



World's Top 10 Visited Cities In 2016

On the occasion of approaching summer vacations, HR Group would like to share with you the world's top 10 visited cities in 2016:

1. **Bangkok** – Thailand **(21.47) Million** Visito
2. **London** – UK **(19.88) Million** Visitor
3. **Paris** – France **(18.03) Million** Visitor
4. **Dubai** – UAE **(15.27) Million** Visitor
5. **New York** – USA **(12.75) Million** Visitor
6. **Singapore** – **(12.11) Million** Visitor
7. **Kuala Lumpur** – Malaysia **(12.02) Million** Visitor
8. **Istanbul** – Turkey **(11.95) Million** Visitor
9. **Tokyo** – Japan **(11.7) Million** Visitor
10. **Seoul** – South Korea **(11.2) Million** Visitors



HSSE "Message"

Tips for quitting smoking

- Decide on a quit date and stick to it.
- Tell your family and friends of your intention to stop smoking and ask for their support.
- Think about prior attempts to quit and what went wrong. Plan how to avoid the same pitfalls this time.
- Write a list of all the reasons why you want to stop smoking and refer to this list whenever you feel tempted to light up a cigarette.
- Throw away all cigarettes, lighters and ashtrays in your home and car. If your partner smokes, suggest that they stop too, or only smoke outside the house and away from you.
- Avoid possible weight gain by eating more fruit, vegetables and whole meal cereals, and less fat. Do some exercise you enjoy, such as walking or swimming.
- Your body will absorb more caffeine than usual in the few weeks after quitting. Cut down on coffee and tea for the first month or so to prevent caffeine-induced anxiety and restlessness.
- If you do have a cigarette, it's not the end of your quit attempt. It is safe to keep using quitting medications, including nicotine replacement products, and to keep trying to quit.

HR TRANSMISSION



الشركة الكويتية لنفط الخليج (س.م.ك.)
KUWAIT GULF OIL COMPANY (K.S.C.)

"Our way of staying in touch"

July 2017

HR Coming-up

Human Resources Group is pleased to announce the forthcoming unleash of the newly automated version of "Ebtikar" Innovation System, which will make it much easier to submit your initiatives in a developed paperless & automated manner. Make sure your next on-line submitted initiative to have a positive impact on your Team, Group and entire Company's interest. You're welcome to submit any type of initiatives, whether was administrative or technical, provided it's eventually for the company's interest, KGOC Management appreciates all the efforts of the employees who submit creative and valuable initiatives.



ابتكار Ebtikar

تقود مسيرة الإبداع Driving Innovation

HR "Tip of the Month"

Don't wait until everything is just right, it will never be perfect. There will always be challenges, obstacles and less than perfect conditions.

So...get started now. With each step you take, you will become stronger, more skilful, more confident and more successful...**Be yourself and trust your capabilities.**



Humor of the Month

Several weeks after a young man had been hired, he was called into HR manager office. "What is the meaning of this?" the manager asked. "When you applied for this job, you told us you have five years' experience. Now we discovered this is the first job you're ever held." "Well" the young man replied, "in your advertisement you said you wanted somebody with imagination."

