



PERTAMINA

energia

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AGUSTUS - AUGUST 2021



6 ESG INSIGHT

TOPIK MATERIAL SEBAGAI LANDASAN
FUNDAMENTAL PERUSAHAAN
MATERIAL TOPIC AS THE COMPANY'S
FUNDAMENTAL

BAKTI PERTAMINA DI MASA PANDEMI

*PERTAMINA'S LOYALTY
DURING THE PANDEMIC*

IHC TELEMED

“Sehat dalam Genggaman”



CARA MELAKUKAN TELEKONSULTASI IHC TELEMED KHUSUS COVID

1. Download aplikasi IHC Telemed melalui tautan: <https://bit.ly/aplikasiihctelemed> atau scan barcode
2. Pilih layanan di aplikasi IHC Telemed.
3. Pilih salah satu Rumah Sakit IHC Grup di bawah ini :
 - Rumah Sakit Pusat Pertamina
 - Rumah Sakit Pertamina Jaya
 - Rumah Sakit Pelabuhan Jakarta
 - Rumah Sakit PELNI
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5. Anda wajib menunjukkan hasil PCR positif/SWAB antigen reaktif** dari laboratorium setempat pada saat melakukan konsultasi.
6. Bila dari hasil pemeriksaan, Anda masuk dalam kategori ISOMAN dan mendapatkan resep obat, maka obat dapat diambil pada loket farmasi Telemedicine di seluruh Rumah Sakit BUMN***
7. Anda diharapkan kembali melakukan telekonsultasi pada hari ke-5 setelah pengobatan.
8. Bila mengalami penurunan atau perburukan kondisi, segera kunjungi Faskes terdekat.



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Keterangan :

* Apabila Dokter Umum memberi rujukan untuk melanjutkan pengobatan ke Dokter Spesialis, maka akan dikenakan biaya

** Pasien terkonfirmasi positif adalah pasien yang memiliki hasil PCR positif 7 hari terakhir atau tes SWAB antigen reaktif 2 hari terakhir

*** Obat dan pengiriman dikenakan biaya

FROM THE EDITOR **energiá**

Dedikasi Pertamina untuk Indonesia memang tidak pernah setengah hati. Semua tugas dan peran yang diamanatkan kepada BUMN ini dijalankan dengan maksimal, salah satunya mendukung pemerintah dalam percepatan penanganan COVID-19 nasional.

Beragam kiprah nyata ditunjukkan Pertamina selama pandemi COVID-19, tak terbatas pada tugasnya sebagai penyedia energi nasional. Di bidang kesehatan dan ekonomi pun, Pertamina berperan aktif, sesuai komitmen yang diucapkan Direktur Utama Pertamina, Nicke Widyawati dalam berbagai kesempatan. "Kita harus dapat membantu agar semuanya bisa *survive*. Inilah cara kita memulihkan bangsa," ujarnya.

Untuk itu, di bulan Kemerdekaan ini, redaksi menyajikan bahasan utama tentang komitmen Pertamina tersebut. Semoga rekam jejak BUMN ini di masa pandemi dapat menjadi pengingat bahwa Pertamina sebagai bagian dari Indonesia selalu berupaya mengisi kemerdekaan dengan beragam kiprah positif agar ibu pertiwi segera pulih. **■**

Pertamina has never been half-hearted in dedicating itself to Indonesia. All tasks and roles mandated to the SOE are carried out to the maximum, one of which is supporting the government in accelerating the handling of COVID-19 in the country.

Pertamina has made various achievements during the COVID-19 pandemic that are not limited to its duties as a national energy provider. Even in the health and economic sectors, Pertamina plays an active role, according to the commitments made by Pertamina President Director, Nicke Widyawati on various occasions. "We must be able to help so that everyone can survive. This is how we restore the nation," she said.

*Therefore, in this month of Independence, the editorial team is presenting the main issues about that commitment of Pertamina. Hopefully the track record of this SOE during the pandemic can be a reminder that Pertamina as part of Indonesia always tries to realize our independence with a variety of positive actions so that our nation can recover soon. **■***



Cover Story

**BAKTI PERTAMINA
DI MASA PANDEMI**
**PERTAMINA'S LOYALTY
DURING THE PANDEMIC**

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The photos without masks in the AUGUST 2021 issue were taken before the COVID-19 pandemic.



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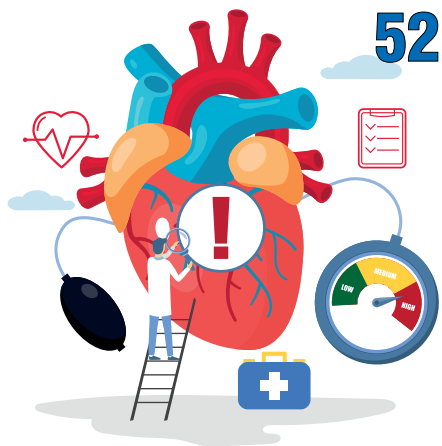
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TOPIK MATERIAL SEBAGAI LANDASAN FUNDAMENTAL PERUSAHAAN

MATERIAL TOPIC AS THE COMPANY'S FUNDAMENTAL

Pada edisi sebelumnya, ESG Insight memaparkan mengenai definisi ESG, ESG financing dan beberapa contoh implementasi ESG di Pertamina. Namun, dibalik semua itu, perlunya memahami Topik Material menjadi prinsip dasar dari pelaporan finansial yang diadopsi untuk laporan keberlanjutan serta dinilai berdasarkan relevansinya untuk kesuksesan bisnis jangka panjang dan kepentingan bagi pemangku kepentingan.

DEFINISI TOPIK MATERIAL

Menurut Global Reporting Initiative (GRI), Topik Material adalah topik yang mencerminkan dampak paling signifikan organisasi terhadap ekonomi, lingkungan, dan manusia, termasuk dampak terhadap hak asasi manusia.

MENGAPA TOPIK MATERIAL INI PENTING?

Karena selain sebagai dasar untuk kegiatan dan strategi ESG, topik-topik tersebut diperoleh berdasarkan masukan dari internal dan eksternal tentang pentingnya masalah ESG. Selain itu, topik material dapat menentukan prioritas dan memaksimalkan nilai dari keberlanjutan yang akan dituangkan dalam pelaporan keberlanjutan dan strategi komunikasi. Selain itu, topik tersebut sebagai batasan untuk perencanaan strategis di manajemen operasional dan pengambilan keputusan investasi modal.

BEBERAPA PENDEKATAN UNTUK MENENTUKAN 10 TOPIK MATERIAL TERPENTING DI PERTAMINA

Berdasarkan Best Practice, penentuan Topik Material

In the last editions, ESG Insight has discussed about ESG definition, ESG financing, and some of ESG Implementation in Pertamina. However, we need to understand Material Topics which become the fundamental principle of financial reporting which has been adopted for global sustainability reporting and is assessed on a relevance for long-term business success and importance to stakeholders.

MATERIAL TOPIC DEFINITION

Referring to Global Reporting Initiative (GRI), material topics are topics that reflect the organization's most significant impacts on the economy, environment, and people, including impacts on human rights.

WHY IS THE TOPIC OF MATERIALITY TOPICS IMPORTANT?

Besides being a foundation for ESG activities and strategy, those topics provided from internal and external insight on importance of ESG issues. Material Topics also enable prioritization and maximize value from sustainability activities which will be reported in ESG reporting and communication strategy. In addition, those topics serves as the guard rail for strategic planning, operational management and capital investment decision making.

sebaiknya tidak lebih dari 10-12 topik, mengingat pentingnya fokus kepada hal-hal yang benar-benar relevan untuk perusahaan.

- Membandingkan bagaimana internal dan pihak eksternal khususnya di industri yang sama melakukan standar penentuan Topik Material dengan mempertimbangkan IOC dan NOC lainnya serta unsur ESG yang utama.
- Diskusi mendalam dengan para pemangku kepentingan utama tentang topik spesifik Pertamina yang harus dimasukkan dalam Topik Material utama.
- Memprioritaskan topik dari luar maupun dari dalam perusahaan untuk menentukan 10 topik material teratas.
- Topik Material dapat menggunakan beberapa referensi framework antara lain GRI, SASB, dan IPIECA.

BERIKUT INI ADALAH 10 TOPIK MATERIAL PT PERTAMINA (PERSERO) TAHUN 2021

1. Mengatasi Perubahan Iklim

Menangani emisi gas rumah kaca yang dihasilkan perusahaan melalui operasinya, termasuk juga emisi non-GRK. Topik tersebut penting untuk mendukung agenda nasional dalam upaya dekarbonisasi dan masalah utama untuk industri tinggi emisi seperti IOC dan NOC.

2. Mengurangi Jejak Lingkungan

Dampak lingkungan yang terkait dengan konsumsi energi seperti intensitas energi atau energi campuran. Topik tersebut penting untuk mendukung rencana energi hijau nasional dan menyediakan ketahanan energi jangka panjang bagi bangsa.

3. Melindungi Keanekaragaman Hayati

Dampak perusahaan terhadap ekosistem dan keanekaragaman hayati melalui aktivitasnya. Topik tersebut penting karena operasi Pertamina terkait erat dengan pelestarian alam dan keanekaragaman hayati.

4. Kesehatan dan Keselamatan

Menjaga ruang kerja yang aman dan sehat bebas dari cedera, kematian dan penyakit. Topik tersebut penting untuk memastikan kesehatan dan keselamatan karyawan selama operasi untuk memastikan operasi aman, terstandar yang berkelanjutan.

APPROACH TO DEFINE TOP 10 MATERIAL TOPICS IN PERTAMINA

According to Best Practice, Material Topic Determination should be no more than 10-12 topics, given the importance of focusing on things that are really relevant to the company.

- External and internal benchmarking to obtain industry standard for materiality topics through considerations of other IOC and NOCs as well as key ESG metrics.
- In-depth discussion with key stakeholders on specific topics that should be included by Pertamina within key Material topics.
- Prioritizing topics from external and internal parties to obtain top 10 Material topics for Pertamina.
- Material Topic could use several frameworks as reference such as GRI, SASB, and IPIECA disclosures.

THESE ARE THE TOP TEN MATERIAL TOPICS OF PT PERTAMINA (PERSERO) YEAR 2021

1. Addressing Climate Change

Addresses greenhouse gas emissions that a company generates through its operations, including non-GHG emissions as well.

This topic is important to support national agenda in decarbonization effort and Key issues for emission heavy industry such as IOC and NOCs.

2. Reducing Environmental Footprint

Environmental impacts associated with energy consumption such as energy intensity or energy mix. This topic is important to support national energy green plan and provide long-term national energy security.

3. Protecting Biodiversity

Company's impacts on ecosystems and biodiversity through its activities. This topic is important because, Pertamina's operation is closely linked to preservation of nature and biodiversity.

4. Health and Safety

Maintaining safe and healthy workspace that is free of injuries, fatalities and illness. This topic is important to ensure employee

5. **Pencegahan Insiden Skala Besar**
Penggunaan sistem manajemen dan perencanaan skenario untuk mengidentifikasi, memahami dan mencegah atau meminimalkan terjadinya kecelakaan berdampak tinggi. Topik tersebut penting karena prioritas tinggi untuk meminimalkan dampak negatif terhadap masyarakat dan lingkungan.
6. **Perekrutan, Pengembangan & Retensi Karyawan**
Pekerja merupakan aset terbesar perusahaan, sehingga proses rekrutmen dan pengembangan karyawan menjadi poin yang penting, termasuk manajemen bakat dan branding perusahaan.
7. **Inovasi dan penelitian**
Keterlibatan dan mengejar inovasi dan penelitian untuk memajukan bisnis sambil memasukkan pertimbangan LST (Lingkungan Sosial dan Tata kelola). Topik tersebut penting untuk mendukung ambisi perusahaan menjadi yang terdepan dalam bidang R&D (Research & Development).
8. **Keterlibatan dan Dampak Komunitas**
Keterlibatan perusahaan dengan masyarakat setempat, termasuk melindungi hak dan perlakuan terhadap masyarakat adat. Topik tersebut penting untuk menciptakan dampak positif dalam komunitas setempat dan memperkuat keberlanjutan melalui kemitraan berkelanjutan dengan masyarakat lokal.
9. **Keamanan Digital**
Risiko yang terkait dengan pengumpulan, penyimpanan, dan penggunaan informasi sensitif dan rahasia terkait dengan data pelanggan dan perusahaan. Topik tersebut penting karena seiring Pertamina bergerak ke arah yang lebih digital, keamanan informasi dan data pelanggan dan perusahaan menjadi sangat penting.
10. **Etika Perusahaan**
Pendekatan perusahaan dalam mengelola risiko dan peluang terkait etika bisnis, termasuk sistem tata kelola perusahaan. Topik tersebut penting karena Pertamina sebagai BUMN perlu menjadi yang terdepan dalam etika dan tata kelola perusahaan yang baik. ▀

health and safety during operations to ensure safe, standardized, and sustainable operations.

5. **Prevention of Major Accidents**
Use of management systems and scenario planning to identify, understand and prevent or minimize occurrence of high impact accidents. This topic is important because, high priority to minimize negative impact to community and environment.
6. **Employee Recruiting, Development & Retention**
Employees are the biggest company's asset, so recruitment process and development of employees is an important point, including talent management and company branding.
7. **Innovation and Research**
Involvement and pursuit of innovation and research to advance business while incorporating ESG considerations. This topic is important to support ambition to be leading R&D company.
8. **Community Engagement and Impact**
Company's engagement with communities where they operate, including protecting the rights and treatment of indigenous people. This topic is important to create positive impact within communities where Pertamina operates and Strengthen sustainability through continuous partnership with local communities.
9. **Cyber Security**
Risk related to collection, retention and use of sensitive and confidential information relate to customer and company data. This topic is important because, Pertamina moves to be more digitalized, the need to secure customer's and company's information and data is high.
10. **Corporate Ethics**
Company's approach in managing risk and opportunities related to ethical business conduct, including corporate governance system. This topic is important because Pertamina as SOE needs to be a leader in good corporate ethics and governance. ▀



MATERIAL TOPIC AS THE COMPANY'S FUNDAMENTAL

We need to understand Material Topics which become the fundamental principle of financial reporting which has been adopted for global sustainability reporting and is assessed on a relevance for long-term business success and importance to stakeholders.



Material Topic Definition
Referring to Global Reporting Initiative (GRI), material topics are topics that reflect the organization's most significant impacts on the economy, environment, and people, including impacts on human rights.




These are The Top Ten Materiality Topics of PT Pertamina (Persero) in 2021




ESG	Topics	Definition	Why is it important to Pertamina?	Top 10 SDG's Priority Pertamina
E	Addressing Climate Change	Addresses greenhouse gas emissions that a company generates through its operations, including non-GHG emissions as well.	<ul style="list-style-type: none"> Support national agenda in decarbonization effort. Key issues for emission heavy industry such as IOC and NOCs. 	
	Reducing Environmental Footprint	Environmental impacts associated with energy consumption such as energy intensity or energy Mix.	<ul style="list-style-type: none"> Support national energy green plan. Provide long-term energy security for the nation. 	
	Protecting Biodiversity	Company's impacts on ecosystems and biodiversity through its activities.	Pertamina's operation is closely linked to preservation of nature and biodiversity.	
S	Health and Safety	Maintaining safe and healthy workspace that is free of injuries, fatalities and illness.	Priority to ensure employee health and safety during operations to ensure sustainable operations and standards.	
	Prevention of Major Accidents	Use of management systems and scenario planning to identify, understand and prevent or minimize occurrence of high impact accidents.	High priority to minimize negative impact to community and environment.	
	Employee Recruiting, Development & Retention	Employees are the biggest company's asset, so recruitment process and development of employees is an important point, including talent management and company branding.	To continue attracting best talent in Indonesia and support job creation and upskill national talent pool.	
	Innovation and Research	Involvement and pursuit of innovation and research to advance business while incorporating ESG considerations.	Support ambition to be leading R&D company.	
	Community Engagement and Impact	Company's engagement with communities where they operate, including the rights and treatment of indigenous people.	<ul style="list-style-type: none"> Create positive impact within communities where Pertamina operates in. Strengthen sustainability through continuous partnership with local communities. 	
G	Cyber Security	Risk related to collection, retention and use of sensitive and confidential information relate to customer and company data.	As Pertamina moves to be more digitalized, the need to secure customer's and company's information and data.	
	Corporate Ethics	Company's approach in managing risk and opportunities related to ethical business conduct, including corporate governance system.	As SOE, Pertamina needs to be a leader in good corporate ethics and governance.	



Main Issue

 Septian Tri Kusuma



 ENERGIA/ADITYO PRATOMO



**SEMANGAT KAMI
MELAWAN
PANDEMI**

**OUR SPIRIT IN FIGHTING
AGAINST THE PANDEMIC**



ENERGIA/ADITYO PRATOMO

Direktur Logistik, Supply Chain, dan Infrastruktur Pertamina Mulyono berinteraksi sekaligus memberi semangat kepada awak mobil truk tanki Patra Niaga yang membawa Iso tank *liquid oxygen* (oksigen) di Dermaga 203 Tanjung Priok, Jakarta, 24 Juli 2021.

Pertamina's Director of Logistics, Supply Chain, and Infrastructure Mulyono interacted and encouraged the crew of the Patra Niaga tanker truck carrying liquid oxygen (oxygen) Iso tanks at Pier 203 Tanjung Priok, Jakarta, July 24, 2021.

Sejak akhir Desember 2019 lalu, *Novel Coronavirus* atau Virus 2019- nCoV dan sekarang disebut COVID-19 memang telah membuat geger warga dunia. Penyebarannya yang sangat cepat membuat sejumlah negara mengambil tindakan cepat untuk memproteksi warganya. Nyatanya, hingga saat ini, masih ada orang-orang yang terinfeksi virus tersebut.

Hal yang sama dilakukan di Indonesia. Pemerintah melakukan berbagai upaya untuk mengantisipasi kondisi tersebut. Selain mengambil langkah serupa dengan negara lain, pemerintah juga melakukan edukasi tentang seluk beluk virus tersebut melalui berbagai media dan menyiapkan rumah sakit khusus untuk menangani pasien COVID-19.

Sebagai salah satu BUMN, Pertamina bersikap proaktif dalam menyikapi fenomena ini. Direktur Utama Pertamina, Nicke Widyawati menegaskan sejak awal pandemi, meski Pertamina ikut terdampak, sebagai BUMN, entitas bisnis ini berupaya maksimal memberikan yang terbaik bagi Indonesia dengan mendukung pemerintah

Since the end of December 2019, *Novel Coronavirus* or 2019-nCoV Virus, which is now called COVID-19, has indeed caused a stir among the world's citizens. Due to its very rapid spread, a number of countries have taken immediate actions to protect their citizens. In fact, until now, there are still people who are infected with the virus.

The same is done in Indonesia. The government has made various efforts to anticipate these conditions. In addition to taking similar steps with other countries, the Government is also educating the public about the virus through various media and preparing special hospitals to treat COVID-19 patients.

As one of the state-owned enterprises, Pertamina is proactive in responding to this phenomenon. Pertamina President Director Nicke Widyawati emphasized that since the beginning of the pandemic, although Pertamina was also affected, as a state-owned company, this business entity had made every effort to provide the best for Indonesia by supporting the government in accelerating the

dalam percepatan penanganan COVID-19.

“Walaupun Pertamina juga terdampak COVID-19, kita tetap harus dapat membantu sebagai wujud bakti kepada negeri ini agar semuanya bisa *survive*. Inilah cara kita memulihkan bangsa,” ujarnya.

Hal senada ia ulangi ketika Pertamina berkomitmen penuh untuk mendukung proses percepatan penyaluran pasokan Oksigen medis melalui sinergi lintas direktorat dan lintas anak usaha ke berbagai rumah sakit yang ada di Pulau Jawa, Bali, dan Kalimantan Barat.

“Gerak cepat ini merupakan salah satu bentuk bakti dan tanggung jawab sosial Pertamina untuk negara dan masyarakat Indonesia yang sedang terpapar COVID-19 dan membutuhkan penanganan serius di RS,” tutur Nicke.

Seperti diketahui, secara simultan, sejak awal Pertamina memberikan sosialisasi tentang COVID-19 di berbagai unit operasi dan anak perusahaan serta menerapkan protokol kesehatan secara ketat.

Pertamina pun sigap mendukung pemerintah dalam percepatan penanganan COVID-19 secara nasional. Tidak sampai sebulan setelah pemberlakuan pembatasan sosial berskala besar (PSBB) diumumkan oleh Presiden RI, Joko Widodo, mulai 16 Maret 2020, Pertamina melalui anak usahanya, PT Pertamedika

handling of COVID-19.

“Although Pertamina is also affected by COVID-19, we must be able to help as a form of service to this country so that everyone can survive. This is how we restore the nation,” she said.

According to her, it is also reflected through Pertamina’s full commitment to supporting the acceleration of medical oxygen supplies distribution through synergies across directorates and subsidiaries to various hospitals in Java, Bali and West Kalimantan.

“This immediate action is a form of Pertamina’s dedication and social responsibility for the country and the wider Indonesian community who are being exposed to COVID-19 and require serious treatments at the hospital,” Widyawati said.

As is known, from the beginning Pertamina has simultaneously provided socialization about COVID-19 in various operating units and subsidiaries and implemented strict health protocols.

Pertamina is also ready to support the government in accelerating the handling of COVID-19 nationally. Less than a month following the implementation of large-scale social restrictions (PSBB) that was announced by the President of the Republic of Indonesia, Joko Widodo, starting from 16 March 2020, Pertamina through its subsidiary, PT Pertamedika



ENERGIATRISNO ARDI



Nicke Widyawati
Direktur Utama Pertamina
Pertamina President Director

“Walaupun Pertamina juga terdampak COVID-19, kita tetap harus dapat membantu sebagai wujud bakti kepada negeri ini agar semuanya bisa *survive*. Inilah cara kita memulihkan bangsa,”

“Although Pertamina is also affected by COVID-19, we must be able to help as a form of service to this country so that everyone can survive. This is how we restore the nation,”



BIRO PERS SEKRETARIAT PRESIDEN/MUCHLIS JR

Presiden Joko Widodo (kiri) didampingi Menteri BUMN Erick Thohir (kanan) dan Direktur Utama Pertamina Nicke Widyawati (tengah) meninjau ruang perawatan sesuai meresmikan Rumah Sakit (RS) Modular Pertamina khusus untuk pasien COVID-19 di Tanjung Duren, 6 Agustus 2021.

President Joko Widodo (left), accompanied by the Minister of SOEs Erick Thohir (right) and Director of Pertamina Nicke Widyawati (center) reviewing the treatment room after inaugurating Hospital (RS) Modular specifically for patients Covid Pertamina-19 in Tanjung Duren, August 6th, 2021.

IHC, mengalihfungsikan Rumah Sakit Pertamina Jaya menjadi Rumah Sakit Khusus Penanganan COVID-19. Hingga Agustus 2021, Pertamina IHC juga mengalihfungsikan beberapa rumah sakit di bawah pengelolaannya, di antaranya RS Pusat Pertamina (RSPP), RS Pertamina Cirebon Jawa Barat, RS Pertamina Balikpapan Kalimantan Timur, RS Pertamina Pangkalan Brandan Sumatera Utara, RS Pertamina Sorong Papua Barat, dan RS Pertamina Cilacap Jawa Tengah.

IHC, converted Pertamina Jaya Hospital into a Special Hospital for the Handling of COVID-19. Until August 2021, Pertamina IHC has also converted several hospitals under its management, including Pertamina Central Hospital (RSPP), Pertamina Hospital Cirebon West Java, Pertamina Hospital Balikpapan East Kalimantan, Pertamina Hospital Pangkalan Brandan North Sumatra, Pertamina Hospital Sorong West Papua, and Pertamina Hospital Cilacap Central Java.

Dukungan kepada pemerintah dalam penanggulangan COVID-19 juga diwujudkan melalui pembangunan 3 RS Modular Darurat (Patra Comfort, Simprug dan Tanjung Duren) dan pengoperasian RS Ekstensi Asrama Haji Pondok Gede sehingga menambah hampir 1.000 bed perawatan.

The support to the government in dealing with COVID-19 is also realized through the construction of 3 Emergency Modular Hospitals (Patra Comfort, Simprug and Tanjung Duren) and the operation of the Pondok Gede Hajj Dormitory Extension Hospital, adding nearly 1,000 beds.

"Angka ini belum termasuk pengoperasian RS rujukan COVID-19 yang tersebar di seluruh Indonesia oleh Pertamina Bina Medika," tegas Nicke.

"The figure does not include the operation of the COVID-19 referral hospitals that are spread throughout Indonesia by Pertamina Bina Medika," said Widyawati.

Sejak pandemi merebak hingga saat ini, Pertamina Group telah menggelontorkan triliunan rupiah untuk membantu masyarakat menghadapi pandemi.

Until today, since the pandemic broke out, Pertamina Group has contributed trillions of rupiah



- (A) Direktur Utama PT Pertamina Bina Medika IHC Fathema Djan Rachmat sedang mengecek langsung kesiapan rumah sakit Pertamina Jaya Extensi khusus COVID-19 di Asrama Haji Embarkasi, Jakarta, 17 Juli 2021.
- (B) Presiden Joko Widodo (tengah) didampingi Menteri BUMN Erick Thohir (kiri) dan Direktur Utama Pertamina Nicke Widyawati (kanan) meninjau ambulance sesuai meresmikan Rumah Sakit Modular Pertamina khusus untuk pasien COVID-19 di Tanjung Duren, 6 Agustus 2021.
- (C) Seorang vaksinator dari RSPP sedang menyuntikan vaksin kepada salah satu peserta dalam acara Vaksin COVID-19 Bagi Pendamping Perempuan dan Anak Korban Kekerasan, pada Senin, 24 Mei 2021, di Perpustakaan Nasional Salemba.
- (D) VP CSR Pertamina Arya Dwi Paramita melakukan donor plasma konvalesen di RS Pusat Pertamina, Jakarta, 24 Januari 2021.
- (A) President Director of PT Pertamina Bina Medika IHC Fathema Djan Rachmat is directly checking the readiness of the Pertamina Jaya Extension hospital specifically for COVID-19 at the Hajj Embarkation Dormitory, Jakarta, July 17, 2021.
- (B) President Joko Widodo (center) accompanied by SOE Minister Erick Thohir (left) and Pertamina President Director Nicke Widyawati (right) inspecting the ambulance after inaugurating the Pertamina Modular Hospital specifically for Covid-19 patients in Tanjung Duren, August 6, 2021.
- (C) A vaccinator from the RSPP is injecting a vaccine to one of the participants in the COVID-19 Vaccine event for Women and Children Victims of Violence, on Monday, May 24, 2021, at the Salemba National Library.
- (D) Pertamina VP of CSR Arya Dwi Paramita conducts convalescent plasma donors at Pertamina Central Hospital, Jakarta, January 24, 2021.

Bakti nyata BUMN ini juga termasuk bantuan perlengkapan kesehatan untuk tenaga kesehatan dan masyarakat, 315 ventilator untuk 30 RS serta dengan terlibat langsung dalam percepatan penyaluran lebih dari 5.017,68 ton Oksigen medis untuk 504 rumah sakit yang tersebar di 11 provinsi di Pulau Jawa, Bali, NTB, Kalimantan Selatan, Sumatera Selatan dan Lampung.

Pertamina juga mendorong dan memfasilitasi perwira Pertamina serta keluarganya untuk ikut serta dalam aksi bersama Donor Plasma Konvalesen, *From Survivor to Savior* – Dari Penyintas menjadi Penyelamat, Dari Pertamina untuk Indonesia. Aksi kebersamaan donor plasma konvalesen dari perwira penyintas COVID-19 ini terlaksana secara serentak di Jakarta, Medan, Plaju, Cilacap, Semarang, Yogyakarta, Balikpapan, dan Makassar pada awal 2021.

to help the public face the pandemic. This SOE's real dedication also includes medical equipment aid for health workers and the community, 315 ventilators for 30 hospitals, as well as its direct involvement in the acceleration of the distribution of more than 5,017.68 tons of medical oxygen to 504 hospitals across 11 provinces in Java, Bali, West Nusa Tenggara, South Kalimantan, South Sumatra and Lampung.

Pertamina also encourages and facilitates Pertamina perwira and their families to take part in the joint programs of Convalescent Plasma Donors, From Survivor to Savior, From Pertamina to Indonesia. The joint program of convalescent plasma donors from perwira who are COVID-19 survivors was carried out simultaneously in Jakarta, Medan, Plaju, Cilacap, Semarang, Yogyakarta, Balikpapan, and Makassar in early 2021.



ENERGIA/PRYO WIDIYANTO

Peserta diberi suntikan vaksin pada kegiatan vaksinasi COVID-19 tahap pertama "Sehat Bersama Pertamina" di Kantor Pusat Pertamina, Jakarta, 24 Juli 2021.
Participants were given a vaccine injection during the first phase of the "Healthy Together with Pertamina" COVID-19 vaccination activity at Pertamina Headquarters, Jakarta, July 24, 2021.

Nicke mengungkapkan rasa bangga dan terima kasih kepada seluruh perwira Pertamina yang ikut berpartisipasi mendonorkan plasma konvalesen. "Seorang perwira sejati adalah seseorang yang bisa mengubah situasi sesulit apapun menjadi positif," ungkapnya.

Menurutnya, hal tersebut menjadi satu kebaikan untuk perwira yang sembuh dan jadi semangat bagi mereka yang belum sembuh dari COVID-19.

Pertamina juga secara aktif melaksanakan program vaksinasi, baik di lingkungan internal maupun eksternal, termasuk untuk para tenaga kesehatan (nakes) yang dimulai sejak 14 Januari 2021.

Direktur Utama PT Pertamedika IHC, Fathema Djan Rachmat mengatakan, vaksinasi diperlukan untuk mencapai *herd immunity* (kekebalan kelompok). "Vaksin itu akan menimbulkan kekebalan secara kelompok dalam hal ini populasi Indonesia. Sehingga kita bisa segera keluar dari pandemi COVID-19, baik dari sisi kesehatan maupun ekonomi. Oleh sebab itu, ikutlah vaksin, dan jadilah pejuang untuk Indonesia," papar dr. Fathema. ▀

Widyawati expressed her pride and gratitude to all Pertamina officers who participated in donating convalescent plasma. "A true perwira is someone who can turn any difficult situation into a positive one," she said.

According to her, this is a good thing to do for the perwira who have recovered and becomes an encouragement for those who have not recovered from COVID-19.

Pertamina has also been actively implementing vaccination programs, both internally and externally, including for health workers, starting from 14 January 2021.

According to President Director of PT Pertamedika IHC, Fathema Djan Rachmat, vaccination is needed to achieve herd immunity. "The vaccine will result in herd immunity, which in this case is among the Indonesian population, so that we can quickly get out of the COVID-19 pandemic, both from the health and economic perspectives. Therefore, get vaccinated, and be a fighter for Indonesia," said dr. Rachmat. ▀

PERTAMINA'S DEDICATION TO THE COUNTRY

Since the end of December 2019, the COVID-19 outbreak has hit all countries, including Indonesia. Pertamina has distributed various supporting facilities and infrastructure for handling COVID-19 throughout the country.



263.894 pcs
Personal Protective
Equipment (PPE)



6.628 pcs
Safety Goggles



5129 pasang
Safety Boot



74 Unit
Thermal Body Scanner



5.335.080 pcs
Medical Mask



39.577 liter
Hand Sanitizer



1.405.471 pcs
Medical Gloves



113 Unit
Disinfectant Chamber



12.933 Titik
Disinfectant Spray
Location



34.773 Liter
Disinfectant



2.291.516
Vitamin



2.037 pcs
Thermo Gun



25 Box
Nurse Caps



90.164 pcs
Face Shield



315 Unit
Ventilators for
30 hospitals



670.376 Unit
Rapid Test



8.486 pcs
Wastafel Portable



The total distribution of medical oxygen by Pertamina Group as of August 28, 2021 is **5,017.68 TONS OF OXYGEN FOR 504 HOSPITALS IN 11 PROVINCES.**



ACTIVELY IMPLEMENTING VACCINATION PROGRAMS, both internally and externally, including for health workers, starting on January 14, 2021.



Pertamina encourages and facilitates Pertamina officers and their families in joint action with **CONVALESCENT PLASMA DONORS**. This event has been held simultaneously in Jakarta, Medan, Plaju, Cilacap, Semarang, Yogyakarta, Balikpapan, and Makassar in early 2021.



Do not stop there, Pertamina also dedicates a number of the company's assets "transformed" into Hospital (RS) for handling COVID-19 thus adding nearly 1,000 bed care, including:

- Pertamina Central Hospital (RSPP)
- Pertamina Jaya Hospital Jakarta,
- Pertamina Hospital Cirebon, West Java,
- Pertamina Balikpapan Hospital, East Kalimantan,
- Pertamina Hospital Pangkalan Brandan, North Sumatra,
- Pertamina Sorong Hospital, West Papua,
- Pertamina Hospital in Cilacap, Central Java.
- 4 Modular Hospitals:
 - Modular Hospital at Hotel Patra Comfort
 - RSPP Extension Simprug
 - Tanjung Duren Modular Hospital
 - RSPJ Extension in Hajj Dormitory



TANGGUH DAN TUMBUH BERSAMA PERTAMINA

*GROWING AND
STAYING STRONG
WITH PERTAMINA*

 DOKUMEN PERTAMINA





PT PERTAMINA EP

Sebagian produk bantuan berupa APD untuk Rumah Sakit Pertamina Jaya dan Klinik Pertamina Sinabung Jakarta merupakan hasil dari tangan-tangan terampil LKP Assholahiyah Karawang binaan Pertamina EP Asset 3 Subang Field.

Some of the aid products in the form of PPE for Pertamina Jaya Hospital and Pertamina Sinabung Clinic Jakarta are the result of the skilled hands of LKP Assholahiyah Karawang assisted by Pertamina EP Asset 3 Subang Field.

Tak bisa dipungkiri, pandemi COVID-19 memberi pengaruh ke berbagai lini kehidupan, terlebih dalam aspek ekonomi. Tak sedikit dari banyak pelaku usaha yang dibuat kewalahan setelah hadirnya pagebluk ini. Hal ini juga dirasakan para pegiat usaha mikro kecil menengah (UMKM) di Indonesia.

Hasil survei Bank Indonesia (BI) mencatat bahwa terdapat 87,5 persen atau 2.600 UMKM terdampak negatif pandemi COVID-19. Dari jumlah tersebut, 93,2 persen di antaranya terdampak dalam hal penjualan. Sedangkan, 12,5 persen UMKM tidak terdampak pandemi lantaran mampu beradaptasi.

"Mereka yang bisa sukses ini cenderung menerapkan digitalisasi," ujar Direktur Departemen Pengembangan UMKM dan Perlindungan Konsumen BI, Bandoe Widiarto seperti dikutip dari laman *katadata.co.id*, Jumat, 26 Maret 2021.

It is undeniable that the COVID-19 pandemic has affected various aspects of life, especially the aspect of economy. Not a few of business actors are experiencing the overwhelming impacts on their businesses with the presence of the pandemic. This is also felt by the actors of micro, small and medium enterprises (MSMEs) in Indonesia.

The results of a Bank Indonesia (BI) survey noted that there were 87.5 percent or 2,600 MSMEs that were negatively affected by the COVID-19 pandemic. Of these, 93.2 percent of them were affected in terms of sales. Meanwhile, 12.5 percent of MSMEs were not affected by the pandemic due to their abilities to adapt.

*"Those who succeeded tend to apply digital transformation," said BI Director of the Department of MSME Development and Consumer Protection, Bandoe Widiarto, as quoted from *katadata.co.id*, Friday, 26 March 2021.*

Hal serupa juga terjadi pada pelaku UMKM yang menjadi mitra binaan Pertamina. Berdasarkan survei yang Pertamina lakukan, pandemi COVID-19 telah mengakibatkan sebanyak 57 persen UMKM binaan perseroan mengalami penurunan pendapatan.

Sebagai bentuk dukungan, Pertamina akan berupaya menyerap produk UMKM binaan, untuk selanjutnya disumbangkan kepada masyarakat terdampak COVID-19. "Jadi, Pertamina membantu menyerap produk mereka untuk disumbangkan ke terdampak COVID-19," ungkap Direktur Utama Pertamina, Nicke Widyawati saat acara *Virtual Press Conference* SMEXPO, Selasa 8 September 2020.

Pada 2019, jumlah mitra binaan yang dibina Pertamina sebanyak 2.068 UMKM. Kemudian pada 2020, jumlah UKM yang dibina bertambah menjadi 3.073 UMKM. "Ini membuat total UMKM binaan Pertamina sejak 1993 hingga sekarang berjumlah lebih dari 65 ribu UMKM," ujarnya.

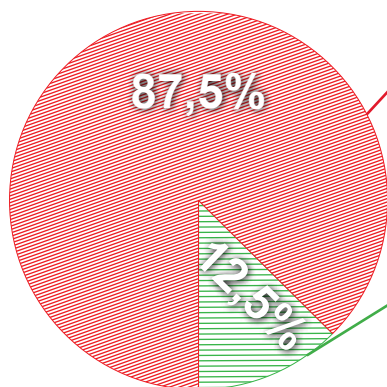
Menurut Nicke, sektor UMKM perlu mendapatkan dukungan banyak pihak. Karena selama ini UMKM merupakan salah satu penggerak perekonomian sektor riil dan memberikan berkontribusi besar setara 65 persen dari PDB nasional. Selain itu, investasi yang dilakukan UMKM juga menopause 56

The same thing also happened to MSME actors who are Pertamina's fostered partners. Based on a survey conducted by Pertamina, as many as 57 percent of the MSMEs fostered by the company had experienced a decrease in income as a result of the COVID-19 pandemic.

As a form of support, Pertamina will try to absorb the products of the fostered MSMEs, which will then be donated to communities affected by COVID-19. "So, Pertamina helps absorb their products to be donated to those affected by COVID-19," said Pertamina President Director, Nicke Widyawati during the SMEXPO Virtual Press Conference, Tuesday, 8 September 2020.

In 2019, the number of partners fostered by Pertamina was 2,068 MSMEs. Then in 2020, the number of fostered MSMEs increased to 3,073 MSMEs. "This brings the total number of Pertamina's fostered MSMEs to more than 65,000 MSMEs since 1993," she said.

According to Wdiyawati, the MSME sector needs the support of many parties. Because so far, MSMEs have been one of the drivers of the real economic sector and have provided a large contribution equivalent to 65 percent of the national GDP. In addition, investments made by MSMEs also contribute 56 percent of the national investment. "It also



or 2,600 MSMEs that were negatively affected by the COVID-19 pandemic. Of these, 93.2 percent of them were affected in terms of sales.

12.5 percent of MSMEs were not affected by the pandemic due to their abilities to adapt.

The results of a Bank Indonesia (BI) survey

persen dari investasi nasional. "Juga merupakan lapangan pekerjaan yang besar. Karena 95 persen angkatan kerja banyak terserap di UMKM," tutur Nicke.

Sebagai bukti keberpihakannya pada UMKM, Pertamina Group mencatat nilai transaksi belanja pada UMKM selama 2020 lebih dari Rp4,4 triliun yang diperoleh melalui pengadaan secara elektronik (E-Proc) sebesar Rp4,4 triliun dan Pasar Digital (PaDi) UMKM sebesar Rp16 miliar.

Transaksi Pertamina Group kepada UMKM meliputi 23 bidang usaha antara lain pengadaan & sewa peralatan-mesin, jasa konstruksi & renovasi, material konstruksi, pengadaan & sewa perlengkapan-furniture, jasa ekspedisi & pengepakan, jasa perawatan peralatan & mesin, jasa *advertising*, *catering* hingga jasa *travel* dan akomodasi.

"Program Kemitraan merupakan salah satu cara perusahaan untuk berdayakan UMKM, dan hal tersebut sejalan dengan misi pemerintah dalam program *Sustainability Development Goals* (SDG) dengan menciptakan lapangan dan kesempatan kerja yang akan berdampak signifikan bagi upaya mengentaskan kemiskinan," ujar ujar Nicke di lain kesempatan.

Selama pandemi COVID-19, Pertamina juga tetap aktif

offers large employment opportunities. Because 95 percent of the workforce is absorbed by the MSMEs," said Widyawati.

As an evidence of its alignment with MSMEs, Pertamina Group recorded a value of more than Rp4.4 trillion (US\$308.6 million) of spending transactions on MSMEs during 2020, which was obtained through electronic procurement (E-Proc) and the Digital Market (PaDi) of MSMEs amounting to Rp16 billion (US\$1.1 million).

Pertamina Group's transactions on MSMEs cover 23 business fields, including procurement & rental of machine tools, construction & renovation services, construction materials, procurement & rental of supplies-furniture, expedition & packaging services, equipment & machinery maintenance services, advertising services, catering, and travel and accommodation services.

The Partnership Program is one of the company's ways to empower MSMEs, and this is in line with the government's mission in the Sustainability Development Goals (SDG) program by creating jobs and employment opportunities that will have



DOKUMEN ISTIMEWA



Nicke Widyawati
Direktur Utama Pertamina
Pertamina President Director

“Metode pembinaan UMK akhirnya banyak dilakukan secara daring. Namun justru itu membawa dampak positif. Pembinaan lebih efektif dan merata, serta mitra binaan bisa melek digital,”

“Most of the MSME trainings are carried out online. However, it has brought a positive impact. Training becomes more effective and equitable, and fostered partners can be more digitally literate,”



Sesi Talkshow dengan pelaku UMKM Omah Batik Klambie, Rini Trisnowati pada Pertamina SMEXPO 2020 yang digelar secara daring, pada 9 September 2020.

Talkshow session with MSME actor Omah Batik Klambie, Rini Trisnowati at Pertamina SMEXPO 2020 which was held online, on September 9, 2020.

memberikan bimbingan dan bantuan kepada pengusaha golongan lemah, koperasi, dan masyarakat melalui program kemitraan. Banyak konsep pembinaan yang butuh penyesuaian saat pandemi. “Metode pembinaan UMK akhirnya banyak dilakukan secara daring. Namun justru itu membawa dampak positif. Pembinaan lebih efektif dan merata, serta mitra binaan bisa melek digital,” ujarnya.

Pertamina mengemas bentuk pembinaan tersebut melalui beberapa macam program, baik yang bersifat rutinitas seperti program Inkubasi bisnis yang digelar oleh Rumah BUMN, maupun program dengan cakupan lebih besar seperti Pertamina SMEXPO 2020, Pertamina UMKM Academy: Fast Track dan Pertamina Youthpreneur 2020. Seluruhnya digelar untuk menunjang UMKM binaan dalam meningkatkan kompetensinya hingga bisa naik kelas.

Produk para UMKM Indonesia tidak kalah bagus dengan produk-produk asing. Terutama para UMKM yang telah mengantongi sertifikasi

a significant impact on efforts to alleviate poverty,” Widyawati said on another occasion.

During the COVID-19 pandemic, Pertamina also remained active in providing guidance and assistance to low-income business actors, cooperatives, and the community through partnership programs. Many training concepts need adjustment during the pandemic. “Most of the MSME trainings are carried out online. However, it has brought a positive impact. Training becomes more effective and equitable, and fostered partners can be more digitally literate,” she said.

Pertamina delivers its trainings through several kinds of programs, including those that are done regularly such as the business incubation program held by Rumah BUMN (SOE House), as well as programs with a larger scope such as Pertamina SMEXPO 2020, Pertamina MSME Academy: Fast Track and Pertamina Youthpreneur 2020. All of them are held to support fostered MSMEs in improving their competence so that they can advance.

dan izin usaha. Untuk itu, Pertamina banyak membantu UMKM mendapatkan hal tersebut. Dibuktikan dengan adanya 621 mitra binaan yang mendapatkan sertifikasi dan izin usaha pada tahun 2020.

Selain sertifikasi dan perizinan, terdapat beberapa hasil dari pembinaan Pertamina yang turut berdampak pada dukungan GBBI. Seperti adanya UMK 795 mitra binaan naik kelas, 254 UMK mengalami peningkatan omzet, dan 61 mitra binaan menjadi UMK Go Global melalui program UMK Academy.

“Hal ini patut disyukuri karena pembinaan yang kita lakukan selama ini langsung berdampak nyata bagi mitra binaan,” ucapnya.

The products of Indonesian MSMEs are just as good as foreign products. Especially those of the MSMEs that have had certifications and business permits. Therefore, Pertamina has done a lot in helping MSMEs get certified and licensed. This is evidenced by the presence of 621 fostered partners who received certification and business permits in 2020.

In addition to certification and licensing, there are several results from Pertamina’s guidance which also have an impact on GBBI (Proud of Indonesian Products Movement). For example, there were 795 fostered MSEs that have advanced, 254 MSEs experiencing an increase in revenues, and 61 fostered partners becoming Go Global MSEs through the MSE Academy program.

GROWING AND STAYING STRONG WITH PERTAMINA

>65,000 MSMEs

The total number of Pertamina’s fostered MSMEs since 1993.

1.005 UMKM

Number of new SMEs joining Pertamina in 2020.

95%

The workforce is absorbed by the MSMEs.

65%

The contribution of MSMEs as one of the drivers of the real sector economy.

56%

Investment supported by MSMEs.



The positive impact of the support of the Proud of Indonesian Products Movement (GBBI) movement towards Pertamina’s MSMEs:

- 621 fostered partners who received certification and business permits in 2020.
- 795 fostered MSEs that have advanced,
- 254 MSEs experiencing an increase in revenues
- 61 fostered partners becoming Go Global MSEs through the MSE Academy program.



Pertamina’s Guidance Methods, including:

- Business Incubation Program held by Rumah BUMN (SOE House).
- Pertamina SMEXPO 2020,
- Pertamina MSME Academy: Fast Track,
- Pertamina Youthpreneur 2020.



Nicke menambahkan, seluruh produk UMK binaan Pertamina dapat ditemukan di berbagai kanal baik media sosial maupun *marketplace*. Beberapa di antaranya sudah termuat dalam media sosial Gen UMKM di Instagram @gen_umkm.

Pertamina juga tetap secara konsisten mendampingi UMKM untuk mengembangkan usaha melalui program Pasar Digital (PaDi) UMKM bersinergi bersama 8 BUMN lainnya. Nicke menambahkan, melalui PaDi UMKM tersebut, masyarakat akan mudah mendapatkan informasi Seller UMKM, juga mengaktifkan *E-Commerce* sebagai penyedia layanan dengan strategi digital sekaligus menjalankan B2B Store melalui *website* atau toko *online*. ▀

"This is something to be grateful for because the training that we have done so far has a real impact on the fostered partners," she said.

Widyawati added that all products from the MSEs fostered by Pertamina could be found on various channels, both social media and marketplaces. Some of them have been featured on Gen UMKM's social media on Instagram @gen_umkm.

Pertamina also continues to consistently assist MSMEs to develop their businesses through the MSME Digital Market (PaDi) program in synergy with 8 other SOEs. Widyawati added that through the MSME Digital Market, people could easily get information on MSME Sellers, and also activate E-Commerce as a service provider with a digital strategy while running a B2B Store through a website or online store. ▀



Pertamina Group recorded the value of spending transactions on MSMEs during 2020:

- **More than Rp4.4 trillion (US\$308.6 million)** of spending transactions on MSMEs during 2020, which was obtained through electronic procurement (E-Proc)
- The Digital Market (PaDi) of MSMEs amounting to **Rp16 billion (US\$1.1 million)**.



Media Promotion and Marketing of Pertamina's MSMEs:

- In various channels, both social media and marketplace.
- Some of them have been published on Gen UMKM's social media on Instagram @gen_umkm.

"So, Pertamina helps absorb their products to be donated to those affected by COVID-19,"

Nicke Widyawati
Pertamina President Director

BERSAMA PASTI BISA

TOGETHER WE CAN



ENERGIA/ADITYO PRATOMO

Kesiapan tenaga kesehatan (nakes) atau tenaga medis menjelang peresmian Rumah Sakit Modular Pertamina Tanggap Darurat COVID-19 Tanjung Duren, Jakarta, 5 Agustus 2021.

Keterlibatan aktif Pertamina dalam penanganan

COVID-19 di Tanah Air menuai respons positif dari *stakeholders*. Banyak pihak mengapresiasi langkah cepat tanggap BUMN yang dipimpin oleh Nicke Widyawati ini.

Satu di antaranya datang dari Presiden RI Joko Widodo saat meresmikan RS Modular Pertamina Tanjung Duren, Jumat, 6 Agustus 2021.

“Saya sangat mengapresiasi berbagai upaya yang telah dilakukan Kementerian BUMN dan Pertamina. Semoga ini dapat bermanfaat bagi rakyat Indonesia,” ujarnya.

Menteri Kesehatan RI, Budi Gunadi Sadikin juga mengapresiasi upaya Pertamina yang bergerak cepat mendatangkan sekaligus menyalurkan oksigen bagi para pasien COVID-19 ketika pada awal Juli banyak rumah sakit mengalami krisis oksigen. “Saya berterima kasih atas dukungannya. Saya percaya kita dapat bekerja sama untuk bangsa ini dan dengan bersama kita pasti bisa,” ucap Budi saat menyambut kedatangan tangki oksigen di Pelabuhan Tanjung Priok, Jakarta, Selasa 6 Juli 2021.

Pada kesempatan yang sama, Ketua Komisi VI DPR RI, Faisol Riza mengungkapkan rasa terima kasih Pertamina dan BUMN lainnya yang

Pertamina's active involvement in handling COVID-19

in the country has received a positive response from the stakeholders. Many parties have appreciated the immediate response of the SOE that is led by Nicke Widyawati.

One of them came from the President of the Republic of Indonesia Joko Widodo when he inaugurated Pertamina Modular Hospital Tanjung Duren, Friday, 6 August 2021. “I really appreciate the various efforts that have been made by the Ministry of SOEs and Pertamina. Hopefully this can be useful for the people of Indonesia,” he said.

The Indonesian Minister of Health, Budi Gunadi Sadikin also appreciated Pertamina's efforts to take immediate actions to bring in and distribute oxygen for COVID-19 patients when many hospitals were experiencing an oxygen crisis in early July. “I thank you for the support. I believe we can work together for this nation and together we can certainly do it,” said Sadikin when welcoming the arrival of the oxygen tanks at Tanjung Priok Port, Jakarta, Tuesday, 6 July 2021.

On the same occasion, Chairman of Commission VI of the House of



KEMENSETNEG RI



Joko Widodo

Presiden Republik Indonesia
President of
Republic of Indonesia

“Saya sangat mengapresiasi berbagai upaya yang telah dilakukan Kementerian BUMN dan Pertamina. Semoga ini dapat bermanfaat bagi rakyat Indonesia,”

“I really appreciate the various efforts that have been made by the Ministry of SOEs and Pertamina. Hopefully this can be useful for the people of Indonesia,”



ENERGIA/TRISNO ARDI

Proses bongkar muat ISO Tank oksigen dari kapal kargo H Seal ke mobil tanki Pertamina di Dermaga 102 Pelabuhan Tanjung Priok, Jakarta, 6 Juli 2021.

The loading and unloading process of ISO oxygen tanks from the cargo ship H Seal to Pertamina's tank car at Pier 102 Tanjung Priok Port, Jakarta, July 6, 2021

telah menyediakan fasilitas armada ISO Tank agar oksigen terdistribusi dengan baik. Melalui penyediaan ini, pemerintah dapat menyampaikan kepada masyarakat agar tidak panik karena ketersediaan oksigen mencukupi.

Terpisah, anggota Komisi IX DPR Saleh Partaonan Daulay berharap apa yang dilakukan Pertamina bisa menjadi contoh kebaikan bagi banyak perusahaan lain di Indonesia. "Dalam situasi sulit seperti sekarang, inisiatif Pertamina untuk membantu pasokan oksigen sangat terpuji. Terutama dalam rangka menangani kelangkaan oksigen di rumah sakit dan faskes lain. Sikap Pertamina harus diapresiasi sebaik mungkin," bebernya.

Lebih lanjut Saleh mengatakan bahwa peran aktif Pertamina dalam penanganan COVID-19 tak hanya dalam hal pasokan oksigen, tapi juga obat-obatan, APD bagi tenaga medis, dan peralatan untuk donor plasma konvalesen. Wakil rakyat yang membidangi kesehatan ini juga mengapresiasi RS Pertamina yang

Representative of the Republic of Indonesia, Faisal Riza expressed his gratitude to Pertamina and other SOEs for providing ISO Tanks to fairly distribute the oxygen. Through this support, the government could convince the public not to panic because the availability of oxygen was sufficient.

Separately, the House of Representatives' Commission IX member Saleh Partaonan Daulay hopes that what Pertamina is doing can be a good example for many other companies in Indonesia. "In a difficult situation like now, Pertamina's initiative to help supply oxygen is very commendable. Especially in the context of dealing with oxygen scarcity in hospitals and other health facilities. Pertamina's actions must really be appreciated," he explained.

Daulay further said that Pertamina's active roles in handling COVID-19 were done by supplying not only oxygen, but also medicines, PPE for medical personnel, and equipment



ENERGIA/PRYO WIDIYANTO

Direktur Penunjang Bisnis Pertamina Dedi Sunardi menjelaskan progres pembangunan Rumah Sakit Modular Tanggap Darurat COVID-19 kepada Wakil Ketua DPR RI Sufmi Dasco saat melakukan peninjauan pembangunan RS Modular di Tanjung Duren, Jakarta, 16 Juli 2021.

Pertamina Business Supporting Director Dedi Sunardi explained the progress of the COVID-19 Emergency Response Modular Hospital construction to the Deputy Chairman of the Indonesian House of Representatives Sufmi Dasco during a review of the Modular Hospital construction in Tanjung Duren, Jakarta, July 16, 2021.

tersebar di Indonesia lantaran telah melayani masyarakat yang terpapar COVID-19.

Menteri BUMN, Erick Thohir pun berkali-kali menyampaikan apresiasinya untuk BUMN ini. Terakhir, Erick berterima kasih atas upaya Pertamina dalam menyukseskan kegiatan Vaksinasi Merdeka bagi masyarakat Cepu dan sekitarnya yang dilaksanakan di 3 titik yakni Politeknik Energi dan Mineral (PEM) AKAMIGAS, Dolokgede, dan SMP 1 Padangan Kabupaten Bojonegoro Jawa Tengah, Sabtu, 22 Agustus 2021.

Sementara itu, Ketua Satgas COVID DPR RI Sufmi Dasco memberikan apresiasi kepada Pertamina Group atas pembangunan RS Modular COVID-19 Tanjung Duren yang diselesaikan dalam waktu singkat.

Wakil Ketua DPR RI ini juga memuji

for convalescent plasma donors. The people's representative who is in charge of the health sector also appreciated Pertamina Hospitals across Indonesia for serving people who were exposed to COVID-19.

The Minister of SOEs, Erick Thohir, has repeatedly expressed his appreciation for this SOE. Lastly, Thohir thanked Pertamina for its contribution in the success of the Independent Vaccination activity for the people of Cepu and its surroundings, which was carried out at 3 points, namely the AKAMIGAS Energy and Mineral Polytechnic (PEM), Dolokgede, and SMP 1 Padangan, Bojonegoro Regency, Central Java, Saturday, 22 August 2021.

Meanwhile, the Chairman of the Indonesian House of Representatives' COVID Task Force, Sufmi Dasco, expressed his appreciation to Pertamina Group for the construction of the COVID-19 Modular Hospital in Tanjung Duren

desain yang diusung untuk RS Modular COVID-19 Tanjung Duren. Baginya, tata letaknya unik dan menarik. "Contohnya orang yang masuk rumah sakit bisa melihat view (pemandangan). Karena desain ada kaca yang bisa melihat keluar, jadi di luar ada pohon, dapat matahari, sehingga walaupun dalam keadaan perawatan COVID-19 bisa mengurangi stres," tambah politisi Partai Gerindra ini.

Bahkan peran aktif Pertamina dalam penanganan COVID-19 di tanah air diganjar dengan penghargaan dari berbagai pihak. Penghargaan diberikan karena Pertamina dinilai berinisiatif tinggi dan cepat tanggap dalam membantu masyarakat terdampak COVID-19.

Penghargaan tersebut antara lain Iconomics CSR Award 2020 untuk kategori "Migas Inisiatif Tanggap Darurat COVID-19 - Dukungan Kesehatan Medis dan UMKM", Teropong CSR Award 2021 sebagai perusahaan yang aktif memberikan dukungan dan pembinaan kepada UMKM, khususnya di masa pandemi, serta Gatra Innovation Awards 2021 untuk kategori Tanggung Jawab Sosial dan Lingkungan (TJSL) BUMN.

Direktur Utama Gatra Media Group, Hendri

which was completed in just a short time.

The Vice Chairman of the Indonesian House of Representatives also praised the design for the COVID-19 Modular Hospital Tanjung Duren. According to him, the layout is unique and interesting. "For example, people who are admitted to the hospital can enjoy the views. Because the design features glass windows overlooking the trees, and the sun can also come in through the window, so it can help reduce stress of the patients during the COVID-19 treatment," added this Gerindra Party politician.

Even Pertamina's active roles in handling COVID-19 in the country have been rewarded with awards from various parties. The award was given because Pertamina was considered to have high initiative and was quick to respond in helping the communities affected by COVID-19.

These awards include the 2020 Iconomics CSR Award for the category of "Oil and Gas Company's Initiative on COVID-19 Emergency Response – Support for Medical Health and MSMEs", the 2021 Teropong CSR Award as a company that actively provides support and guidance to MSMEs, especially during the



HTTP://PPID.BENGGALISIKAB.CO.ID



Hendri Firzani

Direktur Utama
Gatra Media Group
President Director of
Gatra Media Group

"Kami mencatat inovasi yang Pertamina lakukan tidak hanya berdampak pada pelaku usaha tersebut, tetapi juga mampu membangkitkan optimisme masyarakat untuk tetap produktif di masa pandemi COVID-19,"

"We saw that Pertamina's innovations not only had an impact on the business actors, but were also able to grow public optimism to remain productive during the COVID-19 pandemic,"



ENERGIA/TRISNO ARDI

Produk Spa dan Kosmetik Denara Duta Mandiri, salah satu mitra binaan UMKM Pertamina, di Denpasar, Bali, 18 Juni 2021.

Spa and Cosmetic Products Denara Duta Mandiri, one of the partners of SMEs Pertamina, in Denpasar, Bali, June 18th, 2021.


Firzani mengatakan penghargaan yang diberikan Gatra sebagai apresiasi kepada 10 pemangku kepentingan yang berperan sebagai inovator di berbagai bidang, termasuk Pertamina. "Kami mencatat inovasi yang Pertamina lakukan tidak hanya berdampak pada pelaku usaha tersebut, tetapi juga mampu membangkitkan optimisme masyarakat untuk tetap produktif di masa pandemi COVID-19," tutupnya, Jumat 30 April 2021.

Direktur Utama Pertamina, Nicke Widyawati menegaskan, upaya yang dilakukan Pertamina Group dalam mendukung percepatan penanganan pandemi COVID-19 merupakan salah satu bentuk bakti BUMN ini bagi bangsa. "Kita berharap Pandemi COVID-19 bisa segera berakhir sehingga kita bisa beraktivitas seperti sediakala," pungkas Nicke. ▀

pandemic, and the 2021 Gatra Innovation Awards for the category of SOE with Social and Environmental Responsibility (TJSL).

President Director of Gatra Media Group, Hendri Firzani, said that the award given by Gatra was an appreciation to 10 stakeholders who have acted as innovators in various fields, including Pertamina. "We saw that Pertamina's innovations not only had an impact on the business actors, but were also able to grow public optimism to remain productive during the COVID-19 pandemic," he concluded on Friday, 30 April 2021.

Pertamina President Director Nicke Widyawati emphasized that the efforts made by the Pertamina Group in supporting the acceleration of the handling of COVID-19 pandemic were a form of the SOE's dedication to the nation. "We hope that the COVID-19 pandemic can end soon so that we can carry out our activities as usual," concluded Widyawati. ▀



GARAM KULKUL TEMBUS PASAR EKSPOR

 ENERGIA/TRISNO ARDI



KULKUL SALT TO ENTER THE EXPORT MARKET



Petani garam tradisional mengambil air laut dengan ember kayu atau kulit yang ditimbang beratnya dengan tiang bambu yang dipikul di bahu mereka untuk dituangkan ke pasir hitam sebagai bagian dari proses produksi garam tradisional.

Traditional salt farmers take seawater with wooden or leather buckets weighing heavily on bamboo poles carried across their shoulders to poured into black sand as part of the traditional salt production process.

Garam merupakan potensi alam yang dimiliki Indonesia sebagai negara kepulauan dengan kawasan pesisirnya. Garam juga menjadi salah satu bumbu dapur yang familiar bagi banyak orang. Garam memiliki manfaat besar bagi kesehatan dan kecantikan.

Hal tersebut dimanfaatkan oleh Ni Putu Ayu Wilasmini yang sejak 2017 menggarap usaha pengolahan garam lokal dengan membuat sentra pembuatan garam bernama CV Natural Bali Kukul di Jalan Raya Jumpai, Desa Jumpai, Klungkung, Bali.

Garam Kukul diproduksi di atas pasir hitam pada garis timur pantai Bali, di bawah bayangan Gunung Agung. Garam ini diproses menggunakan penguapan alami matahari. Selain garam, Ayu juga memproduksi olahan komoditas lain

Salt is a natural resource that Indonesia has as an archipelagic country with coastal areas. Salt is also one of the most used kitchen spices. Salt has plenty of great benefits for health and beauty.

This is utilized by Ni Putu Ayu Wilasmini, who since 2017 has been working on a local salt processing business by establishing a salt-making center called CV Natural Bali Kukul on Jalan Raya Jumpai, Jumpai Village, Klungkung, Bali.

Kukul salt is produced on the black sand of the east coast of Bali, on the feet of Mount Agung. This salt is processed through the natural evaporation of the sun. In addition to salt, Wilasmini also produces other processed commodities in the form of processed chocolate, honey, and snacks.

berupa olahan coklat, madu, dan makanan ringan.

Setelah bergabung menjadi binaan Pertamina pada tahun 2020, usaha CV Natural Bali Kukul makin berkembang pesat. Produksi garam yang awalnya sebesar 60 ton/ tahun kini meningkat menjadi 100 ton per tahunnya. Hal tersebut berdampak pada pendapatannya yang juga kian bertambah hingga berkisar di angka Rp100 juta setiap bulan.

Modal usaha yang diberikan oleh Pertamina dipergunakan untuk membuat rumah kaca tempat produksi garam. Sebelumnya, dengan satu rumah kaca yang sudah ada, dia mampu memproduksi 2-3 ton garam tiap bulan. Saat ini, dengan dua rumah kaca, produksinya meningkat 2 kali lipat menjadi 4-6 ton garam/ bulan.

“Dahulu kami berusaha pinjam modal ke bank namun kerap ditolak dan dibidang untuk apa produksi garam pinjam ratusan juta. Akhirnya dapat bantuan dari Pertamina, dan usaha saya

After joining Pertamina in 2020, the business of CV Natural Bali Kukul has been growing rapidly. Salt production which was originally 60 tons per year has now increased to 100 tons per year. This has an impact on her income, which is also increasing to around Rp100 million (US\$7,025) every month.

The business capital provided by Pertamina is used to build a greenhouse for salt production. Previously, with 1 existing greenhouse, she was able to produce 2-3 tons of salt per month. Currently, with 2 greenhouses, the production has doubled to 4-6 tons of salt per month.

“In the past, we tried to apply for a working capital loan from the bank but we kept getting rejected because they wondered why I needed to borrow hundreds of millions only to produce salt. But finally, I got the help from Pertamina, and my business grew. Now, the bank has become the one that is pursuing us to offer the loan. This is my effort in preserving the



[HTTP://WWW.NATURALBALIKUKUL.COM/](http://www.naturalbalikukul.com/)

berkembang. Sekarang pihak bank yang kejar menawarkan pinjaman. Di sinilah upaya saya dalam menyelamatkan garam rakyat yang terlupakan,” papar Ayu.

Kini garam Kulkul juga dijual secara *online* dengan memanfaatkan teknologi digital hingga mampu dipasarkan dengan jangkauan luas. Menurut Ayu, produknya telah dipasarkan hampir di seluruh kota besar di Indonesia. Sementara untuk pasar mancanegara, garam produksi CV Natural Bali Kulkul telah diekspor hingga Amerika Serikat, Perancis, Thailand, dan Singapore.

“Garam Bali yang diolah secara tradisional memiliki *taste* yang unik dan tidak pahit. Itu yang membuat banyak orang asing yang suka” imbuh Ayu.

Keunggulan lainnya garam Klungkung Bali yang diproduksi juga memiliki kandungan mineral yang cukup tinggi. Mulai dari kalsium, magnesium, dan potasium yang baik untuk kesehatan.

salt from my community that is often forgotten,” said Wilasmini.

Now Kulkul salt is also sold online by utilizing digital technology so that it can be marketed to a wider audience. According to Wilasmini, her products have been marketed in almost all major cities in Indonesia. Meanwhile, for the foreign markets, CV Natural Bali Kulkul’s salt has been exported to the United States, France, Thailand and Singapore.

“Traditionally processed Balinese salt has a unique taste and is not bitter. That’s why a lot of foreigners like it,” Wilasmini added.

Another advantage of her Klungkung Bali salt is its fairly high mineral content, starting from calcium, magnesium, to potassium which are good for health.

Ni Putu Ayu Wilasmini yang sejak 2017 menggarap usaha pengolahan garam lokal dengan membuat sentra pembuatan garam bernama CV Natural Bali Kulkul di Jalan Raya Jumpai, Desa Jumpai, Klungkung, Bali. Saat ini, Ayu memberdayakan 12 karyawan yang mayoritas merupakan ibu rumah tangga di sekitar tempat usahanya.

Ni Putu Ayu Wilasmini, who since 2017 has been working on a local salt processing business by establishing a salt-making center called CV Natural Bali Kulkul on Jalan Raya Jumpai, Jumpai Village, Klungkung, Bali. She currently empowers 12 employees, the majority of whom are housewives around her place of business.



ENERGIA/TRISNO ARDI



ENERGIA/TRISNO ARDI

Vice President CSR & SMEPP Pertamina Arya Dwi Paramita (kanan kedua) bersama Manager CSR & SMEPP Planning Pertamina Fety (kiri), Manager CSR & SMEPP Subholding C&T Pertamina Irto P Ginting (kiri kedua), Unit Manager Communication, Relation & CSR Jatimbalinus Pertamina Deden M Idhani (tengah) serta Ni Putu Ayu Wilasmini (kanan) saat mengunjungi mitra binaan Pertamina yang memproduksi garam yaitu Natural Bali Kulkul, Kabupaten Klungkung, Bali. Kamis, 17 Juni 2021.

Pertamina CSR & SMEPP Vice President Arya Dwi Paramita (second right) with Pertamina CSR & SMEPP Planning Manager Fety (left), Pertamina C&T CSR & SMEPP Subholding Manager Irto P Ginting (second left), Unit Manager Communication, Relations & CSR Jatimbalinus Pertamina Deden M Idhani (middle) and Ni Putu Ayu Wilasmini (right) while visiting Pertamina's partners who produce salt, namely Natural Bali Kulkul, Klungkung Regency, Bali. Thursday, June 6, 2021.

Selain mengembangkan salah satu potensi alam yang ada di Bali, Natural Bali Kulkul juga mampu menggerakkan ekonomi masyarakat di sekitar dengan mengajak para ibu rumah tangga untuk mengelola garam. Hal tersebut dilakukan untuk mencukupi kebutuhan permintaan pasar yang terus meningkat, Ayu pun ikut menambah jumlah pekerjanya.

Dia memberdayakan 12 karyawan yang mayoritas merupakan ibu rumah tangga di sekitar tempat usahanya. "Saya ingin wanita Bali itu tidak hanya sebagai ibu rumah tangga. Tapi kita mencoba untuk ikut membangun ekonomi keluarga. Saya sendiri selain sebagai ibu rumah tangga, juga ingin perempuan lainnya bisa bermanfaat untuk keluarga, bangsa, dan negara," tuturnya. ■

In addition to developing one of the natural resources in Bali, Natural Bali Kulkul is also able to drive the economy of the surrounding communities by inviting housewives to manage the salt processing. To meet the market demand that continues to increase, Wilasmini also added the number of her workers.

She currently empowers 12 employees, the majority of whom are housewives around her place of business. "I want Balinese women to not only be housewives. Because we can also try to help grow the family's economy. Apart from being a housewife myself, I also want other women to be useful for the family, the nation and the country," she said. ■



ROBOT PENINGKAT REVENUE DI LAPANGAN PECIKO

Nurul Alfia, Andrianto Wahyuda, Hendry Purnomo, Naoval Akbar, dan Riki Miftahudin yang tergabung dalam FT-Prove Green Zone berhasil membuat metode Robust Outflow (ROBOT) untuk meminimalkan kandungan pasir di Lapangan Peciko, Blok Mahakam. Inovasi tersebut diklaim menghasilkan tambahan pendapatan sebesar Rp2,8 triliun

INCREASING REVENUES WITH ROBOT IN PECIKO FIELD

Nurul Alfia, Andrianto Wahyuda, Hendry Purnomo, Naoval Akbar, and Riki Miftahudin, who are members of the FT-Prove Green Zone, have succeeded in making the Robust Outflow (ROBOT) method to minimize the sand content at Peciko Field, Mahakam Block. The innovation is claimed to generate additional revenues of Rp2.8 trillion (US\$196.6m).

Peciko (PCK), lapangan gas yang berada di Delta Mahakam ini sudah beroperasi sejak 1999. Kapasitas produksi gas saat ini dari lapangan Peciko saat ini 120 juta standar kaki kubik per hari (MMscfd). Total ada 171 sumur di lapangan Peciko, 50% di antaranya berpasir. Sebanyak 49 sumur berstatus *critical sand risk*, 44 sumur *high sand risk*, dan 78 *low sand risk*. Karena sudah beroperasi lebih dari 2 dekade, *reservoir* lapisan bawah (*main zone*) dengan sedikit risiko pasir hampir bisa dikatakan sudah diproduksi semua.

Untuk bisa memaksimalkan perolehan kembali cadangan (*Recovery Factor*), maka perforasi harus dilakukan di zona yang lebih atas lagi (*Upper* dan *Shallow*). Namun penembakan *reservoir Upper* dan *Shallow* ini mempunyai risiko produksi pasir yang sangat besar, karena tidak terkonsolidasi. Risiko pasir ini dapat membahayakan keselamatan manusia atau pekerja, potensi pencemaran lingkungan, dan kerugian aset.

Melihat masalah tersebut, FT-Prove Green Zone melakukan diskusi dan riset panjang sejak 2019. Afi mengatakan lewat wawancara oleh *Energia* secara daring pada 22 Juli 2021, terdapat dua faktor penyebab dominan atas permasalahan yang dihadapi. *Pertama*, belum adanya peralatan pada *surface facility* sebagai pengendali pasir di mana karakteristik

Peciko (PCK), a gas field located in the Mahakam Delta, has been operating since 1999. The current gas production capacity of Peciko field is 120 million standard cubic feet per day (MMscfd). In total, there are 171 wells at Peciko field, 50% of which are sandy. A total of 49 wells have critical sand risk, 44 wells have high sand risk, and 78 wells have low sand risk. Because it has been operating for more than two decades, it can be said that the bottom layer of the reservoir (*main zone*) with low sand risk has been fully produced.

In order to maximize the Recovery Factor, perforation must be carried out in the Upper and Shallow zones. However, the drilling of the Upper and Shallow reservoirs has a high risk of sand production as it is not consolidated. The risk of sand production can endanger the safety of humans or workers, create potential environmental pollution, and result in loss of assets.

*Seeing this problem, the FT-Prove Green Zone has conducted long discussions and research since 2019. In an online interview with *Energia* held on 22 July 2021, Afi said that there were two dominant factors causing the problems. First, there was no equipment that acts as a sand controller at the surface facility, where the characteristics of reservoirs in the upper transition and shallow zones were not consolidated, and the volume was also small.*

Perwira Pertamina yang diketuai Nurul Alfia dan anggota kelompok lainnya yaitu Andrianto Wahyuda, Hendry Purnomo, Naoval Akbar, dan Riki Miftahudin pencetus inovasi menggunakan metode ROBOT (Robust Outflow).

Perwira Pertamina yang diketuai Nurul Alfia dan anggota kelompok lainnya yaitu Andrianto Wahyuda, Hendry Purnomo, Naoval Akbar, dan Riki Miftahudin pencetus inovasi menggunakan metode ROBOT (Robust Outflow).





PT PERTAMINA HULU INDONESIA

Lapangan Peciko, Salah satu Lapangan Produksi di Regional Kalimantan.
Peciko Field, One of the Production Fields in Kalimantan Region.

reservoir zona upper transition, dan shallow tidak terkonsolidasi dan volume yang kecil. Kedua, penggunaan minimalis atau bahkan tanpa sand control pada sumur berpasir.

Tercetuslah inovasi menggunakan metode ROBOT (*Robust Outflow*). “Penggunaan alat ini biayanya murah dan peralatan yang digunakan juga sudah ada. *Kedua*, waktu yang dibutuhkan singkat, pekan untuk fabrikasi dan pengerjaan dilakukan sendiri. *Ketiga*, sistem terintegrasi Robust bisa mencegah pasir keluar,” ujar Afi.

Metode ROBOT dinilai sederhana dengan biaya minimum namun memberikan kenaikan kapasitas produksi yang besar dengan memanfaatkan peralatan yang sudah tersedia sehingga minim biaya. “ROBOT merupakan metode untuk menjaga *drawdown pressure* pada sumur berpasir dengan memperkuat integrasi peralatan pada *surface facility* sebagai pengganti *sand control* di *bottom hole* sehingga kepasiran dapat diminimalkan,” jelas Afi.

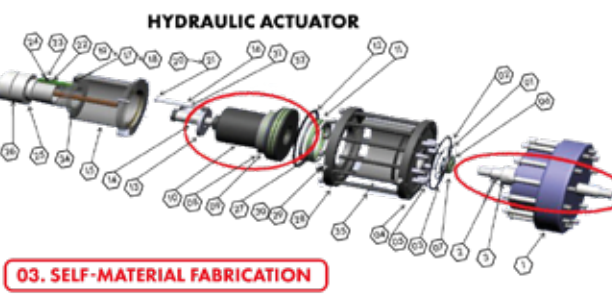
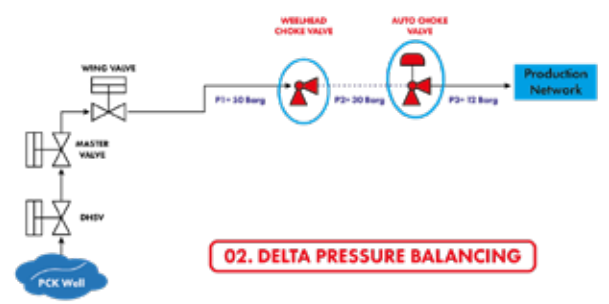
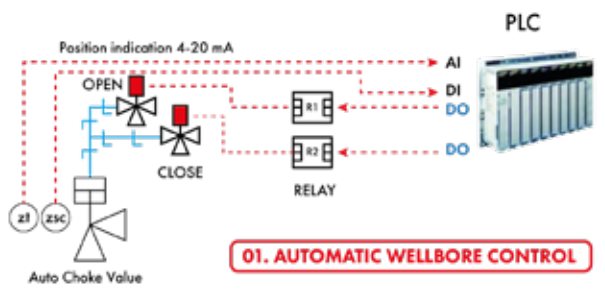
Metode ROBOT terdiri dari beberapa langkah. Langkah *pertama*, *Automatic Wellbore Control*, yaitu mengganti sistem elektronik dengan *realy* penghubung sehingga dapat melakukan

Second, the use of minimal or even no sand control in sandy wells.

Then they came up with an innovation using the ROBOT (Robust Outflow) method. “The use of this equipment is cheap and the equipment used already exists. Secondly, it requires a short period of time, 2 weeks for fabrication and the process can be done ourselves. Third, the Robust integrated system can prevent sand from coming out,” said Afi.

The ROBOT method is considered simple with minimal costs but provides a large increase in production capacity by utilizing existing equipment so that the costs are minimal. “ROBOT is a method to maintain pressure drawdown in sandy wells by strengthening the integration of equipment at the surface facility as a substitute for sand control at the bottom hole so that sand can be minimized,” explained Afi.

The ROBOT method consists of several steps. The first step, Automatic Wellbore Control, replaces the electronic system with a connecting relay so that it can perform A/C movements remotely and smoothly to prevent



- | | | |
|-----------------------------|------------------------------------|------------------------------------|
| 1. BONNET | 12. SEAL - YOKE CAP - CYLINDER CAP | 22. CALIBRATION ROD |
| 2. STEM | 13. LINKAGE DISK | 23. CAP SCREW - CAL - PLATE |
| 3. EXT STEM | 14. MAGNET STAND OFF | 24. WASHER - CAL - PLATE |
| 01. SEAL BASE PLATE | 15. YOKE CAP | 25. SEAL YOKE CAP |
| 02. SEAL BASE PLATE | 16. CALIBRATION ROD | 26. TRANSMITTER |
| 03. T-SEAL VALVE STEM | 17. BUSHING CALIBRATION ROD | 27. T-SEAL - PISTON - CYLINDER CAP |
| 04. BASE PLATE CYLINDER | 18. SEAL BUSHING YOKE CAP | 28. CAP - CYLINDER |
| 05. CAPSCREW BASE PLATE | 19. SEAL CAL - ROD - BUSHING | 29. HEX NUT - CYLINDER STUD |
| 06. SPACER PISTON | 20. WASHER POSITION INDICATOR | 30. STUD CYLINDER |
| 07. SEAL PISTON CYLINDER | 21. CAP SCREW - CALIBRATION ROD | 31. TRANSMITTER MAGNET |
| 08. TRAVEL STOP | | 32. CAPSCREW - MAGNET |
| 09. SEAL TRAVEL STOP-PISTON | | 34. CHECK VALVE |
| 10. PISTON | | 35. CYLINDER |
| 11. SEAL CULINDER CAP BASE | | |

pergerakan A/C secara *remote* dan *smooth* untuk mencegah pecah pasir.

Kedua, Delta Pressure Balancing, yaitu mengganti bagian dalam (*trim*) wellhead choke ke ukuran yang lebih kecil untuk mengurangi jetting efek pada A/C.

Ketiga, Self-Material Fabrication, yaitu melakukan fabrikasi sendiri (*stem Piston*) dengan memanfaatkan material *scrap*, daripada membeli dari manufaktur. *Delivery* lebih singkat dari enam bulan menjadi dua minggu.

“Dengan penerapan metode ROBOT terdapat penambahan *revenue* sebesar Rp2,8 triliun dari produksi sumur berpasir, tidak terpapar LTI, dan kebocoran pada sumur setelah kenaikan produksi. Manfaat lainnya, *safety* untuk pekerjaanya,” ucap Afi sembari menyampaikan inovasi tersebut pun bisa direplikasi di *field-field subholding Upstream* Pertamina lainnya.

Berkat inovasi ini juga FT-Prove Green Zone meraih penghargaan platinum pada Annual Pertamina Quality (APQ) Award 2021 yang digelar Pertamina April lalu. ■

sand from breaking.

The second is Delta Pressure Balancing, which replaces the inside (trim) of the wellhead choke to a smaller size to reduce the jetting effect on the A/C.

The third is Self-Material Fabrication, which does its own fabrication (Piston stems) by utilizing scrap materials instead of buying from manufacturers. Delivery time is shortened from six months to two weeks.

“With the application of the ROBOT method, there is an additional revenue of Rp2.8 trillion (US\$196.6m) from the production of sandy wells and preventing LTI and leaks in wells after the production increase. Another benefit is the safety for the workers,” said Afi while conveying that the innovation could also be replicated in other fields of Pertamina Upstream subholding.

Thanks to this innovation, the FT-Prove Green Zone also won a platinum award at the 2021 Annual Pertamina Quality (APQ) Award, which was held by Pertamina last April. ■



**RUANG KEGIATAN BELAJAR (RKB)
TAMPOR**

Sekula Aneuk Nanggroe

**ASA ALI UNTUK
SEKOLAH ANAK
MERDEKA**

*TENANDUNG'S HOPES FOR
SEKOLAH ANAK MERDEKA*

 PT PERTAMINA EP/ ARIE PUJIANTO

Bermula dari banjir bandang pada 2006 inisiatif Sekolah Anak Merdeka didirikan. Ali Muda Tenandung menjadi aktor di balik berdirinya sekolah yang berlokasi Desa Tampur Paloh, Kecamatan Simpang Jernih, Kabupaten Aceh Timur.

“Kami mau anak-anak merdeka dalam mendapatkan pendidikan yang layak, berekspresi, hingga merdeka dalam menentukan cita-citanya,” ucap Ali sambil mengenang suka dukanya.

Saat itu, karena banjir bandang tersebutlah anak-anak makin sulit untuk mengakses pendidikan. Desa yang masuk wilayah terdepan, terluar dan tertinggal ini tidak memiliki fasilitas pendidikan setingkat SMP maupun SMA. Ditambah lagi mereka tidak mampu secara ekonomi sehingga memilih untuk tidak melanjutkan pendidikan usai lulus SD.

Melihat kondisi itu, batin Ali tergerak. Ia merasa harus berbuat sesuatu bagi anak-anak tersebut. Dengan tekad kuat, ia bersama teman-temannya membangun SMP Merdeka yang merupakan SMP pertama dalam satu kecamatan.

A flash flood that happened back in 2006 became the reason why Sekolah Anak Merdeka (the School of Independent Children) was established. Ali Muda Tenandung was the one behind the establishment of the school, located in Tampur Paloh Village, Simpang Jernih District, East Aceh Regency.

“We want the children to have the freedom of proper education, the freedom of expression, and the freedom of determining their own goals,” said Tenandung while reminiscing about his ups and downs.

At the time, because of the flash flood, it was increasingly difficult for the children to access education. The village, which is included in the frontier, outermost and underdeveloped areas, did not have educational facilities at the junior and senior secondary levels. In addition, they were not able to afford it economically, so they chose not to continue their education after graduating from elementary school.

Seeing this condition, Tenandung was moved. He felt that he had to do something for the children. With strong determination, he and his friends built SMP Merdeka, which is the first junior high school in the entire sub-district.

“Perjuangannya sangat berat, untuk memenuhi logistik saja kami harus membawanya dari Aceh Tamiang, belum lagi sesampainya di pelabuhan kampung kami harus memikulnya sampai Tampur Paloh. Luar biasa perjuangan teman-teman pengajar saat itu,”

“The struggles were very hard. Even for the logistics, we had to bring the resources from Aceh Tamiang, not to mention when we arrived at the village port, we still had to carry them all the way to Tampur Paloh. The struggles of my teacher friends were extraordinary at that time,”

● **ALI MUDA TENANDUNG** ●
Founder of Sekolah Anak Merdeka



PT PERTAMINA EPY ARIE PUJIANTO



Ali yang saat itu bergabung dalam tim respon darurat bencana banjir di sana bertugas sebagai tim pendampingan anak-anak korban bencana banjir.

"Awalnya ngobrol-ngobrol terbentuklah kelompok diskusi. Dari kelompok diskusi itulah setelah 6 bulan baru muncul ide untuk membangun sekolah," kata lulusan Universitas Islam Tamiang (UIT) Langsa.

Menurut Ali, sebelum ada bangunan sekolah, mereka menimba ilmu di mana saja. Di pinggir sungai, di bawah pohon, di hamparan kebun. "Pokoknya di mana saja asalkan anak-anak ini bisa dan mau belajar," kata dia.

Ali yang merupakan kepala sekolah pertama SMP Merdeka mengaku dana operasional sekolah dibiayai secara patunga karena belum ada dana bantuan dari pemerintah. Urunan pun terbatas dari para guru saja.

"Perjuangannya sangat berat, untuk memenuhi logistik saja kami harus membawanya dari Aceh Tamiang, belum lagi sesampainya di pelabuhan kampung kami harus memikulnya sampai Tampur Paloh. Luar biasa perjuangan teman-

At the time, Tenandung, who was part of the flood emergency response team in the area, served as part of the team that assisted children affected by the flood.

"Initially, we talked and formed a discussion group. From the discussion group, after 6 months, we came up with the idea to build a school," said the graduate of the Tamiang Islamic University (UIT) Langsa.

According to Tenandung, before there was a school building, the children studied anywhere they could. It could be by the river, under the trees, or at the garden. "It could be anywhere as long as these children can and want to learn," he said.

Tenandung, who is the first principal of SMP Merdeka, admitted that the school's operational funds were funded together because there was no aid fund from the government. School fees were also limited from the teachers only.

"The struggles were very hard. Even for the logistics, we had to bring the resources from Aceh Tamiang, not to mention when we arrived at the village port, we still had to carry them all the way to Tampur Paloh. The struggles of my teacher friends



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teman pengajar saat itu,” tutur Ali yang saat ini sedang menempuh pendidikan S2 di Universitas IAIN Cot Kala Langsa.

Ali beserta kawan-kawannya memang berkomitmen untuk tidak mengambil iuran kepada para siswa. Ia mengakui kondisi masyarakat di sana begitu memprihatinkan.

Perjuangan para murid di sana juga tak kalah berat. Saat itu Desa Tampur Paloh belum dialiri listrik. Anak-anak setiap malam hanya bisa belajar menggunakan penerangan dari lampu minyak.

“Pakai lampu sentir minyak tanah itu, cuma kan minyak tanah gak ada lagi jadinya pake solar, ya pada item-item itu muka kami,” kenang Ali sambil tertawa.

Melihat begitu besarnya animo masyarakat untuk mengenyam pendidikan di Tampur Paloh, akhirnya Ali dan kawan-kawan berdialog bersama warga desa untuk membuat sekolah lanjutan setingkat SMA yakni Madrasah Aliyah (MA).

Beruntung, pembangunan MA di sana mendapatkan bantuan pebangunan gedung dari Kementerian Agama (Kemendagri). Sedangkan SMP Merdeka saat ini telah

were extraordinary at that time,” said Tenandung, who is currently studying for a master’s degree at the University of IAIN Cot Kala Langsa.

Tenandung and his friends were indeed committed not to take school fees from the students. He admitted that the condition of the people there was very concerning.

The struggles of the students in the area were no less difficult. At that time, Tampur Paloh Village had no electricity. Every night, the children could only study with minimal lighting from the oil lamp.

“We used the kerosene lanterns, but because we ran out of kerosene, we used diesel instead, so we would have black ashes on our faces afterwards,” Tenandung laughed as he recalled the memories.

Seeing the great interest of the community to receive education in Tampur Paloh, finally Tenandung and his friends had a discussion with the villagers to create Madrasah Aliyah (MA), an equivalent of high school.

Luckily, the MA construction in the area received building construction aid from the Ministry of Religious Affairs. Meanwhile, currently SMP Merdeka has already had a building that was built independently with the help from Pertamina EP Asset 1 Rantau Field.

The man who was born in Pongkolan, 26 November 1974, admitted that during his tenure, one of the most



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mempunyai gedung yang dibangun secara swadaya dengan bantuan dari Pertamina EP Asset 1 Rantau Field.

Pria kelahiran Pongkolan, 26 November 1974 itu mengaku, selama masa mengabdikan di sana salah satu kesulitan paling berat dihadapi di sana adalah meyakinkan para orang tua agar anaknya bisa sekolah. Karena meskipun ada peningkatan animo, tapi progresnya sangat kecil.

Berkat kegigihan Ali, SMP Merdeka yang sudah berjalan 15 tahun ini telah banyak meluluskan anak didiknya dan banyak yang meneruskan hingga perguruan tinggi. Ia juga mengatakan bahwa banyak anak-anak lulusan SMP Merdeka telah menjadi abdi negara di Tampur Paloh.

"Kebanyakan dari perangkat desa Tampur Paloh adalah lulusan SMP Merdeka. Saya bangga dengan anak-anak ini, mereka semangat, berprestasi, dan mendapatkan kemerdekaan pendidikan seperti yang mereka kehendaki," tutur Ali yang hobi memancing.

Meskipun pada awalnya banyak yang mencibir Ali, ia tetap berpegang teguh pada keyakinannya. Baginya hidup akan kosong bila tidak bermanfaat bagi orang lain.

"Ketika kita sudah meyakini sesuatu hal, teruskanlah. Cobaan pasti selalu ada. Tapi ingatlah sebaik-baik manusia adalah yang paling bermanfaat bagi manusia lain," pesan Ali. ▀

difficult struggles he faced there was convincing the parents so that their children could go to school. Because even though there was an increase in interest, the progress was still very little.

Thanks to Tenandung's persistence, SMP Merdeka, which has been running for 15 years, has produced many graduates and many have even continued to university. He also said that many children who graduated from SMP Merdeka had become civil servants in Tampur Paloh.

"Most of Tampur Paloh village officials are graduates of SMP Merdeka. I am proud of these children, they are enthusiastic, have achievements, and get the freedom of education that they want," said Tenandung who enjoys fishing in his free time.

Even though many people looked down on Tenandung at first, he keeps staying true to his belief. For him, life will be empty if it is not useful for others.

"When we already believe in something, keep going. There will always be trials. But remember, if you do good to others, you're actually doing good to yourself," Tenandung said. ▀

MELINDUNGI PANTAI KERSIK DARI ABRASI

PROTECTING KERSIK BEACH FROM ABRASION


Abrasi menjadi salah satu mimpi buruk yang dialami masyarakat pesisir Pantai Kersik, Kecamatan Marang Kayu, Kabupaten Kutai Kartanegara, Kalimantan Timur. Abrasi merupakan suatu proses pengikisan pantai yang diakibatkan oleh tenaga gelombang laut dan arus laut atau pasang surut arus laut yang bersifat merusak.

“Di wilayah kami abrasinya cukup parah di beberapa tahun terakhir dan tidak bisa dikendalikan, bahkan dalam setahun pesisir kami terkikis sekitar 10 meter. Pemerintah dan masyarakat pada saat itu belum ada tindakan karena kurang paham dan belum memiliki keterbatasan anggaran, sehingga tidak dapat

Abrasion is one of the nightmares experienced by the coastal community of Kersik Beach, Marang Kayu District, Kutai Kartanegara Regency, East Kalimantan. Abrasion is a process of coastal erosion caused by the power of ocean waves and currents or tidal currents that are destructive.

“In our area, the abrasion has been quite severe in recent years and cannot be controlled, even within a year, 10 meters of our coast has been eroded. At the time, the government and the surrounding communities did not take any action because they did not understand and did not have the budget allocation, so they could not mitigate the



 PERTAMINA HULU KALIMANTAN TIMUR



melakukan mitigasi abrasi,” ucap Syamsul Ma’arif kepada Tim Energia, pada Kamis, 5 Agustus 2021.

Untuk mengendalikan abrasi tersebut, Syamsul yang memprakarsai Sahabat Mangrove bersama beberapa mahasiswa Fakultas Perikanan Universitas Mulawarman dan teman-teman mahasiswa pecinta alam di berbagai kampus di Samarinda mulai menanam bibit mangrove pada Juli 2018.

“Kami saat ini fokus pada pelestarian lingkungan pesisir sebagai upaya pencegahan yang harus segera dilakukan. Upaya itu sudah sejalan dengan pemerintah dan bekerja sama dengan pihak perusahaan, yakni Pertamina Hulu Kalimantan Timur. Jadi ini yang kami prioritaskan,” tutur pria yang berusia 30 tahun tersebut.

Pelestarian lingkungan yang dilakukan oleh Sahabat Mangrove menasar pada lahan seluas 27 hektar. “Idealnya dalam satu hektar itu 10.000 bibit yang harus ditanam. Kami melakukan penanaman ini secara detail. Kami monitor perkembangannya, perlahan namun pasti,” ucap ayah anak satu itu.

Dari 3 hektare yang sudah ditanami mangrove pada 2018, sekitar 1,5 hektare sudah tampak daratan baru

abrasion,” said Syamsul Ma’arif to the Energia Team, on Thursday, 5 August 2021.

To control the abrasion, Ma’arif who initiated Sahabat Mangrove (The Friends of Mangrove) with several students of the Faculty of Fisheries at Mulawarman University and friends of nature lovers at various campuses in Samarinda, began planting mangrove seedlings in July 2018.

“We are currently focusing on preserving the coastal environment as a preventive measure that must be done immediately. This effort is in line with the government and done in collaboration with companies, which are Pertamina Hulu East Kalimantan. So, this is what we are prioritizing,” said the 30-year-old man.

Environmental conservation carried out by the Friends of Mangrove targets an area of 27 hectares. “Ideally, in one hectare, 10,000 seeds must be planted. We carry out this planting in detail. We are monitoring the progress, slowly but surely,” said the father of one child.

Of the 3 hectares that have been planted with mangroves in 2018, about 1.5 hectares have seen new land of about 15 meters. “The sedimentation that we made can be said to be successful



sekitar 15 meter. “Sedimentasi yang kami lakukan bisa dikatakan berhasil karena yang tadinya abrasi sekarang muncul kembali. Masyarakat pun melihat ini sebagai sebuah keberhasilan dari pelestarian lingkungan yang kami kerjakan bersama,” kata Syamsul menambahkan.

Kerja keras yang dilakukan Syamsul mendapatkan dukungan penuh dari masyarakat. Kini masyarakat dengan kesadarannya juga turut mengambil bagian dalam pelestarian tersebut.

“Alhamdulillah, masyarakat turut memberikan dukungan penuh. Mereka turut ambil bagian dalam merawat mangrove-mangrove yang ada, karena laut kami langsung berhadapan dengan Selat Makassar yang memiliki arus yang kuat sehingga perlu diperlakukan khusus agar tidak mudah tersapu ombak,” ucap Syamsul.

Ke depannya, ia berharap Desa Kersik menjadi desa wisata edukasi. “Kami ingin desa ini

because what used to be eroded is now reappearing. The community also sees this as a success of the environmental conservation that we are working on together,” Ma’arif added.

Ma’arif’s hard work has received full support from the communities. Now the people are aware and also take part in the conservation.

“Alhamdulillah, the communities also give their full support. They take part in taking care of the existing mangroves, because our sea is directly facing the Makassar Strait, which has strong currents, so they need special treatments so that they are not easily swept away by the waves,” said Ma’arif.

In the future, he hopes that Kersik Village will become an educational tourist village. “We want this village to become a tourist village that offers educational values about nature and the environment. In the mangrove area, people can learn a lot about the benefits of mangroves.



PERTAMINA HULU KALIMANTAN TIMUR



PERTAMINA HULU KALIMANTAN TIMUR

menjadi desa wisata yang memiliki nilai-nilai edukasi tentang alam dan lingkungan. Pada area mangrove, masyarakat dapat belajar banyak tentang manfaat mangrove, sedangkan terumbu karangnya nanti kami kembangkan setelah kawasan mangrove sudah bisa berdiri sendiri. Jadi kami di sini memiliki tiga wisata sekaligus, yaitu pantai, edukasi mangrove, dan *snorkeling*,” tutur Syamsul.

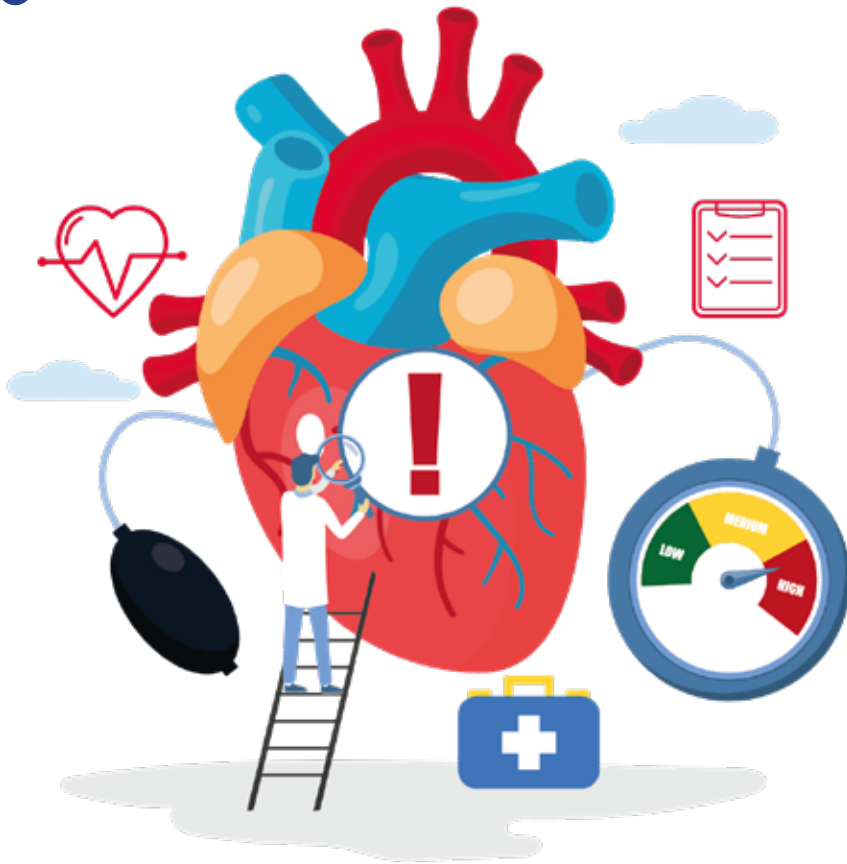
Upaya Samsul dan Sahabat Mangrove juga mendapat dukungan penuh dari Pertamina Hulu Kalimantan Timur (PHKT) melalui program Dersik (Desa Wisata Kersik). PHKT memfasilitasi peningkatan kesejahteraan masyarakat melalui Pembinaan Kegiatan Adiwiyata dan Program Kampung Iklim (Proklam) di wilayah Kalimantan Timur.

Melalui Program Dersik, PHKT Daerah Operasional Bagian Utara (DOBU) berkontribusi dalam perbaikan lingkungan berupa inisiasi pembentukan dan pendampingan Bank Sampah Kersik Berseri, sosialisasi pemilahan sampah dan dampak lingkungan bekerja sama DLH Kabupaten Kutai Kartanegara, serta upaya penanggulangan abrasi melalui restorasi penanaman 18.000 mangrove dan FGD Pembuatan Pagar (pemecah gelombang ambang rendah), serta Apartemen Ikan di Pantai Biru Kersik. ■

Meanwhile, we will develop the coral reefs after the mangrove area is able to stand on its own. So here we'll have three tourist attractions at once, which are the beach, the mangrove education, and snorkeling,” said Ma'arif.

The efforts of Ma'arif and the Friends of Mangrove also receive full support from Pertamina Hulu East Kalimantan (PHKT) through the Dersik program (Kersik Tourist Village). PHKT facilitates the improvement of community welfare through the Adiwiyata Activity Development and Climate Village Program (Proklam) in the East Kalimantan region.

Through the Dersik Program, the Northern Operational Area of PHKT (DOBU) contributes to environmental improvement in the form of initiation of the establishment and assistance of Kersik Berseri Waste Bank, socialization of waste sorting and environmental impacts in collaboration with Kutai Kartanegara Environmental Services, as well as efforts to overcome abrasion through the restoration of 18,000 mangroves and FGDs on construction of low-crested breakwaters, as well as Fish Apartments at Biru Kersik Beach. ■



SILENT KILLER MENGHANTUI ANAK MUDA

Kasus hipertensi semakin banyak ditemukan di berbagai belahan dunia, termasuk Indonesia. *Silent killer* ini tidak lagi hanya menyerang usia lanjut, tapi juga makin menghantui anak muda.

THE SILENT KILLER THAT HAUNTS THE YOUNG GENERATIONS

More and more hypertension cases are found in various parts of the world, including Indonesia. This silent killer no longer attacks only the elderly, but also haunts the young generations.

Kelana tidak pernah menduga kalau ia mengidap penyakit hipertensi. Pria berusia 35 tahun tersebut hanya tahu hipertensi merupakan salah satu penyakit degeneratif yang sering diidap oleh orang-orang seumuran ayah ibunya. Nyatanya, ia terdeteksi memiliki penyakit tekanan darah tinggi ketika berulang kali gagal mengikuti *screening* vaksinasi COVID-19.

“Waktu itu mau vaksin, dan harus cek tensi. Dicek berkali-kali oleh petugas ternyata tensinya tinggi. Sudah disuruh istirahat, dicek lagi masih tinggi. Karena hipertensi makanya saya gagal vaksin,” ujarnya kepada *Energia*.

Hal yang sama juga dialami Kartika. Gadis berusia 25 tahun tersebut nyaris gagal vaksin COVID-19 karena tensinya naik melebihi batas yang ditentukan. Dokter yang bertugas saat itu menganjurkan agar ia relaks untuk menurunkan tensinya. “Alhamdulillah, hari itu juga saya diperbolehkan vaksin setelah berhasil mengendalikan tekanan darah,” ucapnya.

Dr. Sidhi Laksono, Sp.JP(K), FIHA, mengakui, saat ini hipertensi bisa diderita juga oleh anak muda. “Hipertensi dibagi dua. Hipertensi primer yang biasanya dialami lansia, dan sekunder yang dialami oleh anak muda. Penyebabnya 90% esensial dan 10% sekunder artinya ada sebab lain seperti

Kelana had never expected that he would have hypertension. The 35-year-old man only knew that hypertension was a degenerative disease that was often suffered by people of the same age as his parents. In reality, his high blood pressure was detected when he repeatedly failed to take the COVID-19 vaccination screening.

“At that time, I was about to be vaccinated, and I had to check my blood pressure. I was checked several times by the officers, and it turned out that my blood pressure was high. I was told to rest, but when checked again afterwards, the pressure was still high. Because of hypertension, I could not get the vaccine,” he tells *Energia*.

The same thing happened to Kartika. The woman almost couldn't get the COVID-19 vaccine because her blood pressure rose beyond the prescribed limit. The doctor on duty at the time suggested that she relaxed to lower her blood pressure. “Alhamdulillah, that same day I was allowed to get vaccinated after successfully controlling my blood pressure,” she says.

Dr. Sidhi Laksono, Sp.JP(K), FIHA, admits that currently, hypertension can also be suffered by the young generations. “Hypertension is divided into two. Primary hypertension is usually experienced by the elderly, and secondary hypertension is experienced by young people.



**dr. Sidhi Laksono,
Sp.JP(K), FIHA**

Dokter Spesialis Jantung & Pembuluh Darah
Rumah Sakit Pusat Pertamina
Cardiologist at Pertamina Central
Hospital (RSPP)

“Hipertensi dibagi dua. Hipertensi primer yang biasanya dialami lansia, dan sekunder yang dialami oleh anak muda. Penyebabnya 90% esensial dan 10% sekunder,”

“Hypertension is divided into two. Primary hypertension is usually experienced by the elderly, and secondary hypertension is experienced by young people. The cause is 90% essential and 10% secondary,”



ENERGIA/PRIVO WIDIYANTO

Peserta vaksinasi melakukan *screening* tensi darah sebelum melakukan vaksin COVID-19.
Vaccination participants screened for blood pressure before taking the COVID-19 vaccine.

adanya obstruksi pada saluran darah di ginjalnya sehingga menyebabkan tensinya akan naik,” ujarnya.

Faktor risiko hipertensi pada kaum milenial biasanya terlalu banyak mengonsumsi makanan tinggi garam, kelebihan berat badan (obesitas), kurangnya asupan sayur dan buah, jarang berolahraga, kurang tidur/stres, mengonsumsi alkohol, dan merokok.

“Banyak anak muda yang suka kentang goreng. Nah itu mengandung banyak garam. Apalagi kondisi pandemi seperti sekarang, terlalu banyak rebahan dan tidak olahraga juga bisa menjadi salah satu pemicu tekanan darah tinggi. Jadi harus berhati-hati,” kata dokter yang sehari-hari bertugas di Rumah Sakit Pusat Pertamina tersebut.

Selain itu, hipertensi pada usia muda biasanya dihubungkan dengan adanya *obstructive sleep apnea* atau gangguan tidur, ada masalah di ginjal, masalah di tumor atau kelenjar adrenal, masalah tiroid, dan akibat obat-obatan atau prikotropika.

The cause is 90% essential and 10% secondary, meaning that there are other reasons, such as obstruction of the blood vessels in their kidneys, causing their blood pressure to rise,” he says.

The risk factors for hypertension in millennials are usually due to the consumption of too many foods that are high in salt, obesity, lack of intake of vegetables and fruits, lack of exercise, lack of sleep/stress, alcohol consumption, and the habit of smoking.

“Many of the young generations like to eat french fries. Well, it contains a lot of salt. Moreover, in a pandemic condition like now, too much lying down and not exercising can also be some of the triggers for high blood pressure. So, you have to be careful,” says the doctor who works at Pertamina Central Hospital.

In addition, hypertension at a young age is usually associated with obstructive sleep apnea or sleep disorders, problems with the kidneys, problems with tumors or adrenal glands,

Dokter Sidhi menegaskan, hipertensi pada usia muda atau pun tua sebenarnya sering tanpa gejala sehingga sering disebut *silent killer*. "Tapi bukan berarti keluhan pusing berarti tensinya tinggi," ujarnya.

PENCEGAHAN DAN CARA MENGATASI

Untuk mencegah hipertensi di usia muda atau menurunkan tekanan darah tinggi di usia muda? "Konsumsi makanan sehat dan banyak seratnya, mengurangi asupan garam juga penting. Kurangi juga konsumsi kafein berlebihan, serta menjaga berat badan dengan olahraga teratur," jelasnya.

Bagi anak muda yang terlanjur mengidap hipertensi, harus dapat mengelola stres. Sayangnya, mereka sering kali menyepelkan cara menurunkan darah tinggi yang satu ini. Padahal kondisi tersebut dapat memunculkan berbagai kebiasaan buruk, seperti merokok, konsumsi alkohol atau makanan yang tidak sehat, yang pada akhirnya dapat menaikkan tekanan darah.

Stres dapat terjadi karena berbagai hal, seperti pekerjaan, keluarga, finansial, atau lainnya. Selain itu, kurang tidur juga dapat menyebabkan hipertensi. Cari tahu apa penyebab stres yang sering dialami serta atasi penyebab tersebut. Hal-hal yang bisa menenangkan pikiran patut dicoba, seperti mendengarkan musik, curhat, meditasi, atau melakukan hobi yang disukai. ▀

thyroid problems, and the effects of drugs or psychotropics. Doctor Laksono emphasized that hypertension at a young or old age is often asymptomatic, so it is often called the silent killer. "But that doesn't mean dizziness means high blood pressure," he says.

PREVENTION AND HOW TO OVERCOME

How can we prevent hypertension at a young age or reduce high blood pressure at a young age? "Eat healthy foods and lots of fiber, reducing salt intake is also important. Also, reduce excessive caffeine consumption, and maintain weight with regular exercise," he explains.

For young people who already have hypertension, they must be able to manage stress. Unfortunately, they often underestimate this particular way of lowering high blood pressure, when in fact this condition of stress can lead to various bad habits, such as smoking, consuming alcohol or unhealthy foods, which in turn can raise blood pressure.

Stress can occur due to various things, such as work, family, finances, or others. In addition, lack of sleep can also cause hypertension. Find out what causes the stress that is often experienced and overcome these causes. Things that can calm the mind are worth trying, such as listening to music, sharing your stories to someone, meditating, or doing a hobby that you enjoy. ▀

Prevent Hypertension at a Young Age, Come On!



Eat Healthy Foods And Lots Of Fiber



Maintain Weight With Regular Exercise



Reducing Salt Intake



Reduce Excessive Caffeine Consumption



Stop Smoking

Hypertension at a Young Age is Usually Associated with:



Obstructive sleep apnea or snoring,



Problems in the kidneys, or the adrenal glands, thyroid,



Due to drugs or psychotropic substances.



Meet Up

 Indah Dwi Kartika

Jurnalis senior yang memiliki program Kick Andy di salah satu televisi swasta, Andy F. Noya, sangat antusias ketika dilibatkan dalam program PFMuda yang diinisiasi oleh Pertamina Foundation. Menurutnya, program ini bagus untuk pengembangan kapabilitas anak muda Indonesia.

“Generasi muda Indonesia harus mampu bersaing dengan anak-anak muda dari negara lainnya. Hidup cuma sekali maka harus berarti. Makna inilah yang diberikan melalui PFMuda,” kata Andy.

Ia yakin kompetisi PFMuda yang memberikan ruang kreativitas prakarsa dalam menuntaskan isu-isu sosial melalui foto, video dan tulisan tersebut dapat menghasilkan young leader yang memiliki kepekaan sosial dan lingkungan dengan aksi-aksi solusi inovatif.

“Ayo para generasi muda sekarang masuk ke dunia *sociopreneurship* apapun bentuknya agar dapat memberikan perubahan kesejahteraan bagi masyarakat sekitar,” imbuh Andy. ▀

A senior journalist who has a program named Kick Andy on a private television, Andy F. Noya, was very enthusiastic when he was involved in the PFMuda program initiated by the Pertamina Foundation. According to him, it was a great program to develop the capabilities of Indonesian youth.

“Indonesia’s young generations must be able to compete with the young people from other countries. You only live once so your life has to have a meaning. This meaning is given through PFMuda,” said Noya.

He believes that the PFMuda competition, which provides a creative space for initiatives in solving social issues through photos, videos and writings, can produce young leaders who have social and environmental sensitivity through innovative solutions.

“The young generations should now enter the world of sociopreneurship in whatever form it takes in order to provide changes in welfare for the surrounding communities,” Noya urged. ▀

GENERASI MUDA HARUS PUNYA KEPEKAAN SOSIAL

IMPORTANCE OF HAVING SOCIAL SENSITIVITY FOR YOUNG GENERATIONS


POTENSI ANAK MUDA HARUS TERUS DIASAH

IMPORTANCE OF DEVELOPING THE POTENTIAL OF YOUNG GENERATIONS

Aktoris, model, aktivis, penulis, dan penyanyi yang viral karena berhasil lulus S2 dari Stanford University, Maudy Ayunda, sangat antusias ketika bercerita tentang keterlibatannya dalam program PFMuda yang diinisiasi Pertamina Foundation.

“Aku senang sekali pernah ikut berkontribusi dan bekerja sama dengan Pertamina Foundation di PFMuda tahun lalu. Aku melihat potensi anak-anak muda dengan ide yang sangat cemerlang untuk komunitasnya,” ujarnya.


Karena itu, Maudy mengajak generasi muda lainnya untuk ikut serta dalam program bagus ini.

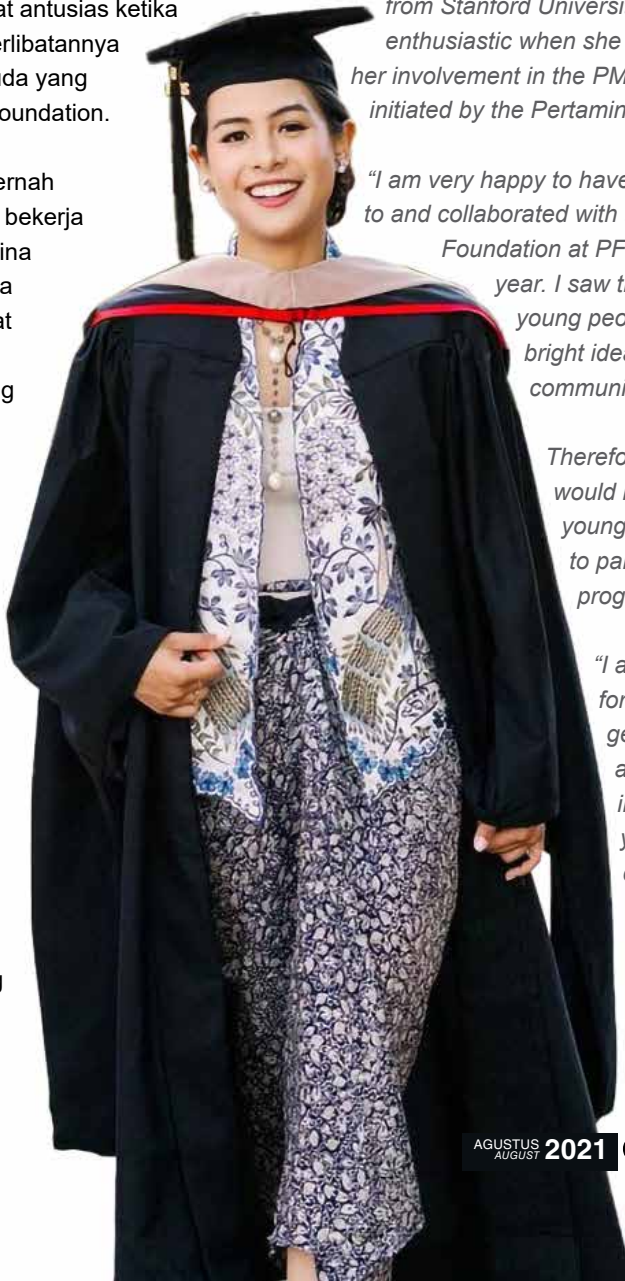
“Semangat untuk generasi muda yang ikut dalam PFMuda tahun ini. Semoga dapat mendatangkan ide-ide yang bagus untuk komunitas yang ada di sekitar kalian,” harap Maudy. 

Maudy Ayunda, an actress, model, activist, writer, and singer who went viral for successfully graduating from Stanford University, was very enthusiastic when she talked about her involvement in the PFMuda program initiated by the Pertamina Foundation.

“I am very happy to have contributed to and collaborated with the Pertamina Foundation at PFMuda last year. I saw the potential of young people with very bright ideas for their communities,” she said.

Therefore, Ayunda would like to invite other young generations to participate in the program.

“I am enthusiastic for the younger generations who are participating in PFMuda this year. Hopefully it can bring great ideas to the communities around you,” Ayunda said hopefully. 



A PERFECT FIT: SEMPURNA DI VISUALISASI

A PERFECT FIT: PERFECT VISUALIZATION

Sepatu menjadi sebuah analogi dalam memilih pasangan di film *A Perfect Fit* yang disutradarai oleh Hadrah Daeng Ratu. Menurut penulis skenarionya, Garin Nugroho, ketika seseorang merasa nyaman dengan sepatu yang digunakan, langkahnya ke depan akan menjadi nyaman.

Itulah yang dirasakan seorang fesyen *blogger* asal Bali bernama Saski (Nadya Arina) yang menemukan jalan baru setelah bertemu dengan Rio (Refal Hady) di sebuah toko sepatu. Seperti Cinderella, kisah mereka berdua ditakdirkan melalui sepatu.

Rio seorang pemilik toko sepatu sekaligus pembuat sepatu mampu membawa Saski untuk melihat dunia dengan sudut pandang berbeda. Rio memaknai sepatu bukan hanya sekadar sebuah alas kaki dan Saski menjadi pelanggan pertama yang mendapatkan pilihan sepatu terbaik darinya. Pertemuan tersebut membuat keduanya merasa saling terikat.

Namun semua terlambat karena ada Deni (Giorgino Abraham) dan Tiara (Anggika Bolsterli). Keduanya membawa Saski dan Rio kepada konflik yang berkaitan dengan budaya dan tradisi balas budi.

Saski terikat dengan keluarga Deni karena pengobatan sang ibu ditanggung mereka.

Shoes become an analogy of choosing a partner in the movie *A Perfect Fit* directed by Hadrah Daeng Ratu. According to the screenwriter, Garin Nugroho, when a person feels comfortable with the shoes he is wearing, his steps forward will be comfortable.

That is what is felt by a fashion blogger from Bali, Saski (Nadya Arina), who finds a new path in life after meeting Rio (Refal Hady) at a shoe shop. Like Cinderella, the destiny of the two of them begins with shoes.

Rio, a shoe shop owner and shoemaker, is able to bring Saski to see the world from a different perspective. Rio defines shoes as more than just footwear and Saski becomes the first customer to get the best choice of shoes from him. The meeting made the two feel attached to each other.

But it is too late because there are Deni (Giorgino Abraham) and Tiara (Anggika Bolsterli). Both of them bring conflict to Saski and Rio, which is related to culture and the tradition of reciprocity.

Saski is indebted to Deni's family because her mother's treatment is paid by them. Meanwhile,





HTTPS://WWW.IMDB.COM/

Sementara Rio terikat perjodohan garis keluarga dengan Tiara, teman kecilnya. Saski dan Rio terjebak dalam situasi tidak mencintai calon pendamping hidupnya masing-masing.

Rio is tied to an arranged marriage with Tiara, his childhood friend. Saski and Rio are caught in a situation of not loving their respective life partners.

Begitu banyak rintangan bagi Saski dan Rio untuk bersatu. Sampai akhirnya keduanya berpasrah bagaimana takdir membawa kisah mereka. Kisah selengkapnya bisa Anda Saksikan di Netflix yang sudah rilis sejak 16 Juli 2021.

Saski and Rio face so many obstacles to be with each other, until the two of them finally gives up and lets fate decide their stories. You can watch the full story on Netflix, which has been released since 16 July 2021.

Film dengan durasi sekitar 112 menit, menampilkan visual yang indah, seperti sosok Saski sebagai *fashion bolgger* yang menyita perhatian dengan beragam busana bercorak nusantara yang dikenakannya.

The movie, with a duration of about 112 minutes, displays beautiful visuals, such as the figure of Saski as a fashion blogger who grabs attention with the various Indonesian-style clothes she wears.

Pemandangan Bali sebagai latar dari film juga disuguhkan dengan sinematografi yang indah. Mulai dari keindahan Desa Tenganan, desa tertua dan bagian dari Bali Kuno atau Bali Aga, Pantai Melasti, Desa Jatiluwih, dan pemandangan Bali lainnya.

The views of Bali as the setting for the movie are also presented with beautiful cinematography. Starting from the beauty of Tenganan Village, the oldest village and part of Ancient Bali or Bali Aga, Melasti Beach, Jatiluwih Village, and other views of Bali.

Various traditions are also

TITLE:
A Perfect Fit

GENRE:
Romance

ACTORS:
• Nadya Arina
• Refal Hady
• Laura Theux
• Giorgino Abraham

DIRECTOR:
Hadrah Daeng Ratu

DISTRIBUTED BY:
Netflix

RELEASE DATE:
15 July 2021



[HTTPS://WWW.YOUTUBE.COM/](https://www.youtube.com/)



[HTTPS://WWW.IMDB.COM/](https://www.imdb.com/)



[HTTPS://WWW.YOUTUBE.COM/](https://www.youtube.com/)



[INSTAGRAM/@APERFECTFITINDONESIA](https://www.instagram.com/aperfectfitindonesia)



[INSTAGRAM/@APERFECTFITINDONESIA](https://www.instagram.com/aperfectfitindonesia)

Adekan adat juga sangat kental ditampilkan dalam film ini, seperti prosesi *mappasili* yang merupakan prosesi siraman bagi mempelai perempuan dari suku Bugis, Makassar. Ada juga budaya Bali ritual melukat yang merupakan prosesi pembersihan jiwa dan raga. Selain itu, ada tradisi gulat lumpur (*mepantingan*) yang ditujukan untuk meredakan aksi kekerasan dan memiliki belas kasih kepada lawan. Tradisi ini muncul saat adegan persaingan sengit Deni dan Rio mulai memasuki puncak.

Film ini juga mengangkat tentang kritik sosial yang terjadi di sekitar kita, bagaimana kehidupan modern dan kapitalisme yang tidak mengindahkan para buruh ketika mereka tidak memberikan kontribusi besar lagi bagi kesuksesannya.

Kualitas aktris dan aktor yang terlibat di film tersebut pun tidak perlu dipertanyakan lagi. Selain *chemistry* yang kuat antartokoh utama, film ini juga dibintangi oleh aktor dan aktris senior dengan jam terbang tinggi, seperti Christine Hakim, Mathias Muchus, Ayu Laksmi, dan Karina Suwandhi.

Meski menyajikan banyak unsur budaya, sayangnya alur film ini mudah ditebak *ending*-nya. Namun untuk sebuah hiburan akhir pekan di rumah bersama keluarga, bolehlah film ini dijadikan tontonan. ■

featured in the movie scenes, such as the mappasili procession which is a showering procession for the bride from the Bugis tribe, Makassar. There is also the Balinese culture of the melukat ritual, which is a procession of cleansing the soul and body. In addition, there is also a tradition of mud wrestling (mepantingan), which is intended to reduce violence and grow compassion for the opponent. Scenes of this tradition are featured when Deni and Rio's fierce rivalry begins to reach its peak.

The movie also raises the issue of social criticism that occurs around us, how modern life and capitalism neglect the workers when they do not make a major contribution to their success.

The quality of the actresses and actors involved in the movie is unquestionable. In addition to the strong chemistry between the main characters, the movie also stars senior actors and actresses with high flying hours, such as Christine Hakim, Mathias Muchus, Ayu Laksmi, and Karina Suwandhi.

Although it presents many cultural elements, the ending of the movie is unfortunately easy to predict. However, for a weekend entertainment at home with family, this movie is still worth to watch. ■

WISATA VIRTUAL KE GOLDEN ROCK MYANMAR

VIRTUAL TOUR TO GOLDEN ROCK MYANMAR

Sejak pandemi COVID-19 merebak di berbagai belahan dunia, wisata virtual menjadi cara jitu untuk melepas kejenuhan karena adanya pembatasan sosial.

Salah satu wisata virtual yang menarik adalah Golden Rock, Myanmar. Saat mengikuti virtual tour, Anda akan mendapatkan pengetahuan mendalam dari pemandu wisata yang berasal dari Myanmar, mulai dari sejarah Golden Rock Myanmar, transportasi, fasilitas, hingga objek wisata di sekitar Golden Rock Myanmar.

Since the outbreak of COVID-19 pandemic across the world, virtual tourism has become an effective way to get rid of boredom due to the social restrictions.

One of the interesting virtual tours is Golden Rock, Myanmar. When you join a virtual tour, you will get in-depth knowledge from a tour guide from Myanmar, ranging from the history of the Golden Rock Myanmar, transportation, facilities, to tourist attractions around Golden Rock Myanmar.



SHUTTERSTOCK/APIGUIDE

Golden Rock Myanmar atau sering disebut Pagoda Kyaiktiyo merupakan salah satu tempat ibadah atau tempat suci umat Buddha di Myanmar setelah Pagoda Shwedagon dan Pagoda Mahamuni. Letaknya di Negara Bagian Mon, Burma.

Saat ini Pagoda Kyaiktiyo menjadi ziarah populer dan objek wisata. Pada bulan November hingga Maret, suasana bhakti terlihat di klenteng Kyaikhtiyo. Tampak Batu Emas (*Golden Rock*) berkilau dalam nuansa yang berbeda dari fajar hingga senja, juga nyanyian peziarah bergema di sekitar kuil. Penyalaan lilin, meditasi, dan persembahan kepada Sang Buddha berlanjut sepanjang malam.

Ada juga orang-orang menyeberangi jembatan, melintasi sebuah jurang untuk membubuhkan daun emas (berbentuk persegi) di muka Batu Emas, dalam pemujaan yang dalam. Namun, perempuan tidak diperbolehkan menyentuh batu sehingga tidak bisa menyeberangi jembatan.

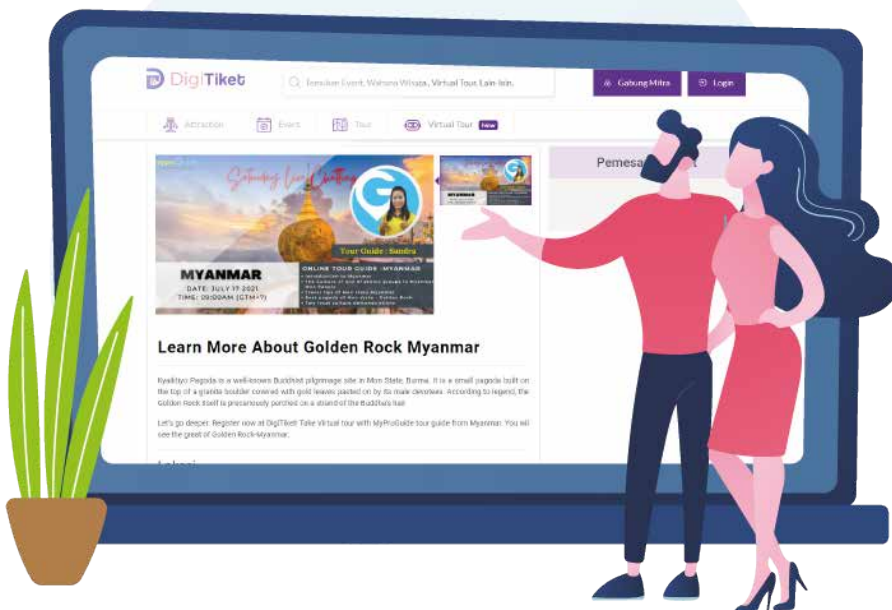
Biasanya, peziarah yang mengunjungi pagoda berasal dari seluruh wilayah Myanmar. Ada

Golden Rock Myanmar or better known as the Kyaiktiyo Pagoda is one of the most popular places of worship or sacred places for Buddhists in Myanmar after the Shwedagon Pagoda and Mahamuni Pagoda. It is located in the State of Mon, Burma.

Today, Kyaiktiyo Pagoda has become a popular pilgrimage and tourist attraction. From November to March, you can feel the devotional atmosphere at the Kyaikhtiyo temple. The Golden Rock gleams in different shades from dawn to dusk, and the singing of pilgrims reverberates around the temple. Candle lighting, meditation, and offerings to the Buddha continue throughout the night.

There are also people crossing the bridge, crossing the ravine to put square-shaped gold leaves on the Gold Stone, in deep worship. However, women are not allowed to touch the stones so they cannot cross the bridge.

Usually, pilgrims who visit the pagoda come from all parts of Myanmar.





*Ilustrasi mengikuti Virtual Tour melalui tablet.
Illustration following a Virtual Tour via tablet.*

pula beberapa turis asing. Bahkan para difabel berjalan dengan tongkat untuk mengunjungi Pagoda. Orang tua yang tidak bisa memanjat, dibawa dengan tandu oleh kuli ke Pagoda untuk berdoa kepada Buddha.

Hari Bulan Purnama Tabaung pada bulan Maret, merupakan kesempatan khusus bagi para peziarah yang mengunjungi kuil. Mereka mempersembahkan buah-buahan, makanan, dan dupa kepada Sang Buddha.

Pagoda ini dibangun di atas batu granit yang ditutupi dengan daun emas yang ditempelkan oleh para penyembah laki-laki. Menurut legenda, batu emas itu bertengger di sehelai rambut Buddha. Batu penyeimbang tersebut tampaknya menentang gravitasi, karena terus-menerus tampak di ambang bergulir menuruni bukit.

Batu dan pagoda ini berada di puncak Gunung Kyaiktiyo. Legenda juga menyebutkan bahwa

There are also some foreign tourists. Even the disabled with walking sticks also visit the Pagoda. Old people who cannot climb are carried on a stretcher by porters to the Pagoda to pray to Buddha.

Tabaung Full Moon Day in March is a special occasion for pilgrims visiting the temple. They offer fruit, food, and incense to the Buddha.

The pagoda is built on a granite rock covered with gold leaves pasted by the male worshippers. According to legend, the golden stone was perched on a strand of Buddha's hair. The balancing rock seems to defy gravity, as it constantly seems to be on the verge of rolling down the hill.

This rock and the pagoda are at the top of Mount Kyaiktiyo. Legend also says that



- A. Beberapa penduduk setempat menempelkan daun emas di Golden Rock, sementara yang lain berdoa, Kyauktiyo, Negara Bagian Mon, Myanmar.
 - B. Golden Rock dan kawasan Pagoda Kyauktiyo di pagi hari.
 - C. Pintu gerbang Pagoda Kyauktiyo.
- A. Some locals are sticking the gold leaf on the golden rock, while others are praying, Kyauktiyo, Mon State, Myanmar.
- B. Golden rock and Kyauktiyo Pagoda precincts in the morning.
- C. The Gate of Kyauktiyo Pagoda.

peziarah yang melakukan ziarah dengan trekking dari *base camp* Kinpun selama tiga kali berturut-turut dalam setahun akan diberkati dengan kekayaan dan pengakuan.

pilgrims who make the pilgrimage by trekking from Kinpun base camp three times in a row in a year will be blessed with wealth and recognition.

Batu besar, yang berkilau emas dan Pagoda Kyauktiyo kecil memiliki tinggi sekitar 25 kaki (7,6 m) dan memiliki keliling 50 kaki (15 m). Pagoda di atas batu itu tingginya sekitar 7,3 meter (24 kaki). Batu besar itu berada di atas *platform* batu alam yang tampaknya telah terbentuk secara alami sebagai dasar untuk

The large, gleaming gold rock and small Kyauktiyo Pagoda are about 25 feet (7.6 m) high and 50 feet (15 m) in circumference. The pagoda on top of the rock is about 7.3 meters (24 feet) high. The big rock sits on a natural stone platform that appears to have formed naturally as the foundation for building the

membangun pagoda. Batu emas tersebut menjorok setengah panjangnya dan bertengger ekstrim di ujung permukaan batu yang miring. Bentuk teratai dilukis dengan daun emas, melingkari dasar batu.

Alun-alun utama dekat batu emas diisi dengan perlengkapan keagamaan untuk ibadah dan persembahan yang dibuat oleh para peziarah. Berdampingan dengan area alun-alun adalah Desa Potemkin yang menjadi pusat restoran, toko souvenir, dan wisma untuk peziarah. Bahkan ada sebuah teras baru dibangun di tingkat yang lebih rendah agar pengunjung bisa mendapatkan pemandangan yang bagus dari batu emas dan pagoda.

Penasaran? Coba buka situs wisata *digitiket.com*. Situs ini menyediakan paket wisata virtual baik dalam maupun luar negeri. Bahkan ada juga wisata virtual ke luar angkasa. Anda bisa memilih wisata alam, sejarah budaya, kuliner, serta edukasi. Harganya pun terjangkau, dari mulai yang gratis hingga yang berbayar.

Bagaimana caranya? Anda hanya perlu mendaftarkan akun, mengisi biodata, verifikasi via email, pilih *virtual tour* yang ingin diikuti, dan lakukan pemesanan tiket. Jika ingin *virtual tour* interaktif, Anda cukup merogoh kocek Rp15.000 via Zoom *meeting*. Jika pilih *live streaming* melalui Youtube, Anda tidak dikenakan biaya alias gratis. Anda akan mendapatkan pemberitahuan melalui WhatsApp agar tidak ketinggalan untuk berwisata. ■

pagoda. Half the length of the golden stone is hanging and perched extremely on the edge of the sloping rock surface. The shape of a lotus is painted with gold leaf below, encircling the stone base.

The main square near the golden stone is filled with religious paraphernalia for worship and offerings made by pilgrims. Next to the square is Potemkin Village which is home to restaurants, gift shops and guest houses for pilgrims. There is even a new terrace that has just been built on the lower level for visitors to get a good view of the golden rock and pagoda.

Curious to see it? Visit the tourism website [digitiket.com](https://www.digitiket.com). The site provides virtual tour packages both inside the country and abroad. There is even a virtual space tour. You can choose natural tourism, cultural and historical tourism, culinary tourism, and educational tourism. The price is also affordable, ranging from free to paid tours.

How can you join? You only need to register your account, fill in your bio, verify via email, select the virtual tour you want to join, and make a ticket reservation. If you want an interactive virtual tour, you only need to spend Rp15,000 (US\$1.04) and enjoy it via Zoom meeting. If you choose live streaming via Youtube, you will not be charged any fee. You will get a notification via WhatsApp so you won't miss your trip. ■





 ENERGIA/TRISNO ARDI

MENIKMATI CROFFLE YANG NGE-HITS

Pernah mencicipi Croffle? Makanan yang sedang hits tersebut merupakan penggabungan dari dua nama makanan, yakni croissant dan waffle. Apakah rasanya juga seperti gabungan nama-nama itu?

TRYING OUT THE TRENDING CROFFLE

Have you ever tried Croffle? The food that is currently trending is a combination of two food names, which are croissant and waffle. Does it also taste like the combination of the two snacks?

Camilan ini sebenarnya sangat populer di Korea Selatan dan menjadi hits di Indonesia sejak 2020. Croffle bisa disajikan untuk sarapan, hidangan penutup, atau camilan pendamping ketika menikmati secangkir kopi atau teh hangat.

Secara penampilan, antara croffle mirip dengan waffle karena memiliki bentuk yang sama. Bahkan agak sulit membedakan antara croffle dan waffle dengan mata telanjang. Cara jitu membedakan keduanya harus dicicipi secara langsung atau diberi tahu terlebih dahulu.

This snack is actually very popular in South Korea and has become a hit in Indonesia since 2020. Croffles can be served for breakfast, dessert, or as a side snack when enjoying a cup of coffee or hot tea.

Appearance-wise, croffles are similar to waffles because they have the same shape. It can even be a bit difficult to distinguish between croffles and waffles with naked eyes. An effective way to tell the difference between the two is by tasting it directly or having other people telling us about what it is in advance.

Bagaimana rasanya? Sesuai namanya, croffle dibuat dari adonan croissant tapi dicetak dalam wadah waffle. Karena itu, rasa croffle lebih renyah dibandingkan waffle dan berlapis seperti croissant. Namun demikian, croffle tidak sekering croissant dan cenderung lebih padat. Selain itu, tekstur pada bagian dalam lebih lembut dan kaya akan mentega.

Sejatinya, croffle sudah diperkenalkan sejak 2017 oleh Louise Lennox, seorang koki *pastry* asal Irlandia. Seperti kudapan lainnya, croffle dapat disajikan dengan beberapa *topping*, seperti coklat, madu, keju, irisan pisang, hazelnut, atau lainnya sesuai selera. Croffle gurih menyertakan pudding, keju mozzarella, alpukat, dan tomat.

Menurut Lennox seperti dilansir situs The

How does it taste? As the name implies, croffles are made from croissant dough but molded in a waffle container. Because of this, croffles are crispier than waffles and have layers inside like croissants. However, croffles are not as dry as croissants and tend to be denser. In addition, the texture on the inside is softer and butterier.

Actually, croffles have been introduced since 2017 by Louise Lennox, an Irish pastry chef. Like other snacks, croffles can be served with several toppings, such as chocolate, honey, cheese, sliced banana, hazelnut, or other toppings according to your liking. Meanwhile, savory croissants are served with toppings like pudding, mozzarella

ENERGIA/TRISNO ARDI



ENERGIA/TRISNO ARDI

Taste, ide pembuatan croffle berawal dari pemikiran bagaimana membuat croissant lebih enak? Dengan memanggangnya menggunakan *waffle iron*, membuat rasa croissant lebih enak, lebih gurih dan renyah.

"Ini memberi sentuhan baru pada croissant," ujarnya.

Kepopuleran croffle membuat banyak orang membuatnya sendiri di rumah. Umumnya memakai lembaran adonan croissant siap pakai.

Namun tak usah khawatir jika Anda tak punya perlengkapan untuk membuat croffle, bisa langsung pesan di beberapa toko *pastry* karena sekarang sudah banyak yang menjualnya.

Hadirnya tren croffle ini juga memicu Kopi Soe, salah satu kedai kopi kekinian

cheese, avocado, and tomatoes.


According to Lennox, as reported by The Taste website, the idea of making croffles started from a question 'how to make croissants tastier?' By baking it using a waffle iron, it makes the croissant taste better, savorier and crunchier.

"It gives a new twist to croissants," he said.

The popularity of Croffles encourage many people to make their own at home. Generally, sheets of ready-made croissant dough are used to make croffles.

But don't worry. If you don't have the equipment to make croffles, you can order directly at some pastry shops because a lot of them are selling this snack.

The presence of this croffle trend has



Croffle dibuat dari adonan croissant tapi dicetak dalam wadah waffle. Sejatinya, croffle sudah diperkenalkan sejak 2017 oleh Louise Lennox, seorang koki pastry asal Irlandia.

Croffles are made from croissant dough but molded in a waffle container. Actually, croffles have been introduced since 2017 by Louise Lennox, an Irish pastry chef.



SHUTTERSTOCK/IkaRahma



Ilustrasi proses pemanggangan dan penyajian croffle.
Illustration of the process of baking and serving croffles.

di Jakarta, untuk berkreasi dan menciptakan varian croffle yang unik dan berbeda dari yang lain, bernama soeffle. Seperti dikutip dari *today.line.me*, seri soeffle dari Tjemilan oleh Kopi Soe sangat cocok dilahap bersama berbagai sajian pelengkap sesuai selera, mulai dari pecinta makanan manis, asam, hingga asin, semua bisa menikmati.

Sebelum croffle, ada crogel, croisbun, dan crotilla yang tak kalah unik. Crogel memadukan croissant dan bagel, croisbun mengawinkan croissant dengan *buttery bun* yang manis empuk, sementara crotilla memadukan croissant dan tortilla. ▀

also encouraged Kopi Soe, one of the contemporary coffee shops in Jakarta, to be creative and create croffle variants that are unique and different from the others, called soeffle. As quoted from today.line.me, the soeffle series from Tjemilan by Kopi Soe is perfect to be consumed with various side dishes according to your liking, which can be enjoyed by everyone from sweet, sour, to salty food lovers.

Before croffle became a hit, there were crogel, croisbun, and crotilla that are no less unique. A crogel combines a croissant and a bagel, a croisbun combines a croissant with a sweet and soft buttery bun, while a crotilla combines a croissant and a tortilla. ▀

The Day in Pictures

 Priyo Widiyanto



 ENERGIA/TRISNO ARDI

OKSIGEN UNTUK NEGERI

OXYGEN FOR THE NATION





2.

ENERGIA/TRISNO ARDI



3.

ENERGIA/TRISNO ARDI



Sejak pagi hari deretan truk terlihat di salah satu dermaga di Tanjung Priok. Mereka menunggu giliran untuk mengangkut ISO tank yang berisi oksigen.

Para awak mobil tangki dengan sigap menaiki truk yang biasanya digunakan untuk mengangkut BBM yang kini dialihfungsikan untuk mengangkut bantuan ISO tank, salah satunya ke Rumah Sakit Darurat COVID-19 Wisma Haji Embarkasi Jakarta.

Di bawah Kementerian BUMN dan bekerja sama dengan BUMN lainnya seperti Pelindo II, Pertamina menyalurkan 45 ISO tank dengan masing-masing berkapasitas 20-ton ke 232 rumah sakit yang tersebar di Pulau Jawa, Bali, dan Kalimantan Barat.

Dukungan pasokan oksigen dari Pertamina ini tidak terlepas dari dukungan Subholding Gas serta Subholding Commercial & Trading. Pertamina berharap dukungan ini dapat mempercepat penanganan COVID-19 di Indonesia. ▀

Since early in the morning, rows of trucks were seen at one of the piers in Tanjung Priok. They were waiting their turns to transport ISO tanks filled with oxygen.

The tank car crews swiftly boarded the trucks that were once used to transport fuel but converted to transport ISO tank aid, one of which was sent to the Jakarta Embarkation Hajj Dormitory COVID-19 Emergency Hospital.

Under the Ministry of SOEs and in collaboration with other SOEs such as Pelindo II, Pertamina distributed 45 ISO tanks with a capacity of 20 tons each to 232 hospitals across Java, Bali and West Kalimantan.

This support of oxygen supply from Pertamina could not be separated from the support of the Gas Subholding and the Commercial & Trading Subholding. Pertamina hoped that this support could accelerate the handling of COVID-19 in Indonesia. ▀

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1. Proses bongkar muat ISO tank oksigen dari kapal kargo H Seal ke mobil tangki Pertamina di Dermaga 102 Pelabuhan Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
The process of loading oxygen ISO tanks from H Seal cargo ship to Pertamina tank cars at Pier 102 of Tanjung Priok Port, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi).
 - 2-3. Jajaran head truck dilengkapi bed trailer bermuatan ISO tank siap untuk disalurkan ke Rumah Sakit di wilayah DKI Jakarta, Jawa Barat, Jawa Tengah, DI Yogyakarta dan Jawa Timur di Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
Rows of head trucks equipped with bed trailers that were loaded with ISO tanks were ready to be distributed to hospitals in DKI Jakarta, West Java, Central Java, DI Yogyakarta and East Java areas in Tanjung Priok, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi).



4.

ENERGIA/PRIYO WIDIYANTO

- 4.** Sejumlah AMT bersiap di depan truk pengangkut ISO tank oksigen, di Lapangan Nusantara 03, Pelabuhan Tanjung Priok, Jakarta, Sabtu, 10 Juli 2021. (Foto: Energia/Priyo Widiyanto)
A number of tank car crews were getting ready in front of the oxygen ISO tank trucks, at Nusantara 03 Field, Tanjung Priok Port, Jakarta, Saturday, July 10, 2021. (Photo: Energia/ Priyo Widiyanto)
- 5.** Menteri Kesehatan, Budi Gunadi Sadikin menyapa Direktur Logistik Supply Chain Pertamina Mulyono dan Corporate Secretary Pertamina Brahmantya S. Poerwadi di depan mobil Tangki Pertamina yang siap mengangkut ISO tank di Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
The Minister of Health, Budi Gunadi Sadikin, was greeting Pertamina Supply Chain Logistics Director Mulyono and Pertamina Corporate Secretary Brahmantya S. Poerwadi in front of a Pertamina tank car that was ready to transport ISO tanks in Tanjung Priok, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi)



6. Menteri BUMN, Erick Thohir (kedua kanan) didampingi oleh Direktur Logistik dan Infrastruktur Pertamina, Mulyono (kedua kiri) menyapa awak mobil tangki saat acara Serah Terima Bantuan Armada Isotank untuk Distribusi Oxygen Medis, di Lapangan Nusantara 03, Pelabuhan Tanjung Priok, Jakarta, Sabtu, 10 Juli 2021. (Foto: Energia/Priyo Widiyanto)

The Minister of SOEs, Erick Thohir (second right) accompanied by Pertamina's Director of Logistics and Infrastructure, Mulyono (second left) were greeting the tank car crews during the Handover of Isotank Containers for Medical Oxygen Distribution, at Nusantara 03 Field, Tanjung Priok Port, Jakarta, Saturday, July 10, 2021. (Photo: Energia/ Priyo Widiyanto)



- 7.** Miska Feryansyah (35 tahun) salah satu AMT yang akan mendistribusikan ISO tank dari Pelabuhan Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
Miska Feryansyah (35 years old), one of the tank car crews who would distribute the ISO tanks from Tanjung Priok Port, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi)
- 8.** Head truck dilengkapi bed trailer Pertamina siap mengangkut ISO tank oksigen ke rumah sakit di wilayah DKI Jakarta, Jawa Barat, Jawa Tengah, DI Yogyakarta dan Jawa Timur dari Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
Head trucks equipped with Pertamina bed trailers were ready to transport oxygen ISO tanks to hospitals in DKI Jakarta, West Java, Central Java, DI Yogyakarta and East Java from Tanjung Priok, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi)



9.

ENERGIA/PRIYO WIDIYANTO



10.

ENERGIA/PRIYO WIDIYANTO

- 9.** Deretan ISO Tank berisi oksigen saat di Lapangan Nusantara 03, Pelabuhan Tanjung Priok, Jakarta, Sabtu, 10 Juli 2021. (Foto: Energia/Priyo Widiyanto)
Rows of ISO Tanks filled with oxygen at Nusantara 03 Field, Tanjung Priok Port, Jakarta, Saturday, July 10, 2021. (Photo: Energia/Priyo Widiyanto)
- 10.** Seorang Awak Mobil Tangki (AMT) melintas di samping ISO tank oksigen, di Lapangan Nusantara 03, Pelabuhan Tanjung Priok, Jakarta, Sabtu, 10 Juli 2021. (Foto: Energia/Priyo Widiyanto)
A tank car crew was passing by the oxygen ISO tank, at Nusantara 03 Field, Tanjung Priok Port, Jakarta, Saturday, July 10, 2021. (Photo: Energia/Priyo Widiyanto)



11.

ENERGIA/TRISNO ARDI



12.

ENERGIA/ADITYO PRATOMO

- 11.** Pendistribusian ISO tank menggunakan mobil tangki ke Rumah Sakit di wilayah DKI Jakarta, Jawa Barat, Jawa Tengah, DI Yogyakarta dan Jawa Timur dari Pelabuhan Tanjung Priok, Jakarta, Selasa, 6 Juli 2021. (Foto: Energia/Trisno Ardi)
The distribution of ISO tanks using tank cars to hospitals in DKI Jakarta, West Java, Central Java, DI Yogyakarta and East Java from Tanjung Priok Port, Jakarta, Tuesday, July 6, 2021. (Photo: Energia/Trisno Ardi)
- 12.** Pemandahan ISO tank dari truk ke lokasi base yang dilanjutkan ke tahap penyambungan instalasi di Rumah Sakit Pertamina Jaya Ekstensi Khusus COVID-19 Asrama Haji Embarkasi Jakarta, Senin, 12 Juli 2021. (Foto: Energia/Adityo Pratomo)
The transfer of the ISO tanks from the truck to base location, which would later be installed at Pertamina Jaya Hospital, Special Extension for COVID-19, Jakarta Embarkation Hajj Dormitory, Monday, July 12, 2021. (Photo: Energia/Adityo Pratomo)

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PERTAMAX TURBO ***PERFECTION IN PERFORMANCE***



EURO 4

ECO-FRIENDLY

Pertamax Turbo has reached the EURO 4 standard with lower sulfur content (Max 50ppm). This specification can reduce particles causing health risks such as heart disease, lung disease, impotence, and autism.



IGNITION BOOST FORMULA (IBF)

Pertamax Turbo with Ignition Boost Formula is more responsive to combustion needs, therefore maximizing engine performance.



RON 98

Pertamax Turbo is suitable for engine compression 12:1 and the latest technology vehicle



EXCELLENT PERFORMANCE

Pertamax Turbo increases the vehicle's maximum speed and produces perfect engine acceleration.