Fracht FORWARD

FRACHT GROUP SUPPORTS THE UN SUSTAINABLE DEVELOPMENT GOALS

MIDDLE EAST OCTOBER 2025 NEWSLETTER

Stretching Out Stress: Yoga at the Desk

3 GOOD HEALTH AND WELL-BEING

Workplace wellness through Desktop Yoga

Fracht Abu Dhabi organized a rejuvenating “Desktop Yoga” session in collaboration with Magical Yoga Studio, highlighting the importance of workplace wellness. The team learned practical breathing techniques and simple yoga postures designed to be performed at their desks, offering an effective way to counter the challenges of a sedentary lifestyle. These exercises not only help reduce stress but also improve posture, enhance focus, and promote overall well-being. This initiative reflects the commitment to fostering a healthier and more balanced work environment for our teams.

Planting for a Greener Future

13 CLIMATE ACTION

CLIMATE ACTION

11 SUSTAINABLE CITIES AND COMMUNITIES

Eco-awareness through Office Planting

Fracht Dubai organized a plant potting activity to reinforce its commitment to sustainability and environmental awareness. Employees came together to pot plants within the office, creating a healthier and more eco-conscious workspace while fostering team spirit. The initiative not only beautified the workplace but also encouraged a culture of sustainability, highlighting the importance of collective action for a greener future.

Fracht India took action against ocean pollution

13 CLIMATE ACTION
CLIMATE ACTION
15 LIFE ON LAND
14 LIFE BELOW WATER

As part of World Clean-Up Day, Fracht India organized a Mangrove Cleaning Drive to raise awareness about ocean pollution and the importance of preserving fragile coastal ecosystems. The team worked together to remove plastic and waste from the shoreline, helping restore natural beauty while protecting vital mangrove habitats. The initiative not only promoted environmental responsibility but also strengthened teamwork and reinforced our shared commitment to sustainability.

13 CLIMATE ACTION
CLIMATE ACTIOI
14 LIFE BELOW WATER

Fracht Turkey Joins World Cleanup Day

On World Cleanup Day, Fracht Group Turkey came together to collect waste and raise awareness about sustainable living. Participation was also extended to employees' families demonstrating the company's commitment to a cleaner and more sustainable environment.

Fracht KSA Contributes to Greener, Cleaner Communities

13 CLIMATE ACTION

15 LIFE ON LAND

11 SUSTAINABLE CITIES AND COMMUNITIES

CLIMATE ACTION

Fracht KSA carried out a community initiative by planting greenery and cleaning a local park, creating a healthier and more inviting space for residents. The effort not only enhanced the environment but also reinforced the importance of sustainability and shared responsibility within the community. This reflects the company's commitment to fostering greener, healthier, and more livable spaces.

3 GOOD HEALTH AND WELL-BEING

11 SUSTAINABLE CITIES AND COMMUNITIES

Celebrating Heart Health: Fracht AUH Joins the Cause

The Fracht Abu Dhabi team participated in the World Heart Day community event organized by NMC Shabiyah, which focused on raising awareness about cardiovascular health and active living. The program featured a health talk by expert doctors, a Heart Walk, and free health screenings, highlighting the team's commitment to wellness, healthier lifestyles, and community well-being.

Fracht India in Action: Protecting Shores, Preserving Nature

13 CLIMATE ACTION | 15 LIFE ON LAND | 11 SUSTAINABLE CITIES AND COMMUNITIES

CLIMATE ACTION

Fracht India took part in a beach clean-up initiative aimed at protecting the coastline and preserving its natural beauty. The team actively removed waste and debris, helping to create a cleaner, safer space for both the community and local marine life. Beyond the immediate impact, the activity highlighted the importance of environmental care and collective responsibility, reflecting Fracht's commitment to building a more sustainable future.

Green Team United: Fracht Turkey Restores Local Forests

15 LIFE ON LAND | 13 CLIMATE ACTION

CLIMATE ACTIOI

As part of its ongoing corporate social responsibility initiatives, Fracht Turkey organized a forest cleanup activity, with employees and their families actively participating in collecting waste and removing debris. The effort contributed to the restoration and preservation of the forest ecosystem and reinforced the company's commitment to environmental stewardship, promoting cleaner, greener, and more sustainable surroundings.

Joining Hands for a Cause: Fracht Dubai Supports the Noor Foundation

Fracht Dubai organized a donation drive in support of the Noor Foundation, setting up a donation box at its office and encouraging employees to contribute essential items for those in need. Staff members actively participated, demonstrating a shared commitment to helping the community and promoting a culture of compassion, generosity, and social responsibility within the company.