enable the student to participate in coordinated schemes for medical assistance on board ships.	240 min

091	Incinerators	Today, there is an increased awareness on environment protection. MARPOL regulations say that every ship of 400 gross tons and above and every ship certified to carry 15 persons or more must have a garbage management plan. Seagull has together with Teamtec developed this e-learning module covering MARPOL Annex V, Class requirements for incinerators, and the operation of incinerators.	120 min
092	Introduction to MARPOL	Pollution from ships at sea has very serious environmental consequences. In response to the concerns about the environment the IMO, adopted MARPOL 73/78, which outlines pollution control measures in six Technical Annexes. This module takes you through these six technical annexes and provides you with an overview of the pollution control measures.	150 min
095	Marlins Study Pack 1 Progress Test	Understand each other is essential in emergency situations, work planning, etc. Good communication with others will also contribute to good human relations onboard a ship. Seagull, together with Marlins, has developed this e-learning module where everyone onboard can test their English skills.	4 hours
097	Energy Conservation	Today it is more and more focus on how to reduce the operational costs of a vessel. Fuel costs are a large factor in operational costs. The objectives of the e-learning module is to introduce the crew to the various ways of optimising ship's energy conservation. Seagull AS have developed this module with valuable input from the chemical operator Seatrans.	60 min
098	Fresh Water Generator	Onboard a ship, fresh water is in constant use. Boilers, high-pressure washers, accommodation decks, and auxiliary equipment represent a large portion of fresh water consumption every day. It is therefore important to produce more fresh water than what is used, in order to secure a sufficient reserve of fresh water on board. Seagull in co-operation with Uniltest have developed this e-learning covering the operating of Alfa Laval Fresh Water Generator to provide a better understanding on how to operate these generators.	120 min
101	IALA Buoyage	This training program is designed for use both as refresher training by a serving Master or Officer of a Navigational Watch and to assist a candidate in preparation for examination for such Certificates of Competency. The overall objective is to develop and reinforce understanding of how the IALA Maritime Buoyage System works and is used, including the characteristics and purpose of individual buoys and marks in different areas of the world.	60 min
109	AIS - Automatic Identification System	The purpose of this training program is to provide sufficient theoretical understanding for safe and efficient operation of AIS. An overview of the AIS system architecture, basic technical principles and important operational aspects are given. Focus is aimed at safe and efficient operation, system limitations and possible operational problems.	120 min
115	Security Awareness	Security Awareness is intended for seafarers and crew who do not have designated security duties. It will give the required knowledge to enhance maritime security awareness by recognising security threats, and understanding the need for and methods of maintaining security awareness and vigilance. Due to the International Ship and Port Facility Security (ISPS) Code and SOLAS chapter XI-1 and XI-2. This module is also part of three different security training onboard courses (Security Awareness, Security Duties and Ship Security Officer).	120 min
118	Steering Gear, RAM Type	In this training programme you will be introduced to the principles and basics of a Ram type steering gear. The module will give the users a good understanding of how the system works; possible problems, class requirements and alarms. It also includes a full steering gear simulator.	60 min
121	Ship Security Officer Training System	This training module aims to provide knowledge to those who may be designated to perform the duties and responsibilities of a Ship Security Officer (SSO), as defined in part A.2.1.6 (and part A.12.2 and part B.13.2) of the ISPS Code, and in particular the duties and responsibilities with respect to the security of a ship, for implementing and maintaining a ship security plan and for liaising with the Company Security Officer (CSO) and with Port Facility Security Officers (PFSOs). This module is also part of the SSO onboard course.	120 min
122	ISO 14001 Environmental Management	The purpose of this training programme is to make the student familiar with the ISO 14001 Standard for Environmental Management. The student will be given knowledge and understanding of the requirements, purpose and intention. However, focus is on the daily compliance in the work on board the vessel, i.e. how to follow up the international standard in the daily work on board the vessel.	30 min
123	Risk Assessment and Management	Purpose of this training programme is to provide the users with knowledge and understanding of Risk Assessment and Risk Management. The idea is to heighten awareness of safety issues and get people to think about job hazards and how they can be controlled. The module has focused on what you can do in your daily work, to identify the risks involved, and how you can work around them. This module is one of five modules that are part of Seagull's "Safety, Health and Environment" onboard training course.	60 min
124	Greasing Mooring Winches and Windlasses	The purpose of this training programme is to focus on the importance of proper greasing and maintenance of mooring winches and windlasses. The possible consequences of improper or infrequent greasing of mooring equipment are described together with tips for safe and efficient greasing procedures.	45 min
125	Hot Work	The precautions, procedures and documentation associated with hot work tasks have developed as an integral feature of repair and maintenance work on board ship, particularly since the introduction of quality management systems. Yet incidents continue to happen. This training module seeks to reinforce the safety requirements and procedures and develop a better understanding of the reasons behind them.	3.5 hours
127	Enclosed Space Entry	This training module aims to establish, improve and test knowledge and understanding of entry into dangerous enclosed or confined spaces on board ship. It highlights the dangers that may be present and reviews the common procedures employed when entry into such compartments is required. It serves both as refresher training for the serving seafarer and as foundation training for the new recruit.	4 hours
130	LRM - IHI GTC	This module, part of a series focusing on different lifeboat release mechanisms, examines the operation and maintenance of the IHI GTC unit. It is also applicable to models of identical pattern from other manufacturers.  Statistics from investigating authorities continue to demonstrate that the two primary causes of accidents during the launching and recovery of lifeboats are a lack of understanding of the release operation (commonly due to an inadequate training) and a lack of proper maintenance. This module addresses both elements, providing an animated step-by-step explanation of the preparations, release operation and recovery techniques and summary guidance on statutory maintenance procedures. Case studies and an overview of relevant national and international legislation are also included.	60 min
132	LRM - SHIGI S2	This module, part of a series focusing on different lifeboat release mechanisms, examines the operation and maintenance of the SHIGI S2 unit. It is also applicable to models of identical pattern from other manufacturers.  Statistics from investigating authorities continue to demonstrate that the two primary causes of accidents during the launching and recovery of lifeboats are a lack of understanding of the release operation (commonly due to an inadequate training) and a lack of proper maintenance. This module addresses both elements, providing an animated step-by-step explanation of the preparations, release operation and recovery techniques and summary guidance on statutory maintenance procedures. Case studies and an overview of relevant national and international legislation are also included.	60 min
134	LRM - HARDING FF	This module, part of a series focusing on different lifeboat release mechanisms, examines the operation and maintenance of the Harding free fall unit. It is also applicable to models of identical pattern from other manufacturers. Statistics from investigating authorities continue to demonstrate that the two primary causes of accidents during the launching and recovery of lifeboats are a lack of understanding of the release operation (commonly due to an inadequate training) and a lack of proper maintenance. This module addresses both elements, providing an animated step-by-step explanation of the preparations, release operation and recovery techniques and summary guidance on statutory maintenance procedures. Case studies and an overview of relevant national and international legislation are also included.	60 min
145	SMCP - Distress Urgency and Safety	Ability to use Standard Marine Communication Phrases (SMCP) is a mandatory requirement for all seafarers with watch-keeping duties. This e-learning module is the ideal introduction to the subject and will allow all ship staff to obtain the knowledge as required by STCW. It includes the scenarios for various Distress situations. The innovative blend of text, visual and audio in a user-friendly format will provide accessibility to all those who are required to learn and use SMCP onboard.	3.5 hours
146	SMCP - Navigation and Cargo Handling	Ability to use Standard Marine Communication Phrases (SMCP) is a mandatory requirement for all seafarers with watch-keeping duties. This is part 2 of our e-learning on this subject. This e-learning module covers the General Guidelines and various scenarios for Communication onboard while Handing-Over Navigational Watch and scenario for Passenger Care. It also deals with External Communication in case of Cargo Handling onboard Bulk carriers, Tankers and Containers. The innovative blend of text, visual and audio in a user-friendly format will provide accessibility to all those who are required to learn and use SMCP onboard.	3.5 hours

147	Maritime English, Introduction	This e-learning is designed to give students an introduction to some basic English words and phrases appropriate to the shipping industry. By learning this vocabulary, students will have a good foundation for understanding English used during ship operation. The material is presented in a variety of text, audio and visual inputs. The vocabulary is extracted from the IMO Standard Marine Communication Phrases (SMCP).	120 min
149	Incident Investigation		
150	Maritime English, Superintendents	This e-learning module develops a student's professional and conversational English in a common shipboard situation. It helps to review and practice terms commonly used during a ship "Superintendent's inspection" of the engine room. Names of equipment and various items of machinery are used in association with a Superintendent's inspection.	6 hours
151	HAZMAT - IMDG Code, Advanced	This is Seagull's Advanced level module on the International Maritime Dangerous Goods Code, for seafarers with immediate responsibility for the loading, discharging and care in transit or handling of dangerous, hazardous or harmful packaged goods. It delivers training on the legislation and requirements behind the shipboard procedures which they supervise or for which they are otherwise responsible. Please note that, in order to complete the practical exercises in this module, a copy of the IMDG Code is required.	2.5 hours
155	Stowaways, Migrants and Refugees	This training program is designed to provide guidance on the prevention and processing of stowaways and the handling of migrants and refugees rescued at sea.	3.5 hours
156	Piracy and Armed Robbery	This training program is designed to assist the seafarer in preventing a piracy or armed robbery attack, managing a situation where pirates or armed robbers gain access to the vessel understanding how to react if pirates do actually seize control of the ship. It will increase his general awareness of piracy-related risk and develop his understanding of the actions necessary in piracy or armed robbery situations. This module is also part of both the security awareness and security duties onboard courses.	60 min
158	Maritime English, Report Writing	This e-learning module is designed to assist non-English Language speaking seafarers to improve their narrative report-writing skills using common Maritime English words and phrases. In the module, each illustrated report is preceded by a synopsis of the material facts being reported. The finer points of writing are highlighted in the reports. Expanded details of these points can be seen by rolling the mouse over or by clicking the highlighted points. This module does not dictate on what is, and what is not, acceptable English and serves as an aid to effective reporting.	3 hours
160	Fire Fighting - Basic	The basic fire-fighting module will provide you with the know-how to minimize the risk of fires, maintain a state of readiness to respond to emergency situations involving fires and how to fight and extinguish fires.	60 min
161	Fire Fighting - Advanced	The advanced fire-fighting module will provide you with the know-how of fire-fighting operations onboard ships and the organising and training of fire-fighting teams. The module will also provide you with a good understanding of the inspection and service of fire detection systems, extinguishing systems and equipment, and the investigation and compiling of reports on incidents involving fire.	60 min
162	ALCAP (Separation Principles)	It is of the utmost importance that the fuel and lubricating oil is treated correctly, to keep the best possible quality. Poor oil quality can damage essential components in both main and auxiliary machinery. Seagull has together with Alfa Laval developed this e-learning session called the ALCAP Training Programme to increase the awareness as to how to treat fuel and lubrication oil.	75 min
163	ALCAP (The ALCAP System)	It is of the utmost importance that the fuel and lubricating oil is treated correctly, to keep the best possible quality. Poor oil quality can damage essential components in both main and auxiliary machinery. Seagull has together with Alfa Laval developed this e-learning program called the ALCAP Training Programme to increase the awareness as to how to treat fuel and lubrication oil.	90 min
164	ALCAP (Fuel Oil System)	It is of the utmost importance that the fuel and lubricating oil is treated correctly, to keep the best possible quality. Poor oil quality can damage essential components in both main and auxiliary machinery. Seagull has together with Alfa Laval developed this e-learning program called the ALCAP Training Programme to increase the awareness as to how to treat fuel and lubrication oil.	90 min
165	ALCAP (Lube Oil System)	It is of the utmost importance that the fuel and lubricating oil is treated correctly, to keep the best possible quality. Poor oil quality can damage essential components in both main and auxiliary machinery. Seagull has together with Alfa Laval developed this e-learning program called the ALCAP Training Programme to increase the awareness as to how to treat fuel and lubrication oil.	90 min
166	ALCAP (Monitoring and Control)	It is of the utmost importance that the fuel and lubricating oil is treated correctly, to keep the best possible quality. Poor oil quality can damage essential components in both main and auxiliary machinery. Seagull has together with Alfa Laval developed this e-learning program called the ALCAP Training Programme to increase the awareness as to how to treat fuel and lubrication oil.	90 min
172	International Collision Regulations	The overall objective is to develop, improve and test knowledge and application of the "Rule of the Road". Besides providing the text and a narration of the Rules themselves, this program delivers explanatory notes at every stage. It also includes comprehensive self tests, covering light, shape and profile identification, required manoeuvring, light and sound signal recognition and application of the Rules.	3 hours
173	Introduction to Computers		
174	MS Word 2003		
175	MS Excel 2003		
176	PowerPoint 2003		
177	MS Outlook Express		
179	Marine Fuel Properties II	Contaminated fuel can be harmful to machinery, personnel and the environment. Using contaminated fuel can also result in poor output from the ships' machinery and can result in major breakdowns. This CBT covers the properties of marine fuels with reference to ISO 8217 and MARPOL Annex I and VI.	120 min
183	Electrical Safety	The module introduces the important safety aspects of working with and near electrical equipment on board ship. The final chapter on safe isolation will serve as refresher training for those who have had previous electrical experience or training, or for those who are undertaking such training with the help of this module.	60 min
186	Vessel General Permit	The aim of this CBT module is to introduce the US Vessel General Permit (VGP) and to explain which onboard operations may need to be reorganised to comply with it. The module will provide Senior Officers with a full understanding of what the VGP aims to achieve as well as explaining the layout of the VGP and the requirements that the VGP places on shipping. While the module concentrates on the actions required of the ship's personnel, reference is made to the actions required of the company ashore so that the whole process can be fully understood. In order to assist ship's staff to meet the requirements of the VGP some best practices for modifying routine shipboard operations and for minimising duplication of records are included.	60 min
187	Marine Environmental Awareness	This is a basic training program in marine environment awareness for seafarers at management, operational as well as on support level. The aim of this training program is to motivate the seafarers into contributing to the prevention of marine pollution by stimulating their sense of involvement and responsibility in this area. This program has been developed in close cooperation with Prosea Foundation. Prosea has been providing marine awareness courses since 1999 and is the author of the IMO model course for Marine Environmental Awareness according to the STCW 2010 Manila amendments.	120 min
190	H2S - Hydrogen Sulphide Awareness	This training module will familiarize you with where H2S can be found onboard a vessel and explore the properties and specific health and safety risks H2S poses. The training module will also introduce the methods used to measure H2S levels and identify safe and unsafe levels of exposure. You will learn how to recognize symptoms of harmful exposure, protect yourself while you work and take the correct action in the event of a first aid emergency.	30 min
191	Maritime Labor Convention 2006	This module is intended to introduce MLC 2006 to all Shipboard Personnel and also Shipping Company office staff. As the Convention will impact on everyone within shipping world it is felt essential that they should at least have an overview of the Convention. It is intended that this will be the first e-learning module of what will be a package of modules and management tools, which together, will allow Shipping Companies, Ship Managers, Ship Operators and Senior Officers onboard ship to effectively achieve and manage compliance with the Convention.	60 min
192	MLC 2006 - Onboard Responsibilities	This e-learning module is intended to provide details of the requirements for the ship's Senior Officers to achieve, manage and maintain compliance with MLC 2006 onboard the ship. It is intended that this module will be part of a package of modules and management tools which will allow shipping companies, ship managers, ship operators and senior officers onboard ship to effectively achieve, manage and maintain compliance with the Maritime Labour Convention.	60 min
193	MLC 2006 - Shipowner's Responsibility	This e-learning module is intended for Shipowners/Managers/Operators, to provide details of the requirements to achieve, manage and maintain compliance with MLC 2006. It also covers Flag State inspection and certification issues relating to MLC 2006 and the consequences of non-compliance. This module will be part of a package of modules and management tools, which together, will allow Shipping Companies, Ship Managers, Ship Operators and Senior Officers onboard ship to effectively achieve, manage and maintain compliance with the Convention.	60 min



194	MLC 2006 - Lifestyle Assessment and Advice	Exercise benefits every part of the body, including the mind. The merits of regular physical activity ranges from preventing chronic health conditions to promoting weight loss and better sleep are widely acknowledged. It is intended that this will be one of several e-learning modules included in a package of modules and management tools which will allow Shipping Companies, Ship Managers, Ship Operators and Senior Officers onboard ships to effectively achieve and manage compliance with the MLC2006.	45 min
195	MLC 2006 - Physical Exercise and Lifestyle	Exercise benefits every part of the body, including the mind. The merits of regular physical activity ranges from preventing chronic health conditions to promoting weight loss and better sleep are widely acknowledged. It is intended that this will be one of several CBT modules included in a package of modules and management tools which will allow Shipping Companies, Ship Managers, Ship Operators and Senior Officers onboard ships to effectively achieve and manage compliance with the Convention.	45 min
196	Volatile Organic Compound	With the entry into force of the recently revised MARPOL annex VI all crude oil tankers are required to have a VOC management plan and a designated person responsible for onboard control of volatile organic compound emissions. This module has been specifically developed to meet the requirements for training the designated person whilst also providing an invaluable information source for VOC management and control requirements for all Operational and Management personnel involved with cargo operations onboard crude oil carriers.	2.5 hours
197	MLC 2006 - Basic Introduction	This module will provide a good basic introduction to the Maritime Labour Convention, 2006, for ships' Junior Officers and Ratings. It will provide the Junior Officers and Ratings with sufficient knowledge of the Convention to assist them in their part in maintaining compliance with the Convention onboard ship. The module looks in appropriate detail at the background, structure and content of the convention and how it may directly affect them. This e-learning module is part of a Distance Course.	90 min
211	ECDIS System and Chart Types	Navigation of vessels is moving away from the traditional method using paper charts towards the use of electronic charts and integrated electronic navigation systems. This trend requires that Masters and Navigating Officers are able to use and operate Electronic Chart Display and Information Systems, ECDIS. Also, the 2010 Manila amendment to STCW require that Masters and Watchkeeping Navigating Officers sailing with ECDIS are qualified in its use.	45 min
212	ECDIS Display Features	The 2010 Manila amendment to STCW require that Masters and Watchkeeping Navigating Officers sailing with ECDIS are qualified in its use. This e-learning module, the second in a series of three modules dealing with ECDIS, will introduce the user to the features on the ECDIS display, particularly focusing on the display of depth information which will enable an Operator to set up the vessel's ECDIS correctly hence giving grounding protection.	45 min
213	Passage Planning with ECDIS	The 2010 Manila amendment to STCW require that Masters and Watchkeeping Navigating Officers sailing with ECDIS are qualified in its use. This e-learning module, the third in a series of three modules dealing with ECDIS, will introduce the user to passage planning with ECDIS from preparation to passage making to data recording. The various tools available to the Operator are looked at which will enable an efficient use of ECDIS on a vessel.	40 min
215	Voyage Planning, Pre-Departure	This module is the first in a series of three covering aspects of voyage planning based on a voyage from Norway to the USA. This e-learning covers all elements of passage appraisal, plotting a route and ensuring that the paper chart passes all relevant planning information to the bridge team. Also included is communications with VTS and factors to be considered when setting a safe speed considering obligations under the International Regulations for the Prevention of Collisions at sea.	90 min
216	Voyage Planning, The Sea Passage	This e-learning covers all elements of passage execution and monitoring including the use of bridge notebooks and having a contingency plan. There is a section covering ice reporting and weather routing with environmental information on tides and ocean currents. Emphasis is given to the various methods of monitoring a passage stressing the dangers of over reliance on one navigation system, or method, for position fixing. There is a high priority given to achieving situational awareness on the bridge.	75 min
217	Voyage Planning, Pilotage and Berthing	This module covers the final part of the passage from boarding a pilot to arrival off the berth and starts with the importance of the master/pilot information exchange, it continues with the vessel being navigated to the berth. Safety in channels and confined waters forms a large part of this e-learning program. After completion trainees will be more aware of the need to passage plan for navigating in channels with a Pilot on board. The module uses a mixture of text, sound and avatar figures on the bridge of the vessel to promote the learning objectives.	45 min
218	Oil Record Book Part I	Around one quarter of MARPOL deficiencies found during Port State Control inspections relate to oil record book entries. Most often these are made in Part I of the oil record book - used to record machinery space operations. This e-learning session explains the way to record a wide variety of operations following the IMO guidance - including handling of bilge water and sludge, bunkering and fuel tank ballast operations. A number of common sources of oil record book mistakes are highlighted, together with the IMO recommended way of making corrections.	60 min
219	Oil Record Book Part II	This module will describe how to ensure the MARPOL requirements for the Oil Record Book Part II are complied with. The module will cover all the operations carried out on oil cargo and ballast for which the ORB Part II has codes, so as to illustrate how each operation should be recorded and how corrections can be made legitimately.	60 min
220	Galley Operations 1 - Workplace and Equipment Safety	This module is part of a series specially developed for catering and hospitality personnel aboard ship and may be used as both foundation and revision training. This e-learning module focuses on the galley and associated storage and handling spaces as a working environment and examines the hazards that are encountered in them on a day-to-day basis.	60 min
221	Galley Operations 2 - Hygiene	This module is part of a series specially developed for Catering and Hospitality personnel aboard ship and may be used as both foundation and revision training. What is the critical importance of hygiene to the safe handling, preparation and delivery of food aboard ship? Topics such as personal hygiene, cleanliness of the galley environment and the principal regulations and basic procedures associated with garbage handling are covered in this module.	60 min
222	Galley Operations 3 - Food Handling	Food can carry disease and transfer it from one person to another as well as serve as a medium for growth of bacteria that may cause food poisoning. In MLC 2006 there are new requirements to the safe handling, preparation, and storage of food in ways that prevent foodborne diseases. In this e-learning module we look at the importance of safe and effective handling procedures to the storage and delivery of food aboard ship. It is designed as foundation and continuing training for your catering staff and covers all the dangers of poor food handling.	60 min
223	Galley Operations 4 - Nutrition	Our nutrition e-learning covers the nutritional and dietary requirements of an individual and also talks about the food pyramid, balanced meals, types of nutrients etc. You will be able to state the importance of ordering and maintaining a balanced range of food as well as recognising why it is necessary to deliver a balanced meal to your crew.	60 min
224	Nutrition and Well-being, Awareness	It is essential that people know how best to make use of their resources to ensure nutritional wellbeing. To be adequately nourished, individuals need to have access to sufficient and good quality food and they need an understanding of what constitutes a good diet for health, as well as the skills and motivation to make good food choices. This module describes the nutritional and dietary requirements of an individual and also talks about the food pyramid, balanced meals, types of nutrients etc.	60 min
230	High Voltage Fundamentals	STCW 2010 recognises the increasing use of high voltage (HV) electricity on ships with new requirements for all engineer and electrical officers to be familiar with HV. In addition the new ranks of Electro-Technical Rating and Able Seamen Engine are required to understand the risks associated with HV electricity.	120 min
231	High Voltage - Ship's Electrical Networks	STCW 2010 recognises the increasing use of high voltage (HV) electricity on ships with new requirements for all engineer and electrical officers to be familiar with HV. In addition the new ranks of Electro-Technical Rating and Able Seamen Engine are required to understand the risks associated with HV electricity.	120 min
232	High Voltage Equipment and Testing	STCW 2010 recognises the increasing use of high voltage (HV) electricity on ships with new requirements for all engineer and electrical officers to be familiar with HV. Part B of the STCW Code makes recommendations for the training of personnel having management responsibilities for the operation and safety of HV electrical equipment, as this needs tighter control than for LV.	90 min
233	High Voltage - Management on Ships	STCW 2010 recognises the increasing use of high voltage (HV) electricity on ships with new requirements for all engineer and electrical officers to be familiar with HV. Part B of the STCW Code makes recommendations for the training of personnel having management responsibilities for the operation and safety of HV electrical equipment, as this needs tighter control than for LV.	60 min
234	Electric Propulsion, Fundamentals	The use of variable speed electrical motors on ships is becoming increasingly common - most notably for electrical propulsion of the ship, but also for driving pumps and other auxiliaries at a more economical speeds.	90 min
235	Electric Propulsion - Electrical Machines	This e-learning module is the second in a series of four on the subject of electric propulsion. STCW 2010 requires OOW engineers to have knowledge of electrical motors and starting technologies, and need to be able to detect faults. Electro-technical ratings should know electro-technology and electrical machines theory.	60 min
236	Electric Propulsion - Power Electronics	This e-learning module is the fourth and final in a series of four on the subject of electric propulsion. STCW 2010 requires OOW engineers to have knowledge of electrical motors and starting technologies, and need to be able to detect faults. Electro-technical ratings should know electro-technology and electrical machines theory.	60 min

237	Electric Propulsion - Electrical Propulsion	This e-learning module is the fourth and final in a series of four on the subject of electric propulsion. STCW 2010 requires OOW engineers to have knowledge of electrical motors and starting technologies, and need to be able to detect faults. Electro-technical ratings should know electro-technology and electrical machines theory.	60 min
240	Bunker Fraud	Bunker Fraud is on the increase and the rising cost of fuel oil means that, in addition to possible damage to machinery caused by off specification bunkers, the financial costs of bunker fraud are also rising. This module shows ship staff how to recognise the significance of the costs and affects of bunker fraud, and how to detect fraudulent practice in bunkering operations.	90 min
241	Development of Heavy Weather	This module defines heavy weather using physical statements and elaborates on the damaging effects of heavy weather on a vessel, its crew and cargo. It describes weather systems across the world and local conditions causing heavy weather. Tropical revolving storms are considered with emphasis on the dangerous sectors. Another section describes types of waves, and a vessel's response to them in roll and pitch.	60 min
242	Heavy Weather Navigation	This e-learning module describes the worldwide systems in place to help a vessel avoid heavy weather and the on board preparations when heavy weather is expected. It is given guidance on the size and effects of environmental forces on a vessel by comparing them with engine and tug forces. Comprehensive advice on mitigating the effects of heavy weather when navigating in ocean, coastal and pilotage areas and guidance on the actions to take if a vessel is damaged in heavy weather and the global systems in place to support such a vessel.	60 min
245	Safe Operation and Maintenance of Grinding	Grinding wheels operate at high speeds and, if poorly maintained or misused, can break up with potentially deadly results. This module explains the types of jobs done with abrasive wheel equipment, how to select the correct type, general risks to be aware of before starting work and maintenance. Various problems found when using fixed equipment are covered. Some commonly found bad practices are highlighted, including incorrect use of PPE. Finally the maintenance required to keep the wheels in good condition is covered, including the dressing and changing of a wheel.	120 min
247	Anchor Mooring Procedures	This e-learning module describes the procedures for letting go an anchor and the various types of moors that can be achieved using anchors. The learner is given guidance on the effects of environmental force on a vessel when coming to an anchor berth. The risks associated with each mooring operation and the means to avoid them are described. Step by step advice is given on how each of the moors is achieved, including the anchor location, and the procedures for un-mooring. A variety of text, animations, images and sound are used to help the learner achieve the learning objectives.	60 min
250	Conflict Management	Conflicts are everywhere. Wherever we go, we encounter a number of conflicts, as they are part of our everyday life. Handling our own conflicts can be a tough task, but it can also be difficult to help others settle theirs. But why is this so difficult? Conflicts are after all part of our daily life. During anyone's life, he or she will experience a number of conflicts and hopefully also manage to overcome them. Conflicts can be managed in many ways: however, not all of these ways are constructive. Sometimes, we tend to ignore conflicts in the hope that they will just fade away.	60 min
251	Culture Management	In recent years, culture issues were not regarded as crucial concerns of operations onboard ships, but nowadays, people realize the significance of knowing the impact of intercultural differences on onboard safety, as well as on the working relationship of crewmembers. Since different cultures exist onboard international vessels, it is important to develop cultural understanding in order to avoid these safety risks and improve ship operations. This course tries to provide answers to some questions that arise in an intercultural environment.	75 min
252	Active Listening	Effective communication with those around you is an essential tool to ensure a safe, effective and friendly environment at home and in the workplace. We need to learn more about active listening in order to improve daily communication and reduce accidents resulting from misunderstandings. Active listening is more than simply hearing, it involves a number of skills that can be developed and applied not only in relationships onboard but also at home. Active listening enables us to connect effectively with other people, maximize positive responses, and minimize the negative ones.	45 min
253	Corrective Feedback	One of the reasons why officers have problems giving feedback is that they don't quite know what to say or how to say it. They find the situation awkward, particularly when they have to give critical feedback. As a result, problems are left unaddressed, and they often get even worse. Hence, this course can help officers communicate performance feedback in a structured, organized way. The structure is simple and powerful, and is a confidence-booster for officers, especially when they need to talk about performance problems with subordinates.	45 min
254	Meeting Management	Many people often feel that holding a meeting is a waste of time. Meetings may create confusion rather than provide clarity. A well-organized meeting is an effective venue for discussions of crucial issues within an organization. This course is designed to guide officers in holding onboard meetings. It aims to teach participants to identify the different types of meetings, how to prepare effectively and how to participate actively. The course explores how to make a follow-up after the meeting to ensure that key points are properly acted upon.	45 min
255	Question Techniques	When speaking, we inevitably shorten the description and explain only what we believe is the essence of our experiences. Using question techniques enables us to get more information from other persons. Techniques help us discover crucial facts about a particular subject, and thereby reduce misunderstanding or misinterpretations while communicating with other people. Using effective question techniques can help us grasp the profound meaning of the spoken word and challenge the underlying 'truth'.	75 min
256	Team Leadership	Maximizing the potential of multi-skilled crews can only happen if the leadership style within an organization follows an effective management philosophy and approach, which may be quite different from those applied 30 or 40 years ago. A group of multi-skilled crew will function more effectively if they are allowed the freedom and control over their own efforts, to apply their expertise, skills and techniques in accomplishing their own individual tasks. Subordinates must be capable of and often given the authority to act on their own initiative. This module will help develop the required skills to effectively tackle leadership issues.	45 min
257	Stress Management	Stress is a normal part of life. Stress can either help or hinder us from dealing with different circumstances, but this depends on how we react to it and manage it. High levels of stress can have a serious impact on the crew's performance onboard because stress itself increases the risk of human errors. If we manage stress positively, our bodies will repair any damage it has caused. But if we deal with it negatively, stress-related tensions will build up and take over our control and in the long term, stress can lead to health problems. In the shipping business - where safety is one of the most important concerns - successful Stress Management can improve performance and help reduce the risk of accidents, injuries, and illnesses.	60 min
258	Ship Energy Efficiency Management Plan	This module responds to the IMO guidance document on the Ship Energy Efficiency Management Plan (SEEMP) and delivers summary explanations on its purpose, implementation and maintenance.	75 min
259	Seafarer Appraisal	This is a course for management level officers on board ships and human resource and crewing managers ashore who will be involved in appraising seafarers. Explains the importance of an effective Performance Appraisal System in retaining and developing staff. Helps managers to lead, coach and motivate their subordinates, whilst at the same time furthering the interests of the shipping company. Shows how developing an effective appraisal system can assist the professional growth of the crew and the attainment of individual and company goals.	90 min
260	Behavior Based Safety	This course provides the tools to improve and develop seafarer safety behaviour and improve safety awareness. The importance of personal responsibility, in addition to following standard procedures is emphasised. How to observe safety behaviour and give both appreciative and corrective feedback is emphasised. The module shows how ships staff can be encouraged to be positive, proactive, assertive and constructive in their attitude towards safety on board ship.	90 min
261	Mentoring at Sea	This module introduces the learner to experiential knowledge. It highlights the importance of mentoring, the role of a mentor and how experiential knowledge is passed on. The importance of mentoring cannot be ignored and this module explains the basics as well as the barriers you may face in this subject.	60 min
263	Principles of Assessment	This e-learning module will provide a sound introduction to the principles of assessment for ships' officers and shipping company staff involved in the assessment of seafarers' knowledge and competence. The module introduces the terminology used in assessment, and covers the various skills that may need to be assessed, as well as various methods of assessment. It introduces assessment strategies suitable for the assessment of seafarers' cognitive and psychomotor skills, and competence.	75 min
264	Onboard Assessment	This module is part of a training package along with CBT#0263, Principles of assessment, and the associated workbook which meet the requirements of IMO model course 1.30, Onboard assessment. The module builds on the introduction to assessment principles covered in CBT#0263, Principles of assessment. In particular, it focuses on the use of STCW as the main standard for identifying onboard competence and the use of direct observation and oral questioning as the main methods of testing when assessing competence onboard.	70 min

265	Shore Based Assessment	The module focuses on the use of written test methods that can be used by shore-based personnel when assessing seafarers onboard ship. In particular, the module describes how to make the best use of multiple-choice tests as an assessment tool. The module also identifies the required format of test items intended for inclusion in Seagull's CES question database for STCW, detailed and company specific tests.	60 min
271	Leadership Communication for Maritime	For seafarers of various nationalities on board ships, which do trade around the world, effective communication among the seafarers themselves and between ship and shore is critically important. This module presents the basic concepts and theories, effective communication techniques, and the practical applications on board the ship. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
272	Leadership - Maritime Conventions	This module gives a brief overview on the roles of the International Maritime Organization (IMO) and the International Labor Organization (ILO) with respect to maritime conventions. Special emphasis is given on the four pillars of the global maritime regulatory system, how the flag states and port states implement these conventions, and some recommendations and state legislations related to fatigue, safe manning and human factors. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
273	Leadership - Shipboard Personnel	This module deals with the shipboard organization, the formal and informal structures, personal and professional relationships, and human limitations. The significant impacts of human factors in the error chain are emphasized, with the end view of improving safety consciousness among seafarers. It also covers the role of shipboard training in addressing competence gap issues, and the ways to tap personal abilities to improve the team's performance. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
274	Leadership - Task and workload Management	Maintaining the right level of workload is often challenging for seafarers, especially during critical operations. This module presents several methods and tools such as planning, coordination, assignment, delegation, and prioritization, which are all intended to avoid potential constraints and achieve a balanced workload for shipboard personnel. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
275.1	Leadership - Effective Resource Management Part 1	This module presents a structured approach in allocating, assigning and prioritizing shipboard resources. It also deals with making the appropriate decisions and balancing the level of assertiveness based on the circumstances, obtaining and maintaining situational awareness, and dealing with resource constraints. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
275.2	Leadership - Effective Resource Management part 2	This module is the second part of Effective resource management. It focuses on the role of assertiveness in leadership, obtaining and maintaining situational awareness and dealing with resource constraints.	30 min
276	Leadership - Decision Making Techniques	This module covers the various practical tools and styles in making decisions. Actual shipboard examples and cases are used in order to present the concepts clearly to seafarers. This e-learning module does not include audio or animations. It is an interactive e-book with drag and drop exercises.	60 min
277	Marine Environmental Awareness - Challenges	This module is the second of three modules on the subject of marine environment and together with CBT # 187 Marine Environmental Awareness and the aim is to increase knowledge of the impact of shipping on the marine environment and the role of regulations, procedures, technical installations and the human factor in the achievement of sustainable shipping. This second module has focus on the onboard procedures and environmental regulations, and has the intention to comply with procedures and regulations in order to protect the environment. It can also be used as training for Environmental Officers onboard vessels which are classified according to Environmental Class.	120 min
278	Marine Environmental Awareness - Sustainable Shipping	This is the third and final Marine Environmental Awareness module and will educate, stimulate and empower officers on board vessels to contribute to sustainable shipping and to ensure compliance with pollution prevention measures. The modules # 187, 277 and 278 will together with a workbook, be part of a new onboard course for Environmental Awareness.	60 min
285	Enclosed Space Entry, Awareness	The module identifies the hazards likely to be faced during entry into enclosed spaces and the precautions that must be taken before entry, recognizes the signs of adverse health effects caused by exposure to hazards in enclosed spaces and the additional precautions required when the atmosphere in an enclosed space is either known or suspected to be unsafe. In addition, it helps the learner to know both the personal protective equipment required and the correct initial actions to be taken to rescue crew from an enclosed space.	60 min
289	Learning MS Word 2007		
290	Learning MS Excel 2007		
291	Learning MS PowerPoint 2007		
292	Learning MS Outlook 2007		
300	Rigging and Slings	The purpose of this training programme is to provide general and useful information about safe rigging and slinging practice. The program does not cover all types of equipment on ships/rigs but efforts have been made to cover the most common used equipment and provide the most useful and relevant information on each type of equipment.	120 min
301	Crane Operations	This module concentrates on the operation and maintenance of service cranes used for the routine working of the ship, such as deck, provisions and engine-room cranes. It does not cover larger cranes and derricks designed for the loading and discharge of cargo, such as might be found on a general cargo ship or heavy-lift vessel.	4 hours
306	Incident Investigation - Cause and effect		
307	Incident Investigation - Investigation techniques		
342	Common Bulk Cargoes	This CBT is the third of a series of modules covering the safe and efficient carriage of dry bulk cargoes. This will be particularly useful for deck officers who have not previously sailed on dedicated bulk carriers. It will also act as a refresher for Management level with previous bulk carrier experience.	60 min
347	Bulk Carriers - Trim & Stability	Over the years there have been numerous bulk carrier incidents, where general precautions and routines have not been carried out properly. These could have been avoided by following the shipboard procedures included in this e-learning module.	60 min
348	Bulk Carriers - The voyage	Over the years there have been numerous bulk carrier incidents, where general precautions and routines have not been carried out; these could have been avoided by following the shipboard routines included in this e-learning module.	60 min
417	Low Sulphur Fuel Operation	The Low sulphur operation onboard course has been developed to put focus on operational challenges related to switching between high and ultra-low sulphur fuels. Switching between high and ultra-low sulphur fuels has become a reality for many vessels trading in and out of emission control areas. After 1 January 2015 a vessel operating in an emission control area can not use fuel with a sulphur content exceeding 0.10%. Due to very different properties of high and ultra-low sulphur fuels this can lead to both economical and operational challenges for the affected vessels. Failure to comply with the regulations could result in vessel detention or prosecution.  On completion of this course you will receive a Documentary evidence.	15 min
600	CEMS - Crew Endurance Management	As a crewmember in marine operations, have you ever thought about the factors that drains you of energy? This module offers you the opportunity to assess your fatigue risk factors, find solutions to these challenges and generate ideas to create a Crew Endurance Plan.	120 min
604	Eye Injury Prevention	The purpose of this training is to help reduce the incidence of job-related eye injuries. The training content describes the primary causes of eye injuries on the job; the proper selection, use and care of Personal Protective Equipment (PPE) that is available to help prevent damage to the eye; and the immediate first-aid treatment procedures for the most common types of eye injuries.	60 min
605	Work ergonomics and Back Care	This course provides an overview of ergonomics – workplace design that is conducive to good health and effective job performance. In this context, the course instructs learners on how to assess risk of workplace injury and how to organize a workplace properly to minimize that risk. Particular emphasis is given to care of the back, a common area of injury; back care measures, including specific exercises and lifestyle tips, are included.	60 min
606	Hearing Conservation	This training is designed to create awareness of hearing-loss hazards in the maritime workplace; to underscore the importance of taking adequate precautions to prevent hearing damage; and to provide practical knowledge about the proper selection, use and maintenance of hearing-protection equipment.	60 min
608	Drug and Alcohol Policy Testing	This course illustrates the serious health, job performance and legal implications of alcohol and drug abuse, with particular attention given to the hazards of substance abuse in the maritime workplace. The course covers the physical signs and symptoms of substance abuse, the types of potential repercussions of working while impaired, drug and alcohol testing procedures, and the consequences of violating company drug- and alcohol-use policies.	60 min
612	Respiratory Protection	This training teaches the importance of using respiratory protection in workplaces where airborne toxins or irritants may occur. The program includes chapters on identifying respiratory hazards and selecting the proper respirator for each hazard, as well as instructions on how to properly fit and maintain respiratory protection equipment.	60 min

4014	Equipment Specific Training - JRC ECDIS	The JRC ECDIS training module has been developed by Seagull working closely with Japan Radio Co., Ltd. (JRC), one of the major manufacturers of ECDIS equipment and is now included in the Seagull e-learning library. This training module is designed to train navigators in the practical use of the JRC ECDIS and satisfy the requirement for Equipment Specific ECDIS Training. JRC confirms that this module will provide all necessary understanding and practical knowledge to use the JRC ECDIS system in a safe and efficient manner.	150 min
4063	Cyber security awareness	This package from DNV GL consist of 4 modules. Module 1 - Your role Module 2 - Common threats and traps Module 3 - Good practices Module 4 - Counter measures (optional module)	40 min