

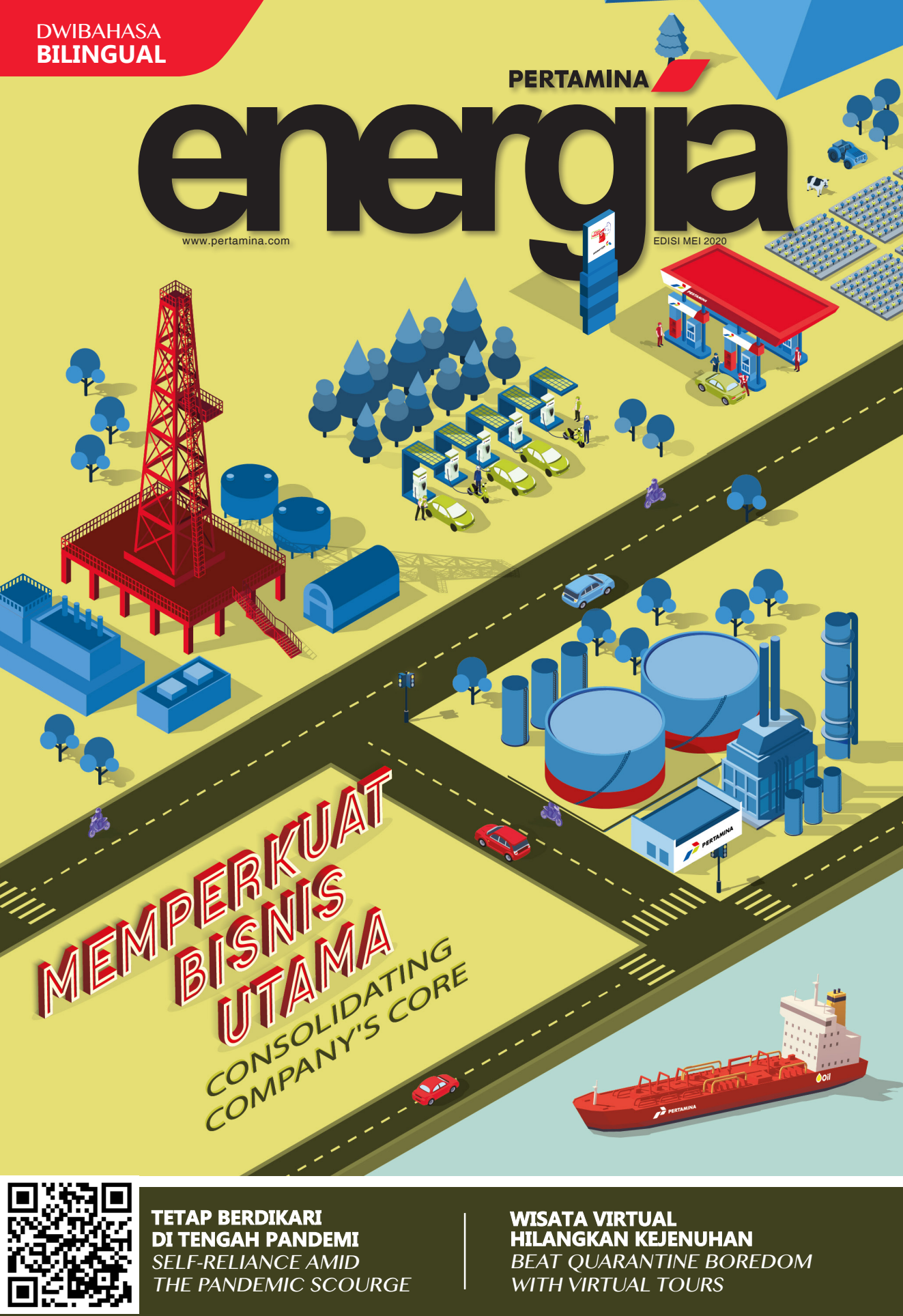
DWIBAHASA  
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PERTAMINA

# energia

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EDISI MEI 2020



**MEMPERKUAT  
BISNIS  
UTAMA**  
CONSOLIDATING  
COMPANY'S CORE

**TETAP BERDIKARI  
DI TENGAH PANDEMI**  
SELF-RELIANCE AMID  
THE PANDEMIC SCOURGE

**WISATA VIRTUAL  
HILANGKAN KEJENUHAN**  
BEAT QUARANTINE BOREDOM  
WITH VIRTUAL TOURS



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## Kembali ke Khitah

Awal April lalu, ketika banyak perusahaan yang pelan-pelan gulung tikar karena COVID-19, Menteri BUMN Erick Thohir mengundang media massa nasional untuk mengikuti konferensi pers secara daring. Didampingi Direksi beberapa BUMN, Erick mengumumkan kementerian yang dipimpinnya akan melakukan rasionalisasi dan konsolidasi anak usaha BUMN yang memiliki kesamaan portofolio dan kurang optimal kinerjanya.

Apa yang diutarakan Erick bukanlah rencana dadakan karena adanya pandemi. Sejak akhir tahun lalu, di hadapan Komisi VI DPR RI, Erick mengutarakan hal yang sama. Ia ingin BUMN mulai fokus mengembangkan bisnis intinya. Kembali ke khitahnya.

Menurutnya, hal itu dilakukan untuk dapat menghasilkan peningkatan efektivitas operasional dan tata kelola bisnis yang optimal guna memberikan nilai tambah bagi negara. Erick menegaskan, strategi rasionalisasi yang dilakukan oleh masing-masing BUMN haruslah cermat dan tetap mengedepankan tata kelola pemerintahan yang baik.

Pertamina sebagai salah satu BUMN besar dengan 34 anak perusahaan seperti tercantum dalam *Annual Report* 2019 pun menjadi sasaran rasionalisasi. Oleh karena itu, pada edisi Mei 2020, kami mengulas tentang upaya Pertamina menjalani amanat tersebut.

Akhir kalam, kami berharap semoga pembaca dapat turut menyelami spirit kembali ke khitah ini.

## The Good Old Portfolios

*In early April, when many companies slowly went out of business one by one due to the COVID-19 pandemic, State-Owned Enterprises Minister Erick Thohir invited national mass media to attend a virtual press conference. Accompanied by the Directors of several SOEs, Erick announced that the ministry that he led would rationalize and consolidate SOE subsidiaries that had similarities in their portfolios and did not perform optimally.*

*What Erick said is not an impromptu plan due to the pandemic. Since late last year, in front of the House of Representatives' Commission VI, Erick has also expressed the similar thing. He says that he wants SOEs to refocus on developing their core businesses. He wants them to go back to its main purpose.*

*In his view, this is done to increase operational effectiveness and optimize business governance in order to give the country an added value. Erick points out that the rationalization strategy carried out by each SOE must be careful and still prioritize good corporate governance.*

*Pertamina as one of the large state-owned enterprises in the country with 34 subsidiaries, as stated in the 2019 Annual Report, also becomes the target of rationalization. Therefore, in this May 2020 edition, we are reviewing Pertamina's efforts in fulfilling this mandate.*

*We eventually hope our readers would join the spirit of reconsolidating the good old portfolios.*



### Cover Story

## MEMPERKUAT BISNIS UTAMA

Consolidating Company's Core

### DESCRIPTION

Menggambaran lini bisnis Pertamina dari hulu hingga hilir.

**KETUA PENGARAH**  
Sekretaris Perseroan

**WAKIL KETUA PENGARAH/PENANGGUNG JAWAB**  
Vice President Corporate Communication

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Corporate Communication | Sekretaris Perseroan |  
PT PERTAMINA (PERSERO)

**IZIN CETAK**  
Deppen No. 247/SK/DPHM/SIT/1966 | tanggal 12  
JANUARI 1966 | Peperlra No. Kep. 21/P/VI/1966  
tanggal 14 Desember 1966



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MEI 2020

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# MAKIN BERGIGI DI BISNIS ENERGI

Dalam sebuah perusahaan, bisnis inti menjadi aktivitas utama yang wajib dilakukan dan dikembangkan secara konsisten sesuai dengan tujuan awal pembentukan badan usaha. Pakem tersebut juga berlaku pada Badan Usaha Milik Negara (BUMN), seperti Pertamina.



# SHEER BLISS OF ENERGY BUSINESS

*In a company, its core business becomes the main activity that must be carried out and developed consistently in accordance with the initial purpose of forming the business entity. The standard also applies to State-Owned Enterprises (SOEs/ BUMN), such as Pertamina.*







**S**eperti diketahui, pembentukan Pertamina sebagai BUMN memiliki sejarah panjang dari pengelolaan sumber daya alam bernama minyak dan gas (migas). Pada pasal 33 ayat 2 Undang-Undang Dasar 1945 jelas dinyatakan bahwa bumi, air dan kekayaan alam yang terkandung di dalamnya dikuasai oleh negara dan dipergunakan untuk sebesar-besar kemakmuran rakyat.

Atas dasar itulah, sejak awal Pemerintah sudah menugaskan Pertamina sebagai pengelola energi nasional. Bahkan peran tersebut dipertegas dalam pasal 2 UU No.19 tahun 2003 tentang Badan Usaha Milik Negara yang menjelaskan maksud dan tujuan pendirian BUMN.

**A**s is known, the formation of Pertamina as a State-Owned Enterprise has a long history in the management of natural resources called oil and gas. In Article 33 paragraph 2 of the 1945 Constitution, it is clearly stated that the land, the waters and the natural resources within shall be under the powers of the State and shall be used to the greatest benefit of the people.

For this reason, the Government has since assigned Pertamina to manage the national energy. The role is even emphasized in Article 2 of Law No. 19 of 2003 concerning State-Owned Enterprises, which explains the purpose and objectives of establishing SOEs.





**Sejak awal Pemerintah sudah menugaskan Pertamina sebagai pengelola energi nasional. Hal tersebut diperkuat dengan Keputusan Menteri BUMN selaku RUPS tanggal 24 November 2016 tentang Perubahan Anggaran Dasar Perusahaan Perseroan (Persero) PT Pertamina sesuai akta No. 27 tanggal 19 Desember 2016 yang menyatakan bahwa kegiatan usaha Pertamina di bidang penyelenggaraan usaha energi.**

Hal tersebut diperkuat dengan Keputusan Menteri BUMN selaku RUPS tanggal 24 November 2016 tentang Perubahan Anggaran Dasar Perusahaan Perseroan (Persero) PT Pertamina sesuai akta No. 27 tanggal 19 Desember 2016 yang menyatakan bahwa kegiatan usaha Pertamina di bidang penyelenggaraan usaha energi. Bidang tersebut terdiri dari minyak dan gas bumi, energi baru dan terbarukan, serta kegiatan lain yang terkait atau menunjang kegiatan usaha di bidang energi, seperti pengembangan optimalisasi sumber daya yang dimiliki perusahaan.

Oleh karena itu, berdasarkan Anggaran Dasar, Pertamina dapat melaksanakan

*This was reinforced by the Decree of Minister of SOE as GMS dated November 24, 2016 on Changes to the Articles of Association of PT Pertamina (Persero) as stated in Notary Deed No. 27 dated December 19, 2016, which states that Pertamina's business activities are business activities in the field of energy operation organization. The field consists of oil and gas, new and renewable energy, as well as other activities relevant to or which supports business activities in energy sector, such as energy optimization of the company's resources.*

*Therefore, based on the Articles of*

usaha utama dengan cakupan bisnis yang luas dari hulu ke hilir dalam bisnis energi (lihat tabel 1). Selain harus menjalankan bisnis utamanya, Pertamina juga dapat melakukan kegiatan usaha dalam rangka optimalisasi pemanfaatan sumber daya yang dimilikinya (lihat tabel 2).

Wajarlah jika akhirnya Pertamina dikenal sebagai BUMN yang memiliki multiperan. Selama ini, Pertamina terus berupaya memaksimalkan kinerja dengan berbagai program kerja, seperti memaksimalkan kinerja blok-blok terminasi yang sudah mulai dikelolanya sejak tahun lalu, melanjutkan revitalisasi kilang Pertamina melalui program RDMP dan NGRR, serta memperbanyak SPBU di berbagai lokasi agar masyarakat di seluruh Indonesia semakin mudah mendapatkan BBM.

“Kami juga akan terus berupaya meningkatkan kinerja dengan melakukan kemitraan strategis mulai dari hulu hingga hilir, misalnya pada program Pertashop yang bekerja sama dengan Kementerian Desa, Pembangunan Daerah Tertinggal dan Transmigrasi serta BUMN lainnya,” jelas Direktur Utama Pertamina Nicke Widyawati dalam satu kesempatan.

Ia menggarisbawahi, yang

*Association, Pertamina may carry out its main business with a greater coverage from upstream to downstream in the energy business (see table 1). In addition to its main business activities, Pertamina can carry out business activities for optimization of the resource utilization owned (see table 2).*

*No wonder, Pertamina is known as a State-Owned Enterprise that has various roles. So far, Pertamina has continued to maximize its performance with a variety of work programs, such as maximizing the performance of termination blocks that have been managed since last year, continuing the revitalization of Pertamina's refineries through the RDMP and NGRR programs, as well as increasing the number of gas stations in various locations so that people all over Indonesia will have easier access to fuel oil.*

*“We will also continue to improve our performance by conducting strategic partnerships from upstream to downstream. One of the examples is the Pertashop program that is done in collaboration with the Ministry of Villages, Disadvantaged Regions and Transmigration and other SOEs,” explains Pertamina President Director Nicke Widyawati on one occasion.*



**Nicke Widyawati**

Direktur Utama Pertamina  
Pertamina President Director



**“Kami juga akan terus berupaya meningkatkan kinerja dengan melakukan kemitraan strategis mulai dari hulu hingga hilir, misalnya pada program Pertashop yang bekerja sama dengan Kementerian Desa, Pembangunan Daerah Tertinggal dan Transmigrasi serta BUMN lainnya.”**

*“We will also continue to improve our performance by conducting strategic partnerships from upstream to downstream. One of the examples is the Pertashop program that is done in collaboration with the Ministry of Villages, Disadvantaged Regions and Transmigration and other SOEs.”*

## TABEL I

# CAKUPAN BISNIS PERTAMINA SESUAI ANGGARAN DASAR PERUSAHAAN PERTAMINA'S BUSINESS SCOPE BASED ON ITS ARTICLES OF ASSOCIATION



### EKSPLORASI & EKSPLOITASI minyak dan gas bumi.

Oil and gas **EXPLORATION & EXPLOITATION**

### KEGIATAN PENGOLAHAN

Yang menghasilkan Bahan Bakar Minyak (BBM), bahan bakar khusus, bahan bakar nonminyak, petrokimia, bahan bakar diesel, gas alam cair (LNG), gas cair (GTL) maupun produk-produk antara.

#### REFINERY ACTIVITIES

Producing fuel, special fuels, non-fuel, petrochemicals, diesel fuel, liquefied natural gas (LNG), liquefied gas (GTL) and intermediate products.



### PENGANGKUTAN

Yang meliputi kegiatan pemindahan minyak bumi, gas bumi, BBM, bahan bakar gas, dan/atau hasil/produk lainnya untuk tujuan komersil.

#### TRANSPORTATION ACTIVITIES

Covering the activities of transporting crude oil, natural gas, fuel, fuel gas, and/or other products for commercial purposes.



### KEGIATAN NIAGA

Yang meliputi pembelian, penjualan, ekspor, impor minyak bumi, BBM, bahan bakar gas, dan/atau produk lainnya, penyaluran gas bumi melalui pipa termasuk niaga energi listrik yang dihasilkan Perseroan.

**COMMERCIAL ACTIVITIES** covering the activities of purchasing, selling, exporting, importing of crude oil, fuel, fuel gas, and/or other products, and distributing natural gas through pipelines including commercial electricity generated by the Company.



### KEGIATAN DI BIDANG ENERGI LISTRIK

Termasuk tetapi tidak terbatas pada eksplorasi dan eksploitasi energi panas bumi, Pembangkit Listrik Tenaga Panas Bumi (PLTP), Pembangkit Listrik Tenaga Gas (PLTG) dan energi listrik yang dihasilkan Perseroan.

#### ACTIVITIES IN ELECTRIC ENERGY SECTOR

including but not limited to exploration and exploitation of geothermal, geothermal power plan, gas fired power plant and electric energy generated by Company.



### KEGIATAN PENYEDIAAN BAHAN BAKU,

pengolahan, pengangkutan, penyimpanan, dan perniagaan Bahan Bakar Nabati (BBN).

Biofuel **MATERIAL SUPPLY**, processing, transportation, storage and commercial activities.



**KEGIATAN PENYIMPANAN** yang meliputi penerimaan, pengumpulan, penampungan, dan pengeluaran minyak bumi, BBM, Bahan Bakar gas, dan/atau hasil/produk lainnya untuk tujuan komersial.

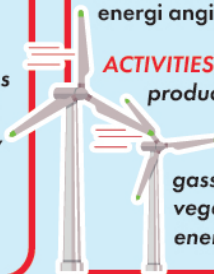
**STORAGE ACTIVITIES** covering the activities of receiving, collecting, and storing, and releasing of crude oil, fuel, fuel gas, and/or other products for commercial purposes.



### KEGIATAN PENGEMBANGAN,

eksplorasi, produksi, dan niaga energi baru dan terbarukan, gas metana batu bara, menggantikan mulai dari batu bara cair sampai bahan bakar nabati, energi surya, energi angin, dan biomassa.

**ACTIVITIES FOR DEVELOPING**, exploring, producing and trading new and renewable energy, Coal Bed Methane (CBM), liquid coal, gassified coal, shale gas, shale oil, vegetable fuels, solar energy, wind energy, and biomass.





## TABEL II

### KEGIATAN USAHA YANG DIJALANKAN UNTUK MENOPTIMALKAN PEMANFAATAN SUMBER DAYA YANG DIMILIKI PERTAMINA

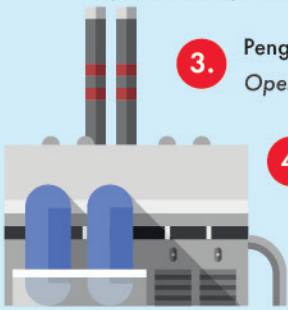
#### BUSINESS ACTIVITIES CARRIED OUT BY PERTAMINA FOR OPTIMIZATION OF THE RESOURCE UTILIZATION OWNED

1. Trading house, real estate, pergudangan, pariwisata, resort, olahraga dan rekreasi, rest area, rumah sakit, pendidikan, penelitian, prasarana telekomunikasi, jasa penyewaan dan pengusahaan sarana dan prasarana yang dimiliki perusahaan, jalan tol dan pusat perbelanjaan.  
*Trading house, real estate, warehousing, tourism, resort, sport and recreation, rest area, hospital, education, research, telecommunication infrastructure, rental service and operation of facilities and infrastructures owned by company, toll road and mall.*

2. Pengelolaan kawasan ekonomi khusus.  
*Operation of special economic area.*

3. Pengelolaan kawasan industri.  
*Operation of Industrial area.*

4. Melaksanakan kegiatan usaha lainnya yang menunjang dan terkait dengan kegiatan usaha utama.  
*Business activities in order to carry out other business activities which support and related to the main business activities.*



terpenting Pertamina terus berupaya maksimal menjalankan perannya sebagai pengelola energi nasional sesuai peraturan yang berlaku demi memenuhi kebutuhan energi seluruh rakyat Indonesia.

Dengan cakupan peran yang diemban Pertamina tersebut, Menteri BUMN Erick Thohir tidak menafikan bahwa jasa Pertamina untuk bangsa ini sangat besar. Namun sebagai nakhoda Kementerian BUMN yang ditunjuk Presiden Joko Widodo sejak Oktober tahun lalu, ia mengutarakan dalam Rapat Dengar Pendapat bersama Komisi VI DPR bahwa Pertamina harus menata lagi bisnisnya dan fokus kembali pada bisnis inti (*core business*).

“Di era digitalisasi, Pertamina harus lebih fokus, efisien, serta dapat meningkatkan *corporate values* agar menjadi BUMN yang sehat, profesional, berdaya saing, dan profitabel,” tegasnya.

*She points out that the most important thing is that Pertamina continues to carry out its role as a national energy company in accordance with the applicable regulations to meet the energy needs of all Indonesian citizens.*

*With the scope of the roles carried out by Pertamina, State-Owner Enterprises Minister Erick Tohir does not deny the significance of Pertamina’s services for the nation. But as the head of the Ministry of SOEs who was appointed by President Joko Widodo last October, during a Hearing with The House of Representatives’ Commission VI, he says that Pertamina has to reorganize its business and refocus on its core business.*

*“In the era of digitalization, Pertamina must be more focused, efficient, and able to improve corporate values to become*

4a.

**Sektor Hulu**, terdiri dari kegiatan eksplorasi, pengembangan dan produksi minyak dan gas. Kegiatan usaha lainnya pada sektor ini adalah jasa teknologi bidang hulu, jasa pengeboran, jasa perawatan sumur, pengembangan energi panas bumi dan gas metana batu bara (GMB) serta gas serpih.

*Upstream Sector, include exploration, development and production of oil and natural gas. Other business activities in this sector are upstream technology services, drilling services, well maintenance services, development of geothermal energy and Coal Bed Methane (CBM) and shale gas.*



4b.

**Sektor Hilir**, kegiatan usaha yang mencakup kilang pengolahan (refinery), pengelolaan kilang petrokimia, usaha pemasaran, perdagangan, dan distribusi berbagai jenis produk seperti Bahan Bakar Minyak (BBM), pelumas, LPG, produk petrokimia serta produk-produk non-BBM lainnya untuk pasar domestik dan mancanegara.

*Refinery Sector, business activities which include refinery and petrochemical refinery management, marketing, trading, and distribution of various types of products such as fuel oil, lubricants, LPG, petrochemical products and other non-fuel products for domestic and foreign markets.*



4c.

**Sektor Gas, Energi Baru dan Terbarukan**, yang mencakup beragam penelitian dan pendekatan terkait pengembangan Energi Baru Dan Terbarukan (EBT) untuk pembangkit listrik dan bahan bakar nabati non konvensional, termasuk melakukan studi kelayakan untuk pembangkit listrik tenaga biogas dan pembangkit listrik tenaga surya, serta pengembangan bahan bakar nabati berupa green diesel dan bio LNG. Sektor ini juga membawahi proyek-proyek infrastruktur gas seperti pembangunan fasilitas regasifikasi LNG, jalur pipa gas, dan SPBG.

*Gas and New Renewable Energy Sector, which includes a variety of research and approaches related to the renewable energy development for power generation and unconventional bio-fuels, including to conduct feasibility studies for biogas power plants and solar power plants, and the development of*



4d.

**Sektor Megaprojek Pengolahan dan Petrokimia** merupakan entitas pendukung usaha sektor pengolahan dengan target meningkatkan kapabilitas dan daya saing kilang.

*Refinery and Petrochemical Mega Project Sector, which provides support to the refinery business sector through the increase in refinery capabilities and competitiveness.*



SUMBER: ANNUAL REPORT PERTAMINA 2019

Erick memahami, Kementerian BUMN yang menaungi 142 BUMN dengan aset hingga Rp8.200 triliun menjadi penopang ekonomi Indonesia. Menurutnya, BUMN telah tumbuh menjadi mesin pertumbuhan ekonomi Indonesia. Selain menyediakan faktor produksi baik barang dan jasa, BUMN pun menjelma sebagai agen pembangunan bangsa.

“Pertamina sebagai salah satu BUMN tidak hanya menjalankan bisnis untuk memenuhi hajat hidup orang banyak tapi juga harus meraih keuntungan dengan tetap menyediakan lapangan kerja serta menunjukkan komitmen tanggung jawab sosial tinggi kepada masyarakat di sekitar wilayah operasinya. Oleh karena itu, Pertamina harus berkembang,” ucapnya seperti dikutip dari *republika.co.id* akhir tahun lalu. ▀

*a healthy, professional, competitive, and profitable State-Owner Enterprise,” he says.*

*Erick understands that the Ministry of SOEs that oversees 142 SOEs with assets of up to Rp8,200 trillion is a pillar of the Indonesian economy. According to him, SOEs have grown into an engine of economic growth in Indonesia. In addition to providing factors of production for both goods and services, SOEs have also transformed into the agents of national development.*

*“Pertamina, as one of the SOEs, does not only carry out its business to make life easier for many people, but should also gain advantage by providing employment and demonstrating high level of commitment to social responsibility to the communities around its operational areas. Therefore, Pertamina has to improve,” he says as quoted from *republika.co.id* at the end of last year. ▀*

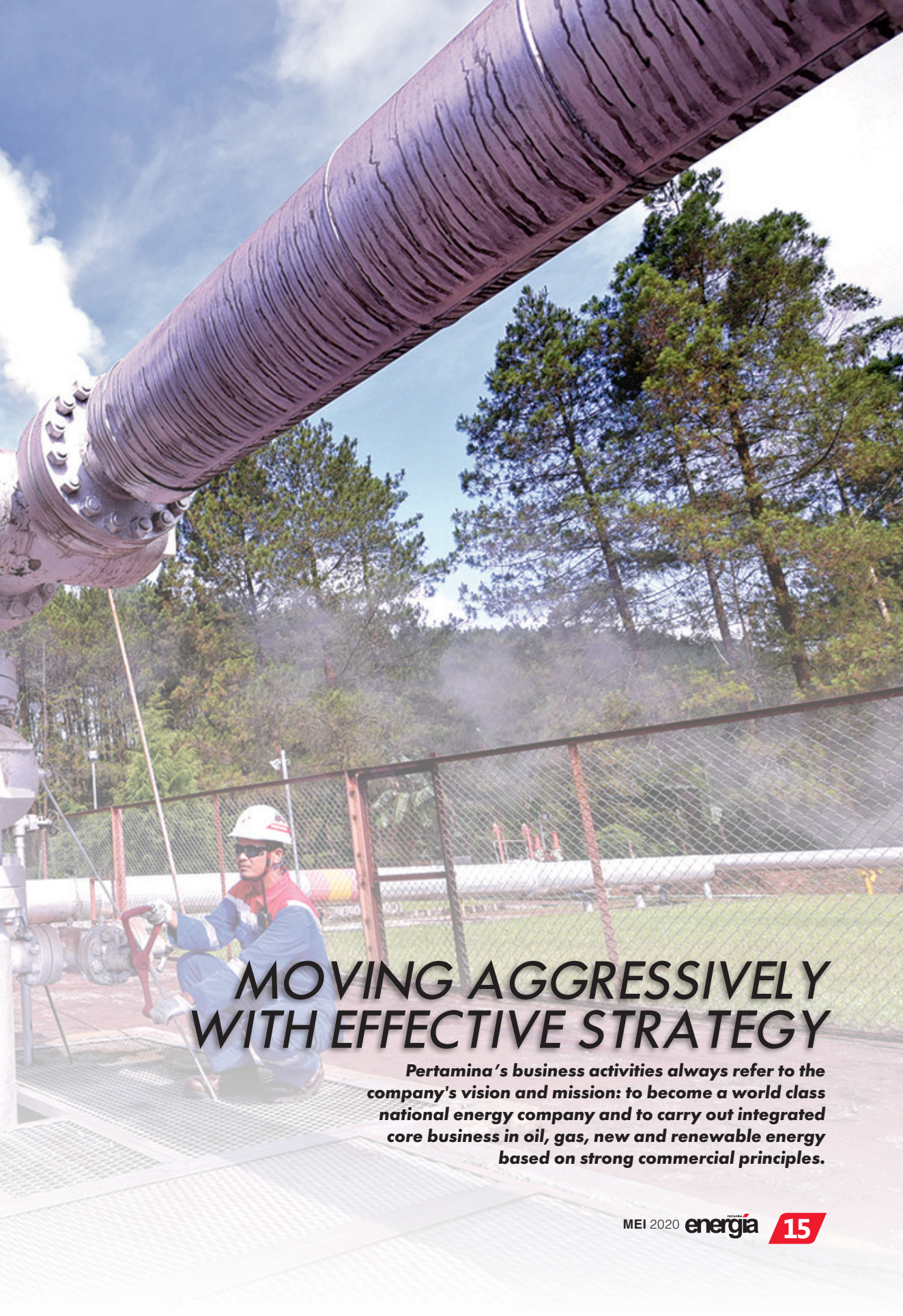




# TERUS MAJU DENGAN STRATEGI JITU

Bisnis Pertamina selalu mengacu kepada visi dan misi perusahaan: menjadi perusahaan energi nasional kelas dunia serta menjalankan usaha minyak, gas, serta energi baru dan terbarukan secara terintegrasi, berdasarkan prinsip-prinsip komersial yang kuat.





# **MOVING AGGRESSIVELY WITH EFFECTIVE STRATEGY**

*Pertamina's business activities always refer to the company's vision and mission: to become a world class national energy company and to carry out integrated core business in oil, gas, new and renewable energy based on strong commercial principles.*



**Menurut Menteri Energi Sumber Daya Mineral (ESDM) Arifin Tasrif pada acara Katadata Indonesia Data and Economic (IDE) Conference 2020 awal tahun ini, saat ini, pengembangan energi baru terbarukan (EBT) tengah dilakoni oleh para pelaku industri energi.**

*According to the Energy and Mineral Resources (ESDM) Minister Arifin Tasrif at Katadata's Indonesia Data and Economic Conference (IDE) 2020 earlier this year, the development of more environmentally-friendly new and renewable energy (NRE) is being carried out by energy industry players.*

**U**ntuk mencapainya, Pertamina selalu berupaya maksimal menjalankan bisnisnya dengan beragam cara dan mesti cepat beradaptasi.

Menurut Menteri Energi Sumber Daya Mineral (ESDM) Arifin Tasrif pada acara Katadata Indonesia Data and Economic (IDE) Conference 2020 awal tahun ini, saat ini, pengembangan energi baru



**T**o achieve them, Pertamina always strives to carry out its businesses in diverse ways and must quickly adapt .

*According to the Energy and Mineral Resources (ESDM) Minister Arifin Tasrif at Katadata's Indonesia Data and Economic Conference (IDE) 2020 earlier this year, the development of more environmentally-friendly new*



terbarukan (EBT) tengah dilakoni oleh para pelaku industri energi.

Arifin mengungkapkan, Indonesia memiliki potensi bisnis EBT besar. “Oleh karena itu, kami mendorong pelaku bisnis energi mengambil peluang tersebut,” imbuhnya.

Arifin menjelaskan, Indonesia kaya sumber EBT, seperti energi panas bumi

*and renewable energy (NRE) is being carried out by energy industry players.*

*Arifin reveals that Indonesia has great NRE business potential. “Therefore, we encourage energy business players to take the opportunity,” he adds.*

*Arifin elaborates that Indonesia is blessed with lots of NRE sources, such as geothermal and solar energy. “The*





dan surya. “Potensinya mencapai 400 gigawatt, tetapi baru 2,5 persen yang terutilisasi,” tukasnya.

Arifin berharap Indonesia melalui Pertamina dapat terus berinovasi untuk mengembangkan sumber EBT demi pemenuhan kebutuhan masyarakat sekaligus mengantisipasi penurunan pasokan bahan bakar fosil.

Kepala Satuan Kerja Khusus Pelaksana Kegiatan Usaha Hulu Minyak dan Gas Bumi (SKK Migas) Dwi Soetjipto juga menyatakan dukungannya kepada satu-

*potential reaches 400 gigawatts. Yet, only 2.5 percent that has been utilized,” he says.*

*Arifin hopes that Indonesia, through Pertamina, can keep innovating to develop potential NRE sources to meet the needs of the community and to anticipate the declining supply of fossil fuels.*

*Upstream Oil and Gas Regulatory Special Task Force (SKK Migas) Chairman Dwi Soetjipto also expresses his support for only SOE mandated to*



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satunya BUMN yang diamanatkan untuk mengelola energi nasional agar terus mengembangkan inovasi terkait EBT.

Harapan Pemerintah tersebut dijawab Direktur Perencanaan Investasi dan Manajemen Risiko (PIMR) Pertamina Heru Setiawan yang mengungkapkan bahwa BUMN ini sudah merintis pengembangan energi panas bumi lebih dari empat dasawarsa. Pertamina pun berupaya mengembangkan biodiesel. "Saat ini, kami sudah mengimplementasikan biodiesel B30, yaitu mencampur FAME 30% yang

*manage the national energy to continue developing NRE-related innovations.*

*The Government's expectation is answered by Pertamina Director of Investment Planning and Risk Management (PIMR) Heru Setiawan, who reveals that the SOE has started developing geothermal energy for more than four decades. Pertamina also seeks to develop biodiesel. "Currently, we have implemented the B30 biodiesel, which is a mix of 30-percent palm oil-based FAME and diesel fuel, so that it can provide the CPO industry with economic*



berasal dari kelapa sawit dengan solar sehingga dapat memberikan nilai tambah ekonomi bagi industri CPO dan mengurangi impor solar sehingga menghemat devisa negara,” paparnya.

Tidak hanya itu, Pertamina juga berupaya mengembangkan sumber energi lain, seperti batubara yang banyak terdapat di Indonesia. “Kami mengolah batubara menjadi metanol maupun DME sebagai bahan bakar substitusi LPG,” tuturnya.

Menurut Heru, apa yang dilakukan Pertamina tersebut merupakan hasil analisis pertumbuhan perusahaan minyak besar. Ia mencontohkan, perusahaan minyak di Eropa memulai dari energi berat ke EBT, seperti angin dan sel surya yang berpotensi besar. Sementara itu, perusahaan minyak besar di Amerika Serikat (AS) masih berfokus pada hidrokarbon. “Kesimpulannya, mereka tumbuh berdasarkan sumber daya potensial tiap negara,” tukasnya.

Heru menegaskan, Pertamina juga memiliki cara sendiri untuk tumbuh dengan mengutamakan sumber daya dalam negeri. “Kami tidak mau menjiplak arah tumbuh mereka. Pertamina harus tumbuh dengan caranya sendiri, dengan mengapresiasi *domestic*

*value-added and reduce diesel imports to save the country’s foreign exchange reserves,” he explains.*

*Furthermore, Pertamina is also trying to develop other energy sources, such as coal that is widely available in Indonesia. “We process coal into methanol and DME as substitutes for LPG,” he says.*

*In Heru’s view, what Pertamina has done reflects the result of the growth analysis of large oil companies. For instance, oil companies in Europe started from heavy to NRE such as wind and solar cells which have abundant energy potential. Meanwhile, large oil companies in the United States are still focusing on hydrocarbons. “So, in conclusion, they grow based on potential resources in each country,” he says.*

*Heru emphasizes that Pertamina also has its own way to grow by prioritizing domestic resources. “We do not want to follow other major companies’ growth direction. Pertamina must grow in its own way, by appreciating domestic resources including the domestic market that has*



### **Heru Setiawan**

Direktur Perencanaan  
Investasi dan Manajemen  
Risiko (PIMR)  
*Director of Investment  
Planning and Risk  
Management (PIMR)  
PT Pertamina (Persero)*



**“Saat ini, kami sudah mengimplementasikan biodiesel B30, yaitu mencampur FAME 30% yang berasal dari kelapa sawit dengan solar sehingga dapat memberikan nilai tambah ekonomi bagi industri CPO dan mengurangi impor solar sehingga menghemat devisa negara.”**

*.....*  
*“Currently, we have implemented the B30 biodiesel, which is a mix of 30-percent palm oil-based FAME and diesel fuel, so that it can provide the CPO industry with economic value-added and reduce diesel imports to save the country’s foreign exchange reserves.”*

resources termasuk *domestic market*,” jelasnya.

Heru mengungkapkan, saat ini Pertamina menerapkan tiga skenario transformasi energi. Pertama, menjalankan bisnis seperti biasa. Kedua, menangkap keinginan pasar. Ketiga, menjalankan bisnis yang paling ramah lingkungan.

“Inilah yang kami lakukan untuk tetap bertumbuh. Kami harus menyeimbangkan antara menjaga mandat dan menjalankan misi sebagai perusahaan bisnis,” tuturnya.

Dalam membuat strategi bisnis jangka panjang, Pertamina menyesuaikan pada enam tren perubahan di sektor energi dunia, yaitu dekarbonisasi, konsumerisasi, elektrifikasi, desentralisasi, digitalisasi, dan integrasi.

Dekarbonisasi atau pengurangan karbon merupakan upaya pengembangan sistem energi dengan emisi gas rumah kaca (GRK) rendah.

Selain melakukan diversifikasi energi, Pertamina juga memaksimalkan produksi dari

*great potential*,” he explains.

*Heru reveals that Pertamina is currently implementing three energy transformation scenarios. First, run the business as usual. Second, capture consumers’ desires. Third, run the most environmentally-friendly business.*

*“This is what we do to keep growing. We must keep a balance between maintaining the mandate and carrying out our mission as a company,” he says.*

*In creating a long-term business strategy, Pertamina follows the six trends of changes in the global energy sector, namely decarbonization, consumerization, electrification, decentralization, digitalization and integration.*

*Decarbonization or carbon reduction is an effort to develop the energy system with low green-house gases (GHG) emissions.*

*In addition to diversifying energy sources, Pertamina also maximizes production from mature fields. The company also optimizes*

## 3 SKENARIO TRANSFORMASI ENERGI DALAM BISNIS PERTAMINA

### 3 Energy Transformation Scenarios in Pertamina’s Business



1.

**Menjalankan bisnis seperti biasa**  
*Run the business as usual.*



2.

**Menangkap keinginan pasar**  
*Capture consumers’ desires.*



3.

**Menjalankan bisnis yang paling ramah lingkungan**  
*Run the most environmentally-friendly business.*



lapangan yang sudah uzur. Perusahaan juga mengoptimalkan fasilitas produksi, termasuk menerapkan *Enhanced Oil Recovery* (EOR). EOR dapat meningkatkan cadangan minyak pada sumur yang sebelumnya sudah tidak bisa memproduksi.

Program RDMP (*Refinery Development Masterplan Program*) untuk merevitalisasi kilang lama pun dijalankan agar dapat menambah kapasitas kilang menjadi dua juta barel minyak per hari. Ada empat kilang RDMP, yaitu di Balikpapan, Dumai, Cilacap, dan Balongan. Nantinya dari RDMP akan terpenuhi kebutuhan minyak nasional sebesar 1,6 juta MBPD. Pertamina juga membuat kilang baru di Tuban.

Pertamina juga sudah melakukan berbagai upaya transisi energi.

*the production facilities, including applying Enhanced Oil Recovery (EOR). EOR is a method to increase the amount of oil reserves recovered from a well that previously could no longer produce oil.*

*The RDMP (Refinery Development Master Plan) program to revitalize old refineries is also carried out to increase capacity to two million barrels of oil per day. There are four refineries under RDMP megaprojects, they are those in Balikpapan, Dumai, Cilacap and Balongan. Later on, RDMP will be able to meet the national oil demand of 1.6 million MBPD. Moreover, Pertamina has developed a new refinery in Tuban.*

*Pertamina has also made various efforts of energy transition. It has done research for the establishment*

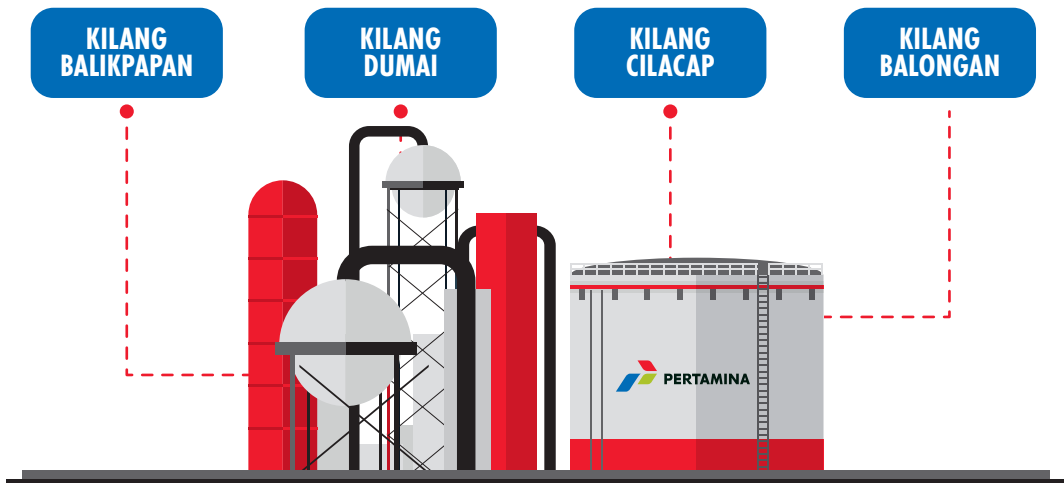
## MEGAPROYEK RDMP KILANG PERTAMINA

*Pertamina Refinery Megaproject*

# 1,6 JUTA MBPD

Kebutuhan minyak nasional yang akan terpenuhi dari RDMP.

*RDMP will be able to meet the national oil demand.*





**Pertamina juga sudah melakukan berbagai upaya dalam menghadapi transisi energi. Seperti yang dilakukan di kilang Plaju di mana Pertamina mulai mengolah produk turunan CPO menjadi bensin.**

*Pertamina has also made various efforts in facing the transition of energy. At Plaju refinery, Pertamina has begun processing CPO derivative products into fuel.*

Penelitian untuk membangun pabrik baterai kendaraan listrik hingga konversi kilang minyak agar bisa mengolah minyak sawit mentah menjadi bahan bakar pun dilakukan. Di kilang Plaju, Pertamina mulai mengolah produk turunan CPO menjadi bensin. Pertamina pun memproses produk turunan CPO menjadi solar di kilang Dumai serta melakukan riset pengembangan *green refinery*.

“Ada empat aspek yang kami pertimbangkan dalam membuat rencana bisnis, yaitu ekonomi makro, regulasi, pelanggan dan kompetisi, serta teknologi,” terangnya. ▀

*of electric vehicle battery plant and the conversion of oil refineries to enable them to process crude palm oil into fuel. At Plaju refinery, Pertamina has begun processing CPO derivative products into fuel. Pertamina even processes CPO derivative products into diesel at Dumai refinery and conducts research for green refineries development.*

*“There are four aspects we consider in developing a business plan, i.e. macroeconomics, regulation, customers and competition, and technology,” he explains. ▀*





# CARA PERTAMINA PERKUAT BISNIS UTAMA

Banyak cara dilakukan perusahaan untuk memperkuat bisnis inti di tengah dinamika perkembangan industri energi. Pertamina sebagai BUMN yang berperan sebagai pengelola energi nasional juga memiliki cara tersendiri untuk menghadapi tantangan bisnis sesuai dengan peraturan yang berlaku.

## KEY BUSINESS TAKEAWAYS THE PERTAMINA WAYS

*There are many ways that a company does to strengthen its core business amid the increasingly dynamic energy industry. Pertamina as a State-Owned Enterprise that manages national energy, also has its own ways to face business challenges in accordance with applicable regulations.*





**S**ejak akhir tahun lalu, Menteri BUMN Erick Thohir mengungkapkan keinginannya agar perusahaan BUMN kembali fokus dengan bisnis intinya. Hal tersebut diutarakannya dalam berbagai kesempatan, yang terakhir dalam konferensi pers virtual pada Jumat, 3 April 2020.

Erick menegaskan, pihaknya melakukan rasionalisasi dan konsolidasi anak usaha BUMN dalam rangka efektivitas dan tata kelola bisnis yang optimal. Sebelumnya banyak anak usaha BUMN yang memiliki kesamaan portofolio dan kurang optimal dalam memberikan nilai tambah bagi perusahaan induk.

**S**ince late last year, SOEs Minister Erick Thohir has expressed his desire for SOEs to refocus on their core businesses. The statement is stated during various occasions, with the last being on Friday, April 3, 2020 at a virtual press conference.

*Erick asserts that his people are doing rationalization and consolidation of SOE subsidiaries in the context of effectiveness and optimal business governance. Previously, there were many SOE subsidiaries that had similar portfolios and were not optimal in providing added value to their parent companies.*



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*Erick asserts that his people are doing rationalization and consolidation of SOE subsidiaries in the context of effectiveness and optimal business governance.*

“Rasionalisasi dan konsolidasi ini diharapkan dapat menghasilkan peningkatan efektivitas operasional dan tata kelola bisnis yang optimal guna memberikan nilai tambah bagi negara,” jelas Erick yang telah mengeluarkan Keputusan Menteri BUMN Nomor SK-315/MBU/12/2019 tentang Penataan Anak Perusahaan atau Perusahaan Patungan di Lingkungan BUMN pada 12 Desember 2019.

Dalam prosesnya, Menteri BUMN menekankan masing-masing BUMN untuk menyiapkan strategi dan skenario rasionalisasi dan konsolidasi terhadap karyawan, antara lain melalui optimalisasi dan alih tugas antaranak perusahaan ataupun dengan perusahaan induk.

“Kita akan terus berkoordinasi dengan masing-masing BUMN guna memastikan bahwa proses ini dijalankan dengan berpedoman pada Undang-Undang Ketenagakerjaan serta peraturan lain yang berlaku,” tambahnya.

Direktur Utama Pertamina Nicke Widyawati yang ikut dalam konferensi pers tersebut menegaskan, BUMN ini siap mendukung upaya pemegang saham dalam konsolidasi anak perusahaan BUMN untuk meningkatkan

*“This rationalization and consolidation are expected to result in an increase in operational effectiveness and optimal business governance to provide added value to the country,” explains Erick, who has issued the Decree of the Minister of State-Owned Enterprises No. SK-315 / MBU / 12 / 2019 concerning the Organization of Subsidiaries or Joint Ventures in State-Owned Enterprises on December 12, 2019.*

*In the process, the SOE Minister requires every SOE to prepare strategies and scenarios for rationalization and consolidation of employees, among others through optimization and transfer of tasks between subsidiaries and with the parent company.*

*“We will continue to coordinate with each SOE to ensure that this process is carried out in accordance with the Manpower Law and other applicable regulations,” he adds.*

*Pertamina President Director Nicke Widyawati, who participated in the press conference, says that this SOE is ready to support the shareholders’ efforts to consolidate SOE subsidiaries to improve its efficiency and strengthen its*



**Erick Thohir**

Menteri Badan Usaha  
Milik Negara (BUMN)  
Minister of SOEs



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**Pertamina telah melakukan kajian dan mengidentifikasi struktur korporasi Pertamina Group dan terdapat 25 perusahaan yang posisinya dalam status nonaktif yang akan dilikuidasi atau diusulkan untuk didivestasi.**

*Pertamina has conducted a study and identified Pertamina Group's corporate structure, and there appear to be 25 inactive companies that will be liquidated or proposed to be divested.*

efisiensi dan memperkuat bisnis inti.

Pertamina telah melakukan kajian dan mengidentifikasi struktur korporasi Pertamina Group dan terdapat 25 perusahaan yang posisinya dalam status nonaktif yang akan dilikuidasi atau diusulkan untuk didivestasi. Dari 25 perusahaan tersebut, sebagian besar adalah afiliasi atau cucu dan cicit perusahaan di bidang hulu dan hilir migas yang memang sudah tidak aktif atau tidak beroperasi. Maka, dalam jangka pendek tahun 2020 akan ada rasionalisasi sejumlah 8 perusahaan. Proses

core business.

*Pertamina has conducted a study and identified Pertamina Group's corporate structure, and there appear to be 25 inactive companies that will be liquidated or proposed to be divested. Of the 25 companies, most of them are affiliates or second and third-tier companies in the upstream and downstream sectors of oil and gas that are already inactive or no longer operational. Therefore, in the short term in 2020, there will be rationalization of 8 companies. This rationalization process*

rasionalisasi ini akan terus berlanjut setelah tahun 2020.

Salah satu contoh perusahaan yang sudah tidak aktif adalah PT Pertamina Energy Service Pte Ltd yang didirikan 1 Januari 1992. Dalam Laporan keuangan 2019, status perusahaan tersebut “dalam likuidasi.”

“Sesuai dengan peraturan yang berlaku, terdapat beberapa aktivitas bisnis Pertamina, khususnya di hulu migas, yang memang harus dioperasikan oleh entitas bisnis khusus. Oleh karena itu, setelah kegiatan operasionalnya berakhir, entitas bisnis tersebut sudah tidak aktif sehingga dapat dilikuidasi,” jelas Vice President Corporate Communication Pertamina Fajriyah Usman dalam siaran pers tertanggal 3 April 2020.

Pertamina juga terus menempuh langkah optimasi kinerja operasional dan transformasi anak perusahaan, perusahaan patungan, dan perusahaan terafiliasi. Langkah ini untuk meningkatkan efektivitas operasional perusahaan dan tata kelola bisnis yang optimal guna memberi nilai tambah bagi negara.

“Pertamina melakukan rasionalisasi untuk dapat

*will continue after 2020.*

*An example of a company that is no longer active is PT Pertamina Energy Service Pte Ltd, which was established on 1 January 1992. In the 2019 Financial Report, the status of the company was liquidated.*

*“In accordance with the applicable regulations, there are several business activities that are carried out by Pertamina, especially in upstream oil and gas, which must be operated by separate business entities. Therefore, after the operational activities conclude, the business entity is no longer active, and hence it can be liquidated,” explains Pertamina Vice President of Corporate Communication Fajriyah Usman in a press release dated 3 April 2020.*

*Pertamina also continues to optimize operational performance and transform its subsidiaries, joint ventures, and affiliated companies. This step is carried out to improve the effectiveness of company operations and optimize business governance to give the country an added value.*

*“Pertamina carries out rationalization to strengthen and focus more on its core business as an energy*



### **Fajriyah Usman**

VP Corporate Communication  
VP of Corporate Communication  
PT Pertamina (Persero)



**“Sesuai dengan peraturan yang berlaku, terdapat beberapa aktivitas bisnis Pertamina, khususnya di hulu migas, yang memang harus dioperasikan oleh entitas bisnis khusus. Oleh karena itu, setelah kegiatan operasionalnya berakhir atau selesai, entitas bisnis tersebut sudah tidak aktif, sehingga dapat dilikuidasi,”**

*“In accordance with the applicable regulations, there are several business activities that are carried out by Pertamina, especially in the oil and gas upstream sector, which indeed must be operated by special business entities. Therefore, after the operational activities are concluded, the business entity is no longer active, and hence it can be liquidated”*



lebih fokus dan memperkuat *core business* sebagai perusahaan energi. Sesuai arahan Pemerintah, tidak akan ada *lay-off* karyawan karena memang pekerja yang masih ada di entitas tersebut adalah pekerja Pertamina yang dapat dikaryakan di entitas atau fungsi lainnya,” ujarnya.

Fajriyah menambahkan, sebagai *quick win*, dari delapan entitas yang akan diproses, tujuh entitas akan dilikuidasi karena sudah nonaktif, empat di antaranya sudah dalam status proses likuidasi, serta satu entitas usaha akan divestasi karena kepemilikan saham sangat kecil. Sisanya akan dilanjutkan di tahun depan.

“Tahap selanjutnya, kami akan terus melakukan kajian mendalam mana

*company. According to the Government's direction, there will be no lay-off because the employees of that particular entity are the employees of Pertamina who can be transferred to other entities or functions within the company,” he says.*

*Fajriyah adds, as a quick win, among eight entities that will be processed, seven business entities will be liquidated due to its inactivity. In fact, the liquidation of four of them are already in process and one business entity will be divested due to a very small shareholding. The rest of them will be continued next year.*

*“In the next phase, we will continue to conduct in-depth studies in accordance with the principles of optimization and efficiency to decide on the business entities that can be liquidated, divested*

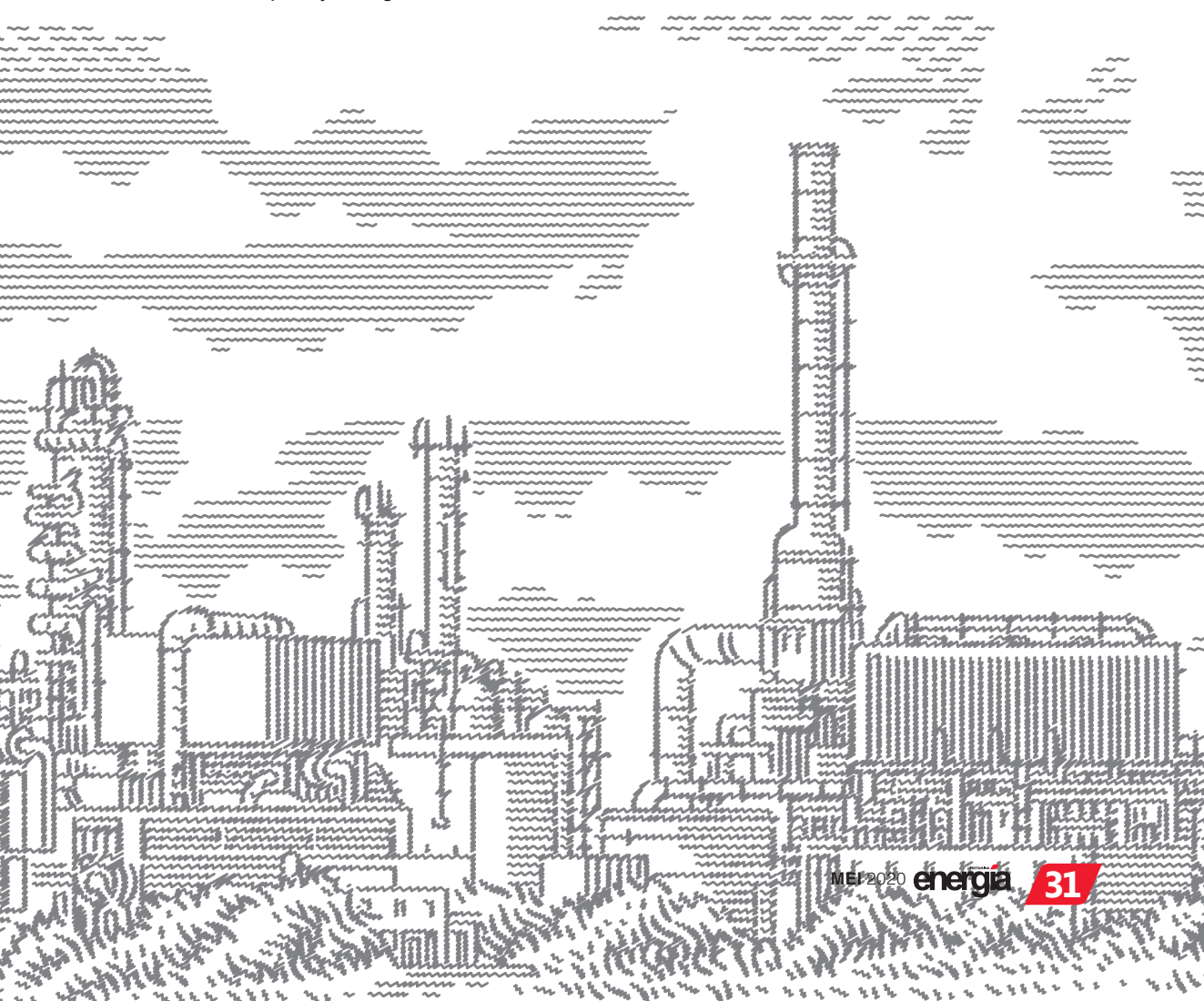


entitas usaha yang bisa dilikuidasi, didivestasi, atau di-merger. Tidak menutup kemungkinan opsi akuisisi untuk memperkuat bisnis utamanya, tentunya setelah kajian komprehensif dan disetujui pemegang saham,” tambah Fajriyah.

Hal tersebut dipertegas oleh Menteri BUMN Erick Thohir. Menurut Erick, rasionalisasi Pertamina membutuhkan waktu agar BUMN tersebut melakukan konsolidasi dan kajian secara menyeluruh. “Berdasarkan *mapping* saya, 70 persen BUMN yang akan melakukan restrukturisasi harus konsolidasi ke dalam. Jadi, saat ini Pertamina *mapping*, konsolidasi, dan efisiensi lebih dulu agar proses rasionalisasi sesungguhnya berjalan dengan lancar dan tidak berdampak negatif bagi perkembangan bisnis depannya,” tegas Erick. ■


*or merged. Also, it does not rule out the possibility of an acquisition to strengthen its main business. This is, of course, done after a comprehensive study and after receiving approval from shareholders,” adds Fajriyah.*


*This is confirmed by SOEs Minister Erick Thohir. According to Erick, the rationalization requires time so that the SOE can consolidate and conduct the study thoroughly. “Based on my mapping, 70 percent of SOEs that will carry out a restructuring must consolidate inward. So, at the moment, Pertamina is still doing the mapping, consolidating and efficiency so that the rationalization process can run smoothly and does not have a negative impact on the business development going forward,” Erick stresses. ■*





# Community Development

 Indah Dwi Kartika

 Ismail Saleh







# TETAP BERDIKARI DI TENGAH PANDEMI

## SELF-RELIANCE AMID THE PANDEMIC SCOURGE

Tahun ini adalah tahun sulit bagi dunia usaha di seluruh dunia. Pasalnya, ratusan negara diserang oleh virus Corona jenis baru penyebab COVID-19, termasuk Indonesia. Tak bisa dielakkan, sejak diumumkan secara resmi oleh Pemerintah pada pertengahan Maret lalu, wabah tersebut berdampak signifikan terhadap pelaku usaha kecil, mikro, kecil, dan menengah (UMKM).

Salah satu pelaku UMKM yang merasakan hal tersebut adalah Yaya Nurcahya, pemilik bengkel las di Kawasan Jalan Margasatwa, Kecamatan Cilandak, Jakarta Selatan.

Yaya bercerita, pada awal pandemi di tanah air, bengkel las yang biasa mengerjakan pengelasan teralis, pagar, kanopi dan lain-lain tersebut nyaris gulung tikar.

“Waktu itu usaha sepi. Kalaupun ada, satu dua order saja untuk las yang

*This year in particular is a difficult year for businesses around the world. It is because hundreds of countries, including Indonesia, have been attacked by the new type of Coronavirus that causes COVID-19. Inevitably, since an official announcement was made by the government in mid-March, the Micro, Small and Medium Enterprises (MSMEs) in the country have been adversely affected by the pandemic.*

*The impact is also experienced by an owner of one of Indonesian MSMEs, namely Yaya Nurcahya, who owns a welding workshop on Jalan Margasatwa, Cilandak District, South Jakarta.*

*Yaya says that at the beginning of the pandemic in the country, his workshop that normally works on welding trellises, fences, canopies and others almost went out of business.*

*“The business slowed down back then. There were only one to two*





sifatnya perbaikan,” ujarnya.

Bahkan pria berusia 40 tahun tersebut sempat meminta empat karyawannya untuk pulang kampung karena tak bisa memberi upah kerja. Namun mereka memilih tetap tinggal di bengkel.

“Ke kampung juga bingung, nggak ada kerjaan. Saya bilang ke Pak Yaya, mau tetap di sini aja. Walau tidak digaji, yang penting bisa numpang tidur dan makan,” kata Marulloh, salah satu pegawai Yaya.

Yaya hanya bisa pasrah. Hingga suatu saat, ada pemesanan enam wastafel portabel dari Pertamina. Hanya bermodal contoh gambar dan tenggat waktu selama tiga hari, Yaya langsung menyanggupi. “Tanpa pikir panjang, saya langsung bikin desain dan hitungan bahan sesuai gambar. Meski belum pernah membuat wastafel portabel, saya upayakan jadi secepatnya,” kata pria asli Ciamis, Jawa Barat itu.

Pertamina memesan wastafel portabel untuk kegiatan Pertamina Peduli COVID-19. Puas dengan hasilnya,

*orders at most, and they were only for repair welding works,” he says.*

*The 40-year-old had even asked four of his employees to go back home because he was unable to pay them. However, they chose to stay at the workshop.*

*“Going home is not a choice because I have nothing to do back there. I told Mr. Yaya that I wanted to stay here. I was okay with not being paid, as long as I could sleep and eat at his place,” says Marulloh, one of Yaya’s employees.*

*Yaya could only surrender. Until one day, there was an order for six portable sinks from Pertamina. With only a sample image and a tight deadline of three days, Yaya accepted the order immediately. “Without thinking too much, I immediately made the design and counted the material according to the sample image. Although I have never designed portable sinks, I tried to make them as fast as possible,” says the man who was originally from Ciamis, West Java.*

*Pertamina ordered portable sinks for Pertamina Peduli COVID-19 activities. Satisfied with*



Pertamina datang untuk memesan kedua kalinya dan memesan 14 unit wastafel portabel.

Yaya mengakui, bertambahnya pesanan tentu menuntut tambahan modal. Beruntung, Pertamina juga menawarkan program kemitraan, yakni program untuk wiraswasta menjadi mitra binaan perusahaan. Dengan menjadi mitra binaan, bengkelnya bisa mendapat pinjaman modal sebesar Rp50 juta, yang lalu digunakan untuk membeli bahan dan perlengkapan membuat wastafel.

Saat ini sudah 60 wastafel portabel yang dibuat Yaya dan karyawannya. Dengan harga Rp3,2 juta per unit, ia kini bisa menggaji karyawannya tersebut.

Pandemi ini memang membuat usaha Yaya lesu, namun Pertamina mampu membangkitkannya lagi. Total karyawannya yang semula empat orang, kini bertambah menjadi tujuh orang.

“Saya bersyukur Pertamina merangkul UMKM di tengah pandemi. Alhamdulillah, selain bangkit dari keterpurukan, saat ini saya bisa membantu lebih banyak orang untuk bekerja di sini. Bengkel las saya juga mendapatkan

*the results, Pertamina re-ordered 14 units of portable sink for the second time.*

*Yaya admits that the increase in orders certainly requires additional capital. Luckily, Pertamina also offered him a partnership program, which is a program for entrepreneurs to become the company's fostered partners. By becoming a fostered partner, his workshop can get a capital loan of Rp50 million, which is then used to buy sink materials and equipment.*

*Currently, Yaya and his employees have made a total of 60 portable sinks. With a price of Rp3.2 million per unit, he can now pay his employees.*

*Yaya's business has indeed slowed down due to the pandemic, but Pertamina was able to revive it again. His business, which began with only four employees, has now grown to a total of seven employees.*

*“I am grateful that Pertamina is embracing MSMEs in the midst of the pandemic. Alhamdulillah, not only overcoming adversity, I can also help more people by employing them. My welding workshop is also prioritized by*





prioritas dari Pertamina jika ada pembuatan wastafel portabel lagi,” katanya.

Yaya mengungkapkan, sekarang para sopir mobil bak terbuka yang biasa mangkal di bawah jembatan tol Antasari-Depok juga ketiban rezeki. “Minimal seminggu dua kali, saya sewa untuk antarkan wastafel portabel ke beberapa kota, seperti Bandung, Cikampek, Bogor, Cilegon, dan lain-lain. Selain itu, sabun cuci tangan yang kami sediakan bersama dengan wastafel portabel juga diproduksi dari UMKM lainnya,” terang Yaya.

Unit Manager Communication Relations & CSR Marketing Operation Region III Dewi Sri Utami berharap ke depannya makin banyak pelaku UMKM yang bisa bermitra dengan Pertamina. Sebab membina UMKM di Indonesia termasuk salah satu peran yang harus dilakukan oleh Badan Usaha Milik Negara (BUMN).

“Semoga kami dapat terus mendorong perkembangan UMKM di Indonesia karena dapat menggerakkan perekonomian bangsa meskipun dalam kondisi yang serba sulit seperti saat ini,” ujarnya. ▀

*Pertamina for the making of portable sinks,” he says.*

*Yaya reveals that now, the pickup truck drivers that normally hang around under the Antasari-Depok toll bridge have also experienced the positive impact. “At least twice a week, I rent pickup trucks to deliver portable sinks to several cities, such as Bandung, Cikampek, Bogor, Cilegon, and many others. In addition, the hand soap that we provide together with the portable sinks is also produced by the other MSMEs,” explains Yaya.*

*The Unit Manager of Communication Relations & CSR Marketing Operation Region III, Dewi Sri Utami, hopes that in the future, more MSMEs can partner up with Pertamina. This is because fostering MSMEs in Indonesia is one of the roles that must be performed by State-Owned Enterprises (SOEs).*

*“Hopefully we can continue to encourage the development of MSMEs in Indonesia because they can drive the country’s economy, even in a difficult situation like this,” she says. ▀*

# MUSICOOOL

Hematnya Energi, Hijaunya Bumi



HEMAT  
20%



HEMAT ENERGI



HEMAT BIAYA  
LISTRIK



RAMAH LINGKUNGAN





# Figure



Indah Nurbaeti



Andrianto Abdurrahman





# AHYUDIN: ASAH KEPEKAAN SOSIAL, BANGUN BANGSA UNGGUL

## AHYUDIN: STRENGTHENING THE NATION'S CAPABILITY WITH SOCIAL SENSITIVITY

**T**idak banyak orang yang memilih profesi utama sebagai sukarelawan kemanusiaan dan mampu bertahan dengan idealismenya. Ahjudinlah salah satunya. Pendiri lembaga kemanusiaan Aksi Cepat Tanggap (ACT) ini mengaku selalu berupaya maksimal untuk memberikan manfaat positif bagi masyarakat yang membutuhkan.

### LATAR BELAKANG KEHIDUPAN

Pria kelahiran 11 Oktober 1966 tersebut bercerita, sejak di bangku Sekolah Menengah Atas (SMA), ia sudah tertarik untuk terjun di bidang kemanusiaan. Semangat itu makin tumbuh ketika ia menjadi mahasiswa dan aktif dalam kegiatan kemanusiaan.

Menurutnya, latar belakang kehidupan masa kecil yang sederhana dan penuh keterbatasan menyebabkan dirinya mudah berempati terhadap sesama. "Kepekaan sosial yang saya rasakan tidak datang tiba-tiba," bebarnya kepada *Energia* di kantornya, kawasan Cilandak, Jakarta Selatan, beberapa waktu lalu.

**N**ot many people consider philanthropy and volunteerism as their true calling and remain committed. Ahjudin is one them. The founder of a humanitarian organization called Aksi Cepat Tanggap (ACT) claims that he always tries his best to help the people in need.

### HUMBLE BACKGROUND

The man who was born on 11 October 1966 says that since high school time, he has always been interested in humanitarian field. The spirit grew even more when he became a university student and actively participated in humanitarian activities.

According to him, his humble background that came with lots of life limitations has made it easy for him to empathize with others. "The social sensitivity that I have did not appear all of a sudden," he explains to *Energia* at his office in Cilandak, South Jakarta, some time ago.





### **SEPAK TERJANG AHYUDIN**

Meskipun banyak berpartisipasi dalam aktivitas sosial, karier kemanusiaannya dalam lingkup yang lebih besar dimulai pada medio 1994. Saat itu, gempa bumi dengan kekuatan 6,4 skala Richter memporakporandakan Liwa, ibukota Kabupaten Lampung Barat, Lampung. Sedikitnya 196 jiwa tewas dan 2.000 orang lainnya mengalami luka-luka. Bersama relawan lainnya, Ahyudin pun terjun langsung untuk membantu sekitar 75.000 warga yang terpaksa harus mengungsi.

Beratnya kondisi medan bencana tak lantas membuatnya kapok. Ahyudin justru semakin bersemangat dan terpanggil untuk mendarmabaktikan hidupnya demi kemaslahatan orang banyak. Contohnya, pada 2003–2004, ia menjadi Koordinator Umum Komite Kemanusiaan Aceh (KAA) untuk membantu pengungsi korban konflik.

Tak hanya di dalam negeri, tahun 2001, ia bertolak ke Afganistan, tahun 2003 ke Irak, dan tahun 2005 ke Kashmir, Pakistan. Bersama sukarelawan lainnya, ia menyerahkan bantuan kemanusiaan untuk masyarakat di negara-negara konflik tersebut.

### **AHYUDIN'S ACTS**

*Although he has previously participated in many social activities, his humanitarian career did not begin until mid-1994. At that time, an earthquake with a magnitude of 6.4 struck Liwa, the capital of West Lampung Regency, Lampung. At least 196 people died and 2,000 others were injured. Together with other volunteers, Ahyudin visited the disaster area to help around 75,000 displaced people.*

*Despite the severe situation at the disaster area, Ahyudin did not give up. His spirit grew even more and he felt called to devote his life to help those in need. Later on, he became the General Coordinator of Komite Kemanusiaan Aceh (KAA/Aceh Humanitarian Committee) from 2003 to 2004, to assist refugees from Aceh conflicts.*

*His volunteer works did not stop within the country. He also went to Afghanistan in 2001, Iraq in 2003, and Kashmir, Pakistan in 2005. Together with other volunteers, he provided the people in those conflicted countries with*





Ahyudin memang tidak pernah memperhitungkan tantangan yang dihadapi. Semangat tersebut dibawa Ahyudin bersama teman-teman yang memiliki satu visi untuk mendirikan Aksi Cepat Tanggap (ACT), yakni sebuah yayasan yang bergerak di bidang sosial dan kemanusiaan. Melalui ACT, Ahyudin semakin masif menggaungkan gerakan kemanusiaan, seperti kegiatan tanggap darurat bencana, pemulihan pascabencana, serta pemberdayaan dan pengembangan masyarakat.

### **TERLANJUR “JATUH CINTA”**

Ahyudin menyadari, profesi yang ia jalani penuh dengan risiko bahkan tak jarang mempertaruhkan nyawa. Namun, ia mengaku sudah terlanjur jatuh cinta dengan kegiatan sosial kemanusiaan. Baginya, banyak pelajaran hidup yang ia petik melalui berbagai interaksi di daerah bencana.

“Menurut saya, semua orang di daerah bencana adalah guru kehidupan. Saya bisa menyaksikan bagaimana ketegaran dan kesabaran orang-orang dalam menjalani hidupnya. Mereka menjadi petarung kehidupan dari keterpurukan,” ungkapnya.

*humanitarian aid.*

*Ahyudin has never been bothered by the challenges faced on the ground. With that spirit, Ahyudin, together with his friends who shared the same vision, established Aksi Cepat Tanggap (ACT), a foundation that is engaged in the social and humanitarian sectors. Through ACT, Ahyudin is able to work on greater humanitarian actions, such as emergency response, disaster recovery, and community empowerment and development.*

### **IN LOVE WITH YOUR JOB**

*Ahyudin realizes that his profession is risky and often puts his life at stake. However, he claims that he has already “fallen in love” with social and humanitarian activities. There are many life lessons he can learn from his interactions with others in the disaster areas.*

*“In my opinion, everyone in disaster areas is a teacher of life. I can witness how tough and patient those people are as they go about their lives. They become warriors of life by conquering adversity,” he says.*





Beberapa bentuk kerjasama antara Pertamina dan Aksi Cepat Tanggap (ACT).

(1) Wakil Wali Kota Yogyakarta Heroe Poerwadi sedang mempraktikkan mencuci tangan di wastafel portabel yang ada di Pasar Bringharjo, Yogyakarta. (2) Pertamina Peduli menyerahkan bantuan makanan siap santap dari Humanity Food Truck kepada RSU Persahabatan Jakarta Timur. (3) Serah terima paket lebaran dari Pertamina dan ACT Kalsel untuk jurnalis se-Kalimantan.

## ACT SEBAGAI WADAH KOLABORASI

Oleh karena itu, Ketua Pembina ACT ini aktif mengajak seluruh kalangan untuk berkolaborasi membantu masyarakat yang membutuhkan. “Kita semua harus bisa memahami apa kehendak Yang Mahakuasa. Bencana yang terjadi di sekitar kita merupakan sarana yang tepat untuk melatih kepekaan dan kepedulian terhadap sesama. Jika berhasil, kita bisa menjadi bangsa yang lebih besar dan lebih kuat karena saling peduli satu dengan yang lainnya,” ucapnya.

Menurut Ahyudin, kolaborasi juga akan memudahkan penanganan bencana sehingga dampaknya tidak meluas. Ia mencontohkan kolaborasi yang dilakukan Pemerintah, perusahaan, lembaga kemanusiaan, dan masyarakat dalam memutus mata rantai pandemi COVID-19.

“Saya mengapresiasi kerja sama semua pihak dalam menangani COVID-19, seperti yang dilakukan Pertamina bersama ACT. Saya salut

## ACT MEANS COLLABORATE

*Therefore, the Advisory Board Chairman of ACT is actively inviting people of all backgrounds to collaborate in helping those in need. “We must be able to understand what our Almighty God wants us to do. The disaster events become the right tool for us to practice social sensitivity and awareness. If we succeed in developing social sensitivity, we can become a greater and stronger nation because we care for one another,” he says.*

*In his view, collaborations will also facilitate disaster management to prevent the impact from becoming widespread. He refers to the collaboration between the government, companies, humanitarian organizations, and the community in breaking the chain of COVID-19 infection, as an example.*

*“I appreciate the cooperation among all parties in handling COVID-19, including the collaboration between Pertamina and ACT. I salute Pertamina’s prompt response to provide*



*Several forms of cooperation between Pertamina and Aksi Cepat Tanggap (ACT). (1) Deputy Mayor of Yogyakarta, Heroe Poerwadi, is practicing hand washing in a portable sink in the Bringharjo Station, Yogyakarta. (2) Pertamina Peduli submits ready-to-eat food aid from Humanity Food Truck to East Jakarta Friendship Hospital. (3) Handover of Eid packages from Pertamina and South Kalimantan ACT for journalists in Kalimantan.*

dengan respons sigap Pertamina memberikan bantuan, mulai dari Alat Pelindung Diri (APD) hingga sarana dan prasarana pendukung lainnya,” jelasnya.

Ahyudin mengakui, Pertamina merupakan salah satu instansi yang mendukung aksi kemanusiaan ACT sejak lama. “Alhamdulillah, Pertamina selalu menyambut baik ajakan kami untuk berkolaborasi dalam membantu sesama,” ungkapnya.

Menurutnya, Pertamina telah menunjukkan komitmennya bukan sekadar menjadi perusahaan minyak. BUMN ini juga identik dengan kepedulian melalui peran sosial kemasyarakatannya yang dahsyat

Ahyudin juga berharap semua komponen bangsa semakin tergerak hatinya untuk meningkatkan semangat gotong royong, saling membantu dalam kebaikan dan kedermawanan. “Karena pada akhirnya Indonesia dapat menjadi bangsa hebat dalam gotong royong dan kedermawanan,” tutup Ahyudin. ▀

*aid, ranging from Personal Protective Equipment (PPE) to other supporting facilities and infrastructures,” he explains.*

*Ahyudin admits that Pertamina is one of the institutions that have supported ACT’s humanitarian activities since a long time ago. “Thank God, Pertamina has always been welcoming and accepted our invitation to collaborate in helping others,” he says.*

*Pertamina in his opinion has proven its commitment to becoming more than just an oil company. The company is also known for its excellent social and humanitarian activities.*

*Ahyudin also hopes that everyone in the country can improve their spirit of mutual cooperation, helping each other with kindness and generosity. “Because at the end of the day, Indonesia can become a great nation with strong mutual cooperation and generosity,” Ahyudin concludes. ▀*



# **5 INOVASI DIGITAL BERKEMBANG SAAT PANDEMI**

*5 DIGITAL INNOVATIONS  
THAT WERE CREATED  
DURING THE PANDEMIC*







**P**andemi COVID-19 sangat memukul laju ekonomi ratusan negara dan membuat resah sektor industri karena daya beli masyarakat menurun drastis. Banyak entitas bisnis mencari cara untuk bertahan di tengah pencarian titik keseimbangan baru. Salah satu cara yang dilakukan adalah dengan inovasi digital.

Managing Partner Inventure Yuswohady menyebutkan, industri yang cepat beradaptasi dengan kondisi saat ini akan mengungguli pesaing-pesaingnya. "Ingat, kejelian memanfaatkan momentum adalah aset paling berharga saat krisis," ujarnya dalam laman [www.wartaekonomi.co.id](http://www.wartaekonomi.co.id).

Ia juga menyebutkan ada lima inovasi digital dari total 50 inovasi yang diciptakan selama pandemi.

**T**he COVID-19 pandemic has severely hit the economic growth of hundreds of countries and weakened the industry sectors due to the significant drop in people's purchasing power. Many businesses have looked for ways to survive while adjusting to the new normal. One of the ways to do that is through the help of digital innovations.

Inventure Managing Partner Yuswohady says that industries that can adapt quickly to the current condition will outperform their competitors. "Remember, the ability to use the momentum is the most valuable asset during a crisis," he says on [www.wartaekonomi.co.id](http://www.wartaekonomi.co.id).

In his view, there are five digital innovations out of 50 innovations that were created during the pandemic.

## KONSER MUSIK VIRTUAL VIRTUAL MUSIC CONCERT

Pascapandemi, konser musik massal di stadion dengan ribuan pengunjung atau di kafe sekalipun kemungkinan akan sangat jarang diadakan.

Perubahan perilaku terjadi karena konsumen akan menghindari aktivitas yang melibatkan kerumunan massa.

Oleh karena itu, sebagai pengganti konser musik massal, saat ini mulai berkembang konser musik virtual. Sebagai contoh, konser musik #DiRumahAja yang dilakukan almarhum Didi Kempot mampu mengumpulkan donasi hingga Rp7 miliar. Ada juga *platform* digital *vidio.com* dan Resso berkolaborasi untuk menggelar *virtual concert* yang menampilkan Raisa, Ran, dan musisi lokal lainnya.

"Pascawabah, inovasi untuk mempertahankan



After the COVID-19 epidemic, large music concerts in stadiums with thousands of visitors or even in cafes, will be very rare.

Changes in behavior will occur because consumers will implement self-distancing by avoiding activities that involve a large crowd.

Therefore, as a substitute for music concerts, virtual music concerts is on the rise. One of

## Ada dua keuntungan yang didapat dengan langkah inovatif tersebut, yaitu mendorong penjualan serta mempererat hubungan dan loyalitas *merchants*.

eksistensi yang mengusung pengalaman digital ini bakal menjadi new normal di industri musik. Masyarakat lebih memilih menonton konser secara virtual ketimbang secara fisik karena alasan keamanan,” ujar Yuswohady.

Menurutnya, ada dua keuntungan yang didapat dengan langkah inovatif tersebut, yaitu mendorong penjualan serta mempererat hubungan dan loyalitas *merchants*.

*the examples is #DiRumahAja music concert by the late Didi Kempot that was able to raise cash donations with a total of Rp7 billion. Not only that, the digital platform vidio.com and Resso also collaborated to hold a virtual concert featuring Raisa, Ran, and other local musicians.*

*“Post-COVID-19, innovations in the form of digital experiences created by industry players to maintain their presence will become the new normal in the music industry. People would prefer watching concerts virtually rather than going to the concert venue physically for safety reasons,” says Yuswohady.*

*According to him, there are two benefits that the industry players can gain from this innovation. It is believed to be able to encourage sales, as well as strengthen the relationship with and loyalty of merchants.*

## OLAHRAGA VIRTUAL VIRTUAL SPORT

Pandemi COVID-19 juga berdampak pada kegiatan akbar berbagai kompetisi olahraga, mulai olimpiade, liga Eropa hingga balapan Formula 1. Satu per satu dibatalkan dan ditunda penyelenggaraannya.

Begitupun aktivitas olahraga harian di sasana olahraga. Aktivitas olahraga secara virtual dengan menggunakan aplikasi digital pun menjadi pilihan alternatif, seperti aplikasi Doogether yang menyediakan banyak pilihan kelas dan sesi olahraga bersama dengan mengandalkan fitur video virtual. Sasana olahraga konvensional di Indonesia juga sudah mulai menawarkan kelas daring, seperti Celebrity Fitness yang memakai aplikasi Zoom.



FOTO:FACEBOOK/CELEBRITY FITNESS INDONESIA

*The COVID-19 pandemic also has an impact on the cancellation and postponement of various sports events, ranging from the Olympics, the European league, to the Formula 1 races.*

*The same thing happens to daily exercise activities at the gym. Hence, people have switched to virtual workouts on digital applications as an alternative. One of the examples is Doogether application that provides a great selection of classes and group exercises through via video. Many conventional gyms in Indonesia have also started offering online classes, such as Celebrity Fitness that uses Zoom application.*



## BERLANGGANAN VIRTUAL GO SUBSCRIPTION

Saat ini semua bentuk layanan media massa, baik tulisan, audio, maupun video akan mengarah model bisnis berlangganan (*subscription*). "Dengan melonjaknya konsumsi media digital, model bisnis berlangganan akan menemukan momentum pertumbuhannya saat ini," kata Yuswohady.

*All forms of mass media, whether written, audio, or video, will adopt the subscription business model. "With the rise in consumption of digital media, the subscription business model will find the momentum to grow during this current situation," says Yuswohady.*

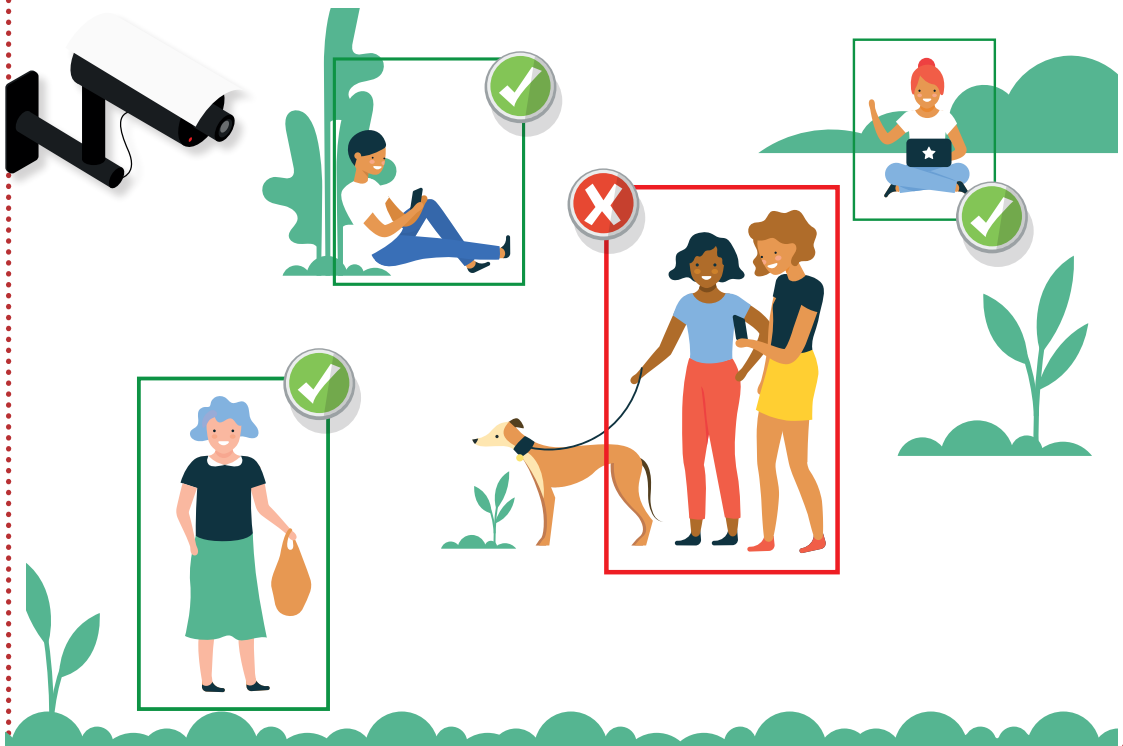
## BERJARAK DENGAN KECERDASAN BUATAN AI FOR PHYSICAL DISTANCING

Pengembangan inovasi digital memberikan solusi perusahaan ritel ketika mereka harus menjaga pendapatan *instore*-nya, sekaligus memberikan jaminan keamanan akibat serangan Covid-19.

"Demi menjaga keselamatan pengunjung saat berbelanja di supermarket, Albert Heijn, perusahaan ritel asal Belanda, mengembangkan teknologi *artificial intelligence* untuk membatasi pengunjung toko yang berbelanja pada saat yang bersamaan. Kamera AI yang digunakan

*Digital innovations provide retail companies with solutions to when they have to maintain the income of their stores while providing safety.*

*"For the safety of the supermarkets' visitors, Albert Heijn, a retail company from the Netherlands, has developed an artificial intelligence technology to limit the number of people who visit the store at the same time. The AI camera used by Albert Heijn ensures that visitors maintain a minimum*



Albert Heijn memastikan pengunjung yang masuk ke toko mendapatkan jarak minimal 1,5 meter ketika berbelanja di toko,” katanya mencontohkan.

Mereka juga menambah *cashierless counter* guna mengurangi kontak fisik antarpelanggan. Sehingga semua transaksi belanja bisa diselesaikan tanpa ada kontak fisik satupun di dalam toko. Ketika jaga jarak sosial menjadi kenormalan baru, maka model ritel semacam ini akan menjadi *mainstream*.

*distance of 1.5 meters when shopping inside the store,” he explains.*

*They also add cashier-less counters to reduce the physical contact between customers. So, all transactions can be completed without any physical contact inside the store. When maintaining a social distance becomes the new normal, this will become the mainstream way to do business for retailers.*

## PARIWISATA DIGITAL VIRTUAL TOURISM

Peranan inovasi teknologi juga sangat membantu sektor pariwisata untuk bertahan di masa krisis seperti saat ini. Yuswohady mencontohkan, Vietnam meluncurkan fitur *360 degrees heritage site* untuk melihat berbagai situs bersejarah Vietnam secara virtual. Faroe Islands yang berlokasi di Denmark bekerja sama dengan Forget Drones besutan Amazon meluncurkan inovasi layanan *online virtual tour*.

“*Virtual tour* yang ditopang teknologi *virtual reality* (VR) akan menjadi *mainstream* di industri pariwisata mengingat *self-distancing* akan menjadi kenormalan baru. Masyarakat akan selalu menghindari kontak fisik dan kerumunan,” katanya. ▀

***Virtual tours that are supported by the virtual reality (VR) technology will become mainstream in the tourism industry, considering that self-distancing will become the new normal***

*Digital innovations have also helped the tourism sector to survive in times of a crisis like this. For example, Yuswohady says, Vietnam has launched a 360-degrees heritage site feature, which is designed for people to virtually see the various historical sites in Vietnam. In addition, Faroe Islands, which are located in Denmark, have also collaborated with Amazon's Forget Drones to launch an online virtual tour.*

*“Virtual tours that are supported by the virtual reality (VR) technology will become mainstream in the tourism industry, considering that self-distancing will become the new normal. People will always try to avoid physical contact and crowds,” he says. ▀*





# TINGKATKAN IMUNITAS AGAR PUASA TUNTAS

Banyak orang yang bertanya tentang cara menjaga stamina ketika bulan Ramadan tiba di masa pandemi COVID-19 ini. Ada berbagai cara sederhana yang dapat dilakukan. Salah satunya adalah dengan menjalani pola makan yang sehat.

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## *IMMUNE-BOOSTING DURING FASTING*

*A lot of people are wondering how to maintain their stamina during Ramadan in the year of COVID-19. There are a variety of simple things that they can actually do. One of them is by having a healthy diet.*



ILUSTRASI: FREEPIK



**D**okter Spesialis Gizi Klinik dari Rumah Sakit Pusat Pertamina (RSPP) Diani Adrina mengungkapkan, makanan yang baik dikonsumsi saat sedang berpuasa adalah makanan yang lengkap komposisinya dan seimbang. Ada karbohidrat kompleks yang mampu membuat kenyang lebih lama dan mengandung serat yang banyak, contohnya beras merah. Tubuh juga membutuhkan vitamin, serat, dan mineral yang bisa diperoleh dari sayur dan buah. Selain itu, protein juga penting dan bisa diperoleh dari lauk-pauk.

Diani menyarankan, pada saat sahur Anda bisa mengonsumsi 75–100 gram nasi atau sekitar 8–10 sendok makan dengan satu potong paha ayam semur atau satu potong tahu goreng dan satu mangkuk kecil sayur. Sahur bisa ditutup juga dengan mengonsumsi buah dan air putih atau teh dengan sedikit gula untuk menambah energi.

“Satu mangkuk kecil sayur untuk memenuhi kebutuhan serat kita. Serat juga bisa diperoleh dari buah-buahan. Pilihlah buah-buahan yang mengandung banyak air tapi tidak terlalu manis, untuk memberikan kecukupan serat bagi tubuh kita,” ujarnya.

Untuk berbuka puasa, polanya boleh bertahap. Ia menyontohkan, pada saat azan magrib, batalkan puasa dengan takjil semangkok kecil kolak. Biasanya takjil mengandung gula yang tinggi. Jadi setelah mengonsumsi takjil bisa disiasati dengan meminum air putih atau teh tawar.

“Kemudian setelah salat magrib, kita mengonsumsi

**C**linical Nutritionist at Pertamina Central Hospital (RSPP), Diani Adrina, explains that it is recommended to eat a balanced diet while fasting. In a balanced diet, there are complex carbohydrates that can keep you full longer and contain lots of fiber such as brown rice. The body also needs vitamins, fiber, and minerals that can be obtained from vegetables and fruits. In addition, protein is also important and can be obtained from the side dishes.

*Diani suggests that during suhoor (pre-dawn meal), you can consume 75–100 grams or around 8–10 tablespoons of rice with a piece of stewed chicken thigh or a piece of fried tofu, and a small bowl of vegetables. Suhoor can also be concluded by consuming fruits and water or tea with a little sugar to increase your energy.*

*“A small bowl of vegetables can fulfill our fiber needs. Other than that, fiber can also be obtained from fruits. Choose fruits that contain lots of water but are not too sweet, as they can provide our bodies with adequate fiber,” she says.*

*To break the fast, you can do it gradually. For example, she says, you can break the fast during the maghrib prayer with an appetizer such as a small bowl of compote.*

*Normally, iftar meal contains high sugar.*





FOTO: FREEPIK/TAMBA.FREEPIK

***To break the fast, you can do it gradually. For example, she says, you can break the fast during the maghrib prayer with an appetizer such as a small bowl of compote. Normally, iftar meal contains high sugar. Therefore, after iftar, you can balance it out by drinking water or unsweetened tea.***

makanan lengkap seperti sahur tadi. Setelah salat isya atau tarawih, boleh mengonsumsi kue, roti, atau buah. Tapi sebaiknya mengonsumsi buah karena memberikan kecukupan serat, kecukupan cairan, dan tidak berat dicerna saat kita menuju tidur malam,” tambahnya.

Sesudah berbuka puasa, dianjurkan banyak mengonsumsi air putih yang cukup agar terhindar dari dehidrasi. Air putih atau air yang tidak berkonsentrasi pekat akan memberikan hidrasi yang baik bagi tubuh. Selain air putih boleh juga teh dengan sedikit gula, atau minuman elektrolit untuk mengembalikan garam ke tubuh kita setelah 12 jam berpuasa.

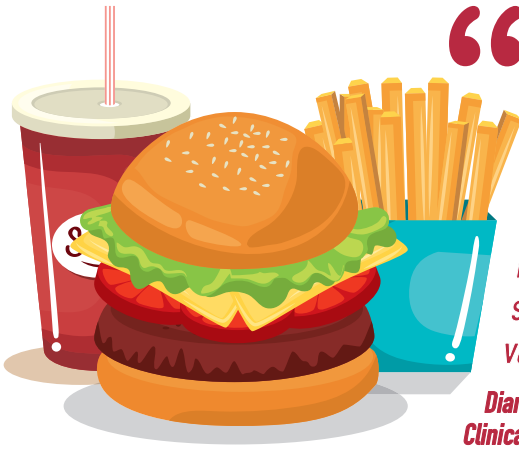
“Dalam kondisi pandemi COVID-19 seperti sekarang, multivitamin bisa dikonsumsi untuk menambah daya tahan tubuh. Sebenarnya,

*Therefore, after iftar, you can balance it out by drinking water or unsweetened tea.*

*“Then after the maghrib prayer, we can eat a complete meal like the one we had during suhoor. After the isha prayer or taraweeh, you may consume cakes, breads or fruits. However, compared to others, it is better to consume fruits because they provide adequate fiber and fluid, and are not hard to digest as we go to sleep at night,” she adds.*

*After iftar dinner, it is recommended to drink enough water to avoid dehydration. Mineral water or non-concentrated water will be able to provide good hydration for the body. In addition to water, you can also drink tea with a little sugar, or opt for electrolyte drinks to regulate the salt levels in our bodies after 12 hours of fasting.*





“Fast food is not recommended to be consumed during suhoor, because this type of food will make us thirsty when we are fasting. Moreover, avoid drinks that are high in sugar because they cause blood sugar levels to rise, which can lead to various health problems.”

**Diani Adrina, MD**  
**Clinical Nutritionist**  
**Pertamina Central Hospital (RSPP)**

multivitamin dibutuhkan bagi mereka yang memiliki aktivitas tinggi. Jika aktivitas seseorang tidak terlalu berat, cukup dengan pola makan seperti yang tadi saya sebutkan,” kata Diani.

Lalu apa saja makanan yang harus dihindari agar stamina tubuh tetap fit selama Ramadan? Diani menjawab, makanan yang tinggi minyak dan garam seperti makanan cepat saji dan minuman yang mengandung tinggi gula harus dihindari.

“Fastfood sebaiknya tidak dikonsumsi pada saat kita sahur karena makanan jenis ini akan memberikan rasa haus pada saat kita berpuasa. Hindari juga minuman yang tinggi gula karena menyebabkan kadar gula darah naik sehingga dapat menimbulkan gangguan kesehatan,” katanya.

Diani menegaskan, jika selama berpuasa disiplin dalam mengatur pola makan, Anda akan terhindar dari penyakit dan fit karena makanan seimbang akan meningkatkan imunitas tubuh.

“Yang terpenting, selain mengonsumsi makanan sehat, selama beraktivitas di bulan suci Ramadan tetap menerapkan protokol kesehatan di mana pun agar terhindar dari serangan virus Corona jenis baru yang menyebabkan COVID-19,” tegasnya. ■

“During the current COVID-19 pandemic, multivitamins can be consumed to boost the immune system. Actually, multivitamins are needed by those with high activity levels. For people who are not highly active, having a balanced diet as I mentioned earlier is enough,” says Diani.

So, what type of food should we avoid to maintain our stamina and remain fit during Ramadan? Diani says that food that is high in oil and salt such as fast food and drinks containing high sugar should be avoided.

“Fast food is not recommended to be consumed during suhoor, because this type of food will make us thirsty when we are fasting. Moreover, avoid drinks that are high in sugar because they cause blood sugar levels to rise, which can lead to various health problems,” she says.

Diani asserts that if you are disciplined in your diet while fasting, you will be able to avoid various health diseases and remain fit as a balanced diet can boost your immune system.

“The most important thing is, besides consuming healthy food, don’t forget to continue implementing health protocols everywhere you go as you carry out your activities during the holy month of Ramadan. This is done so that you can avoid the novel Coronavirus that causes COVID-19,” she says. ■

# Bright Gas <sup>5,5</sup> Kg

Ceritakan Kehangatan Keluarga

**Teknologi Double Spindle Valve System (DSVS)** untuk menjaga tabung LPG tetap aman dari kebocoran.

**Sticker petunjuk penggunaan tabung LPG** yang aman.

**Kualitas LPG** sesuai dengan Standar dan Mutu (Spesifikasi) Bahan Bakar Gas di dalam negeri.

**Seal Cap Hologram & feature Optical Color Switch (OCS)** dan **Laser Marking Code Pertamina** yang tidak dapat dipalsukan sehingga ketepatan isi LPG lebih terjamin.

**Kemasan yang lebih ringan dan praktis** dengan berat isi 5,5 Kg dan berat tabung kosong 7,1 Kg. Sesuai untuk dapur Apartemen dan Rumah minimalis.







## GOWES TERUS, LINGKUNGAN TERURUS

CYCLING IS  
ECO-SAVING

**T**inggal di kota besar memang berisiko tinggi mengalami stres. Salah satu penyebab stres adalah kemacetan, seperti yang terjadi di ibukota Jakarta. Berdasarkan Traffic Index 2019, Jakarta masuk dalam 10 besar kota termacet di dunia, dengan level kemacetan mencapai 53 persen.

Survei tersebut dilakukan oleh TomTom, sebuah perusahaan pembuat perangkat Global Positioning System (GPS) asal Amsterdam, Belanda. Melalui laman [www.tomtom.com](http://www.tomtom.com), cakupan wilayah penelitian perusahaan tersebut meliputi 416 kota dari 57 negara di enam benua.

Seiring berjalannya waktu, kesadaran masyarakat untuk segera keluar dari problematika kemacetan pun semakin meningkat. Beragam cara dilakukan, satu di antaranya adalah mengubah jenis transportasi yang digunakan sehari-hari.

Saat ini, sepeda menjadi salah satu pilihan transportasi yang dimanfaatkan oleh kaum urban di kota besar. Bahkan beberapa tahun terakhir, kampanye penggunaan sepeda ke tempat kerja banyak digaungkan oleh beberapa komunitas.

Selain dapat mengurangi kemacetan, bersepeda juga dapat menyehatkan tubuh dan mengurangi polusi udara. Polusi wajib dikurangi karena tidak baik bagi pernafasan manusia serta meningkatkan pemanasan

**S**tress is indeed inevitable when you live in a big city. One of the causes of that stress is traffic jams, which happen a lot in the capital city of Indonesia, Jakarta. Based on the 2019 Traffic Index, Jakarta was among the top 10 most congested cities in the world, with congestion levels reaching 53 percent.

The survey was conducted by TomTom, a company that develops Global Positioning System (GPS) devices with a headquarter in Amsterdam, the Netherlands. According to its website [www.tomtom.com](http://www.tomtom.com), the company's research coverage included 416 cities from 57 countries over six continents.

Over time, there has been an increase in public awareness of the need to reduce traffic congestions. Various methods are used to solve the problem; one of which is changing the mode of daily transportation.

These days, bicycles have become one of the transportation modes that are chosen by urbanites living in big cities. In recent years, several communities have even promoted the Bike-to-Work campaign to encourage the use of bicycles for going to work.

Not only able to reduce congestion, cycling can also improve your health and reduce air pollution. Pollution must be reduced because it can adversely affect human respiratory system and increase global warming that is damaging the planet Earth. In addition, cycling





global yang dapat mempercepat kerusakan bumi. Selain itu, bersepeda juga hemat energi sebab tidak memerlukan bahan bakar fosil untuk menggunakannya.

Karena sangat bermanfaat, beberapa Pemerintah Provinsi (Pemprov) memberikan fasilitas khusus untuk mendorong warganya yang tinggal di kota besar lebih banyak menggunakan sepeda. Contohnya Pemprov DKI Jakarta sejak tahun lalu mulai menyediakan jalur sepeda lebih banyak di ruas-ruas jalan utama ibu kota negara tersebut. Pada September 2019, Gubernur DKI Jakarta Anies Baswedan menyebutkan pihaknya menambah jalur sepeda sepanjang 63 km dalam tiga tahap yang direalisasikan hingga akhir November lalu.

Setahun sebelumnya, Pemerintah Kota (Pemkot) Yogyakarta membuat terobosan baru untuk pecinta sepeda bernama JogjaBike. Pemkot Yogyakarta menyediakan 20 halte sepeda sebagai tempat penyewaan sepeda bagi warga atau wisatawan yang ingin menikmati destinasi wisata di kota tersebut. Untuk dapat mengendarai sepeda JogjaBike, pengguna dapat mengunduh aplikasi JogjaBike di Google Play Store. Pengguna dapat mengisi saldo, baik melalui petugas di halte sepeda maupun dengan pilihan bank yang tersedia. Penyewaan sepeda hanya dikenakan biaya Rp5.000 untuk setiap satu jam.

Bagaimana dengan entitas bisnis seperti

*is also energy-efficient because bicycles do not require fossil fuels.*

*Due to its various benefits, some Provincial Governments provide special facilities to encourage their citizens who live in big cities to ride bicycles more often. For example, since last year, the Provincial Government of DKI Jakarta has started to provide more bike lanes on major roads in the country's capital city. In September 2019, DKI Jakarta Governor Anies Baswedan said that he would expand the bike lane to 63 km, which would be divided in three phases and was constructed until the end of last November.*

*A year earlier, the local government of Yogyakarta has also launched a groundbreaking program for cyclists called JogjaBike. Yogyakarta's local government provides 20 shelters as bike rental locations for local citizens or visitors who wish to enjoy the tourist destinations in the city. To be able to use the JogjaBike bicycles, users can download the JogjaBike application on Google Play Store. They can then top up the balance, either through the officers at the shelters or via bank transfer. The bike rental only costs Rp5,000 per hour.*

*What about business entities like Pertamina? As a company that cares a lot about environmental sustainability, the State-Owned Enterprise has also implemented the use of bicycles in its operational activities. A lot of*

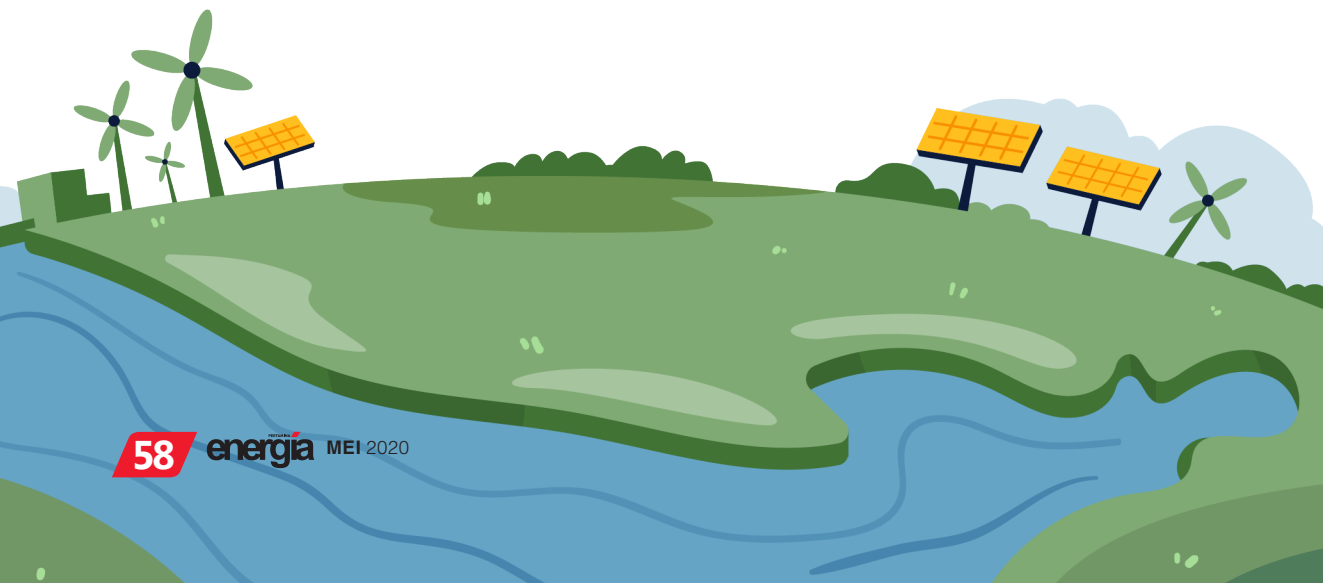




FOTO: ANTARA/IDHAD ZAKARIA

Pertamina berhasil mencetak rekor Museum Rekor Indonesia (MURI) bersepeda ke kantor terbanyak dengan menggunakan Alat Pelindung Diri (APD) yang melibatkan 1.129 pekerja dan mitra kerja di lingkungan Refinery Unit (RU) IV Cilacap pada April 2018.

*Pertamina has even set MURI (Indonesian World Records Museum) records for the largest number of people joining bike-to-work program while wearing Personal Protective Equipment (PPE), which involved 1,129 workers and business partners at the Cilacap Refinery Unit IV back in April 2018.*

Pertamina? Sebagai perusahaan yang memiliki kepedulian tinggi terhadap kelestarian lingkungan, BUMN ini juga telah mengimplementasikan penggunaan sepeda dalam kegiatan operasional perusahaan. Tak sedikit insan Pertamina menggunakan sepeda dalam aktivitas kesehariannya, baik ke kantor ataupun berada di area operasional, seperti kilang dan terminal BBM.

Kampanye penggunaan sepeda juga aktif disuarakan Pertamina, seperti mengemas kegiatan *Corporate Social Responsibility* (CSR) bersamaan dengan kegiatan bersepeda santai. Contohnya, Bukit Datuk Bicycle Club, komunitas pekerja Refinery Unit (RU) II Dumai yang gemar bersepeda. Setiap pekan, mereka bersepeda 30–45 kilometer melintasi beberapa tempat dan singgah di salah satu panti asuhan memberikan santunan dan menikmati sarapan bersama anak-anak yatim piatu di sana.

Bahkan Pertamina berhasil mencetak rekor Museum Rekor Indonesia (MURI) bersepeda ke kantor terbanyak dengan menggunakan Alat Pelindung Diri (APD) yang melibatkan 1.129 pekerja dan mitra kerja di lingkungan Refinery Unit (RU) IV Cilacap pada April 2018. ▀

*Pertamina's employees are now riding bicycles while carrying out their day-to-day activities, either to go to the office or while they are at the operational areas of the company, such as refineries and fuel terminals.*

*The campaign to ride a bicycle is also promoted by Pertamina through its Corporate Social Responsibility (CSR) activities that are combined with some casual cycling. One of the examples is the CSR activities done by the Bukit Datuk Bicycle Club, which is the cycling community of the Dumai Refinery Unit (RU) II workers. Every week, they cycle 30–45 kilometers across several places and stop by one of the orphanages to deliver donations and enjoy breakfast with the residents.*

*Previously, Pertamina has even set MURI (Indonesian World Records Museum) records for the largest number of people joining bike-to-work program while wearing Personal Protective Equipment (PPE), which involved 1,129 workers and business partners at the Cilacap Refinery Unit IV back in April 2018. ▀*



# HIKMAH BERDIAM DI RUMAH

## DON'T WORRY, QUARANTINE-WEARY

**A**da banyak cara mengusir kebosanan di masa Pembatasan Sosial Berskala Besar (PSBB). Andien, penyanyi jazz yang terkenal sejak 15 tahun silam mengakui banyak hikmah yang didapatnya saat karantina di rumah. "Aku tetap positif dan selalu bersyukur. Aku punya waktu lebih banyak untuk keluarga, termasuk *me time*," katanya.

Di rumah, penyanyi yang tengah hamil anak kedua ini berbagi tugas dengan suami tercinta untuk mengusir kebosanan. "Kalau aku masak, suami yang beres-beres," ujarnya pada acara *Pertashow* yang disiarkan secara virtual beberapa waktu lalu.

Andien mengungkapkan, inilah saat yang tepat untuk dekat dengan keluarga. "Walaupun di rumah, kami masih bisa melakukan banyak hal bermanfaat bersama keluarga," imbuhnya.

Ia berharap masyarakat Indonesia dapat merespons kondisi ini dengan positif dan menjalaninya dengan hal-hal yang positif pula. ▀

**T**here are various ways to get rid of boredom while going through lockdown measures. Andien, a jazz singer who has risen to stardom since 15 years ago, has learned that there are silver linings of being home quarantined. "I remain positive and grateful in facing this condition. I have more time for my family and myself," she says.

At home, Andien, who is expecting a second child, shares household chores with her beloved husband to get rid of boredom. "If I cook, my husband cleans up," says Andien during the *Pertashow* event, which was broadcasted virtually some time ago.

Andien reveals that this is the right time to get closer to the family. "Although staying at home, we can still do many useful things with our family," she adds.

She hopes that other people in Indonesia can also respond positively to this condition and go through this difficult time with positive things. ▀







# Meet Up



Indah Dwi Kartika



Dokumen Istimewa



# PDS: PELAYANAN PAS, PELANGGAN PUAS

## PERTAMINA DELIVERING SERVICE, DELIVERING SATISFACTION

**P**resenter kondang Indonesia, Gading Marten, menjadi salah satu konsumen yang memanfaatkan layanan Pertamina Delivery Service (PDS) di masa pandemi. Ayah Gempita Nora Marten tersebut mengaku sangat puas dengan PDS.

“Cukup menelepon ke *call center* 135, saya pesan Bright Gas. Gak pake lama, diantar ke rumah,” ujarnya memberikan sedikit testimoni dalam acara *Pertashow*, akhir April lalu.

Ia juga berterima kasih kepada Pertamina yang bergerak cepat untuk meningkatkan pelayanan di tengah Pembatasan Sosial Berskala Besar (PSBB) ini.

“Terobosan seperti ini memang sangat dibutuhkan konsumen karena dapat mempermudah kita yang tidak bisa kemana-mana. Bukan cuma Bright Gas saja yang bisa *delivery*, tapi BBM juga bisa,” tambahnya.

“Semoga ke depannya Pertamina bisa lebih meningkatkan pelayanannya lagi dan makin maju,” harapnya. ▀

**I**ndonesia's famous presenters, Gading Marten, is one of the consumers who make use of Pertamina Delivery Service (PDS) during the pandemic. The father of Gempita Nora Marten claims that he is very satisfied with PDS.

*“I called 135 to order Bright Gas LPG cylinder. It didn't take long for it to be delivered to my house,” he testifies on the sidelines of *Pertashow* event last April.*

*He also thanks Pertamina for working its best to improve its services amid pandemic restrictions.*

*“Breakthroughs like this are indeed needed by consumers because it can facilitate us who can't really go anywhere. Not only Bright Gas, PDS can also deliver fuel,” he adds.*

*“Hopefully, Pertamina can further improve its services and show more progress in the future,” he hopes. ▀*



# WISATA VIRTUAL HILANGKAN KEJENUHAN

Sejak COVID-19 ditetapkan sebagai pandemi global oleh WHO, tempat keramaian seperti tempat wisata pun untuk sementara waktu tutup. Tidak perlu khawatir. Anda tetap bisa berwisata secara virtual.



FOTO: SHUTTERSTOCK





# BEAT QUARANTINE BOREDOM WITH VIRTUAL TOURS

Since COVID-19 was announced as a global pandemic by WHO, crowded tourist spots are also temporarily closed. But don't worry, now there is virtual traveling that you can do at home.

**W**isata virtual memanfaatkan teknologi *virtual reality* (VR) untuk menjelajahi tempat wisata. Belakangan ini, berbagai lokasi destinasi wisata di Indonesia dan dunia menyediakan pengalaman wisata secara virtual dengan memanfaatkan ponsel pintar atau komputer jinjing. Hanya perlu mengunjungi berbagai laman wisata, Anda sudah bisa menikmati wisata virtual, mulai dari museum, monumen, taman, konser musik, aktivitas satwa, dan sebagainya.

Wisata virtual ada yang gratis, ada juga yang berbayar. Cobalah dulu wisata virtual gratis. Cari kata kunci "wisata virtual gratis" di internet dan akan muncul berbagai laman akses wisata virtual secara gratis. Contohnya, laman wisata virtual yang disajikan Google, yaitu <https://artsandculture.google.com>.

**V**irtual traveling utilizes *virtual reality* (VR) technology to explore tourist destinations. Lately, various tourist destinations in Indonesia and the rest of the world are providing virtual tours by utilizing smartphones or computers. All you need to do is visit various travel websites, and you can already enjoy virtual tours to various destinations, ranging from museums, monuments, parks, and concerts, animal activities, and so on.

*Some virtual tours are free, while others are paid. For first-timers, try the free virtual tours first. Search the internet using the keyword "free virtual tours" and various free virtual tours will appear. One of the examples is Google's virtual tour site, <https://artsandculture.google.com>.*

*You can also try the paid ones. Because many*



Anda juga bisa mencoba wisata virtual berbayar. Karena banyak pelaku bisnis pariwisata berlomba-lomba mengadakan wisata virtual, carilah operator wisata yang sudah kredibel dan profesional. Makin kredibel dan profesional operator tur tersebut, makin berkualitas pula wisata virtual dan pemandunya.

Ada dua jenis wisata virtual yang biasanya dikelola oleh operator wisata. Pertama, wisata virtual yang dipandu oleh seorang pemandu dari rumahnya. Kedua, wisata virtual yang dipandu langsung dari lokasi wisata.

Sensasi kedua jenis wisata virtual ini sangat berbeda. Wisata virtual yang dipandu dari rumah biasanya hanya terdapat penjelasan melalui salindia foto, Google Maps, Google Street View, YouTube, dan penuturan langsung dari pemandu. Pada wisata virtual yang dipandu dari lokasi wisata, Anda bisa secara langsung menyaksikan destinasi tersebut dari layar ponsel atau komputer.

*businesses in the tourism industry are competing with each other to provide virtual tours, look for those guided by credible and professional tour operators. The more credible and professional the operators, the better quality the virtual tours and the tour guides.*

*There are two types of virtual tours that are usually managed by tour operators. The first is virtual tours that are guided by a tour guide from his/her own home, while the second is virtual tours that are guided directly from the tourist sites.*

*Each type of virtual tours offers a different sensation. During virtual tours that are guided from home, normally there is only an explanation through photo slides, Google Maps, Google Street View, YouTube, and a direct narration from the guide. Meanwhile, during virtual tours that are guided from the tourist sites, you can directly see the destinations from your smartphone or computer screen.*

## JENIS WISATA VIRTUAL

### TYPES OF VIRTUAL TOURS



1. Wisata virtual yang dipandu oleh seorang pemandu dari rumahnya.  
*Virtual tours that are guided by a tour guide from his/her own home.*



2. Wisata virtual yang dipandu langsung dari lokasi wisata.  
*Virtual tours that are guided directly from the tourist sites.*

Berikut beberapa laman yang dapat Anda akses untuk mengikuti wisata virtual.  
*Here are a few websites that you can access to join the virtual tours.*

## **Monumen Nasional (Monas)** *Indonesia's National Monument*

Monas menjadi salah satu destinasi wisata di Jakarta yang ramai dikunjungi. Lambang Jakarta satu ini merupakan ruang terbuka hijau yang sering digunakan untuk berbagai acara penting atau besar. Saat ini Anda bisa melihatnya secara virtual melalui <https://artsandculture.google.com/entity/national-monument/m03q7hs>.

*Monas is one of the tourist attractions in Jakarta that are normally crowded. The symbol of Jakarta is located at a green open space that is often used for various important or large events. Currently, you can see the monument virtually on <https://artsandculture.google.com/entity/national-monument/m03q7hs>.*



## **Parade Disneyland** *Disneyland Parade*

Meskipun saat ini Disneyland tutup, parade terbaru Disneyland, Magic Happens, tetap bisa disaksikan dari rumah. Dalam parade tersebut, ada tokoh kartun khas Disney, seperti Miki, Mini, Cinderella, Aladin, dan Moana. Parade tersebut bisa disaksikan di kanal YouTube Disney Parks <https://www.youtube.com/watch?v=rR-KP8KH1Ng> dengan judul video *Virtual Viewing of Disney's Magic Happens Parade*.

*Although Disneyland is currently closed, Disneyland's latest parade, Magic Happens, can be watched from home. The parade features Disney characters such as Mickey, Minnie Mouse, Cinderella, Aladdin, and Moana. The parade can be streamed online on Disney Parks' YouTube*

*channel, with the video titled Virtual Viewing of Disney's Magic Happens Parade on <https://www.youtube.com/watch?v=rR-KP8KH1Ng>.*

## **Istana Versailles** *The Palace of Versailles*

Kemegahan istana Versailles di Prancis juga dapat dikunjungi lewat <https://artsandculture.google.com/project/versailles>. Anda seperti benar-benar



masuk ke dalam rombongan tur untuk menjelajahi istana tersebut. Anda juga akan mendapatkan pelajaran sejarah mengenai perjalanan istana megah ini.

*The grandeur of Versailles palace can also be experienced via [artsandculture.google.com/project/](https://artsandculture.google.com/project/) During the virtual tour, you will feel as actually joining a tour group to explore You will also learn about the history magnificent palace during the tour.*



FOTO: NAVITAR/FREEPIK.COM



## Balai Konservasi Borobudur Borobudur Conservation Center

Anda dapat menikmati panorama Candi Borobudur secara virtual di <https://artsandculture.google.com/entity/borobudur-temple-compounds/m0805zhg> atau <http://borobudurvirtual.id/>.

*You can now virtually enjoy the panoramic views of the world's largest Buddhist temple Borobudur on <https://artsandculture.google.com/entity/borobudur-temple-compounds/m0805zhg> or <http://borobudurvirtual.id/>.*

## Aurora Borealis Aurora Borealis

Di bagian paling utara dan paling selatan bumi ada fenomena unik yang disebut aurora. Aurora adalah cahaya yang terbentuk akibat adanya interaksi antara medan magnetik bumi dan partikel yang dipancarkan oleh matahari. Salah satu aurora yang terkenal adalah Aurora Borealis yang ada di Kawasan Churchill, Manitoba, Kanada. Kanal <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam> menyiarkan secara langsung panorama tersebut. Dengan letak kamera yang berada di titik terbaik, Anda



FOTO: WIRESTOCK/FREEPIK.COM



dapat melihat Aurora Borealis tepat di bawah Aurora Oval.

*In the northernmost and southernmost parts of the earth, there is a unique phenomenon called aurora. Aurora is a natural light that is formed due to interactions between the Earth's magnetic field and the particles emitted by the sun. One of the famous aurora is Aurora Borealis in the Churchill Region, Manitoba, Canada. The website <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam> presents a live broadcast of the panoramic views. With its webcam located at the best sightseeing spot, you can see Aurora Borealis just below the Aurora Oval.*



FOTO: SAIKOP/FREEPIK.COM

## Museum Nasional Jakarta National Museum of Indonesia

Museum yang menyimpan lebih dari 100 ribu koleksi peninggalan sejarah ini menjadi salah satu yang menyediakan akses untuk wisata virtual. Laman yang dapat Anda kunjungi adalah <https://www.museumnasional.or.id/en/virtual-tour>.

*The Indonesia's National Museum, which has more than 100 thousand heritage collections, has become one of the museums that provide virtual tours. Visit*

*<https://www.museumnasional.or.id/en/virtual-tour> to explore the museum virtually.*

## Tulip Mekar di Belanda Netherlands' Tulips Season

Ikuti wisata virtual taman bunga tulip terbesar di dunia ini dengan menyaksikan video Keukenhof Virtually Open. Di sana terdapat lebih dari tujuh juta bunga dan 800 varietas tulip yang berwarna-warni. Selengkapnya, kunjungi <https://www.youtube.com/watch?v=a0VXJL1AT4g>. 🍷

*Join a virtual tour by watching the video of the Keukenhof Virtually Open event. There are more than seven million flowers and 800 varieties of colorful tulips. You can visit <https://www.youtube.com/watch?v=a0VXJL1AT4g> to watch the video. 🍷*



FOTO: USER736411/FREEPIK.COM



# REALITA DRAMA KOREA

.....  
*KOREAN DRAMA'S  
KARMA*



**B**anyak cara yang digunakan untuk membunuh jenuh karena tidak bisa kemana-mana di era pandemi. Salah satunya adalah menonton drama korea (drakor) dari berbagai aplikasi ponsel pintar, seperti Hooq, VIU, VIKI, Netflix, Drakor.id, dan sebagainya.

Banyak perempuan, tua, muda, dari berbagai kalangan yang terhipnotis dengan drakor. Seorang biduan tanah air, Rossa, mengaku awalnya hanya iseng menonton drakor untuk mengatasi kebosanan selama masa pandemi ini. Namun, karena jalan ceritanya seru, ia kepincut dengan sinetron versi negeri ginseng tersebut.

Sebenarnya apa kelebihan drakor? Pertama, pemilihan judul yang menarik. Sepuluh judul drakor yang menjadi perbincangan di media sosial dan di dunia nyata selama pandemi adalah *The World of the Married*, *Hi Bye, Mama!*, *Once Again*, *Hospital Playlist*, *Hyena*, *Rugal*, *Itaewon Class*, *Kingdom 2*, *Find Me in Your Memory*, dan *The King: Eternal Monarch*.

Kedua, karakter kuat yang diperankan aktor

**A**s a result of the COVID-19 pandemic, people have found a variety of ways to kill boredom as they have to stay at home. One of the popular things to do during quarantine is watching Korean dramas through various mobile applications, such as Hooq, VIU, VIKI, Netflix, Drakor.id, etc.

*Many women of various ages and social circles are hypnotized by Korean dramas. A famous diva, Rossa, admits that she initially started watching Korean dramas out of boredom during quarantine. However, the storyline turns out to be interesting and she becomes hooked with that Korean version of soap opera.*

*What makes Korean dramas so good? First, the interesting titles! Ten trending Korean drama titles during the pandemic include *The World of the Married*, *Hi Bye, Mama!*, *Once Again*, *Hospital Playlist*, *Hyena*, *Rugal*, *Itaewon Class*, *Kingdom 2*, *Find Me in Your Memory*, and *The King: Eternal Monarch*.*

*The second reason is the strong characters played by the actors and actresses. Not only relying on their beautiful faces, they also give their best in portraying their roles. They are able to mesmerize the viewers, making them feel like they are part of the story. Simple and elegant romantic scenes can also get the viewers carried away.*

*Third, the interesting storyline. The plot never fails to make the viewers wait*



# APA KELEBIHAN DRAMA KOREA?

What makes Korean dramas so good?

## Pemilihan judul yang menarik.

*The interesting titles*

## Karakter kuat yang dimainkan oleh aktor maupun aktrisnya.

*The strong characters played by the actors and actresses.*

## Alur cerita yang menarik. Jalan cerita drakor selalu bisa membuat penontonnya menunggu kelanjutan episode demi episode.

*The interesting storyline. The plot never fails to make the viewers wait impatiently for the next episodes.*

## Selalu ada pesan moral yang diselipkan pada setiap episode.

*There is always a moral of the story in each episode.*



ataupun aktrisnya. Selain mengandalkan paras rupawan, mereka dengan penuh totalitas mendalami peran. Mereka mampu menyihir penonton untuk larut dalam cerita. Adegan romantis sederhana dan tidak murahan pun mampu membuat penonton terbawa suasana dan perasaan.

Ketiga, alur cerita menarik. Jalan cerita drakor selalu bisa membuat penontonnya menunggu kelanjutan episode demi episode. Meski banyak juga yang memiliki tema sama, namun produser dan penulis skenario drakor berlomba-lomba menghadirkan alur cerita berbeda dari yang lainnya.

Keempat, selalu ada pesan moral yang diselipkan pada setiap episode. Bukan kisah romantis dan indah semata, namun kadang hati Anda akan terketuk ketika memahami pesan di balik cerita.

Namun jangan salah, drakor juga dapat berdampak buruk bagi penonton. Awalnya penasaran ingin menuntaskan seluruh episode dalam satu waktu tertentu, tetapi setelah usai, penonton mencari judul lainnya dan polanya kembali seperti di awal. Demikian seterusnya hingga menyebabkan kecanduan.

Dampaknya, penonton jadi kurang tidur karena ingin menuntaskan tontonan. Kebiasaan ini tentu akan mempengaruhi kesehatan,

*impatiently for the next episodes. Although there are still some dramas that share a similar theme, Korean drama producers and screenwriters are competing with each other to present a storyline that is different from the others.*

*Fourth, there is always a moral of the story in each episode. Not only romantic and beautiful, the stories can sometimes touch your heart when you try to understand the message behind them.*

*Nevertheless, Korean dramas can also be bad for the viewers. Due to curiosity, they may want to try completing all episodes in a single period of time. But when it's over, they will look for other titles and the pattern restarts. It keeps repeating until it causes an addiction.*

*Consequently, the viewers will experience sleep deprivation as they desire to finish the episodes. Such habit will certainly affect their health, with side effects such as dizziness, concentration difficulty, weakened immune system, and stress. Other impacts include disrupted routines and decreased productivity.*

*Watching Korean dramas for too long can also take its toll on relationships with other family members because the*







FOTO: IMDB.COM

di antaranya pusing, susah konsentrasi, daya tahan tubuh menurun, dan stres. Dampak lainnya, aktivitas rutin terganggu dan produktivitas menurun.

Hubungan dengan anggota keluarga pun dapat bermasalah karena penonton menggunakan waktunya untuk menontoni drakor dibandingkan berinteraksi dengan keluarga. Dampak paling berbahaya adalah emosi terganggu karena terlalu hanyut dalam alur cerita.


Walaupun belum pernah terdengar kabar seorang penonton drakor meninggal dunia karena kecanduan drakor, tidak ada salah para pecinta drakor mulai menahan diri dari sekarang karena gangguan kejiwaan ingin menyerupai idolanya sudah banyak terjadi. Cobalah mulai disiplin dalam memilih dan menjadwalkan waktu menonton. Cukup 1–4 jam di akhir pekan. Bisa kan? 


*viewers now spend less time with their families. The most dangerous impact is disturbed emotions when they get too absorbed in the storyline.*

*Although there has never been any news that a viewer has died due to a Korean drama addiction, it is still recommended for Korean drama lovers to refrain themselves from watching too much Korean dramas. This is because there has been incidence where people suffer from psychiatric disorders because they want to live like their idols. You can try to be more disciplined in choosing and scheduling your time. Allocating around 1–4 hours on weekends to watch your favorite Korean dramas should be enough, shouldn't it? *



# The Day in Pictures

 Priyo Widiyanto

 Priyo Widiyanto, Adityo Pratomo, Trisno Ardi



## MENGGAPAI CINTA-NYA DI BULAN PUASA



# **EMBRACING GOD'S LOVE WHILE FASTING**





- ▶ Dengan tetap menggunakan masker kain yang diproduksi salah satu mitra binaan Pertamina, seorang santri Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor, membaca ayat-ayat suci Alquran hingga khatam pada Rabu (6/5). (FOTO: ADITYO PRATOMO)

*Still with a cloth mask that is produced by one of Pertamina's fostered partners, a student at Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor, is seen reciting the verses of the holy Quran on Wednesday (5/6). (PHOTO: ADITYO PRATOMO)*

- ▶ Santri Pondok Pesantren Bait Qur'any Tangerang Selatan khusyuk mengkhatamkan Alquran, Kamis (7/5). Kegiatan ini merupakan bagian dari acara bertajuk "Energi Tulus Tak Berhenti". (FOTO: TRISNO ARDI)
- Students of Bait Qur'any Islamic Boarding School in South Tangerang reciting the Quran on Thursday (5/7). This activity was part of the event titled "Energi Tulus Tak Berhenti". (PHOTO: TRISNO ARDI)*



Setiap tahun, Pertamina mengajak ribuan anak-anak panti asuhan untuk mengkhhatamkan Alquran pada perayaan Hari Nuzulul Quran setiap tanggal 17 Ramadan di Kantor Pusat Pertamina.

Namun tahun ini berbeda. Sebanyak 1.000 anak panti mengkhhatamkan Alquran di tempatnya masing-masing karena pandemi COVID-19 melanda Indonesia. Mereka pun harus menerapkan protokol kesehatan saat melantunkan ayat suci Alquran. Duduk berjauhan, menggunakan masker, serta sebelumnya mencuci tangan dengan air mengalir dan sabun. Sementara di kejauhan, secara virtual Direksi dan pekerja Pertamina ikut melantunkan ayat suci Alquran bergantian. Semua dijalani dengan penuh khidmat.



Every year, Pertamina invites thousands of children from orphanages to finish reciting the Quran for the celebration of Quran Revelation Day, held annually on the 17th day of Ramadan at Pertamina Headquarters.

But this year was different. As many as 1,000 children from those orphanages recited the Quran at their respective residences due to the ongoing COVID-19 pandemic in Indonesia. They also had to implement health protocols when reciting verses of the Quran. They had to sit far apart, use a mask, and wash their hands with running water and soap prior to the activity. Meanwhile, virtually, the Directors and Pertamina workers recited the Holy Quran in turns. Everything was done solemnly.





▲ Duduk berjauhan dan menggunakan masker saat pandemi COVID-19 tak menghalangi semangat anak-anak Yayasan Yatim Piatu Bina Sosial mengkhatamkan Alquran di Mushola Alkautsar, Yayasan Bina Sosial, Tugu, Koja, Jakarta pada Senin (4/5). (FOTO: PRIYO WIDIYANTO)


*Sitting far apart and wearing masks during the COVID-19 pandemic did not reduce the spirit of the children of Yayasan Yatim Piatu Bina Sosial in reciting the Quran at the Alkautsar Mosque, Yayasan Bina Sosial, Tugu, Koja, Jakarta on Monday (5/4). (PHOTO: PRIYO WIDIYANTO)*



▲ Empat santri konsisten menjaga jarak setelah selesai mengkhatamkan Alquran di Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor pada Rabu (6/5). (FOTO: ADITYO PRATOMO)

*Four students keeping their distance consistently even after completing the Quran recitation at Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor, on Wednesday (5/6). (PHOTO: ADITYO PRATOMO)*




 Direksi dan ratusan pekerja Pertamina mengikuti acara puncak Khataman Alquran bersama anak-anak yatim yang dilakukan secara daring pada Rabu (13/5).  
*Directors and hundreds of Pertamina workers, together with the children of the orphanages, joining the Quran Recitation event that is conducted online on Wednesday (5/13).*





▲ Anak-anak dari Yayasan Yatim Piatu Bina Sosial foto bersama usai mendapatkan bantuan dari Pertamina, di Mushola Alkautsar, Yayasan Bina Sosial, Tugu, Koja, Jakarta pada Senin (4/5). (FOTO: PRIYO WIDIYANTO)  
*The children from Yayasan Yatim Piatu Bina Sosial taking a group photo after receiving donations from Pertamina, at the Alkautsar Mosque, Yayasan Bina Sosial, Tugu, Koja, Jakarta on Monday (5/4). (PHOTO: PRIYO WIDIYANTO)*

▶ Relawan Pertamina Peduli menurunkan bantuan sembako dari dalam truk untuk santri Yayasan Islam At-Taufiq Semper Timur, Cilincing, Jakarta, pada Senin (4/5). (FOTO: PRIYO WIDIYANTO)  
*Pertamina Peduli volunteers distributing food aid from inside the truck for the students of Yayasan Islam At-Taufiq Semper Timur, Cilincing, Jakarta on Monday (5/4). (PHOTO: PRIYO WIDIYANTO)*



Pertamina juga berbagi keberkahan Ramadan kepada anak-anak dari 17 panti asuhan tersebut. Masing-masing anak mendapatkan santunan Rp1 juta dalam bentuk sembako, perlengkapan sholat, perlengkapan sekolah, dan santunan tunai Rp500.000. Selain itu, yayasan panti asuhan yang mengasuh mereka mendapatkan dana pengembangan sarana pendidikan dengan total bantuan Rp250 juta.

Bahkan untuk mendukung pencegahan COVID-19, Pertamina juga memberikan masker kain dan *hand sanitizer* yang diproduksi oleh mitra binaannya.

Semua itu dilakukan Pertamina demi menggapai Cinta-Nya di bulan penuh hikmah ini. ▀



*Pertamina also shared the blessings of Ramadan with children from those 17 orphanages. Each child received a subsidy of Rp1 million in basic food, prayer clothes, school supplies, and Rp500,000 in cash compensation. In addition, the orphanage foundations that raised them also received funding for the development of educational facilities with a total aid of Rp250 million.*

*Moreover, to support the prevention of COVID-19, Pertamina provided cloth face masks and hand sanitizers that were produced by its fostered partners.*

*Pertamina did all of this to embrace His Love in this holy month of Ramadan. ■*





▲ Tak hanya mengkhatamkan Alquran bersama dan membagikan bingkisan, Pertamina juga menerjunkan petugas untuk menyemprotkan cairan disinfektan di sekitar lingkungan Pondok Pesantren Bait Qur'any, Tangerang. Hal ini dilakukan sebagai salah satu upaya antisipatif memutus mata rantai penyebaran COVID-19, Kamis (7/5). (FOTO: TRISNO ARDI)

*Not only reciting Quran together and distributing donations, Pertamina also deploys some workers to spray disinfectants around the Bait Qur'any Islamic Boarding School, Tangerang. This is done as precautionary measures to break the chain of COVID-19 infection on Thursday (5/7). (PHOTO: TRISNO ARDI)*



▲ Penyemprotan disinfektan juga dilakukan di Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor pada Rabu (6/5). (FOTO: ADITYO PRATOMO)

*Disinfection is also carried out at Yayasan Daarul Quran Al Kautsar, Pakansari, Bogor on Wednesday (5/6). (PHOTO: ADITYO PRATOMO)*

# PUSAT LAYANAN PRODUK PERTAMINA

**PERTAMINA  
CALL CENTER**

# 135

**#Call135**



**INFO KETERSEDIAAN BBM**



**INFO KETERSEDIAAN LPG**



**UNTUK TOILET SPBU LEBIH NYAMAN**



**UNTUK LAYANAN LEBIH BAIK**



**INFO KETERSEDIAAN PELUMAS**



# ***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.