Baltic Academy

Container Freight Market and Risk Management

29 September 2023 | London

Learn how to manage container freight risk with futures

Hedging strategies for shippers and carriers

Credit risk and clearing

Understanding tariffs and pricing mechanisms





Course Overview

The extreme swings in container shipping capacity and demand, volatile oil prices and economic uncertainty of recent years have driven the development of sophisticated hedging strategies, including Container Forward Freight Agreements (CFFAs). A CFFA is a cash settled forward contract, traded and settled bilaterally. It does not commit either side to buy or sell physical container capacity and allow for a for a flexible cost-efficient way to fix and exit prices.

This half day course by Baltic Academy is designed to provide potential market participants with a full understanding of how CFFAs work and how to trade them. Aimed at freight forwarders, carriers and beneficial cargo owners, the session is led by two respected academics from London's Bayes Business School.

The face-to-face training is complemented by comprehensive study notes and access to a recording of the course via Academy online campus. You will also receive a certificate of attendance endorsed by the Baltic Exchange.

09:00 Session 1: Introduction to Container Market

Features of Liner & Container Service
Container Shipping Cost Components
Current Fleet and Vessel Values
Liner Shipping Companies & Alliances
Liner Tariffs and Pricing Mechanism
Liner Tariff Volatility and Risk Management

09:45 Break

10:00 Session 2: Baltic Container Freight Indices

Baltic Indices Construction Methodology Container market Information FBX & Other Container Indices Using Container Market Information

10:30 Break

10:45 Session 3: Container Freight Risk Management I

Risk Management Process
Why Managing Container Freight Risk Matters?
Container Forward Freight agreements (FFA)
Credit Risk and Clearing
Risk Management with CFFAs

11:30 Break

11:45 Session 4: Container Freight Risk Management II

Examples of Hedging with CFFAs
Shipper and Carrier Hedging Process
Short and Long-term Hedging Strategies
Differences in Front Haul and Back Haul Hedging

1300 Ends



The Baltic Exchange is committed to supporting the professional development of the next generation of maritime professionals through our Academy. Covering everything from ship finance to FFA trading, shipping market fundamentals to project viability, the Academy hosts high level on and off-line professional training courses.

These courses are designed to equip shipping, commodity and finance executives and investors with a deeper knowledge of the maritime markets and help them develop the skills to trade freight derivatives, hedge bunker trades and raise finance. Our aim is to provide a mix of theory and practice to provide you with knowledge and expertise which can be confidentially applied to your own business and trades.

Our courses are taught by leading experts. All are published authors, academics and experts in their fields. Our friendly and inspiring tutors are on hand to boost your confidence, build your skills and motivate you at every step. The Baltic Exchange Academy's global reach allows us to train people from anywhere in the world either in person or online.

The Baltic Exchange's 3000 plus members are at the heart of the international maritime industry, facilitating the market of the seaborne movement of dry & wet bulk, gas and containers.

Our indices and assessments are fundamental to freight derivative trading, benchmarking physical contracts and general indicators of the shipping markets' performance. We provide daily spot assessments for freight, opex, S&P, demolition and forward pricing. Our information is used by shipbrokers, owners & operators, traders, investors, financiers and charterers as a reliable and independent view of the dry bulk, tanker, gas, container and air freight markets.

Other courses

Freight Derivatives & Shipping Risk Management Advanced Freight Modelling & Trading Shipping Economics & Investment Ship Finance Executive

See www.balticexchange.com/en/membership-services/baltic-academy-0.html for full details.

Course Leaders



Professor Nikos K Nomikos, PhD, FICS

Nikos Nomikos is Professor of Shipping Finance at Bayes Business School (formerly Cass). He is the Academic Director of the Bayes Dubai Executive MBA Program and the former Director of the MSc in Shipping, Trade and Finance.

His area of expertise is Ship Finance, Risk Management and Asset Pricing for Shipping and Commodity Markets. Examples of his research include the development of ship valuation models, designing shipping indices and market benchmarks, structuring risk management products, valuation of freight derivative contracts, big-data analytics for assessing market dynamics and sustainable finance. Nikos has published more than 50 papers in peer-review academic journals. He has co-authored the book "Shipping Derivatives and Risk Management" considered the leading reference book in this area.

Nikos commenced his career at the Baltic Exchange as Head of Market Analytics where he oversaw the development of shipping indices that are currently used in the market as pricing benchmarks. Being interested in applied and commercially viable research, Nikos collaborates widely with corporations both as consultant as well as in executive education. He also acts as expert witness on shipping related cases.

Nikos lectures on Finance, Economics, Asset pricing and Risk Management for the MSc, MBA and PhD programs. He is also Fellow of the Institute of Chartered Shipbrokers.



Professor Amir Alizadeh

Amir Alizadeh is Professor of Shipping Economics and Finance and a member of faculty at the Centre for Shipping Trade and Finance.

Currently, he lectures in Advanced Quantitative Methods, Shipping Investment and Finance, Oil and Energy

Transportation & Logistics, Econometric Modelling, Shipping Risk Management, Energy & Weather Derivatives, and Energy Project Investment and Finance. His research interest includes modelling freight markets and markets for ships, derivatives and risk management in financial and commodity markets, and forecasting. He has published in several academic journals in the area of transportation, finance and economics.

He also has visiting positions at University of Geneva and Copenhagen Business School, ESCP Europe, and serves on the Editorial Board of Transportation Research Part E and Journal of Multinational Finance and is a member of the scientific committee of the Swiss Research Institute on Commodities (SRIC).

He has been in close contact with the industry, acting as an adviser and consultant for a number of the trading and shipping companies and institutions including the A P Moller Maersk, Danish Maritime Cluster, Geneva Shipping and Trading Association (GTSA), Barclays Capital, Standard Chartered Bank, amongst others.

Sign up now

To book your place, email academy@balticexchange.com or call +44 (0)20 3326 8465/59

Price: £400* + VAT

*30% discount for employees of Baltic Exchange member firms.

Price: £280 + VAT

Payment by credit card or bank transfer

Terms & Conditions

The Baltic Exchange must be in receipt of full payment prior to the date of the training course or your nominated delegate(s) may not be allowed entrance to the seminar. Cancellations 14 days or more prior to the course will be refunded 50% of the delegate fee. Cancellations within 14 days cannot be refunded. All cancellations must be received in writing. Names of the delegates may be changed at any time without charge and notification of name changes should be made in writing.

