



# Amazon



**Amazon Oil Services**



الأمازون للخدمات النفطية

September 2018

## Salt and Sugar

Need or want in our diet?

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Senior Reservoir Engineer

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The benefits of  
Fasting all year,  
not just during  
Ramadan

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Amazon Oil Services is registered in Libya

Please contact us below:

Amazon Oil Services | Taqsim Ben Zeglam / Nofleen

Tripoli Libya | Cell: 00218 92 804 9559 | Tel: 00218 21 340 4664 | Fax: 00218 21 3403978

E-mail: amazonoilservices@ao-s.com

# Message from the *General Manager*

**Ahmed Mohamed El-Ghali**



*Welcome to September issue,*

**W**e are three quarters through the year and we are pleased to advise that once again AMAZON continues to flourish, meeting and resolving new and unprecedented challenges as they occur. We recognise that our ongoing success would not be possible without the continued support, dedication and understanding of our employees.

We trust that the second half of the year will result in yet further overall improvements in our contribution to the Libyan Oil and Gas industry. Our proven track record in Libya continues to bear fruit and recently we were requested to arrange and manage the recruitment of various disciplines in Algeria for one of our clients. This request resulted in a positive outcome, which is indicative of our recognised professionalism in the Oil and Gas Industry.

The current fluid ever changing situation in Libya brings new problems with specific reference to the travel sphere of operation wherein we encounter ever increasing problems in obtaining seats to/from Libya from either Istanbul or Tunis. In order to meet required travel date requirements we require at least 3 / 4 weeks notice in advance in order to obtain requested seats as required.

We continue to pray for peace and stability in Libya and to maintain our proven track record in our ability to circumvent unprecedented events and still provide an incomparable service to our employees and clients.

I would like to express my sincere gratitude to each and every one of you for your continued support, dedication and understanding. We trust that the remainder of 2018 will see an overall improvement in the current situation and AMAZON will continue to flourish and expand.

**Amazon Oil Services (AOS)** is a Libyan incorporated Company, with ISO 9001: 2015 accreditation. The Head Office is in Tripoli and AOS has associates worldwide.

AOS serves the Libyan Oil & Gas Sectors in the provision of an Umbrella Service for Engineering and Technical Support using highly skilled nationals and expatriates from all over the world.

Additional services and expertise offered includes Project Management, Consultancy, Procurement and Training.

Amazon ensures the Client benefits and achieves value for money where quality is of paramount importance.



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Amazon Oil Services  الأمازون للخدمات النفطية

# Amazon Travel

Another newsletter and as previous we continue to face yet further fresh challenges in the Travel sphere of operation however, we continue as always, to find equitable solutions to unprecedented events as they arise. Our employees continue to rotate to / from Libya even during these challenging times and indeed AMAZON continues to welcome new clients and employees. This creates a myriad of diverse new requirements with different internal travel arrangements now to consider however to date we have been able to develop systems to accommodate these bespoke requirements without any problems. Recently, we have employed Algerian Nationals and have retained the services of an agent in Tunis to facilitate local support in the provision of transport and visa collection.

With new clients in different areas our employees face new challenges and it would be appreciated if our employees share their experiences with ourselves and identify unique requirements and observations which would assist new employees in the future who are assigned to these locations to know what to expect and, to make appropriate provisions.

Some of our employees require to travel to Dubai to obtain their Libyan Visa and thus require to obtain a Dubai Transit Visa which can be obtained online. In order to qualify for a Dubai Transit



Visa the individual requires an Emirates genuine ticket (Not a 3rd party carrier) The transit visa is valid for a maximum 96 hours so the ticket(s) issued must fit within this timeframe. In order to progress the application successfully the applicant must ensure that their passport has at least 6 months validity. The 'system' requires copies of the Passport Bio Data Page and the Passport Last Page and, a Coloured Passport Photograph.

The documents require to be uploaded in .jpeg format only. The photograph uploaded will have to be 40kb or less and all other documents will have to be 200kb or less. The online image resizer allows the applicant to browse and convert the images to the required specifications. Previous applicants have advised that the Web Site is not particularly user-friendly and somewhat cumbersome so be prepared. It is important that

the Transit Visa is obtained as soon as possible as this is required to progress the Libyan Visa Application.

You should be aware that travel is arranged through our travel agent in Malta who brings to our knowledge any new regulations or restrictions being imposed by the various airlines. Recently we were requested to provide a so-called 'Dummy' ticket from Istanbul to Dubai for an employee en route to Tripoli. For the avoidance of doubt and sake of clarity, a 'Dummy' ticket is NOT required as the passenger is in transit through Istanbul and is NOT passing through immigration. Our agent further clarified this point with Turkish airlines who re-confirmed there should have been no restriction on boarding. This simple understanding of formalities applies to all intermediate airports.



With respect to Indian Nationals whereas there are other routes to/ from Libya such as via Amman or Qatar there are not daily flights so this is not always a viable option based on your requested travel dates. Likewise there are not daily direct flights to Calgary resulting in travel via Toronto. Should there be a preferred route you wish considered than we would suggest that you contact ourselves to determine availability before you finalize formal arrangements including internal travel where applicable. Unfortunately, at this time, Dubai appears to be the most viable (if only) option when Indian Nationals require to obtain a Libyan visa.

Recently, we encountered a problem wherein an employee notified ourselves the day before travel that they were unable to travel as scheduled. Due to this late notification, we lost the cost of a hotel booked and face substantial penalty costs to have the ticket changed to a later date when known. All employees should recognise that any change to a ticket following issue incurs substantial penalty costs and in some instances the return portion of the ticket may be lost requiring a new ticket to be issued ! We would request that should an employee be unable to return as scheduled then they should ensure that we are notified as soon as is possible.

We would also advise for the avoidance of possible doubt that on Mobilisation of a new employee and subsequent renewal of Visas then the visa will be issued for collection in the

individual's home country or, if no Libyan Embassy is available in that country, then an alternative country will be determined. However, whereas AMAZON will arrange the visa and any required travel arrangements it is the employee's responsibility to arrange any required Transit Visa to facilitate collection of the visa.

When an employee requires to obtain a new Business Visa or Passport whilst on vacation, the employee must ensure that a copy of the new visa / passport is sent promptly to the Tripoli Office for their records as this has a material impact on other required documentation such as the mandatory required Desert Pass.

In some instances. It may prove to be impossible to obtain a Transit Visa for Istanbul or Tunis for certain nationalities which would prevent them being able to pass through immigration in order to collect their baggage or reside overnight in a hotel. Where possible, we endeavour to limit the transit time required and suggest that the employee travels 'light' ie: hand luggage only. As previously advised, baggage is not tagged to/ from Tripoli as one would expect as applicable with international airlines.

**We continue to emphasise the importance of submitting approved AMAZON Travel Request Forms to facilitate the arrangement of flights and that our employees ensure that internal flight connections are in place for their scheduled departure and return.**

Recently, after having issued an employee's tickets, we were informed that they were then unable to acquire a seat from the site requiring the ticket to be changed at a substantial additional imposed penalty charge.

As previous, the current fluid situation has proven to be an overall logistical challenge however AMAZON continues to be diligent in their efforts to ensure seamless travel where possible on the dates as requested by our employees. Where this has not always been possible, we have sought an equitable compromise seeking as always the employee's approval prior to the tickets being issued.

We trust that you now understand that we have your interests at heart at all times and would not provide a schedule wherein our employees may encounter problems en route.

In conclusion, once again we have faced every possible unprecedented scenario and have determined viable solutions to same and have been able to continue operating as normal within reason and we have to thank our employees for their understanding and ongoing perseverance during these somewhat challenging times.

Needless to say, unfortunately the 'Force Majeure' status imposed in 2014 still exists pending the resumption of International carriers to Libya following the closure of Tripoli International Airport on the 13 July 2014 and stability returns.

# Amazon Oil Services Recruitment Campaign for National Oil Wells Drilling & Workover Company (NWD)



الشركة الوطنية لحفر وصيانة آبار النفط

SOFITEL  
HOTELS & RESORTS

As part of our contract with NWD, we were requested by our client to provide suitable candidates from Algeria for the following Disciplines:

- Chief Rig Mechanics
- Chief Rig Electricians
- Rig Welders



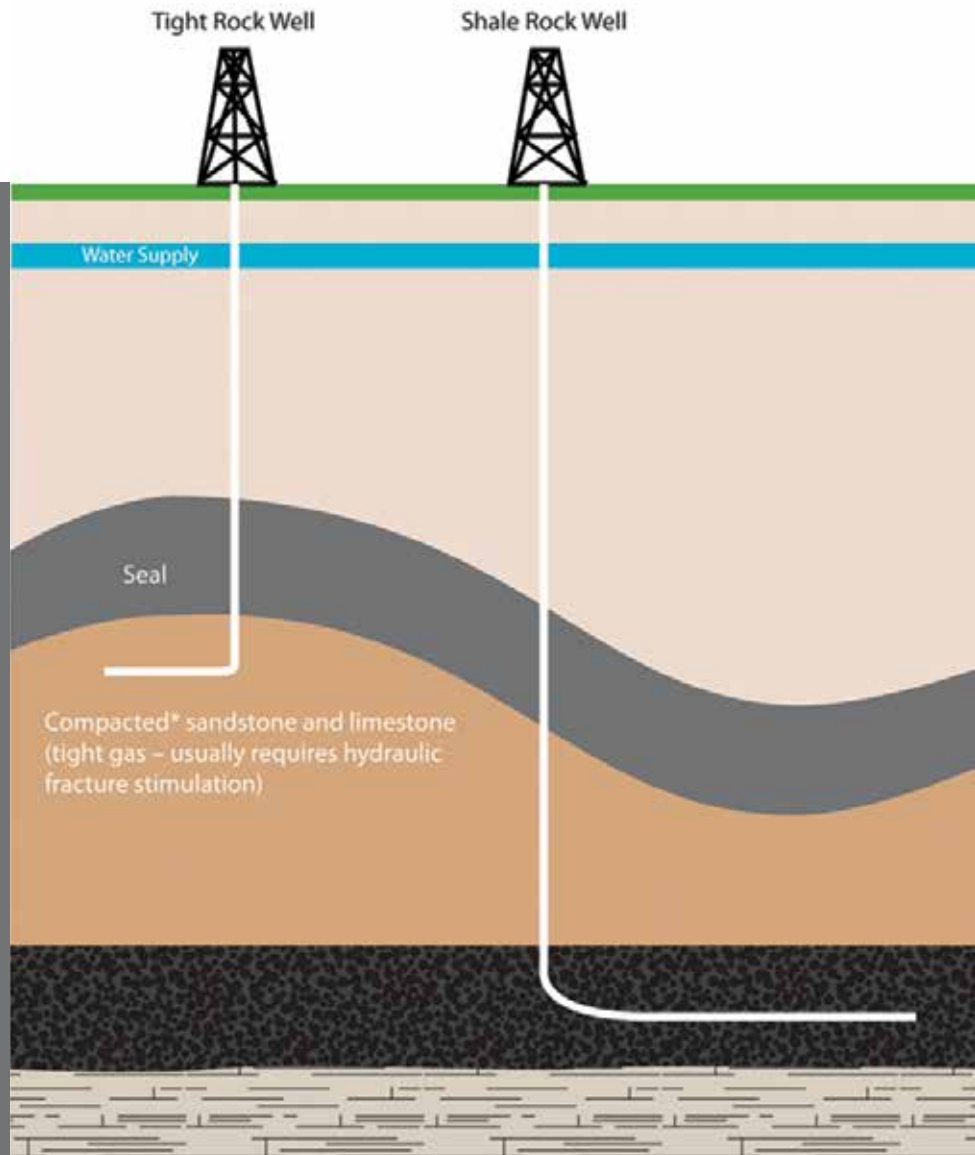
We were able to source and supply our client with suitable candidates to be interviewed in Algiers. We submitted 154 Candidates to be shortlisted for interviews.

The interviews were held between on 27 – 30 June 2018 at the Sofitel Algiers Hamma Garden Hotel. During the 3 Day Recruitment Campaign, we managed to provide NWD 77 suitable candidates to be interviewed for the 3 Disciplines. The interviews were conducted by NWD Representatives as well as a representative from National Oil Corporation (NOC).

We feel that the campaign was successful, and our client has chosen the required number of employees that they require. The NWD Representatives & the NOC Representative were very satisfied with the high level of services provided by Amazon Oil Services.

The quantity of trapped oil becomes even greater in carbonate reservoirs producing heavy oil-API gravities below 22°-where untapped reserves exceed

70%

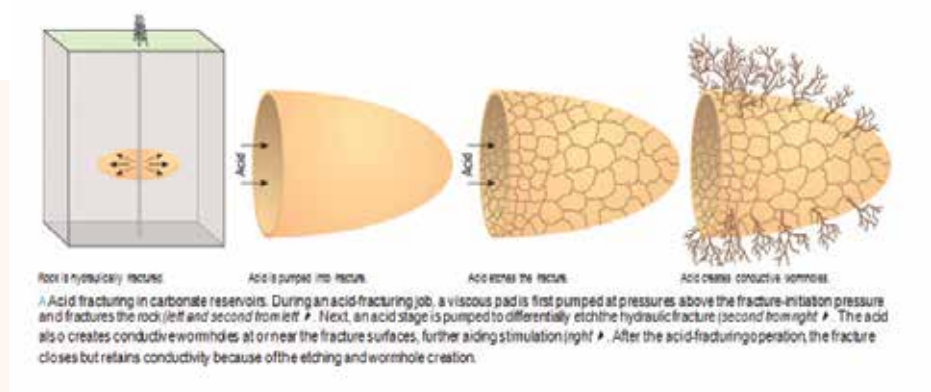
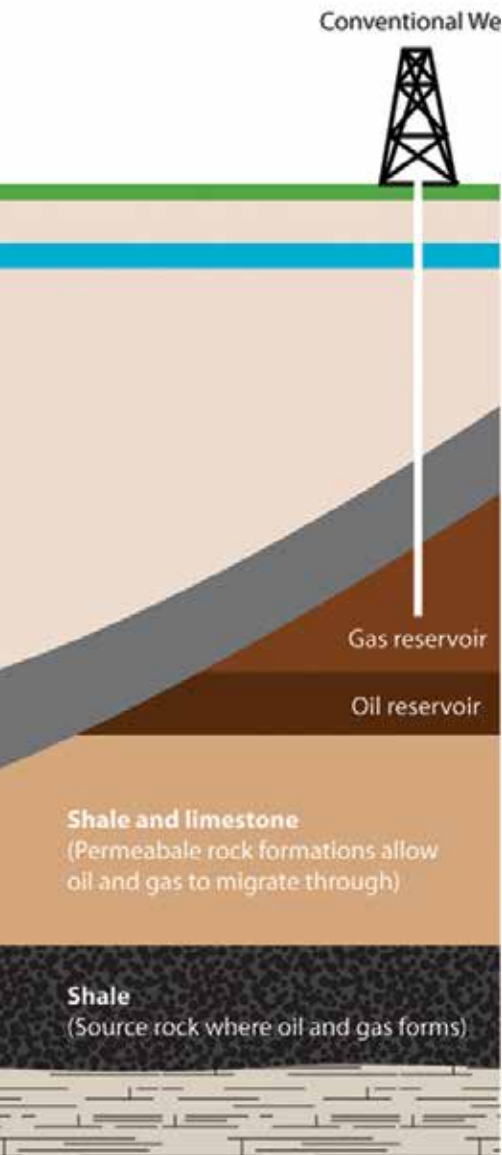


## Stimulation of Carbonate Rock in Oil/Gas Reservoirs

Carbonate reservoirs contain about 60% of the world's oil reserves and hold huge gas reserves. Yet experts believe that over 60% of the oil trapped in carbonate rocks is not recovered because of factors relating to reservoir heterogeneity, produced fluid type, drive mechanisms and reservoir management. A considerable percentage of these resources currently are not accessible because of economic and technological barriers.

Limestone and dolomite reservoirs present tremendous completion, stimulation and production challenges because they commonly contain thick completion intervals with extreme permeability ranges. Often, they are vertically and laterally heterogeneous, with natural permeability barriers, natural fractures and a vast array of porosity types, from intercrystalline to massive vugular and cavernous porosity. In these reservoirs, engineers and geologists know that the





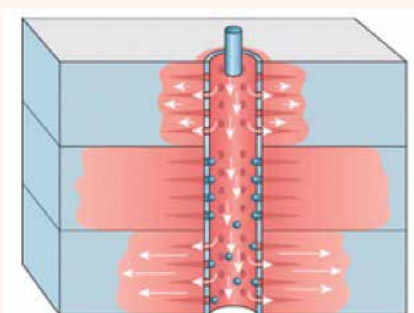
rock that is penetrated by the drill bit and evaluated through coring and logging may not fully represent the reservoir at a larger scale.

Completion and stimulation engineers consider these complexities during the design stage and when selecting appropriate technologies to optimize production and hydrocarbon recovery. Carbonate reservoirs are stimulated using acid—predominantly hydrochloric acid [HCl]—to create conductive pathways from the reservoir to the wellbore, and to bypass the wellbore region that has been damaged during drilling and cementing. Acid-fracturing techniques are also used in areas where the natural permeability of carbonate reservoirs is insufficient to promote effective matrix acid stimulations. The goal in carbonate reservoir stimulation is to effectively treat all latent productive zones, reducing formation skin and improving productivity or injectivity.

Matrix stimulation is even more complex when there are multiple intervals having significantly different permeabilities. High-permeability zones preferentially take the acid and



leave zones with lower permeability untreated. These untreated intervals mean less production and lost reserves. This nonuniform stimulation can also lead to high drawdown, causing early and undesirable gas and water production. For these reasons, acid-diverting techniques, both mechanical and chemical, have been developed and recommended to ensure uniform stimulation of carbonate reservoirs.



# The benefits of Fasting all year, not just during Ramadan



With the month of Ramadan behind us, many of us see fasting as finished for another year. However, we explore whether intermittent fasting all year is actually beneficial for us as a way to lose weight and stay healthy.

Intermittent fasting is not a diet; it's a pattern of eating. It's a way of scheduling your meals so that you get the most out of them. It's a great way to get lean without going on a crazy diet or cutting your calories down to nothing. In fact, most of the time you'll try to keep your calories the same when you start intermittent fasting. (Most people eat bigger meals during a shorter time frame.) With all that said, the main reason people try intermittent fasting is to lose fat.

*Perhaps most importantly, intermittent fasting is one of the simplest strategies we have for taking bad weight off while keeping good weight on because it requires very little behaviour change.*

This means intermittent fasting falls into the category of "simple enough that you'll actually

do it, but meaningful enough that it will actually make a difference."

## How Does Intermittent Fasting Work?

Your body is in its fed state when it is digesting and absorbing food. Typically, the fed state starts when you begin eating and lasts for three to five hours as your body digests and absorbs the food you just ate. When you are in the fed state, it's very hard for your body to burn fat because your insulin levels are high. After that timespan, your body goes into what is known as the post-absorptive state. The post-absorptive state lasts until 8 to 12 hours after your last meal, which is when you enter the fasted state. It is much easier for your body to burn fat in the fasted state because your insulin levels are low. When you're in the fasted state your body can burn fat that has been inaccessible during the fed state.

As we don't enter the fasted state until 12 hours after our last meal, it's rare that our bodies are



in this fat burning state. This is one of the reasons why many people who start intermittent fasting will lose fat without changing what they eat, how much they eat, or how often they exercise. Fasting puts your body in a fat burning state that you rarely make it to during a normal eating schedule. The reason most diets fail isn't because we switch to the wrong foods, it's because we don't actually follow the diet over the long term.

**This is where intermittent fasting shines because it's remarkably easy to implement once you get over the idea that you need to eat all the time. Diets are easy in the contemplation, difficult in the execution. Intermittent fasting is just the opposite – it's difficult in the contemplation but easy in the execution.**

The ease of intermittent fasting is best reason to give it a try. It provides a wide range of health benefits without requiring a massive lifestyle change. If you're considering giving fasting a try, there are a few different options for working it into your lifestyle. There are daily fasts, weekly ones



and even a 24-hour one. The most common one is the daily one. This model of daily intermittent fasting was made popular by Martin Berkhan of Leangains.com. It uses a 16-hour fast followed by an 8-hour eating period. It doesn't matter when you start your 8-hour eating period.

You can start at 8am and stop at 4pm. Or you start at 2pm and stop at 10pm. Do whatever works for you. Because daily intermittent fasting is done every day it becomes very easy to get into the habit of eating on this

schedule. Right now, you're probably eating around the same time every day without thinking about it. Well, with daily intermittent fasting it's the same thing, you just learn to not eat at certain times, which is remarkably easy.

This method of losing weight has started to become more popular because of its ease and simplicity. If you have tried other diets and found them to have failed, try implementing fasting into your lifestyle and you might be pleasantly surprised at the results.





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# The benefits of being an Expat

Taking on a job in the Libya as an expat worker can be one of the most rewarding experiences of your life.

## 1) Adaptability

The bulk of positions take place in the desert, which introduces some very specific logistics issues. Weather and delivery delays can change the nature of a job very quickly – expat workers must be able to adapt to changing conditions, taking it all in stride.

This level of flexibility doesn't just make the job itself easier – it helps to build a positive culture among your fellow workers. So often, it only takes one person with a negative outlook to sour everyone's time abroad – adapting to change with a smile improves working conditions for everyone.

## 2) Creativity

With many different jobs coming up over the course of one Project, expat workers should be able to apply their skills to multiple fields, and find creative solutions to problems. For this reason, expat workers will find the term "Macgyvering" used often. The ability to find new solutions to old problems is a key part of success as an expat worker.

## 3) Physical fitness

Expat workers in Libya must have above-average physical fitness working in hot and/or humid conditions for long hours, which can put a larger strain on the body than most people are used to. To succeed the expat worker must be able to work in such conditions without putting themselves or anyone else at risk.

## 4) Patience

Anything from a work visa application to delivery of construction materials can occur much slower than expat workers may be used to – this is simply the nature of working in the desert. In extreme cases, this can mean delays. Expat workers must have the patience to handle these timelines.

## 5) Positive health and safety attitude

If something goes wrong, a clinic is not always five minutes up the road. For this reason, expat workers must have the utmost care with health and safety – it is much easier to prevent accidents than deal with the consequences.

## 6) Mentoring skills

Plying your expertise means working with local employees as well as fellow expats. Expats who have great mentoring skills can teach as much as

they learn during their time in Libya. Often, local workers may not have as advanced a skill set as you do when you first arrive. With strong mentoring, you can improve their skills as much as your own.

## 7) Integrity and respect for local culture

As an expat worker in Libya you will be a guest in a completely different culture. Many countries will have starkly different customs and traditions to what you are used to – good expat employees will always hold the utmost respect for the way things are done locally. You should always aim to leave a positive impression on the locals you work with. Expat workers must come prepared to embrace local culture.

## 8) Support

Isolation can have a strong impact on expat workers in remote locations. A good support network, both at home and within your team on-site, is essential for a positive experience. Expat workers should always be looking out for one another, have strong communication skills and be able to reach out back home if they need to.



## Employee Profile

### Luis Romualdez P. Eng. – Senior Reservoir Engineer

Luis is an accomplished reservoir engineer with over 30 years' experience in field development and production optimisation in North and South America, Europe, Middle East and Asia.

He studied Master of Engineering in Petroleum at the University of Calgary and also has a Bachelor of Science degree in Mining Engineering from the University of Philippines. His professional development includes numerous technical and management training in reservoir simulation, petroleum economics, enhanced oil recovery, project management, team leadership, coaching and mentoring.

Luis conducted technical work resulting in the first commercial CO2 flood project in Canada (Joffre Viking) and the development of the steam assisted gravity drainage technology (SAGD). He has established reservoir engineering and simulation groups in various companies, and has managed integrated multi-disciplinary teams. He has also formulated and implemented engineering training programs for technical staff from

North America, Libya, Indonesia, Argentina and Peru.

Before joining Amazon, he worked with major oil and gas companies, including Occidental Petroleum Corp., Devon Canada Corp. and Shell Canada Ltd in various specialist and management capacities, specialising in field development, property evaluations, reservoir modelling, improved oil recovery and enhanced oil recovery.



# Salt and Sugar

## Need or want in our diet?

**S**alt and sugar, unfortunately, are plentiful substances in the diets of many people, especially if they consume many processed or premade foods. Like most foods and nutrients, they can be helpful – or at least not harmful – in small amounts. However, if you consume too much salt and sugar, you may put yourself at risk for health complications like heart disease and diabetes.

Salt, or sodium chloride, is important for some of your body's essential functions, like nutrient absorption and transport. When salt breaks down into its two chemical components in the body, chloride becomes a part of the acids in your digestive tract and absorbs nutrients from

your food. Sodium, the other component of salt, influences the volume of liquids retained by your body outside of your cells. This determines your blood volume, which in turn regulates blood pressure. Since salt plays such a critical part in your blood pressure, too much can also lead to high blood pressure, raising your risk of heart problems. Your body only needs about 3.8 grams of salt per day, but most people consume closer to 7 grams daily.

Sugar actually refers to any number of simple carbohydrates like glucose, fructose and sucrose. During your digestive process, most carbohydrates break down into these sugars, which becomes energy that fuels your body. Some foods, like fruits, are naturally high in sugars. When sugar naturally

occurs, it is not necessarily bad for your body. However, it is healthier to eat foods high in complex carbohydrates rather than simple sugars. This is because many of the negative effects of sugar occur through the actual process of eating.

Too much sugar can cause tooth decay by providing fuel for the bacteria that produces cavity-causing plaque. In addition, many manufacturers add sugars to processed foods and reduce the actual nutrients. This can contribute to weight gain. So, whilst salt and sugar are not inherently bad for your body, it is important to consume them in moderation so that you get more benefits from eating them as oppose to the negative attributes.



