



SUSTAINABILITY NEWSLETTER

Australia- Indonesia- Philippines

June – November 2024



MENTAL HEALTH

17 PARTNERSHIPS FOR THE GOALS



3 GOOD HEALTH AND WELL-BEING



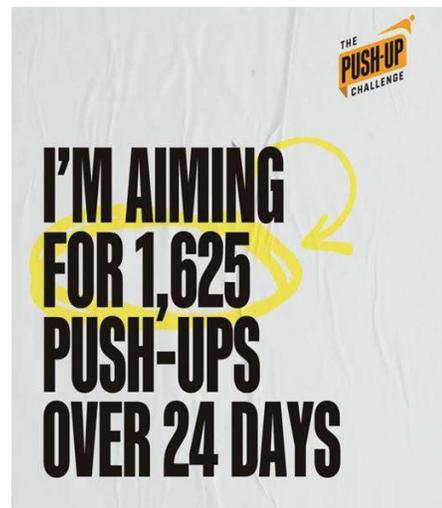
Fracht Australia – June & September 2024



Every September Fracht Australia engages in RUOK? Day. RUOK? Day is a powerful reminder of the importance of checking in on those around us and to start a conversation ANY day it's needed. We use this day to promote mental health awareness and support those who may be struggling. A simple 'are you okay?' can make a world of difference.



The Push-Up Challenge is Australia's largest mental health and fitness initiative. For 24 days in June, our team completed 3249 push-ups, putting a spotlight on the number of lives lost to suicide in 2022. Not only did we get stronger, but we also learned a lot about mental health and the importance of taking care of ourselves. It was a great experience all around.



Name	Funds Raised	
	Today	Total
Sasho T	75	656
Michel S	0	624
Rouben S	0	172
Rosie N	0	549
Amelie M	0	142
Marion M	0	873
Shannon L	0	688
George K	0	1245
Karina K	0	227
Tina H	0	318
Zander G	0	0
Sonia F	0	1277
Chloe D	0	386
Van D	0	79
Fernanda B	0	368
Peri A	0	779





Trees planted for tomorrow



Our friends from STAMM Logistics in the Philippines planted trees for “FRACHT forward”. In previous years we planted trees in Rizal and Zambales. Coordinating with the DENR (Department of Environment and Natural Resources) we follow up on care and growth.

This year the planting area was in Bataan and again we could put some 1000 tree seedlings into the ground. Planting for tomorrow.

The team stayed overnight at the beach for a team building program. Teams for today, trees for tomorrow.



Fracht Australia – August 2024



Fracht Australia had a very rewarding team-building event. We rolled up our sleeves and cooked up a storm to help those in need. A total of 150 delicious meals were prepared by us and distributed to charities supporting people experiencing food insecurity. Each year, Our Big Kitchen - local community kitchen and their volunteers prepare and distribute over 250,000 meals, support 33+ charities, and help thousands of individuals





Fracht Indonesia- Fruit Day

To achieve Zero Hunger, several strategies are employed:

We conduct fruit eating events with all employees every Monday in May



○ Fruit Day

Dietary Practice: Fracht Indonesia may designate a specific day of the week as "fruit day" where they primarily consume fruits as a way to detoxify, cleanse, or simply increase their intake of vitamins and minerals.



Fracht Indonesia – Meal Package

Fracht Indonesia participated in the Friday Blessing event by giving meal package to Yayasan Putra Nusa Orphanage.



WASTE MANAGEMENT

Fracht Australia 2024

17 PARTNERSHIPS FOR THE GOALS



15 LIFE ON LAND



Dispose all cans, plastic, and glass drink bottles between 150ml and 3litres.
You can keep the lids on

Please do not crush your containers.
Milk and Wine bottles are not accepted.

CANS, GLASS & PLASTIC BOTTLES ONLY

We are glad to announce an expansion of our recycling program to include additional materials. This initiative reflects our commitment to environmental sustainability. We now have: General waste, Recycling, Food waste and Battery & household electronics collection at our offices in Australia.



Clean up our environment



Increase recycling and reduce litter



Fracht Melbourne recycles most aluminum, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 Liters, and CDS Vic provides a 10-cent refund for every eligible drink container returned.

[Victoria's Container Deposit Scheme | Learn How To Make A Return \(cdsvic.org.au\)](#)



Help our own community through



Fracht Melbourne uses CDS VIC refund to hold a food drive and donate healthy food to Foodbank Australia to help fighting hunger across the country.

[Hunger in Australia impacts 3.7 million households \(foodbank.org.au\)](#)

Foodbank Victoria's Emergency Food Drive



September is a special month. At our Sydney office we had a very informative workshop covering Climate change, helping us understand the causes, effects, and solutions in a clear and engaging way. We worked our practical skills discovering strategies to reduce our carbon footprint to make a positive impact. Among the great discussions, hands-on activities and goal-setting, we also checked our carbon footprint: <https://www.footprintcalculator.org/>





The International Coastal Cleanup activity on Saturday, September 21, 2024, has collected a total of 350,000 kilos of garbage in the nationwide coastal cleanup participated by 74,000 volunteers. According to the DENR, this also shows the commitment of the communities to work together for a cleaner environment. In the spirit of the FRACHT forward concept the STAMM Team joined the cleanup drive.



FRACHT PHILIPPINES by STAMM International INC Coastal Clean Up 2024



OCTOBER 2024

13 CLIMATE ACTION



17 PARTNERSHIPS FOR THE GOALS



FRACHT INDONESIA Green Contribution at Jakarta's Coastline

We are pleased to share our successful Mangrove Planting Activity, which took place on September 28, 2024, at the Mangrove Forest in Jakarta. This initiative, carried out in collaboration with MANGROVE JAKARTA ID, demonstrated our commitment to environmental conservation and aligned with Sustainable Development Goals, including Climate Action, Life Below Water, and Life on Land.



This mangrove planting initiative was more than just a one-day event; it's an investment in our future. By taking action and educating our youth, we're contributing to the long-term health of our local ecosystem and setting an example of corporate responsibility in environmental conservation.



BREAST CANCER AWARENESS

Fracht Australia – October 2024

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3 GOOD HEALTH AND WELL-BEING



Proudly supporting

Breast Cancer Network Australia



Supporting Australians affected by breast cancer
bcna.org.au | 1800 500 258

The Fracht Group proudly supports Breast Cancer Awareness Month, and our teams in all our offices around Australia have organized small get togethers throughout October, wearing PINK to discuss these issues and raise awareness

Breast Cancer Network Australia provided us all information and resources and open the doors to do our bit for this cause and participate in the fundraising.

FRACHT AUSTRALIA

WEARS PINK IN OCTOBER !

