

A large, stylized graphic of the number '3' with a degree symbol, composed of black, green, and red lines. A white box is overlaid on the right side of the '3'.

CSR
PAN
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2019

Issue
#04

A large crowd of people at a nighttime concert, with a band performing on a stage illuminated by blue and white lights.

Corporate Social Responsibility
Division
HELLENIC PETROLEUM Group

CSR Panorama is now established!

HELLENIC PETROLEUM Group

is involved in multifaceted activities in the field of Corporate Social Responsibility.

CSR Panorama aims to, not only periodically brief all stakeholders, but also reach out to the public and inform them about the initiatives the Group implements within the frame of its **"360° Actions"** Program and its four main pillars: **Next Generation - Educational Community, Society, Environment and Culture - Sports.**





SCHOLARSHIPS FOR POSTGRADUATE STUDIES ABROAD

HELLENIC PETROLEUM Group has been consistently investing in education, research and innovation, providing scholarships - for the seventh consecutive year - for postgraduate studies at internationally renowned universities abroad. The postgraduate study program aims to support excellent students who wish to enrich their knowledge and gain new experiences in the respective fields of their scientific and professional interests, with specialisations in Engineering, Energy, Management and Economics, as well as in sectors that require state-of-the-art technologies.

HELLENIC PETROLEUM Group headquarters hosted an event to award **10 scholarships** to top university graduates who - with the support of the Group - will pursue **postgraduate studies at world-class universities abroad**, such as Imperial College, London School of Economics, Harvard Business School, University College London, University of Cambridge, University of Lausanne, Delft University of Technology, and others.

At the event, Hellenic Petroleum CEO, **A. Shiamishis**, congratulated the scholarship holders and wished them success in their studies, while also expressing his hope that their master degrees will serve as springboards for new distinctions in their respective academic and professional domains.

The 2019-2020 scholarship holders talk about the program



Annas-Giannis Slimpi

"The HELPE Scholarship is a very important contribution to my effort to fund my studies in the USA. On one hand, it allows me to reduce the amount of loans that I will need to get from a bank, which would take years to repay. On the other hand, it allows me to improve my standard of living as a student!"



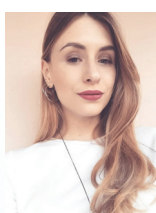
Georgios Spyridonos

"With this financial help I will be able to pursue my dreams by completing one of the best postgraduate programmes in the world without the stress of burdening my family financially. So I will be able to focus on my goals, excel at the postgraduate programme, and maybe be given the opportunity to work at a world-changing innovative app company."



Alexandros Pappas

"The honour of holding a HELPE scholarship is enormous and I am grateful for that. With this financial support, I am given the opportunity to study at one of the most prestigious and accredited universities in the world and then, hopefully, to offer to my country the knowledge and experience that I will have gained."



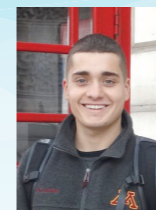
Eleni Chasioti

"Receiving this scholarship is a unique opportunity for me to broaden my knowledge and delve into the field of Architecture and new technologies. It is a necessary support for this new academic step and yet another reason for me to be optimistic about the future."



Elias Mylonas

"It is a great honor for me to receive this scholarship as it constitutes an appreciation of my academic pursuit so far, which is supported in practice by an organization with great prestige, such as the HELLENIC PETROLEUM Group."



Konstantinos Zarifidis

"Winning a scholarship, especially by the HELLENIC PETROLEUM Group, is for me the greatest proof of excellence, an achievement that will accompany me in the future. Because, in the end, what is difficult is not impossible."



Antonis Verroiopoulos

"The satisfaction and the feeling of reward thanks to such a scholarship gives a young scientist even more courage and motivation to set goals, to risk and succeed in Europe during his studies and, more importantly, back in his homeland! The field of energy and sustainability in architecture is not covered by a postgraduate degree in Greece and, therefore, studying abroad is an one-way street."



Konstantinos Bakouros

"This scholarship reflects the trust of a large Group in me, which will strengthen my motivation to improve myself and enhance my knowledge during my postgraduate studies. In addition, the Group, through the granting of scholarships, demonstrates in practice its support to people who aspire to innovate in their field. This will also contribute to my quest for employment thanks to the universal recognition of the Group's value in Southeast Europe."



Anastasios Zachariou

"The HELPE Group Scholarship gives me the opportunity to pursue one of my dreams and study in one of the top programs in my field. It allows me to be fully committed to my studies, giving 100% of my potential, and benefits, not only me, but also my whole family. These studies will open up more professional opportunities due to the high networking and, therefore, I am grateful to the HELPE Group."



Elli Konstantinou

"Receiving a scholarship from the HELPE Group is tremendously important to me. On one hand, it is without doubt a great recognition of my progress so far, as well as a material and moral reward for my efforts. On the other hand, it is an indispensable «economic passport» in order to continue my law studies at postgraduate level in one of the top universities in the world."



THESS SUMMER SCHOOL



Career choices, business model development, business management, strategy and innovation are just some of the courses young people have attended at the **4th ThesSummerSchool Summer School of Entrepreneurship** held in June 2019 at the **University of Macedonia**. The HELLENIC PETROLEUM Group granted **23 entries** to students aged 13 to 18 years to attend the thematic unit **"My First Step on the Entrepreneurial Path."**

During the 6 days of the program, the young students attended lectures by University of Macedonia lecturers and learned to recognize opportunities for doing business in the field of digital entrepreneurship, visited pioneering businesses and attended lectures by distinguished entrepreneurs.

The Summer School was organized for the fourth consecutive year by the Information Systems & e-Business Laboratory - IseB, at the Department of Applied Informatics of the University of Macedonia with the support of the HELPE Group.

SCHOLARSHIPS FOR POSTGRADUATE STUDIES IN SKOPJE

For the third consecutive year, OKTA awards **full scholarships for postgraduate studies to ten students** at the **Cyril and Methodius University (UKIM)** in Skopje.

In August 2019, the company and UKIM signed a Memorandum of Understanding on the process of awarding scholarships. The main purpose of OKTA through this activity is to encourage successful and ambitious students to upgrade their knowledge.

The scholarships are intended for studies in five UKIM schools: Economics, Science & Mathematics, Chemistry, Mechanical Engineering, and Technology & Metallurgy.

"We are pleased that this action has become a tradition, bearing in mind that OKTA has supported a total of 30 students in the last three years. 10 scholarships may be considered insignificant news, but we believe that if we can help 10 young people and make their lives a little easier, then signing the memorandum with UKIM is of great importance to us. For OKTA, this is good news", said **Ioannis Geroulanos**, CEO of OKTA.

The Rector of UKIM, Professor Nikola Jankulovski, emphasized that thanks to the OKTA initiative, the relationship between the university and the business sector is being strengthened, while contributing to the development and improvement of society.



SUMMER LAW SCHOOL

Ioannis Apsouris, Director of Legal Services of the Group, was a speaker at the **Summer School** organized for the fourth consecutive year by the **European Law Student Association (ELSA)**, the **Law School of the University of Athens**, and the **Centre for Public International Law**. The lecture was held at the Drakopoulos Lecture Hall in the historic building of the University of Athens and focused on two important areas of international energy investment law. The first concerned the protection of international investment in the energy sector by the provisions of the International Energy Charter Treaty (ECT), and the second the Regulation (EU) 2019/452 of the European Parliament and of the Council of 19 March 2019 establishing a framework for the screening of foreign direct investments into the Union (FDI Screening Regulation). The lecture was attended by approximately **70 undergraduate and postgraduate law students from 28 countries**.



SUMMER HOLIDAYS IN HALKIDIKI

EKO Montenegro, for the fifth year, gave the opportunity to **15 children** aged 10-17 years from the **Mladost orphanage** to spend their summer holidays at a **camping in Halkidiki**. Children had the opportunity to be trained and entertained through activities in more than 30 different sports, numerous interactive workshops, and a variety of entertainment programs.





PLAYGROUND IN THE PARK OF NEA MAGNESIA

The new certified **playground in the big park of Nea Magnesia** was inaugurated by the Mayor Efthimios Fotopoulos and the President of the Community of Nea Magnesia, S. Karapavlou.

"The playground in the Municipal Community of Nea Magnesia is the third one delivered to the Municipality with the sponsorship of HELPE", said Mr. Fotopoulos, thanking the management of the company for the excellent cooperation that has resulted in important projects in the Municipality of Delta, such as basketball courts, science labs, photovoltaic power systems and heating oil in schools, as well as support for sports clubs, cultural associations and social structures. "We believe in the positive role that companies and businesses can play in relation to citizens. It is very important for local communities that companies act in a reciprocal way, as much as they can", he added, referring specifically to HELPE's multifaceted program of Corporate Social Responsibility actions.

The Group was represented by **Christoforos Antotsios**, Director of Industrial Facilities of Thessaloniki, **Dimitris Sotiriadis**, Director of Production and Distribution of Chemicals at IFT, Rania Soulaki, Corporate Social Responsibility Manager of the Group, and other company executives. The playground was filled with the liveliness of young children who played and had fun with their friends.

Christoforos Antotsios emphasized that "for many years the HELLENIC PETROLEUM Group has been implementing activities and has been adopting practices in order to contribute to the relief of society, support for the young generation, and the promotion of culture and sports. Environmental protection and the implementation of infrastructure projects for sustainable cities are key Corporate Social Responsibility pillars for the Group. The aim of the Group is to be next to the inhabitants of the neighbouring Municipalities".

RECONSTRUCTION OF THE RAFINA SPECIAL SCHOOL COMPLEX



Chairman of BoD of HELPE Giannis Papathanasiou, Deputy Minister of Education and Religious Affairs Sophia Zacharaki, and Mayor of Rafina-Pikermi Evaggelos Bournous inaugurating the fully refurbished and renovated school complex.

Extensive works for the **full reconstruction of the buildings at the Rafina Special School Complex** that were destroyed by the deadly fire in July 2018, as well as the **total refurbishment and renovation of all facilities and the surrounding area**, where **more than 80 children with special skills** are hosted, have been completed with the **generous sponsorship** by the **HELLENIC PETROLEUM Group**. The fire caused major damage to the elementary school buildings and the surrounding area, while the rest of the building complex had major deficiencies in terms of infrastructure, functionality, security and accessibility for the children hosted there.

The building complex consists of:

- 4 buildings with a total area of 500m² that house primary schools and host 32 Primary and Kindergarten children with special abilities, as well as
- 2 buildings with a total area of 620m² that house the Special Vocational Education and Training Laboratory of Rafina, hosting 45 Secondary Education children, aged 15-23 years, with special abilities.

BEFORE

AFTER


The new premises were fully reconstructed by the Group's subsidiary, **ASPROFOS** technical company, in accordance with the high quality and safety standards set by the European Union and applied by ELOT. **The implementation time of the Reconstruction Project - of a total cost of €830,000 - was record-breaking**, as schools were in operation until mid-June 2019 and all works on 5 of the 6 buildings and the surrounding area took place during the 3 summer months prior to the start of the new school year. The project delivery ceremony took place right after the blessing for the start of the new school year, with blooming smiles on the faces of the students and clear expressions of satisfaction by the parents and teaching staff.

During his brief speech, the Chairman of the Board of Directors of HELPE, **Giannis Papathanasiou**, stated: "HELLENIC PETROLEUM and I personally feel great joy, because today we are delivering a fully refurbished school complex, a model project serving dozens of students from the entire Attica who are

students of special abilities and have equal rights to life, knowledge and quality education. The Group considered it a priority to reconstruct not only the kindergarten, but also the rest of the buildings, the primary schools and the administration offices, as they too had to undergo refurbishment in order to become fully operational. It is extremely important that the project was completed in a record-breaking period of just three months, so that the schools would be ready for the new school year. We will always support such efforts, wherever there is real need".

For his part, the Mayor of Rafina-Pikermi, **Evangelos Bournous** thanked the HELLENIC PETROLEUM Group for its "very generous sponsorship" which, as he said, "is an example worth following", and he noted that the Special School Complex of Rafina is now a model project for the entire Attica.

The event was attended by the Deputy Minister of Education and Religious Affairs **Sofia Zacharaki**, the Secretary General of Civil Protection **Nikos Chardalias**, the Regional Vice-Governor of Finance of the Attica Prefecture **Nikos Pappas**, the Regional Vice-Governor of Eastern Attica **Athanasios Avgerinos**, the Director of Secondary Education of Eastern Attica **Stefanos Kapellas**, the Deputy Director of Primary Education **Dimitrios Nikoletsopoulos**, Regional and Municipal Councilors, as well as representatives of Institutions and Organizations. ASPROFOS Engineering Chairman **Vassilis Kounelis** and CEO **Petros Pappasotiropoulos**, as well as Rector **Spyridon Kintzios** and Vice Rector of Finance, Planning and Development **Iordanis Hadjipavlidis** of the Agricultural University of Athens, which kindly sponsored the Surrounding Area Study, were also present.

Prior to the restoration work of the school complex, all burnt trees were removed and then the necessary studies were carried out with funding from the HELLENIC PETROLEUM Group.

The studies involved:

- Surveying of buildings and surrounding area
- Mapping of existing condition of buildings
- New architectural proposal for the school complex
- New study of active fire protection and fire detection in all buildings
- New electromechanical studies for 2 buildings
- Study of Surrounding Area by the Agricultural University of Athens

ELIX SUMMER PROGRAMS

The **creative activities summer programs** for children and young people of the Municipalities of Eleusis and Mandra, which are adjacent to the Group’s industrial facilities, were successfully organised for yet another year, in cooperation with NGO ELIX.

Specifically, **137 children aged 6-12** participated in the **"Holidays at School"** program, which is being implemented since 2017 with the support of the HELLENIC PETROLEUM Group. The goal of the program is to support working parents and families in financial distress by offering their children the opportunity to engage in activities that fuel their interests and develop their talents through a creative work program with teams of expert educators of ELIX and trained volunteers from around the world.

40 children from our local communities participated in **"This summer is ours"** program for children and young people with disabilities. The program, which has now become an institution, as it has been implemented with the sponsorship of the Group since 2013, covers



the needs of children from special schools and offers them a different summer, bringing them in contact with people from other countries (volunteers from abroad) and helping them learn the value of coexistence through games, thereby offering them unique and invaluable experiences.

PLAYGROUND IN THE ILIA PREFECTURE

"In these difficult times for our country, your contribution becomes even more important and we assure you that it will be used in the best possible way. Every offer to our children is an offer to the future of our country. Such acts must be highlighted in order to set an example and rest assured that we will do our best!", says the thank you letter to HELLENIC PETROLEUM sent by the Parents and Guardians Association of the **Elementary School of Epitalio** (Ilia Prefecture), with regard to the Group’s contribution to the **construction of a certified and safe playground.**

The HELLENIC PETROLEUM Group places young generation and the safe and adaptable cities at the heart of its strategy and works consistently towards **inclusive and sustainable urbanization.**





INSTALLATION OF A PHOTOVOLTAIC SYSTEM AT DONOUSSA JUNIOR HIGH SCHOOL

A **5kW photovoltaic system** was installed at **Donoussa Junior High School** within the framework of the Corporate Social Responsibility program “**Energy for Life Travels**” of the HELLENIC PETROLEUM Group, implemented by the **Agoni Grammi Gonimi** organisation. The opening event for the installation and the operation of the project took place in early October, in the presence of the Municipal Authority and all of the school’s teachers and students.

This donation brings **financial, environmental** and **educational** benefits to both the school and the Municipality of Naxos & Lesser Cyclades, due to the **reduction in electricity** consumption, as the photovoltaic system generates approximately **6.500kWh** in total per year. At the same time, the emission of about **7.3 tonnes of carbon dioxide (CO₂)** is avoided annually thanks to the operation of the photovoltaic system installed on the roof of the school. Furthermore, the generation of electricity through this system **improves the quality of electricity** in the area’s network and, by extension, the living standards of the inhabitants.



Of particular significance is the educational dimension of this action, since the photovoltaic system contributes to the familiarization of the students of the Junior High School as well as the inhabitants of the island of Donoussa with the **Renewable Energy Sources** and the positive effects of the **utilisation of natural resources** for the environment, the quality of life, and the economy. "For the HELPE Group, this is a project of utmost importance, which promotes affordable and clean energy in an island that acts as a model of environmental consciousness", **Rania Soulaki**, the Group's Corporate Social Responsibility Manager, pointed out. As she noted, the project was developed and licensed by **HELLENIC PETROLEUM Renewable Energy Sources**, a subsidiary of the Group, with great success, speed, consistency and quality, despite the difficult weather conditions that prevailed during the project's implementation.

Stefanos Nollas, President of Agoni Grammi Gonimi, referred to the value created through this program, stating that: "Energy for Life travelled this year to beautiful Donoussa and its Junior High

School, and we are very pleased to be able to offer and 'return' something to the residents, in the form of the money that the school will actually save".

During the opening ceremony, the Deputy Mayor of Donoussa, **Dimitris Prasinos**, said: "We would like to thank all those who worked together in order to make this happen. We will try to implement even more such actions, which contribute a lot to improving the quality of life".

As part of the **HELLENIC PETROLEUM** Group's "Energy for Life Travels" program, implemented by **Agoni Grammi Gonimi** under the **auspices of the Ministry of Education & Religious Affairs** and with the support of the **United Nations Regional Information Center (UNRIC)**, a similar installation of a photovoltaic system was completed in the Junior High School of Heraklia in the Municipality of Naxos & Lesser Cyclades in June 2018, while similar environmental actions are currently being planned, aimed at promoting Renewable Energy Sources and creating sustainable establishments and cities.

Drive Fresh



For the fourth consecutive year, **EKO Serbia**, in collaboration with the Road Safety Agency and the Ministry of the Interior, launched the **Drive Fresh** summer campaign for road accident prevention. The goal of the campaign is to raise awareness through clear messages, such as "don't drive when you are tired", "take regular breaks", "drive safely" and more.

The Drive Fresh campaign has made a significant contribution to increasing safe driving, said Jasmina Milosevic, Director of the Road Safety Agency. She noted that in 2018, while the number of vehicles

on Serbian highways was up by 25% compared to 2016, the number of deaths and injuries due to accidents was down by 20%. CEO of EKO Serbia, **Vuk Radovic**, said that prioritizing security is in the company's DNA.

At the EKO petrol stations and in the context of the Drive Fresh campaign, drivers will be able to have **the safety features of their cars checked for free**. Holders of the Smile Card will receive double points for purchases from EKO stations, while holders of the Premium Smile card will receive **free 12-month road assistance insurance**.

"AGIOS SAVVAS" GENERAL ANTICANCER ONCOLOGY HOSPITAL

Two brand new gas-powered cars were delivered to the "**Agios Savvas**" G.A.O.H. They are intended for the Home Care service that will start operating in the coming months, relieving patients and reducing waiting time for admission. The Home Care service in conjunction with the operation of the state-of-the-art "Nikos Kourkoulos" Day Care Center improves the health services provision landscape. The HELLENIC PETROLEUM Group has also donated additional equipment to upgrade the "Nikos Kourkoulos" unit.



OPEN THE CIRCLE

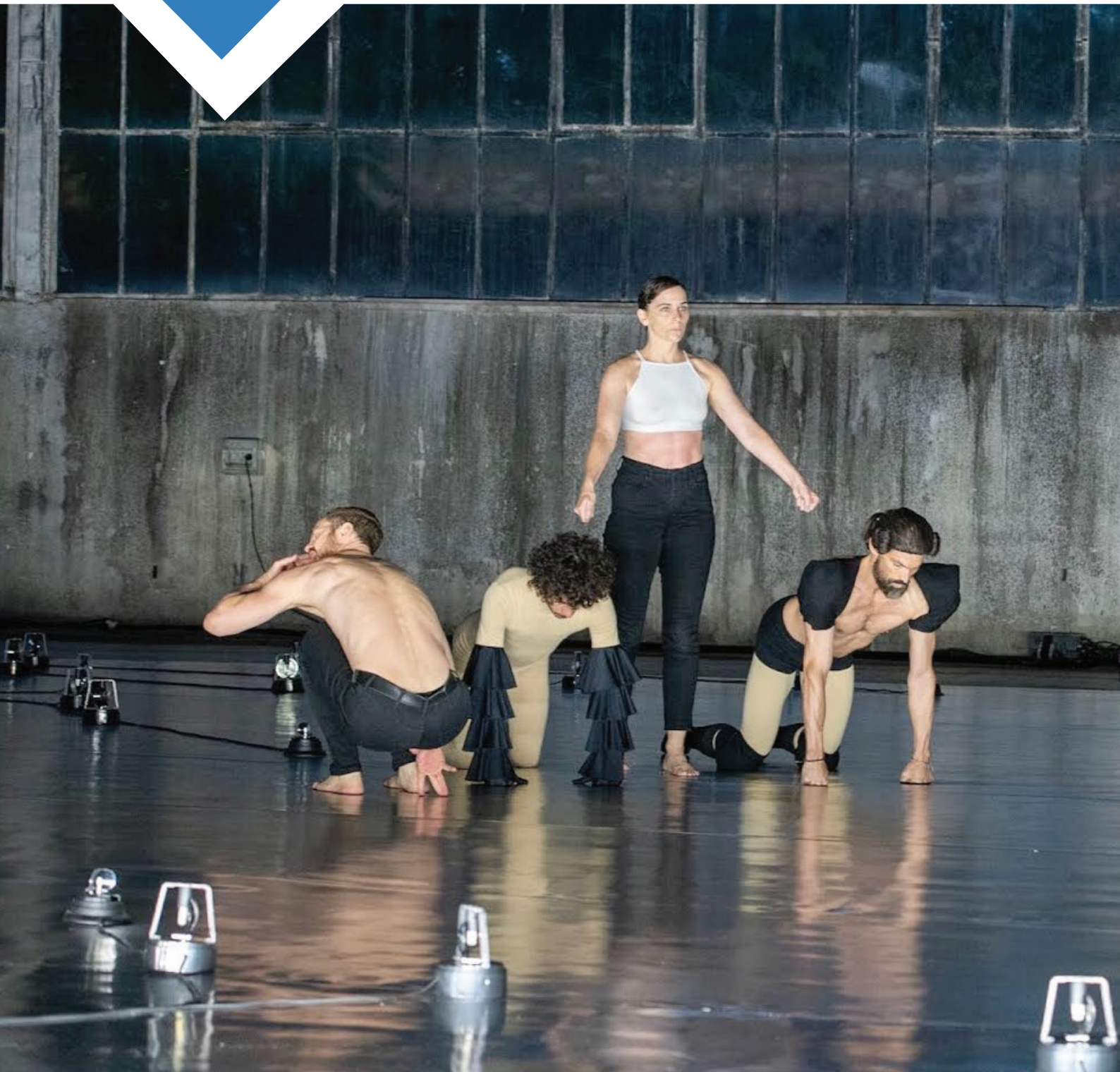


We are committed to supporting the cultural events of the Greek society and are a proud sponsor, for a second consecutive year, of the **“Open the Circle”** program. The program is the result of the collaboration of the Agoni Grammi Gonimi NGO with the “Alternative Scene” of the National Opera.

This year, **32 people aged over 50** residing in **the islands of Folegandros, Andros and Sikinos** had the opportunity to take part for free in workshops where they listened to and narrated personal memories and stories of the places where they live and where they come from. These stories, personal and non-personal, constituted the essential component of an original and collective artistic work in the form of a play with narrative and music as its essential elements. The performance was followed by an Opera Gala, where renowned National Opera artists performed arias and duets from famous operas and operettas.

ATHENS-EPIDAUROS FESTIVAL

As the **Grand Sponsor of the Festival**, the HELLENIC PETROLEUM Group gave employees and their families the opportunity to watch the world premiere of the much-awaited work of world-class French choreographer **Boris Charmatz, "infini"**. A performance that rejects whatever is taken for granted in dance and tries to locate the sense of infinity in space.



ON THE ROAD TO TOKYO 2020



28-year-old track and field (800m & 1,500m) athlete **Natalia Evangelidou**, who recently won the gold medal in the women's 1,500m race at the Balkan Championship in Pravets, Bulgaria, was "adopted" by **EKO Cyprus** as part of the Cyprus Olympic Committee's sponsorship program "**Adopt an athlete on the road to Tokyo 2020**".

The sponsorship was formalized at the offices of EKO Cyprus in the presence of EKO Cyprus CEO **George Gregoras**, former athlete and Cyprus Olympic Committee Officer **Andri Sialou**, and athlete **Natalia Evangelidou**. In

his remarks, Mr. Gregoras stated that "realizing the difficulties faced by Cypriot athletes in their demanding preparation, we have decided to support their efforts practically through this specific program. After all, the success of Cypriot athletes is the best example for the young generation and the best advertisement for our country. I wish the best to Natalia, stressing that EKO Cyprus stands by her side on the road to Tokyo!".

EKO Cyprus intends to continue to support actions that promote the principles and values of excellence and fair play that sports represent.

ON THE TRAIL OF IERA ODOS



HELPE Group, in the context of the cultural events of the **Aeschylia 2019** festival, participated in the **5th Semi-marathon** "On the Trails of Iera Odos" from Thissio to Eleusis, as well as the 5km parallel race in the city of Eleusis.

The Semi-Marathon "On the Trail of Iera Odos" is inspired by the steps of the mystics of the past, as they crossed Iera Odos ("Sacred Road") in order to awaken their consciousness through the Eleusinian Mysteries. One of the messages that the race gives is that the athlete runs the race not only as a body but also as a free spirit, thus leaving a footprint of culture, courtesy and spiritual pursuit. Iera Odos, which used to be a universal symbol of a path of initiation to purification, retains that message.

AESCHYLIA 2019: “Because Culture is a Way of Life for Eleusis”



One of the **longest-running festivals** in the country, with 45 years of cultural presence, was organised for yet another year. The HELLENIC PETROLEUM Group, **for over 20 years**, has been sponsoring this important festival, which highlights the uniqueness of Eleusis, the City of Aeschylus and the Eleusinian Mysteries, seeks to make it internationally known through art, and creates a creative dialogue over how a Festival should be today.

Focusing on quality, extraversion, innovation, internationalism, affordable prices and a “family” environment, the Aeschylia Festival, organized by the Municipality of Eleusis, at the Old Olive Oil Factory, makes the city of Eleusis ever more prominent in people’s consciousness. At the same time, the Old Olive Oil Factory contributes significantly to the promotion of the region’s industrial heritage and has become a historical and cultural monument of Greece, with its buildings being a powerful attraction for creators and directors seeking new multi-perspective and alternative spaces.



II MEDITERRANEAN BEACH GAMES - PATRAS 2019

The HELLENIC PETROLEUM Group contributes significantly to the promotion of the Sporting ideals and fair play, by supporting clubs, players, athletes and major sporting events. In this context, it supported, as the **Golden Sponsor**, the organisation of the “**II Mediterranean Beach Games**” in the city of Patras, which for 7 days became a pole of attraction for international sports fans.

The event took place in three venues, with a total of 11 sports and more than 1,000 athletes and mission members from the 26 Mediterranean countries that are members of the International Committee of Mediterranean Games and come from Africa, Asia and Europe, sending a message of unity and friendship.

The organisation of the Games in the capital of Achaia exceeded all expectations of the organizers and, admittedly, further upgraded the new institution of the Beach Games, while the numerous fans who attended the sports events enjoyed a great spectacle and record-breaking athletic performances. The Greek team of athletes won first place with 46 medals (19 gold, 16 silver and 11 bronze).



The team that staffed the HELPE Group's stand at the II Mediterranean Beach Games as a Grand Sponsor

A special event held at the HELLENIC PETROLEUM booth was attended by the athletes supported by the Group, such as Paralympic Swimming Champion George Sfaltos and basketball players Alexandra Kotsiafti and Stefania Patera, who won the World Championship as well as the gold medal at the Deaflympics with the Greek Basketball Team.

Fivos Symeonidis, Director of Drilling and Production of HELPE UPSTREAM, referred to the Corporate Social Responsibility policy of the Group, noting: "Today is a great day for Patras, which arrives in its Ithaca after a long and difficult journey of preparation and implementation of the II Mediterranean Beach Games. HELPE stood by the city from start to finish, because Patras is in our heart. It is our honor to have participated at and supported this great event. HELLENIC PETROLEUM is a dynamic Group with solid foundations, playing a leading role in energy developments in Greece and in the wider region of SE Europe.

We plan and operate towards the achievement of the Group's Sustainable Development goals, with responsibility for Society and the Environment. The Group's Corporate Social Responsibility actions focus on society, vulnerable groups, health, the younger generation, culture and sports. In this context, it is our pleasure to have contributed to this success".

In the framework of its' CSR Program "360° ACTIONS", HELPE Group supports more than **70 Sports Clubs** and Academies and, through them, more than **10,000 athletes** of all ages.

At the same time, the Group is a Grand Sponsor of the **Hellenic Paralympic Committee** and the **National Federation of the Deaf**, while also supporting the Greek **Olympic Champions**, Katerina Stefanidi and Costas Filippidis and our **Paralympic Champions** Grigorios Polychronidis, Giorgos Sfaltos and Dimitris Bakochristos. Furthermore, through the "**Run for a good cause**" action, the Group rewards each year the participation of its' employees in the Athens and Thessaloniki Marathons, in order to raise money and subsequently to support NGOs that engage in important social work.

FOOD WASTE

In the context of the "360° ACTIONS" Corporate Social Responsibility program and in line with the UN Sustainable Development Goal #2 for **Zero Hunger** by 2030, the **HELLENIC PETROLEUM Group has been supporting since 2012, on an annual basis, the social grocery stores of the Municipalities that are adjacent to its industrial facilities.**

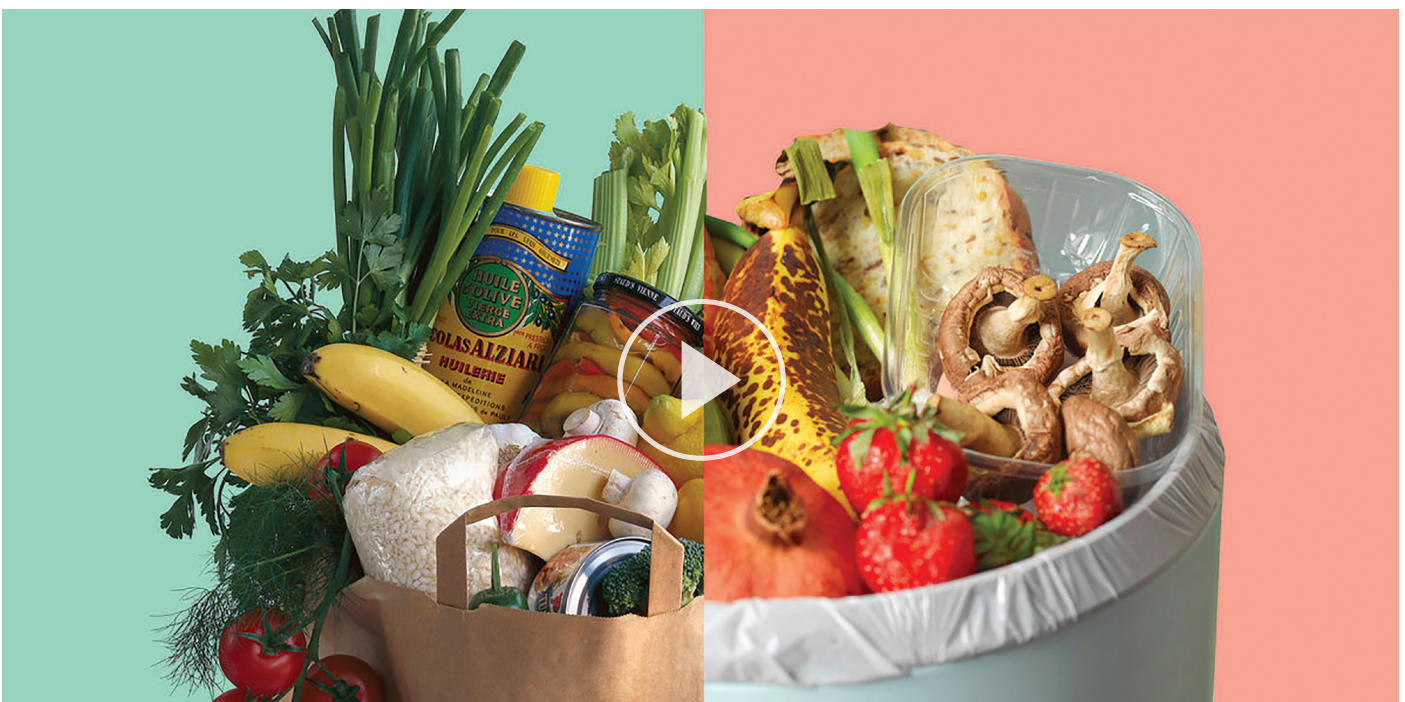
Every Christmas and Easter, the Group supports with food coupons NGOs whose main purpose is to alleviate poverty and improve the quality of life of vulnerable groups. Also, in 2018, in partnership with the **Pammakaristos Foundation** and through the **Food Bank**, it provided the **fire-stricken people of Mesogeia with 200 food servings daily**, for a period of 5 months.

The "**Food Bank - Foundation for the fight against hunger**" is the first non-profit foundation in Greece with the sole purpose of combating hunger and reducing waste. To fulfil its purpose, it collects free food, beverages and cleaning supplies from com-

panies and individuals, which it distributes free of charge to institutions (retirement homes, orphanages, etc.) and homeless people who need them.

According to a recent report presented by the UN World Food Organization, world food waste is estimated at 1.3 billion tonnes a year, with the cost being equal to Switzerland's Gross Domestic Product. And it is not only a financial problem but also an environmental one, as the report points out: **one-third of arable land produces food that ends up in the trash.** Food produced but not consumed requires a quantity of water "equal to the annual flow of the Volga River in Russia" and is responsible for "an additional 3.3 billion tonnes of greenhouse gases in the atmosphere of the planet". The phenomenon is, of course, exacerbated by methane being released from rotting food in the landfills.

The measures needed to combat wastage concern all stages of production and primarily require responsibility and sensitivity from consumers.



HOW TO REDUCE FOOD WASTE AT HOME



Smart shopping

- Frequent visits to the supermarket.
- Use a shopping list.
- Plan the whole week's menu.
- Only buy products that you plan to consume immediately. If you have no intention of consuming a product the expiration date of which is approaching soon, look for another with a longer expiration date.

Proper storage of food

- Do not fill your refrigerator excessively. Air circulation is important for the proper cooling of foods.
- Organize your fridge, adopting the unwritten rule "new stuff at the back, old stuff in front".
- Store food leftovers in transparent containers so that you do not lose sight of them and you do not forget them.
- Find out which fruits release ethylene and remove them from the rest. Ethylene induces the ripening of foods and can accelerate the growth of germs that cause sepsis. Examples of such fruits are: apples, pears, kiwi, peaches, apricots, melons, watermelons, bananas, figs and others.
- Freeze herbs and citrus fruit juice in ice packs for cooking or drinks.



"Ugly" fruits and vegetables

Although not lacking flavour or nutritional value, the so-called "ugly" fruits and vegetables are usually the ones that you avoid getting, as they may spoil the image of a dish. Consumer demand for flawless fruits and vegetables has, therefore, led producers to promote only perfectly looking agricultural products. This leads to significant losses of highly nutritional food. Quantities in excess of 1/3 of world production ultimately end up in waste bins.

Therefore:

- Do not dispose of fruits and vegetables with visual defects.
- Use fruits and vegetables that are not flawless in order to make smoothies and soups!



EMPOWERING YOUTH
TO FOLLOW THEIR DREAMS



ACTIONS
FOR YOUTH



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SCHOLARSHIPS FOR POSTGRADUATE STUDIES ABROAD

The HELLENIC PETROLEUM Group gives the opportunity to exceptional students to continue their studies in leading universities abroad and conquer their dreams.



HELLENIC
PETROLEUM

GROUP OF COMPANIES