



ROYAL CARGO AND LS CARGO LOGISTICS CHINA SUCCESSFULLY TRANSPORT 38 UNITS OF FERMENTATION TANKS

Royal Cargo and LS Cargo Logistics China successfully transported 38 units of fermentation tanks for the construction of a brewery plant in Mindanao, Philippines.

LS Cargo Logistics handled the offshore services from China, while Royal Cargo handled the onshore transportation including unloading and final erection to foundation. The excellent teamwork of LS Cargo Logistics and Royal Cargo ensured that all the client's expectations were met. The tanks were delivered on time and executed in a safely manner without incident.

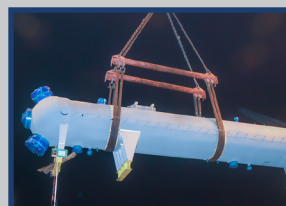
“Close communication with all involved parties and conducting feasibility studies on the restrictions of the limited POL in China and POD in Mindanao helped to arrange a smooth transportation of all tanks without any delay,” said Mr. Rico Ji of LS Cargo Logistics China.

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ROYAL CARGO AND
LS CARGO LOGISTICS CHINA
SUCCESSFULLY TRANSPORT
38 UNITS OF FERMENTATION
TANKS

Photos Courtesy of Madette Bernardo



(From cover page...)

The delivery of the fermentation tanks was a challenging and demanding task to the entire team. The transport crew walked about 9 kms from the port to the site with the convoy travelling at a very slow pace due to its extra-ordinary dimensions. With travelling heights between 6.2 to 7.2 meters, the transportation required the raising of wires to 7.5 meters minimum height clearance and temporary removal of one concrete footbridge. It also called for power interruptions along the route to ensure the safe passage of the tanks.

Despite the difficulties encountered during the project, the team was able to finish the deliveries ahead of the schedule. **“The original plan is to complete the deliveries in 19 nights with 2 tanks per night, but we were able to compress this to 14 nights travelling with 3 tanks most of the time,”** said Mr. Martin Copon, Assistant Vice President for Projects and Heavylift of Royal Cargo Inc. **“The transport solution provided by Royal Cargo helped fast-track the project, as the fermentation tanks were directly installed to foundations instead of being fabricated at site that would require more time for the project timelines,”** he added.

The fermentation tanks are for the brewery plant which is part of the 50-hectare industrial complex being developed by country’s biggest producer of beer.



ROYAL CARGO VIETNAM
COMPLETED THE TRANSPORT
OF OVERSIZED FEEDWATER
HEATERS FROM HAI PHONG
TO QUAN NINH

By Jill Viray
Photos Courtesy of Tuan Nguyen



Royal Cargo Vietnam Co. Ltd. successfully completed the transport and delivery of two (2) oversized feedwater heaters from Hai Phong Port to Quan Ninh Province for the Mong Duong 2 thermal power plant project last August 20, 2019.

Royal Cargo Vietnam handled the customs clearance, inland transportation, upright positioning and delivery to the site of the feedwater heaters measuring and weighing 15.3 m x 2.8 x 3.8 (85 tons) and 12.4 m x 2.7 x 3.8 (81 tons), respectively using its own set of equipment – prime mover and axle trailers.

“The delivery of the feedwater heaters was a challenging task to the team taking into consideration its size and weight and the long distance from Hai Phong Port to Quan Ninh that is 120 km, with busy and narrow roads,” said Mr. Tuan Nguyen, General Director of Royal Cargo Vietnam.

The feedwater heaters are for the Mong Duong 2 thermal power plant, Vietnam’s first and biggest coal-fired BOT (build-operate-transfer) project.



FOR INQUIRIES (Projects & Heavylift)

TODDY DE ROMA
Sr. Vice President, Projects & Heavylift
toddy.deroma@royalcargo.com

MARTIN COPON III
Assistant Vice President, Projects & Heavylift
martin.copon@royalcargo.com

MADETTE BERNARDO
Head of Sales, Projects & Heavylift
madette.bernardo@royalcargo.com

projects@royalcargo.com

FOR INQUIRIES (Royal Cargo Vietnam Co. Ltd.)

Royal Cargo Vietnam Co., Ltd.
18th floor, Pearl Plaza Tower, 561A Dien Bien Phu,
Ward 25, Binh Thanh District, Ho Chi Minh City, Vietnam
Tel: +84 28 351 29990 • Fax: +84 28 351 28515

TUAN NGUYEN
General Director, Royal Cargo Vietnam Co., Ltd.
Mobile/ Zalo/ Viber/ WhatsApp/ Skype: +84 903 822 977
Email: tuan.nguyen@royalcargo.com

rcv.pricing@royalcargo.com

BIG MOVE:

ROYAL CARGO COMPLETED THE DISCHARGING AND DELIVERY OF STEAM TURBINE GENERATOR EQUIPMENT FOR GNPD POWER PLANT PROJECT

By Jill Viray
Photos Courtesy of Lawrence Esteban

Royal Cargo completed the discharging and delivery of the Unit 2 of Steam Turbine Generator Equipment for the completion of the GNPowder Dinginin Ltd. Co. (GNPD) Power Plant Project. GNPD is a new project consisting of 2x660 MW supercritical coal-fired power plant located in Dinginin, Mariveles, Bataan.

GNPD is by far considered as the biggest coal-fired power plant to be built in the Philippines.

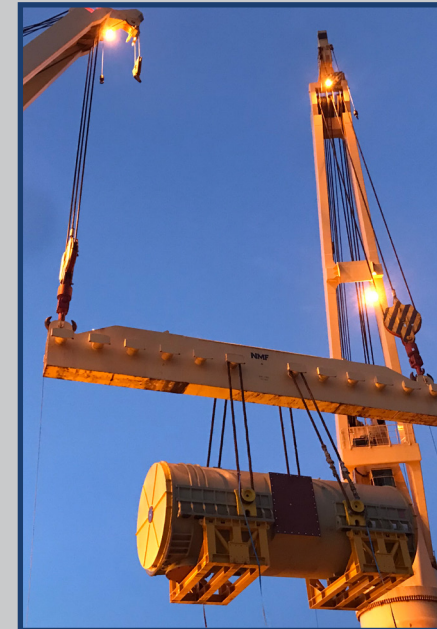
The consignment includes a huge ship unloader, MV BBC Amber carrying a total of 135 packages of generator equipment weighing approximately 1200 tons with 360 tons stator as the heaviest piece.

Royal Cargo handled the unloading operations at the jetty, offloaded all the heavy units by roll-off loaded at LCT Bigboy with capacity of 4000 deadweight tonnage and transferred of heavy cargoes from LCT to STG building at site using Self Propelled Transporter.

According to Mr. Jonathan Baldomero; Site Project Manager, handling of these loads was a challenging task to the team considering that these equipment were vital to the completion of the power plant project.

The project was led by the competent people of Royal Cargo including Toddy De Roma; *Sr. Vice President for Projects and Heavylift*, Lawrence Esteban; *Heavylift Manager*, Jonathan Baldomero; *Site Project Manager*, Cris Aguilos; *Heavylift Supervisor*, Brando Ani; *Site Supervisor* and Projects and Heavylift's riggers and trailer operators.

The GNPD project will support the increasing electricity demand of Luzon and Visayas areas.



SERVICE & FACILITY *Feature* :

DELIVERING LIFE-SAVING SOLUTIONS:
ROYAL CARGO'S PHARMA AND
CLINICAL TRIAL LOGISTICS



One of the reasons that makes Royal Cargo a preferred partner of choice in logistics is because of the services it offers that are tailored-fit to every client’s needs.

Its specialized services include Pharmaceutical/Clinical Trial Logistics.

Pharmaceutical/Clinical Trial Logistics is a business unit of Royal Cargo Inc. that provide logistics management solutions for pharmaceutical and biotechnological industries.

Royal Cargo started offering logistics for pharmaceutical and biotechnological companies in July 2007 when Royal Cargo secured a partnership with World Courier and named the business unit Premium Courier. This pioneering business has seen a steady growth of client base since inception, and to address the growing requirement of clinical trial drug storage, a 400 SQM facility dedicated for Premium Courier was constructed in 2012.

Premium Courier created a name when it was accredited by a certifying body with its Good Distribution Practice (GDP) certification in 2013. We are the first logistics company in the Philippines to be awarded with Goods Distribution Practice (GDP) based on World Health Organization (WHO) guidelines. Aside from GDP certification, our facility and processes have passed the audits of the government regulatory agency and major players in the clinical trial industry.

Pharmaceutical/Clinical Trial Logistics is expert in handling and rendering logistics service solutions for clinical and commercial products. nWe handle time–critical and temperature–sensitive shipments and customized logistics solutions for:

- Clinical Trial and Commercial Drugs
 - Tablets, Capsules, Syrups, Vials, Ampoules and all other dosage forms
 - Anti-neoplastics and Hazardous Drugs
- Biological
 - Vaccines, Blood, Urine, Sputum and other human cells/extracts
- Medical Supplies/Devices
- Vitamins and Food Supplements
- Health and Beauty Products
- Packaging Services
- Hospital Logistics

Our personnel’s in-depth knowledge and experience enable us to provide world class logistics solutions and operational excellence with outstanding control and consistency. Pharma Logistics’ services focus on speed, visibility, and reliability. We endeavor to exceed our customers’ requirement at all times.

Pharmaceutical/Clinical Trial Logistics is a solutions provider, customizing services tailored to client requirements. We offer a range of specialized transportation options, as well as multi-temperature storage facilities for cold chain products, to support a secure and successful clinical trial supply chain service. Our network of local branches and agents enables us to reach any site in the Philippines.



Services Offered:

- [Healthcare and Life Sciences Logistics](#)
 - **Express Customs Clearance and Delivery Service**
 - 3 hours release upon aircraft touchdown
 - Available 24/7 including holidays
 - **Multi-Temperature Storage Depot**
 - GDP Certified storage facility
 - Ambient, chilled, and frozen temperature facilities
 - **Complete Fleet of Delivery Vehicles**
 - Dry type vans
 - Temperature controlled vehicles
 - RKN Cool Container
 - **Complete Set of Packaging Materials**
 - Range of single use and reusable thermos shippers
 - LN2 Shippers
 - Dry Ice replenishment
 - **Biotechnological Transportation**
 - Expertise in handling and transporting biospecimen
 - Complete set of packaging solution to maintain specimen integrity and cold chain
 - **Nationwide Coverage**
 - Presence of company owned branches in major cities in the Philippines
 - Tie-ups with army of agents to reach even far-flung places in the Philippines



Automated Capabilities

- Inventory and Warehouse Management System
- ePOD and eDocs
- Royal TrackPLUS App

Regulatory Assistance

- FDA related document evaluation and legwork
- Secure permit and certificates required for shipping

Storage Facility Security and Safety

- 24/7 CCTV Surveillance and biometric access
- Fire detection and alarm systems
- Intruder alarm system

- [Express Logistics Service](#)

Time Critical Shipments

- Time sensitive delivery of materials & components, to keep production line running
- Delivery of parts and equipment to hard to reach places
- GPS Monitored Company owned vehicles

High Value Shipments

- Customized delivery solution with emphasis on security of shipment
- Potential route evaluation and preparation of journey plan

On Board Courier

- Network of Royal Cargo couriers and partner agents to carry out OBC service
- Experienced couriers
- On-call couriers available 24/7
- Database of updated flight schedules

FOR INQUIRIES (Pharma and Clinical Trial Logistics):

ALLAN B. SORIANO
Vice President, Pharma Logistics
allan.soriano@royalcargo.com

HAZEL LYNNE MAY PAYLAGO
Assistant Manager, Quality Assurance
hazel.paylago@royalcargo.com

Michael Marquez
Distribution Supervisor
michael.marquez@royalcargo.com

EQUIPMENT *Feature*:

ROYAL CARGO'S

DIFFERENT TYPES OF CRANE

Cranes are essential for heavy construction work and lifting tasks of all kinds.

Equipped with cables and pulleys and based upon the application of fundamental mechanical principles, a crane can lift and lower loads well beyond the capabilities of human construction workers.

Crane design has evolved to meet the demands of a variety of industrial needs, and modern cranes often coordinate simple systems to achieve complex lifting tasks.

How does it work?

A crane is able to lift objects because the load is offset by counterweights which stabilize the crane, allowing it to lift and move its load.

The following are the different types of crane that Royal Cargo has:

Crawler Crane

A special type of mobile crane fitted with caterpillar tracks, the crawler crane can be used on soft and boggy ground where wheeled vehicles would be unable to operate.

This crane is generally very stable because its broad base and tracking spreads the weight over a wide area.

This sturdy equipment is useful on construction sites during the initial phase of building projects where its ability to move heavy loads over areas of soft soil is a particular asset.

Mobile Crane

A mobile crane is the most standard and versatile type of crane. It is a cable-controlled crane commonly mounted on wheeled vehicles.

It is designed to easily transport to a site and use with different types of load and cargo with little or no set-up or assembly.

The mobile crane consists of a steel truss or telescopic boom mounted on a mobile platform, which could be a rail, wheeled, or even on a cat truck. The boom is hinged at the bottom and can be either raised or lowered by cables or hydraulic cylinders.

There are four principal types of mobile cranes: the truck mounted, rough-terrain, crawler, and floating.

Royal Cargo owns two types of mobile crane: the rough terrain crane and the all-terrain crane.

• *Rough Terrain*

A rough terrain crane has a boom mounted on an undercarriage atop four rubber tires that is designed for off-road pick-and-carry operations.

Outriggers are used to level and stabilize the crane for hoisting.

These telescopic cranes are single-engine machines, with the same engine powering the undercarriage and the crane, similar to a crawler crane. The engine is usually mounted in the undercarriage rather than in the upper, as with crawler crane.

Most have 4-wheel drive and 4-wheel steering for traversing tighter and slicker terrain than a standard truck crane, with less site prep.

• *All Terrain*

An all-terrain crane is a hybrid combining the road ability of a truck-mounted and on-site maneuverability of a rough-terrain crane. It can both travel at speed on public roads and maneuver on rough terrain at the job site using all-wheel and crab steering.

Data Sources:
www.wikipedia.org / www.brynthomascranes.com

We have a wide selection of new and modern cranes from telescopic truck-mounted, mobile or crawlers capable of handling all your lifting needs. Our crane services are also aided by support equipment, including telehandlers, boom trucks, and mattings that adhere to the highest safety standards.

600T Liebherr Crawler Crane • 500T Liebherr All Terrain Mobile Crane • 300T Liebherr Crawler Crane • 220T Grove All Terrain Mobile Crane • 150T Sany Crawler Crane • 130T Liebherr All Terrain Crane • 100T Liebherr and Grove All Terrain Crane • 75T Grove Rough Terrain Mobile Crane • 55T Sany All Terrain Crane • 100T Sany Mobile Crane • 60T Sany Mobile Crane



600T Liebherr Crawler Crane



300T Liebherr Crawler Crane



220T Grove All Terrain Mobile Crane



100T Grove Rough Terrain Mobile Crane

FOR INQUIRIES (Crane & Erection Department):

GUNDOLF AHRENS
Head, Crane & Erection
gundolf.ahrens@royalcargo.com

ALBERT NANEZ
Deputy Head, Crane & Erection
albert.nanez@royalcargo.com

LEODIE LIMCANGCO
Head of Sales, Crane & Erection
leodie.limcangco@royalcargo.com

MENTAL HEALTH: COPING WITH STRESS



Mental health refers to our cognitive, behavioral and emotional well-being. It affects how we think, feel and react to situations we are confronted with. It is important in the different stages of our life from childhood to adulthood. It influences the way individuals look at themselves, their lives and others in their lives. Inability to manage stress, more often leads to certain mental health disorders.

World Health Organization (WHO) Facts:

- **Around 20% of the world's children and adolescents have mental disorders or problems**

About half of mental disorders begin before the age of 14. Similar types of disorders are being reported across cultures. Neuropsychiatric disorders are among the leading causes of worldwide disability in young people. Yet, regions of the world with the highest percentage of population under the age of 19 have the poorest level of mental health resources. Most low- and middle-income countries have only one child psychiatrist for every 1 to 4 million people.

- **Mental and substance use disorders are the leading cause of disability worldwide**

About 23% of all years lost because of disability is caused by mental and substance use disorders.

- **About 800,000 people commit suicide every year**

Over 800 000 people die due to suicide every year and suicide is the second leading cause of death in 15-29-year-olds. There are indications that for each adult who died of suicide there may have been more than 20 others attempting suicide. 75% of suicides occur in low- and middle-income countries. Mental disorders and harmful use of alcohol contribute to many suicides around the world. Early identification and effective management are key to ensuring that people receive the care they need.

10 WAYS TO COPE WITH STRESS Use these tips to prevent or reduce stress:

1. RE-BALANCE WORK AND HOME

All work and no play? If you're spending too much time at the office, intentionally put more dates in your calendar to enjoy time for fun, either alone or with others.

2. BUILD IN REGULAR EXERCISE

Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Even a daily 20-minute walk makes a difference.

3. EAT WELL AND LIMIT ALCOHOL AND STIMULANTS

Alcohol, nicotine and caffeine may temporarily relieve stress but have negative health impacts and can make stress worse in the long run. Well-nourished bodies cope better, so start with a good breakfast, add more organic fruits and vegetables, avoid processed foods and sugar, and drink more water.

4. CONNECT WITH SUPPORTIVE PEOPLE

Talking face to face with another person releases hormones that reduce stress. Lean on those good listeners in your life.

5. CARVE OUT HOBBY TIME

Do you enjoy gardening, reading, listening to music or some other creative pursuit? Engage in activities that bring you pleasure and joy; research shows that reduces stress by almost half and lowers your heart rate, too.

6. PRACTICE MEDITATION, STRESS REDUCTION OR YOGA

Relaxation techniques activate a state of restfulness that counterbalances your body's fight-or-flight hormones. Consider taking a mindfulness-based stress reduction course to learn effective, lasting tools.

7. SLEEP ENOUGH

If you get less than seven to eight hours of sleep, your body won't tolerate stress as well as it could. If stress keeps you up at night, Address the cause and add extra meditation into your day to make up for the lost z's.

8. BOND WITH YOUR PET

Clinical studies show that spending even a short time with a companion animal can cut anxiety levels almost in half.

9. TAKE A VACATION

Getting away from it all can reset your stress tolerance by increasing your mental and emotional outlook, which makes you a happier, more productive person upon return. Leave your cellphone and laptop at home!

10. SEE A COUNSELOR, COACH OR THERAPIST

If negative thoughts overwhelm your ability to make positive changes, it's time to seek professional help. Make an appointment today—your health and life are worth it.

Data Sources:
<https://www.sutterhealth.org/health/mind-body/10-simple-ways-to-cope-with-stress>
https://www.who.int/features/factfiles/mental_health/en/

AFRICAN SWINE FEVER (ASF)

Human Health Effects: What you need to know?

KEY FACTS:

- It is responsible for serious production and economic losses;
- This transboundary animal disease (TAD) can be spread by live or dead pigs, domestic or wild, and pork products; furthermore, transmission can also occur via contaminated feed and fomites (non-living objects) such as shoes, clothes, vehicles, knives, equipment etc., due to the high environmental resistance of ASF virus.
- There is no approved vaccine against ASF (unlike classical swine fever ('Hog Cholera') which is caused by a different virus)
- Historically, outbreaks have been reported in Africa and parts of Europe, South America, and the Caribbean. More recently (since 2007) the disease has been reported in multiple countries across Africa, Asia and Europe, in both domestic and wild pigs.
- Areas affected in the Philippines according to the Department of Agriculture as of September 9, 2019:

- Rizal: San Jose, Macabud, San Isidro, San Rafael, Mascap, and Cupang in Antipolo

- Bulacan: Guiguinto



WHAT IS AFRICAN SWINE FEVER?

- It is a highly contagious hemorrhagic viral disease of domestic and wild pigs, which is responsible for serious economic and production losses.
- The causative agent of African swine fever (ASF) is the double-stranded DNA virus in the Asfarviridae family.
- It causes pigs to have high fever and lose their appetite. It also causes hemorrhages in the skin and internal organs.

CAN HUMANS GET SICK?

- The Department of Health (DOH) declared that African Swine Fever (ASF) is NOT A RISK TO HUMAN HEALTH after the Department of Agriculture confirmed that 14 out of 20 pig samples tested positive for ASF.
- African swine fever virus is a contagious viral disease IMPACTING ONLY PIGS, NOT PEOPLE, so it is not a public health threat or food safety concern.
- Agriculture Secretary William Dar and Health Secretary Francisco Duque III assure the public that pork is safe to eat, as long as it bears the stamp of the National Meat Inspection Service.

Data Sources:
<https://www.rappler.com/business/239804-cebu-bans-live-hog-imports-from-luzon>
<https://www.doh.gov.ph/press-release/cook-pork-thoroughly-to-avoid-getting-sick>
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<https://www.pork.org/african-swine-fever-need-know/>



We deliver as needed.

ROYAL CARGO INC.

Headquarters: Royal Cargo Building, Sta. Agueda Avenue,
Pascor Drive, Paranaque City, Metro Manila 1704 - Philippines
Phone: +63 2 333 3000 | Fax: +63 2 851 7454
Email: info@royalcargo.com | Website: www.royalcargo.com
Facebook: Royal Cargo | LinkedIn: Royal Cargo Inc.

GLOBAL OFFICES

CHINA

Royal Cargo Combined Logistics Shanghai Limited
Room 206, No. 555, Wuding Road, Jing An District,
Shanghai 200040 China
Tel: 86 (21) 6211 7510
Fax: 86 (21) 6211 7512
Email: infochina@royalcargo.com

GUAM

Royal Cargo Guam, LLC
Physical Address:
150 East Liguana Avenue, Dededo, Guam 96929
Mailing Address:
P.O. Box 26094, Barrigada, Guam 96921
Tel: +1 (671) 633 7225 & +1 (671) 633 7226
Fax: +1 (671) 637 6925
Email: rcc_guam@royalcargo.com

HONG KONG

Royal Cargo Combined Logistics (HK) Limited
Unit 03, 21/F, Tamson Plaza
161 Wai Yip Street, Kwun Tong,
Kowloon, Hong Kong
Tel: +852 2543 3066 • Fax: +852 2543 3277
Email: hkg@royalcargo.com

INDONESIA

PT. Royal Logistics Indonesia (RLI)
6th Floor, Menara Global, Suite #6D
Jl. Jend. Gatot Subroto Kav.27,
Jakarta 12950 – Indonesia
Tel: +6221 52920915 / 16
Email: indonesia@royalcargo.com

MALAYSIA

RC Logistics Sdn. Bhd.
No. 52-02, Jalan Molek 1/28
81100 Taman Molek, Johor Bahru,
Johor – Malaysia
Tel: (607) 352 5067 • Fax: (607) 353 5068
Email: malaysia@royalcargo.com

PALAU

Royal Cargo Palau, Inc.
GF Happy Fish PRA Landing Building
Medalaii Hamlet, PO Box 6021
Koror City 96940, Republic of Palau
Tel: +680 488 2088
Email: palau@royalcargo.com

SINGAPORE

Royal Cargo Singapore Pte. Ltd.

Office Address:
115 Airport Cargo Road,
#08-03 Cargo Agents Building C,
Singapore 819466
Tel: +65 6338 2995 • Fax: +65 6338 5735

Airport Warehouse:
115 Airport Cargo Road,
#01-16 Cargo Agents Building C,
Singapore 819466
Tel: +65 6542 3230 • Fax: +65 6338 5735

Mailing Address:
Changi Airfreight Centre P.O Box 753
Singapore 918109000
Tel: +65 6338 2995 • Fax: +65 6338 5735
Email: singapore@royalcargo.com

TAIWAN

Royal Cargo Inc., Taiwan Branch
8F, 178, MinQuan E.Rd., Sec.3,
Songshan District Taipei City 10542, Taiwan/R.O.C.
Tel: +886 2 7736 7379
Email: TPE.Taiwan@royalcargo.com

THAILAND

Royal Cargo (Thailand) Co. Ltd.
86 Soi Preeyanuch (Praram 9 Soi 19),
Rama IX Road,
Bangkapi, Huay Kwang,
Bangkok 10310 – Thailand
Tel: +66 (2) 107 1081
Email: thailand@royalcargo.com

UNITED KINGDOM

R C Logistics (U.K.) Limited
Unit 15, Tower Road
Tower Road Industrial Estate
Berinsfield, Wallingford
OXON, OX10 7LN, United Kingdom
Tel: +44 1865 340 013 • Fax: +44 1865 340 483
Email: info@royalcargo.co.uk

USA

Royal Cargo Inc. - USA
1100 E. Del Amo Blvd., Carson, CA 90746
Phone: +1 310 974 4500 • Fax: +1 310 974 4507
Email: infousa@royalcargo.com

VIETNAM

Royal Cargo Vietnam Co., Ltd.
18th floor, Pearl Plaza Tower, 561A Dien Bien Phu,
Ward 25, Tan Binh District, Ho Chi Minh City, Vietnam
Tel: +84 28 351 29990 • Fax: +84 28 351 28515
Email: rcv.pricing@royalcargo.com

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+63 (2) 333 3000



Royal Cargo



Royal Cargo Inc.

www.royalcargo.com