



TSAKOS ENERGY NAVIGATION LIMITED

ENVIRONMENTAL AND ENERGY EFFICIENCY POLICY

1. The Scope of the Policy

This Environmental and Energy Efficiency Policy (the “Policy”) applies to all directors, officers, contractors, and employees of: (1) Tsakos Energy Navigation Limited (“TEN”) and its subsidiaries and other business entities controlled by it (collectively, the “Company”); (2) Affiliates and entities that regularly provide management or other services to the Company, including but not limited to Tsakos Energy Management Limited and Tsakos Shipping & Trading S.A. (each a “Management Company” and collectively the “Management Companies”); (3) Any person or entity performing duties for, providing services to, or acting on behalf of the Company and the Management Companies, (each a “Third Party”). Collectively, the Company, the Management Companies, and Third Parties are referred to as “Covered Persons.”

2. Policy Statement

The Company places high importance on the conservation and protection of the environment (marine and atmospheric) and energy performance improvement. All Covered Persons are encouraged to be pollution-conscious and to have a responsible attitude towards pollution prevention and preservation of natural resources. The Company is committed to ensuring that every aspect of its activities is conducted in accordance with the framework of international and national maritime environmental legislation, as applicable, and in line with the Company’s environmental sustainability objectives.

The Company commits to keep pace with and develop new practices and technologies for the optimization of the environmental and energy performance of its vessels and its corporate procedures through the implementation of innovation and R&D processes, led and supported by the Operational, Safety and Environmental Committee.

The Company embraces and commits to the decarbonization of its vessels and its energy value chains in line with the IMO strategy on the reduction of GHG emissions from ships and the Paris Agreement objectives.

The Company commits to working with other stakeholders including lenders, investors, insurers, customers, energy companies, as well as government and regulators to put the necessary financial incentives and business models in place to make zero emission vessels commercially viable and scalable within the industry’s decarbonization timeframe. The Company commits to ensuring that technologies and energy sources are introduced in and operated by its vessels, working with industry associations, regulatory bodies, and appropriate stakeholders to ensure that relevant safety rules, regulations, guidelines and recommendations, as appropriate, are drafted, implemented, and adopted across the shipping and maritime fuels value chains.



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3. Main Principles

The Company, in collaboration with its Management Companies, is committed to the following principles:

- **Proactive Compliance:** Stay ahead of relevant laws and regulations on energy use and environmental impact.
- **Environmental Protection:** Ensure compliance, prevent pollution, and maintain a safe work environment.
- **Risk Management:** Implement safeguards to prevent and minimize environmental risks and achieve zero spills.
- **Sustainability Focus:** Promote sustainable resource use, minimize emissions, and protect biodiversity.
- **Climate Change Action:** Mitigate climate impact and reduce greenhouse gas emissions in line with applicable international strategies and goals (IMO and Paris Agreement).
- **Continuous Improvement:** Set clear objectives for environmental and energy performance optimization and provide training and resources to achieve them.
- **Supply Chain Collaboration:** Work with suppliers and contractors to enhance their environmental performance.
- **Energy Efficiency:** Support the use of energy-efficient products and services, improving energy performance across operations.
- **Collaboration:** Actively collaborate with classification societies and other recognized organizations to collectively protect the environment (both marine and atmospheric).
- **Public Information:** Transparently communicate to the public any environmental efforts and measures adopted to raise awareness and demonstrate the company's commitment to reducing any ship-related environmental impact.

The Operational, Safety and Environmental Committee is responsible for implementing this Environmental and Energy Efficiency Policy, as appropriate. This Policy is subject to regular review and updates to ensure alignment with best practices and the strategic needs of the Company. All Covered Persons are expected to adhere to the principles and guidelines outlined herein to maintain the integrity and effectiveness of the Company's environmental and energy efficiency commitments.