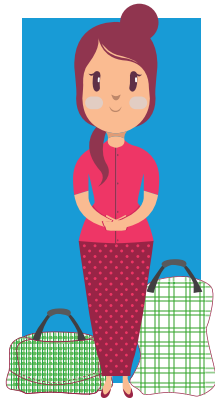




Are you migrating for work?

KNOW YOUR RIGHTS!

This pamphlet provides vital
information to female migrant
workers in Myanmar and abroad.



Chit Chit's Story

Chit Chit, an 18-year-old girl, lived with her parents and a younger brother in Maw-lamyine. Her father was unemployed and her mother ran a small shop where she sold homemade snacks. Her mother earned little money and the family struggled to cover all their expenses. Chit Chit could not find another job and helped her mother at the shop. One day Kyaw Zaw, a well-respected tradesman in the village, visited the family together with a foreign man. They proposed to help Chit Chit get a job in Thailand as a domestic worker with a family they knew and who would pay her very well. Chit Chit did not want to leave her family, but she knew they needed money to survive. After a week, Kyaw Zaw returned and gave Chit Chit's father 480,000 Myanmar Kyat on the condition that Chit Chit would work to repay her father's debt first before she started earning money to send back home. Chit Chit left with Kyaw Zaw who accompanied her to the border. After crossing the border she met the foreign man who had accompanied Kyaw to her village. The foreign man took her to his house, took her passport, and told her that this was her new home. Chit Chit was not allowed to go outside. Soon, the beatings began. Unable to bear this brutality, Chit Chit confronted the man. She wanted to return home to her family. Instead, the man laughed at her and reminded her of the debt she owed him. After six months, Chit Chit succeeded in contacting a neighbour who called the anti-trafficking police. Together, they helped Chit Chit return home. Chit Chit was a victim of human trafficking.

You can avoid being in Chit Chit's situation by seeking information from the organizations listed in this leaflet before you migrate, or by seeking assistance from listed organizations in the destination country.



Before Departure



Where do you get your passport?

Office of the Passport Issuing Board

Set Amu (1) Street, Sayarsan Ward, Bahan Township, Yangon
Telephone: 01546265

Where do you get your visa?

Call the Yangon-based embassy of the country to which you are migrating to for advice on the application process:

Embassy of Malaysia

No 82, Pyidaungsu Yeiktha Road
Yangon
Telephone: 01 220230
Visa Fee: \$57 USD

Embassy of Singapore

No 238, Dhamazedi Road
Yangon
Telephone: 01559001
Visa Fee: \$23 USD

Embassy of South Korea

No 97, University Avenue
Yangon
Telephone: 01 527142
Visa Fee: \$60 USD

(Workers cannot apply for a visa directly. Visa requests must be made through the Employment Permit System of the South Korean Ministry of Labour).

Embassy of Thailand

No 94, Pyay Road
Yangon
Telephone: 01226721 / 01226824
Visa Fee: \$80 USD

Where do you receive pre-departure training?

If you migrate through an agency, the agency is obligated to provide you with

free pre-departure training. If they charge a fee, please report your situation to the Migration Resource Centre (address below). If you migrate on your own, please contact the Migration Resource Centre or the Confederation of Trade Unions Myanmar.

If you don't understand the migration procedure or are approached by a broker, please contact the Migration Resource Centre

Confederation of Trade Unions, Myanmar Migrant Department

(Pre-departure training)
Telephone: 95 250140703
Telephone: 95 9795255318
htwenge.nge8@gmail.com
heinnlatt7@gmail.com

Migrant Workers Resource Center

Daw Lwin Lwin Kyu (Labour Officer)
Township Labour Exchange Office
8/1 Na Ga Yone Pagoda Road,
Ma Yan Gone Tsp, Yangon
Telephone: 01 660595

Where do you look for job opportunities abroad?

Yangon Regional Office of Labour Exchange

No. 8/1 Na Ga Yone Pagoda Road, No.5 Quarter, Ma Yan Gone Township, Yangon
Telephone: 01 667644

No(1) Township, Labour Exchange Office

Combine Office, Inn Sein, Township
Telephone: 01-640250
No(2/3) Township Labour Exchange Office
No. 8/1 Na Ga Yone Pagoda Road, No.5 Quarter, Ma Yan Gone Township, Yangon
Telephone: 01 660595

Before you leave, make sure you have a valid Passport and the appropriate Visa

PLEASE NOTE: the Myanmar Ministry of Labour, Immigration and Population has temporarily suspended permits for domestic workers.



Pre-departure Checklist

Before you leave Myanmar, make sure:

- ☐ You have a valid visa
- ☐ Contact information for family and friends
- ☐ Contact information for employer/agency in foreign Country
- ☐ Copy of employment contract
- ☐ Passport size photographs
- ☐ Duplicate copies of all important documents (visa, passport, contract)
- ☐ Duplicate copies of important information with family in Myanmar
- ☐ Other important information detailed in this leaflet

During your Stay



Once you arrive, you will need a work contract and a work permit

The contract must be provided by the employer. You and your employer must start the work permit procedure together.

What to do in case of violence?

You are a victim of violence if you are:

- A recipient of unwanted sexual advances;
- A recipient of sexual or other forms of harassment;
- Threatened;
- Prohibited from leaving the work

site;

- Deprived of your documents (or they have been otherwise misappropriated);
- Unable to contact your family;
- Thrown out of your house or accommodations; or
- A victim of sexual, psychological or other types of violence or exploitation.

Please contact the police, one of the organizations listed in this leaflet or the Myanmar embassy in your country of destination if you are a victim of violence.

What to do in case of health concerns?

If you are ill, contact the ambulance number listed in this leaflet. Otherwise, (particularly if you suspect you are pregnant), reach out to one of the organizations listed in this leaflet or the Myanmar Embassy in your country of destination.

What to do in case of labour issues?

Labour issues include:

- You are not receiving your salary;
- You are being paid less than the agreed amount;
- Your contract has been partially or totally changed or voided; and
- You cannot send your money home.

If you migrated with a recruiting agency, get in touch with your recruiting agency first. If the problem persists, or if you migrated on your own, get in touch with one of the organizations listed in this leaflet or the Labour Attaché's office in your destination country.

WARNING!

Do you think you are a victim of human trafficking?

You are a victim of trafficking if:

- You have been bought/sold from a person to another person to do something you don't want to do (for example, working in the sex industry or stealing);

- You have been recruited through false promises concerning the nature or condition(s) of the work or with the use of violence or threats;
- You are not allowed breaks or suffer unusual restrictions at work;
- High security measures exist in the work and/or living locations (for example, opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.);
- Your documents or belongings have been taken from you; or
- You are not free to leave or come and go as you wish.

If you believe you are a victim of trafficking contact the local police, the Myanmar Embassy in your country of destination, any of the organizations listed in this leaflet, or the Anti-trafficking police in Myanmar, at:

- 95 949555666
- 95 949555777
- 95 949555888
- 95 949555999

Upon Return



Need help in learning new skills?

CARE Myanmar

No 7, Block (38), Nawaday Garden Housing, Hlaingthaya Township, Yangon
Telephone: 092 5579 0923
Contact: Thuzar Win
Field Office Coordinator

Opportunities NOW

(For small business startup training, business startup loans or business mentoring)

No. 19 Shor Phoo Housing
Baho Road Quarter 7, Hlaing Township
Telephone: 95 92 6100 3798

Treasure Land Development Association

Building 4, Room 103, Ward 16, Thar Yar Shwe Pyi Compound Yankin Township, Yangon
Telephone: 095003878; 09785003878; 095343953

Need help with starting your own Business?

BRAC Myanmar

House No 168, Kyun Shwe Myaing (2) St., Bogoyoke Ywa, Thuwanna, Thingangyun Township, Yangon
Telephone: 01578236

PACT Microfinance Fund

No.497, 1st floor, Tower-B, Diamond Condo Pyay Road, Ward-8, Kmaryut Township, Yangon
Telephone: 09452112351

KBZ Bank

No.(615/1), Pyay Road, Kamayut Township, Yangon
Telephone: 951 538075; 951 538076

Together we can make migration safe for Myanmar's women!

Know your rights!

As a migrant worker you have the right to:

- Payment of agreed wages regardless of your nationality or gender;
- Keep your personal documents and belongings with you; nobody can take your belongings from you;
- Keep the original contract signed between you and the employer in your possession. You and your employer should retain copies of the contract;
- Leave the worksite site when your work time is over (if you don't live on the work premises);
- Keep in contact with your family;
- Claim full compensation to which you are entitled for injury sustained at a foreign worksite (the recruiting agency should assist with this);
- Take civil or criminal action for the loss of your rights and privileges relating to overseas employment;
- Report any unusual working conditions to the recruiting agency, to the Myanmar Embassy/Consular Office, or an NGO listed in this leaflet;
- Be presumed innocent until proven guilty in criminal matters through a fair and public trial;
- Receive correspondence without arbitrary interference;
- Practice your religion;
- Hold your opinions without interference; and
- Seek and receive information.



Together we can make migration
safe for Myanmar's women!

