



Advanced Nautical Education &  
Maritime Operation Solutions



**Lloyds Register Approved Training Provider**  
**Accredited by the Cyprus Maritime Authority ~ E.U. Member**  
**Certified by Lloyds Register Quality Assurance for ISO 9001:2000**



**TRAINING MANAGER OF COSMOS NAUTICAL TRAINING CENTRE**  
Former Training Manager of P. M. Training Center

**Cpt. Panagis S. Tzortzatos**  
Master Mariner



# COSMOS NAUTICAL TRAINING CENTRE

WELCOME



## WELCOME...

Cosmos Nautical Training Centre is a fully-equipped Maritime Training Facility, with high-technology teaching facilities that will enable you to further your training and knowledge in order to meet the new standards and upgrade your skills. Promoting safety and excellence for seafarers and shipping companies' personnel, is our purpose.

Our full mission Bridge/Manoeuvring Simulator, as a teaching tool, will allow us to train and evaluate your Masters and Mates in all kinds of environments and emergencies. Our latest version Bridge, Engine Room, GMDSS & Cargo Handling simulators will set tasks to improve their professional skills and capabilities



"For the things we have to learn before we can do them, we learn by doing them"



Cosmos Nautical Training Centre undertakes the refresher training for the Pilots for the Port of Piraeus and the Port of Lagos, Nigeria. The Centre is Accredited by the Cyprus Maritime Authority and Certified by Lloyds Register Quality Assurance for ISO 9001:2000.

Our STCW Certificates are recognised by all European Community Countries and are acknowledged and endorsed by all the flag states, including:

Panama, The Bahamas, Liberia, St. Vincent & The Grenadines, Honduras

LEARN FROM THE BEST...SO YOU CAN BECOME THE BEST



# COSMOS NAUTICAL TRAINING CENTRE

## COURSES

### STCW COURSES

BRM – BTM – SHIP HANDLING | SHIP HANDLING & REFRESHING | GMDSS & REFRESHING | ARPA | ECDIS (ELECTRONIC CHART DISPLAY & INFORMATION SYSTEM) | ENGINE RESOURCE MANAGEMENT | CROWD AND CRISIS MANAGEMENT FOR RO-RO AND PASSENGER SHIPS | MEDICAL CARE & REFRESHING | MEDICAL FIRST AID | FIREFIGHTING | PERSONAL SURVIVAL | ELEMENTARY MEDICAL FIRST AID | PERSONAL SAFETY & SOCIAL RESPONSIBILITIES | COMPANY SECURITY OFFICER | SHIP SECURITY OFFICER | PORT FACILITY SECURITY OFFICER | PROFICIENCY IN SURVIVAL CRAFT & RESCUE BOATS | TANKER FAMILIARIZATION TRAINING | SPECIALIZED TRAINING FOR OIL TANKERS | SPECIALIZED TRAINING FOR LIQUEFIED GAS TANKERS | SPECIALIZED TRAINING FOR CHEMICAL TANKERS | CARGO HANDLING SIMULATOR



### SPECIALIZED TRAINING

TRAIN THE TRAINER COURSE | ACCIDENT & INCIDENT INVESTIGATION | RISK ASSESSMENT | SAFETY OFFICERS TRAINING COURSE | HAZARDOUS MATERIAL HANDLING COURSE

### FOR PASSENGER SHIPS

ENVIRONMENTAL TRAINING | AVOIDING SEXUAL HARASSMENT & CRIME | SECURITY, DRUG & ALCOHOL TRAINING | OUTBREAK PREVENTION PLAN (OPP) | INTEGRATED PEST MANAGEMENT (IPM) | TIME & ATTENDANCE (ILO) | DEVELOPING LEADERS | THE ART OF HOSPITALITY AT SEA

### CYPRUS REFRESHER COURSES

CYPRUS REFRESHER COURSE FOR RETIRED GREEK DECK AND ENGINE OFFICERS (CERTIFICATE VALID FOR 5 YEARS) | CYPRUS REFRESHER RENEWAL COURSE

# COSMOS NAUTICAL TRAINING CENTRE

## FACILITIES



### SEMINAR ROOM A

A 14-seater classroom, with projector screens for powerpoint presentations and seminars.

### Conference - Seminar B

The conference room/seminar B is equipped with de-briefing and video presentation facilities for all simulator courses.

...a personal training experience with professional equipment

### GMDSS - ENGINE ROOM - CARGO HANDLING SIMULATORS

Equipped with functioning GMDSS, Engine Room and Cargo Handling Simulators to train and evaluate ship's officers in the use of the GMDSS, Engine Room and Cargo Handling operations.



### BRIDGE SIMULATOR

State of the Art, full mission, Transas Bridge Simulator, capable of performing all kinds of environmental conditions and difficulties/emergencies.



# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES

**LLOYDS REGISTER  
APPROVED TRAINING PROVIDER**

**ACCREDITED BY THE CYPRUS MARITIME  
AUTHORITY ~ E.U. MEMBER**

**CERTIFIED BY LLOYDS REGISTER QUALITY  
ASSURANCE FOR ISO 9001:2000**



### STCW COURSES

#### **BRM – BTM – Ship Handling ~ Course Duration: 5 days**

Course Information: The trainee who successfully completes this course will have gained experience in handling ships under various conditions and will make a more effective contribution to the bridge team during ship manoeuvring in normal and emergency situations. In particular, the trainee will gain:

- \* Familiarization with the use of engines and helm for ship manoeuvring;
- \* An understanding of the effects on the behaviour of the ship from wind, current, shallow water, banks and narrow channels and loading conditions;
- \* A greater awareness of the importance of planning a passage or manoeuvre and the need for an alternative plan;
- \* A greater understanding and awareness of efficient bridge teamwork during watch keeping and ship handling, in normal and in emergency situations;
- \* A greater awareness and understanding of a good interactive communication style and benefit of building up a common shared mental model of the planned passage.

*The course can be divided to a) BRM b) BTM c) Shiphandling*

#### **Ship Handling & Refreshing ~ Course Duration: 3 days**

Course Information: Ship Handling can be taken as part of the BRM - BTM - Ship Handling Course with the following objectives:

The trainee who successfully completes this course will have gained experience in handling ships under various conditions and will make a more effective contribution to the bridge team during ship manoeuvring in normal and emergency situations.

In particular, the trainee will gain:

- \* Familiarization with the use of engines and helm for ship manoeuvring;
- \* An understanding of the effects on the behaviour of the ship from wind, current, shallow water, banks and narrow channels and loading conditions;
- \* A greater awareness of the importance of planning a passage or manoeuvre and the need for an alternative plan;
- \* A greater understanding and awareness of efficient bridge teamwork during watch keeping and ship handling, in normal and in emergency situations;
- \* A greater awareness and understanding of a good interactive communication style and benefit of building up a common shared mental model of the planned passage

#### *Ship Handling Refresher Course*

The refresher course will aid you in refreshing your knowledge and to gain experience for the new requirements in the field.

# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES



### **GMDSS & Refreshing ~ Course Duration: 10 days**

Course Information: A trainee successfully completing this course and passing the prescribed examination will be able to efficiently operate the GMDSS equipment and to have primary responsibility of the radio communications during distress incidents. Given the server problems being experienced in the GMDSS, as a result of the large number of false distress alerts that sometimes occur, training will also be provided in techniques to avoid the unintentional transmission of false distress alerts.

### **GMDSS Refresher Course ~ Course Duration: 4 days**

The refresher course will aid you in refreshing your knowledge and to gain experience for the new requirements in the field

### **ARPA ~ Course Duration: 4 days**

Course Information: Those successfully completing this course will be able to make efficient and effective use of the radar as a navigational aid in congested and confined waters, recognize potential threats and make valid navigational and collision-avoidance decisions based on sound radar observation and plotting in compliance with the International regulations for preventing Collisions at Sea (COLREG). They will be aware of the time needed to appreciate that a dangerous situation is developing, to decide upon, take appropriate action and to ascertain that such action is adequate and does not give rise to further conflicts with other vessels. They will also realize that excessive speed in poor visibility reduces the time available to assess a threat and to take appropriate action. The ability to plan, organize and manage a bridge team, making use of all navigational data, will also be achieved. Successful completion of this course will also provide the ability to respond to, co-ordinate with and execute a search and rescue operation.



### **ECDIS (Electronic Chart Display & Information System) ~ Course Duration: 4 days**

Course Information: A trainee successfully completing this course will be able to use ECDIS for his navigational watch. He will be able to operate ECDIS equipment, use the navigational functions of ECDIS, select and assess all relevant information and take proper action. The trainee will acquire and develop a knowledge and understanding of the basic principles governing the safe operation of ECDIS, including ECDIS data and their presentation, as well as the system-related limitations and potential dangers. He will be able to generate and maintain displays, to operate all basic navigational functions and all specific functions for route planning as well as route monitoring, to use and select proper navigational data and to display this data in the appropriate manner. He will also be able to perform updating. He will be able to analyze nautical alarms during route planning and route monitoring as well as sensor alarms. They will be able to assess the impact of the performance limits of sensors on the safe use of ECDIS and to appreciate that the back-up system is only of limited performance. He will be able to assess errors, inaccuracies and ambiguities cause by improper data management. Thus, he will be aware of errors in displayed data, errors of interpretation and the risk of over-reliance on ECDIS and be able to take proper action. In addition, he will have the knowledge of the principal types of electronic chart and the essential legal aspects of the use of ECDIS

# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES

### **Engine Resource Management ~ Course Duration: 5 days**

Course Information: To provide knowledge and skills to operate, supervise and monitor the safe operation and control of a ship's machinery installation in accordance with provisions of Section A-III/1, A-VIII/2 and B-VIII/2 of the STCW 95 Code.

In particular, the student will gain:

- \* Familiarization with the use of instrumentation and controls used in the engine-rooms of modern merchant ships
- \* Awareness of the need for proper pre-planning, the use of checklists and of the timescales involved in start up procedures
- \* Understanding and awareness of correct watch keeping procedures
- \* Understanding of the way in which machinery units are interdependent- and gain experience in identifying operations problems and trouble-shooting
- \* The ability to make decisions, which promote the safety and efficiency of an operational plant



### **Crowd and Crisis Management for Ro-Ro and Passenger Ships ~ Course Duration: 2 days**

Course Information: A trainee successfully completing the training will be able to:

- \* Control a crowd in an emergency situation on board
- \* Locate essential safety and emergency equipment on board
- \* Communicate effectively with passengers during an emergency
- \* Demonstrate the use of personal life-saving appliances
- \* Comply with the ship's safety and emergency procedures
- \* Organize the safe movement of vehicles and passengers during embarkation and disembarkation procedures
- \* Control elements of cargo safety and hull integrity
- \* Monitor and control atmosphere in ro-ro cargo spaces
- \* Organise shipboard emergency procedures
- \* Optimize the use of resources
- \* Control passengers and other personnel during emergency situations
- \* Establish and maintain effective communications

### **Medical Care & Refreshing ~ Course Duration: 6 days**

Course Information: Medical Care Course

This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/4-1. On meeting the minimum standard of competence in medical care, a trainee will be competent to participate effectively in co-ordinated schemes for medical assistance on ships at sea and to provide the sick or injured with a satisfactory standard of medical care while they remain on board.

*Medical Care Refreshing Course ~ Course Duration: 2 days*

The refresher course will aid you in refreshing your knowledge and to gain experience for the new requirements in the field

### **Medical First Aid ~ Course Duration: 4 days**

Course Information: This syllabus covers the requirements of the 1995 STCW Convention Chpt. VI, Section A-VI/4-1. On meeting the minimum standard of competence in medical first aid, a trainee will be able to provide immediate first aid in the event of an accident/illness on board

# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES



### **Firefighting ~ Course Duration: 5 days**

**Course Information:** This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/1, Table A-VI/1-2. This course will enable the trainee to react in the correct manner in the event of an outbreak of fire, to take appropriate measures for the safety of personnel and of the ship, and to use the fire appliances correctly. He will also be able to state and demonstrate that he has acquired knowledge and skills which, in some instances, will enable him to identify and correct defects and thus prevent fires from occurring

### **Personal Survival ~ Course Duration: 2 days**

**Course Information:** This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/1, Table A-VI/1-1. A trainee successfully completing this course will be able to react in a correct manner during emergency situations, take measures appropriate to his own survival, the survival of others and use survival equipment correctly. He will also acquire knowledge, which in some instances will enable him to identify and correct defects and thereby prevent emergencies



...a choice of courses  
.....a choice of languages

### **Elementary Medical First Aid ~ Course Duration: 1 day**

**Course Information:** This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/1, Table A-VI/1-3. On meeting the minimum standard of competence in elementary first aid, a trainee will be competent to take immediate action upon encountering an accident or medical emergency until the arrival of a person with more advanced medical first aid skills or the person in charge of medical care on board.

### **Personal Safety & Social Responsibilities ~ Course Duration: 1 day**

**Course Information:** This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/1, Table A-VI/1-4. Due to the vastly different environment on a ship as compared to ashore, this course is designed to prepare new recruits for a life at sea. Working on a ship can be a hazardous occupation for the uninitiated. This course will give new seafarers an insight into the various elements of a ship and working procedures on board so that they adjust to the shipboard environment, and are better prepared to cope with any unforeseen circumstances. To that extent this course is planned to make their transition from a shore to a sea career smooth and give some knowledge of ship's working before they actually step foot on board a ship.

A trainee successfully completing this course will be able to:

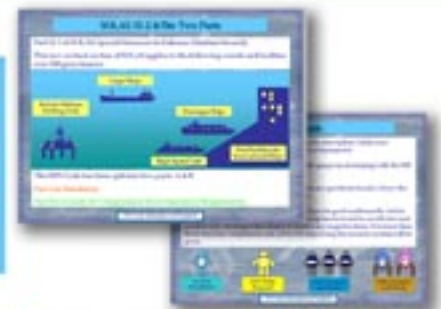
- \* Comply with emergency procedures
- \* Take precautions to prevent pollution of the marine environment
- \* Observe safe working practices
- \* Understand orders and be understood in relation to shipboard duties
- \* Contribute to effective human relationships on board

# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES

### Company Security Officer, Ship Security Officer and Port Facility Security Officer Training Courses

...working together for safer seas



#### **Company Security Officer ~ Course Duration: 2 days**

Course Information: Those who successfully complete this course should be able to undertake the duties and responsibilities of Company Security Officer, as defined in section A/11.2 of the ISPS Code, which include, but are not limited to:

- ✦ Advising the level of security threats likely to be encountered by the ship, using appropriate security assessments and other relevant information.
- ✦ Ensuring that ship security assessments are carried out
- ✦ Ensuring the development, the submission for approval, and thereafter the implementation and maintenance of the ship security plan
- ✦ Ensuring that the ship security plan is modified, as appropriate, to correct deficiencies and satisfy the security requirements of the individual ship
- ✦ Arranging for internal audits and review of security activities
- ✦ Arranging for the initial and subsequent verifications of the ship by the Administration of the recognised security organization
- ✦ Ensuring that deficiencies and non-conformities identified during internal audits, periodic reviews, security inspections and verifications of compliance are promptly addressed and dealt with.
- ✦ Enhancing security awareness and vigilance
- ✦ Ensuring adequate training for personnel responsible for the security of the ship
- ✦ Ensuring effective communication and co-operation between the ship security officer and the relevant port facility security officers
- ✦ Ensuring consistency between securing requirements and safety requirements
- ✦ Ensuring that, if sister-ship or fleet security plans are used, the plan for each ship reflects the ship-specific information accurately; and
- ✦ Ensuring that any alternative or equivalent arrangements, approved for a particular ship or group of ships are implemented and maintained.

#### **Ship Security Officer ~ Course Duration: 2 days**

Course Information: Those who successfully complete this course should be able to undertake the duties and responsibilities of Ship Security Officer, as defined in the ISPS Code, which include, but are not limited to:

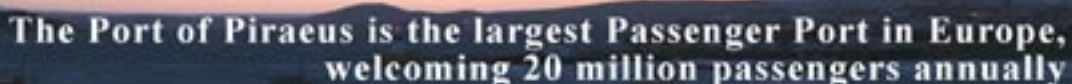
- ✦ Advising the level of security threats likely to be encountered by the ship, using appropriate security assessments and other relevant information.
- ✦ Ensuring the implementation and maintenance of the ship security plan
- ✦ Ensuring that the ship security plan, is modified, as appropriate, to correct deficiencies and satisfy the security requirements of the individual ship
- ✦ Ensuring that deficiencies and non-conformities identified during internal audits, periodic reviews, security inspections and verifications of compliance are promptly addressed and dealt with.
- ✦ Enhancing security awareness and vigilance
- ✦ Ensuring adequate training for personnel responsible for the security of the ship
- ✦ Ensuring effective communication and co-operation with the relevant port facility security officers
- ✦ Ensuring consistency between securing requirements and safety requirements



### **Port Facility Security Officer ~ Course Duration: 3 days**

Course Information: Those who successfully complete this course should be able to undertake the duties and responsibilities of a port facility security officer, as defined in section A/17.2 of the ISPS code, which include, but are not limited to:

- \* Conducting an initial comprehensive security survey of the port facility taking into account the relevant Port Facility Security Assessment
- \* Ensuring the development and maintenance of the Port Facility Security Plan
- \* Implementing and exercising the Port Facility Security Plan
- \* Undertaking regular security inspections of the port facility to ensure the continuation of the appropriate security measures
- \* Recommending and incorporating, as appropriate, modification to the Port Facility Security Plan in order to correct deficiencies and to update the Plan and to take into account the relevant changes to the Port Facility.
- \* Ensuring that adequate training has been provided for the personnel responsible for the security of the port facility
- \* Reporting to the relevant authorities and maintaining records of occurrences that threaten the security of the port facility
- \* Coordinating implementation of the Port Facility Security Plan with the appropriate Company and Ship Security Officer(s)
- \* Ensuring that standards of personnel, responsible for securing the port facility, are met
- \* Ensuring that security equipment is properly operated, tested, calibrated and maintained, and
- \* Assisting Ship Security Officers in confirming the identity of those seeking to board the ship when requested



**The Port of Piraeus is the largest Passenger Port in Europe, welcoming 20 million passengers annually**

### **Proficiency in Survival Craft & Rescue Boats ~ Course Duration: 4 days**

Course Information: This syllabus covers the requirements of the 1995 STCW Convention Chapter VI, Section A-VI/2, and Table A-VI/2-1. On meeting the minimum standards of competence in survival craft and rescue boats, other than fast rescue boats, a trainee will be competent to operate life-saving appliances and take charge of a survival craft or rescue boat during or after launch. They will also be able to operate a survival craft engine and manage survivors and survival craft after abandoning ship. Trainees will know the correct use of all locating devices, including communication and signalling apparatus and pyrotechnics, how to provide first aid for survivors and the actions required to preserve the lives of those in charge

### **Tanker Familiarization Training ~ Course Duration: 5 days**

Course Information: Successful completion of this course should enable candidates to serve on an oil tanker in any capacity other than master, chief engineer officer, chief mate or second engineer officer, and to perform the specific duties and responsibilities related to those duties in connection with cargo and cargo equipment, provided that they are not immediately responsible for the loading, discharging, care in transit or handling of the cargo

### **Specialized Training for Oil Tankers ~ Course Duration: 5 days**

Course Information: Provided they hold an appropriate certificate and are otherwise qualified in accordance with regulation V/1-2.2 of the International Convention on Standards of Training, Certification and Watch Keeping for seafarers 1978, as amended 1995, those successfully completing this course should be able to take immediate responsibility for loading, discharging and care in transit or handling of cargo on oil tankers

# COSMOS NAUTICAL TRAINING CENTRE

## STCW COURSES



### **Specialized Training for Liquefied Gas Tankers ~ Course Duration: 5 days**

Course Information: Provided they hold an appropriate certificate and are otherwise qualified in accordance with regulation V/1-2.2 of the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers 1978, as amended 1995. Those successfully completing the course should be able to take immediate responsibility for loading, discharging and care in transit or holding of cargo on liquefied gas tankers

### **Specialized Training for Chemical Tankers ~ Course Duration: 5 days**

Course Information: Provided they hold an appropriate certificate and are otherwise qualified in accordance with regulation V/1-2.2 of the International Convention on Standards of Training, Certification and Watch keeping for Seafarers 1978, as amended 1995. Those successfully completing the course should be able to take immediate responsibility for loading, discharging and care in transit or handling of cargo on chemical tankers

**NEW FOR 2009**  
NEW FOR 2009



### **Cargo Handling Simulator ~ Course Duration: 5 days**

Course Information: From the beginning of 2009 we are proud to introduce our brand new, latest technology, Cargo Handling Simulator. The simulator will allow Deck Officers to practically observe and learn how to handle a wide range of situations and adverse conditions. The use of a simulator has proved to be an invaluable tool in ship handling; has helped officers react correctly and avoid potential incidents and accidents.

The STCW Certificates are recognised by all European Community Countries and are acknowledged and endorsed by all the major flag states, including:

Panama, The Bahamas, Liberia,  
St. Vincent & The Grenadines, & Honduras

# COSMOS NAUTICAL TRAINING CENTRE

## SPECIALIZED TRAINING COURSES



### SPECIALIZED TRAINING COURSES



a couple of days of study in your life  
could one day save the life of another

#### **Train the Trainer Course ~ Course Duration: 2 days**

Course Information: There are certain positions on board sea-going vessels that call upon the need to train fellow crew members particularly in the matters of maritime security. The Train the Trainer Course is aimed at showing these officers how to train others.

#### **Accident & Incident Investigation ~ Course Duration: 2 days**

Course Information: Using case studies as learning examples the Accident and Incident Investigation course is directed to investigators of maritime events. The course covers the reasons for and evaluations derived from an incident investigation.

#### **Risk Assessment ~ Course Duration: 2 days**

Course Information: The Risk Assessment Course has as a primary objective to reduce the accidents and injuries that could easily occur onboard a vessel. The seaman will be given vital information on the potential risks and hazards of working on a ship, how to prevent incidents and maintain a risk aware work environment.

#### **Safety Officers Training Course ~ Course Duration: 3 days**

Course Information: The course is specifically designed for those undertaking the position of Safety Officer. The training provides full coverage of their role as Safety Officer onboard, evaluating risks and reporting any accidents that may occur. The course also focuses on crew and passenger safety through collaboration with the other crew members and inspections, drills and audits that lead to a safer onboard environment and the ability to deal with potential and actual safety incidents on the vessel.



#### **Material Handling Course ~ Course Duration: 1 day**

Course Information: The transportation and handling of hazardous materials by ship is a dangerous task that must be taken seriously and carried out correctly. This course is aimed at teaching the individual how to correctly package, handle and store dangerous materials. They will be taught how to interpret labels and the procedures that provide the utmost safety for all concerned.



### CYPRUS REFRESHER COURSES

The following two courses are available to retired Greek Deck and Engine Officers and are Accredited by the Cyprus Maritime Authority

**Cyprus Refresher Course (Certificate valid for 5 years) ~ Course Duration: 6 days**  
**Cyprus Refresher Renewal Course**

# COSMOS NAUTICAL TRAINING CENTRE

## PASSENGER SHIP COURSES

### PASSENGER SHIP COURSES

#### **Environmental Training ~ Course Duration: 1 day**

Course Information: This course covers various elements to establish the correct procedures for products and chemicals that are found on board vessels. The course includes information on the reception and stowage of chemical products, different categories of substances and how to handle them. We promote the correct use and handling of chemicals onboard by crew members and personal protective equipment that should be worn to prevent accidents. The course covers both MARPOL and SOPEP regulations and their instructions concerning appropriate disposal.

#### **Avoiding Sexual Harassment & Crime ~ Course Duration: 1 day**

Course Information: Students will be informed of the most suitable manner of conduct, appropriate behavior and co-operation with fellow crew members. The course applies to both sexes and shows consequences that can arise from their actions. Specific instruction is given to those that are supervisors or heads of departments.

#### **Security, Drug & Alcohol Training ~ Course Duration: 1 day**

Course Information: Upon completion of this course the candidate will be fully informed of the International Rules concerning security, drugs and alcohol. Time will be allotted to discuss the special requirements of their particular company and their policies. Students will also be made aware of the consequences of substance abuse and the consequences of not abiding with the international laws and the ship's policies.

#### **Outbreak Prevention Plan (OPP) ~ Course Duration: 1 day**

Course Information: OPP is aimed at outlining precautions and measures to be taken to prevent a virus outbreak. If an outbreak occurs, students will be taught how to prevent further spreading and how to take correct actions in accordance with a contingency plan for virus outbreak. If an outbreak occurs, students will know how to report the incident correctly and efficiently.

#### **Integrated Pest Management (IPM) ~ Course Duration: 1 day**

Course Information: The course is structured to cover the specific instructions for protective measures onboard to control any infestation of pests and bugs. You will be made aware of the chemicals needed to prevent and combat infestations and how to use them correctly. Students are also taught the Pest Management Program onboard and how to document events in the log book.

#### **Time & Attendance (ILO) ~ Course Duration: 1 day**

Course Information: The Time and Attendance course outlines the STCW rules concerning both working hours and resting hours for crew on board sea going vessels. A section of the course will also be dedicated to the Company's specific policies and personal work cards.

#### **Developing Leaders ~ Course Duration: 1 day**

Course Information: There are many positions onboard that carry a vast amount of responsibility and those crew members need to be leaders in order to guide the fellow crew and to be taken notice of and listened to in all kinds of situations. This course focuses precisely on that, developing the leaders so they can take charge onboard.

#### **The Art of Hospitality at Sea ~ Course Duration: 1 day**

Course Information: This is an essential course for crew members and especially those dealing with passengers. Passenger satisfaction is a major part of the cruise ship and ferry boat industry and it is essential that crew members are fully aware of how to deal with passengers under all

# COSMOS NAUTICAL TRAINING CENTRE ORIENTATION

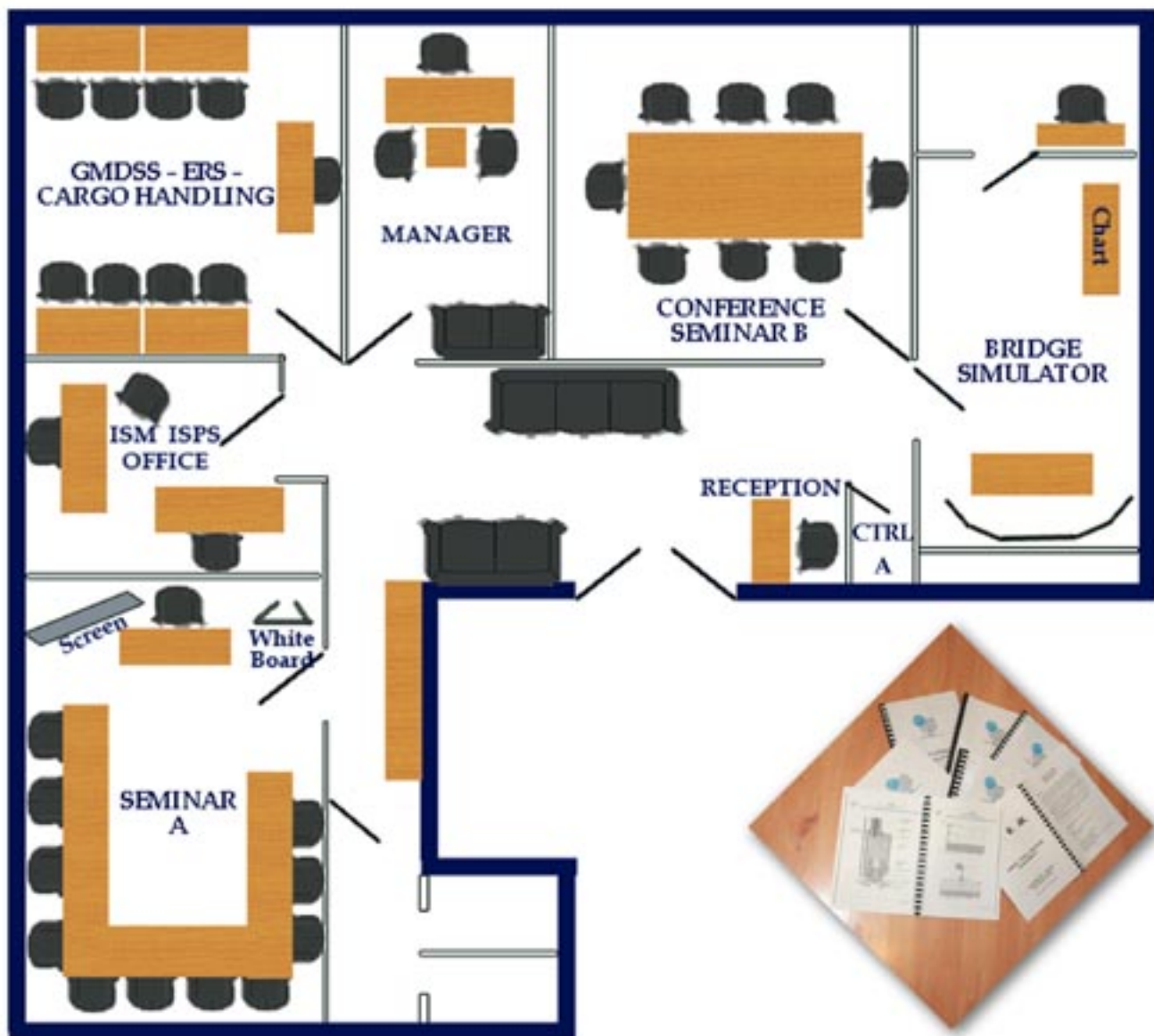


## COSMOS TRAINING CENTRE FLOOR PLAN



GMDSS-ERS-CARGO HANDLING

CONFERENCE SEMINAR B



SEMINAR A

CONTROL A

BRIDGE SIMULATOR



# COSMOS NAUTICAL TRAINING CENTRE

## A TRAINING DAY AT COSMOS

COSMOS NAUTICAL TRAINING CENTRE is located in the heart of Piraeus, the port of Athens, only a minute walk away from its bustling harbour. Most of our courses span several days and Cosmos will ensure that you are well looked after during your time with us.

The courses are taught using a variety of materials and Lessons are conducted either in English or Greek in accordance with your requirements. Lesson materials will be distributed to all participants and powerpoint presentations, slide shows and simulator experiences appropriate to your course, will provide a rounded learning experience.



126 KOLOKOTRONI STREET,  
PIRAEUS



### THE TYPICAL DAY

On your first morning, a member of the Centre's staff will be waiting for you in the Hotel Reception to guide you to the Centre, a very short walk from your accommodation.

The average training day is split into two halves with a break for lunch between the morning and afternoon sessions. The morning class will start at 8:30am and the afternoon lesson finishes around 7:00pm. We will take short breaks mid-morning and mid-afternoon for refreshments, with a longer break for lunch. Drinks, snacks and a light lunch are all provided at the Centre with no extra charge. Apart from the trainers, Cosmos staff are on hand throughout the day to meet your needs and requests.

Once lessons are over, the rest of the day is free so you can explore the local area, dine out in one of Piraeus' many restaurants or see the sites of Piraeus and Athens - a short metro ride away.

# COSMOS NAUTICAL TRAINING CENTRE

## ARRIVAL AND ACCOMODATION



The COSMOS NAUTICAL TRAINING CENTRE is located in the heart of Piraeus, close to major sea, bus, road and rail routes:

**Closest Airport:** Athens International ~ Direct train and bus links to Piraeus that terminate in Piraeus Harbour

**Access by Sea:** Piraeus Cruise Ship and Ferry Port is a 5-10 min walk from the Training Centre depending on the exact arrival point

**Access by Road:** A direct bus link to and from the airport terminates close to Cosmos, and a bus stop for intercity bus services is located a 2 minute walk from the Centre. Access by car is simple and two reasonably priced organised parking areas are located exactly opposite and next door to the Centre.

**Access by Rail:** Major rail links terminate in Piraeus from the Airport and the main cities of Greece. The Metro station is located close to the Airport Train Terminal and provides access to all the metro stations in Athens, reaching the heart of the capital is less than half an hour. The metro service also provides a direct link to the tram which runs along the coastline and beaches of eastern districts.



comfort &  
convenience  
in the heart of the  
city

*welcome*



### ACCOMMODATION

You will be accomodated in the Best Western Park Hotel just metres away from the Cosmos Nautical Training Centre. The Park Hotel has a 24 hr front desk, high speed internet, room service, multilingual staff, fax and photocopy services, foreign currency exchange, an onsite restaurant and cocktail lounge. A complimentary breakfast is provided by the Park Hotel and snacks and a light lunch are served during the day at Cosmos.

# COSMOS NAUTICAL TRAINING CENTRE

## PIRAEUS AND ATHENS



### OUTSIDE OF THE CLASSROOM

Piraeus offers a host of entertainment for visitors. The city of Piraeus boasts some of the best Greek Tavernas, where even the high-class of Athens come down to the shores of Peiraiki, with an open sea to gaze upon and Kastella, with its lofty view over Athens and its seashores, to dine. For fine dining with a modern day touch, Akti Miaouli now offers a choice of new restaurants. Further along in Hatzikiriakio are the renowned fresh fish restaurants next to Piraeus' prestigious naval academy. For coffee and cakes by the waterfront, head for Pasalimani, Marina Zeas and Mikro Limano.

Archaeological sites are scattered around Piraeus from Ancient Greek and Roman settlements and the major artifacts have been accumulated in the Piraeus Archaeological Museum. In the museum's courtyard there is a collection of statues and the remains of a small amphitheatre. Down in Marina Zeas is the Maritime Museum, housing model ships, maps, objects from Onassis' yacht the 'Argo' and artifacts from the War of Independence and the Balkan Wars.

The metro will take you straight to Athens' highlight, The Acropolis, and all the major tourist sites of Athens. The National Archaeological Museum houses a vast range of Greek artifacts. One of the most outstanding exhibition areas is that of the Minoan gold and the top floor is dedicated to ancient statues. Stand in awe at Zeus' Columns, marvel at the Panathinaikos Stadium or watch the traditional Changing of the Guard outside the Parliament building. Perched on the highest hill in the area is Lycabitos with its simple white church, easily accessible by cable car for a complete view of Athens and Piraeus and out to sea. Tourists and Greeks dine side by side in the area known as Plaka, full of tourist shops and food establishments in its many twisting streets under the Acropolis.

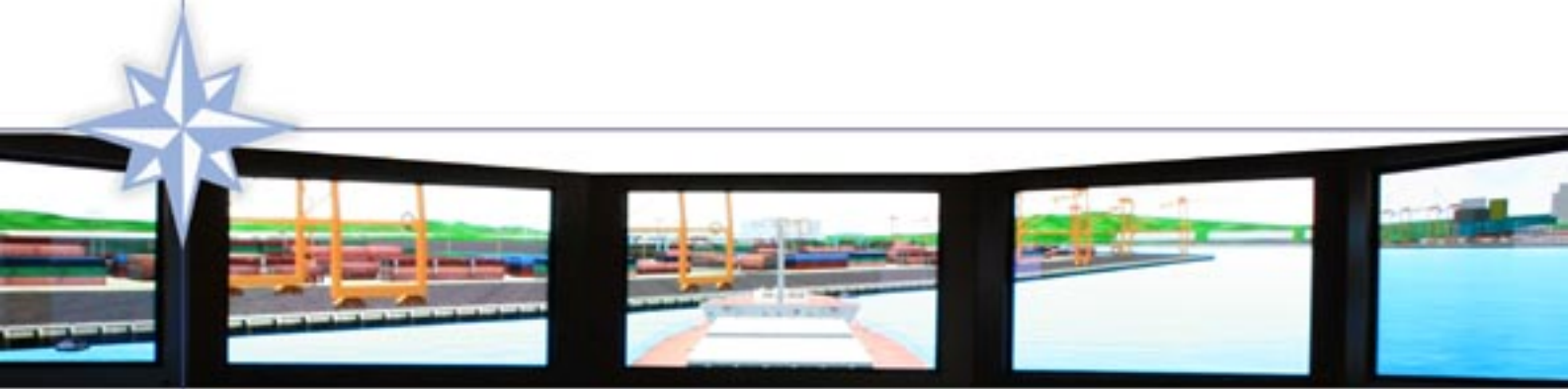
For a more relaxing time, beaches line the coasts of Piraeus and Athens for sea breezes during the warm summer months. A short taxi ride will take you to the Allou Fun Park and a little further a field, the Copa Copana water park, provides an oasis on a warm day and fun with ice and snow during the winter.

*What ever your interests are the hotel staff can point you in the right direction to fully enjoy your stay with us in Piraeus.*

# COSMOS NAUTICAL TRAINING CENTRE

## TEACHING FACULTY

<b>Commodore rtd. Makris, Ioannis</b> ~ H.C.G.	<b>Position: STCW Trainer</b> Former Training Manager of P.M.T.C. ISM, ISPS Expert
<b>Cpt. Roucounakis, George</b> ~ Master Mariner	<b>Position: Bridge Simulator Trainer</b> Chief Pilot of Motoroil Hellas Former Chief Pilot of the Port of Piraeus
<b>Cpt. Daskalakis, Themistokleis</b> ~ Master Mariner	<b>Position: Simulator Trainer</b> President of the Pilots of the Port of Piraeus Secretary of the European Pilot's Association
<b>Zilos, John</b> ~ Superintendent Engineer	<b>Position: Engine Simulator Trainer</b> Chief Engineer
<b>Cholezas, Fotis</b> ~ Superintendent Engineer	<b>Position: Engine Simulator Trainer</b> Chief Engineer
<b>Cpt. Karantinos, Nicolaos</b> ~ Master Mariner	<b>Position: Cargo Handling Simulator Trainer</b> Many years of experiences with Chemical, LNG and LPG vessels MsC Maritime Operations Liverpool University
<b>Cpt. Panogiotakis, Georgios</b> ~ Master Mariner	<b>Position: Bridge Simulator Operator</b> Many years of experiences in ship-handling and special studies in the U.S.
<b>Cpt. Sempepos, Dimitrios</b> ~ Master Mariner	<b>Position: STCW Simulator Instructor</b> Ten years of experience in Maritime Education
<b>Cpt. Mackenzie, Malcolm</b> ~ Extra Master Mariner	<b>Position: TMSA Instructor</b> Over eighteen years experience in Maritime Education (TMSA, ISO, ISM, Brokering)
<b>Cpt. Katsakoulas, Nicolaos</b> ~ Class A Captain ~ Class A Radio operator	<b>Position: GMDSS Simulator Trainer</b> Many years experience in Communication Training
<b>Rear Admiral Zeimbekis, Sotirios</b> ~ Hellenic Coast Guard	<b>Position: Legislation &amp; Marine English Instructor</b>
<b>Petyhakis, Nicolaos</b> ~ Naval Architect	<b>Position: Lecturer</b> New Regulations & Construction Methods in Shipping Stability and Damage Stability Expert
<b>Giannopoulos, Ioannis</b> ~ MSc in Maritime Management	<b>Position: ISO, ISM, ISPS Lecturer</b> Author of "Financial Management in Shipping" DPA/CSO
<b>Dr. Felekis, Dimitrios</b> ~ Doctor	<b>Position: Medical Lecturer</b> Athens Medical University Lecturer
<b>Dr. Papaharalambous, Georgios</b> ~ Doctor	<b>Position: Medical Lecturer</b>
<b>Cpt. Tsigaris, Panagiotis</b> ~ Master Mariner	<b>Position: Compass Adjuster</b> Approved by the Hellenic Directorate of Merchant Shipping
<b>Spiropoulos, Constantinos</b> ~ Safety Officer	<b>Position: Safety Lecturer</b> Safety Officer on board vessels including inspections, drills and accident prevention
<b>Cpt. Mountouris, Dimitrios</b> ~ Class A Master Mariner ~ Class A Radio Operator	<b>Position: Bridge Equipment Lecturer</b> Specializing in ARPA, ECDIS and Radar
<b>Cpt. Sarlis, Emmanouil</b> ~ Gas-Chemical Equipment Specialist	<b>Position: Gas Equipment Trainer</b> Certified Trainer for all brands of gas equipment
<b>Anoixa, Vassiliki</b> ~ Class A Radio Operator	<b>Position: GMDSS Simulator Trainer</b> KESEN ~ Aspropirgos Naval Academy



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