

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 Mawlamyine. 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 antitrafficking 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

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 Ex-

change 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



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 Stav



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 Attache'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:

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at:

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- 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,

KBZ Bank

Yangon

Yangon



Upon Return

95 949555666

95 949555777

95 949555888

95 949555999



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)

Yangon 095343953

Need help with starting your own Business?

BRAC Myanmar

No. 19 Shor Phee 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,

Telephone: 095003878; 09785003878;

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

PACT Microfinance Fund

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

Telephone: 09452112351

No.(615/1), Pyay Road, Kamayut Township,

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 recruting 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.



OVERSEAS SUPPORT FOR MIGRANT WORKERS



Important telephone numbers Police: 999 Ambulance: 999

Myanmar Embassy 8(C), Jalanampang Hilir,

55000 Kuala Lumpur Telephone: 603 4251 4455: 603 4251 5595: 603 4251 6355 mekl@tm.net.my

Labour Attaché

U Tin Aung Moe Telephone: 0060126136887 U Zay Yar Min Telephone: 0060126316887 Office Phone and Fax: 00603 4251 5595 labourattache.malaysia@gmail.com

TENAGANITA Women's Force

Number 38, Jalan Gasing, 46000,Petaling Jaya, Selangor Darul Ehsan Telephone: 603 7770 3691; 7770 3671 glorene.a@tenaganita.net general@tenaganita.net

Women's Aid Organization

P.O. Box 493 Jalan Sultan. 46760 Petaling Java Telephone: 03 7956 3488 womensaidorg@gmail.com

Dignity International

A-2-7, Pusat Perdagangan Seksyen 8, Jalan Sungai Jernih 8/1, Seksyen 8, 46050 Petaling Java, Selangor Telephone: 603 7931 0741; 601 2290 0756

Myanmar Migrant Rights Centre

(For general counselling) Ko Latt Telephone: 601 6321 0966 Yan Naing Tun Telephone: 601 0206 6085

Migrant Workers Resource Centre

(Hotline/helpline) Telephone: 6 016 211 8024 Telephone: 03 8024 3717; 03 8024 2953; 03 8024 2953



Singapore

Important telephone numbers

Police: 999 Ambulance: 995 Immigration and Checkpoints Authority (trafficking): 6391 6100

Myanmar Embassy

15. St. Martin's Drive Telephone: 6567350209 (6 Lines) ambassador@mesingapore.org.sg

HOME

111 North Bridge Road #05-22 Peninsula Plaza Singapore 179098 Telephone: 18007977977; 65 6337 0282 contact@home.org.sg

Transient Workers Count Too

(Counselling, shelter, free meals, medical help and assistance to solve employment disputes to workers in need) Free Hotline/helpline Number 1 800-888-1515. www.twc2.ora.sa

Sexual Assault Care Centre

(Legal information, counselling, befriending (assistance at courts, police stations)) 5 Dover Crescent #01-22 S130005 I Mon-Fri, 10am-7pm Hotline/helpline: 6779 0282 | Mon-Fri. 10am-midnight www.sacc.sg sacc@aware.org.sg Whatsapp: 9781 4101 (Mon-Fri, 10am-7pm)



South Korea

Important telephone numbers Police: 112

Ambulance: 1339 Immediate help (trafficking): 1577 1366

Myanmar Embassy

Hannam-Daero 28-gil 12, Yong-gu, Seoul. 140-210 Telephone: (82-2) 790 3814 Mvanmar@kotis.net

Labour Attaché

U Tin Win Telephone: (82-2) 790 3848, (82-2) 790 3849 . Mobile: 0103 799 4690 labourattache.korea@gmail.com

We Friends: Migrant Health Association in Korea

(Health services, labour rights and counselling for violence/abuse) 2F, Tongilro 9-Gil 12, Seodaemun-gu, Seoul Telephone: 02 3147 0516-8

Gwangju Foreign Worker's Center

816-11, Wolqve-dong, Gwangsan-gu, Telephone: 062 971 0078 md0078@hanmail.net

Namyangju Women's Center for Migrant Workers

102-1402, 51 Hongyureung-ro 248 beon-gil, Namyangju, Telephone: 010 9229 9588 migrantwomen@gmail.com

Mission Centre for Migrants in Daegu 2F, 38, Daebong-ro 39-gil, Jung-gu, Daegu Telephone: 053 421 1411 ioahnoah@hanmail.net

Daejun Migrant center 114-12, Eunhaeng-dong, Jung-gu, Daejeon Telephone: 031 536 2025 pcnanum@hanmail.net

Changwon Migrant Center

13-67, Sinwol-dong, Uichang-gu, Gveongsangnam-do, Changwon-si Telephone: 055 275 8203 hanmail.net



Thailand

Important telephone numbers

Police: 191 Ambulance: 1554 Medical Emergency: 1669 Immediate help (trafficking): 1300

Myanmar Embassy:

132 Sathorn Nua Road Bangkok 10500 Telephone: (66 2)22 337 250; (662)2344 698; (662)2344 789; (662)2 377 744; Fax: (662)236 6898 (662) 233 7250 myanmarembassybkk@gmail.com

Labour Attachés:

U Moe Aung Khine Telephone: 66 948 845 484 U Aung Ko Than: Telephone: 66 2635 3847 Office Phone and Fax: 66 2635 3847 labourattache.th@gmail.com

Migrant Assistance Programme (MAP):

63/30 Umona Soi 4 Moo 8 A. Moung Chiangmai 50200 THAILAND Telephone: 66 53 811 202 map@mapfoundationcm.org

Migrant Assistance Programme (MAP):

No. 1/5. Amina Uthit Road, Mae Sot, Tak. 63110 Mae Sot Telephone: 055 536 685 map@mapfoundationcm.org

Foundation for Women

295 Charansanotwong Soi 62, Bangplad, Bangkok 10700 Telephone: 0 2433 5149; 0 2435 1246

Mae Sot Center for Women and Children

Telephone: 055 533011; 088 4277151

Human Rights and Development Foundation (Legal aid, Anti-trafficking)

Office in Bangkok 109 Soi Sitthichon, Suthisarnwinichai Road, Samsennok, Huaykwang Bangkok 10310 Telephone: 02 277 6882; 02 277 6887 Fax: 02 277 6882

Office in Mae Sot (Labour Law Clinic-LLC) 134/31 Intornkiri Road, Mae Sot Sub-Dis-

trict Mae Sot District. Tak Province 63110 Telephone: 055 535 994 Fax: 055 536 015 Office in Samut Sakhon 93/200 Moo 7, Ta Sai Sub-District Mung District, Samut Sakhon Province 74000 Telephone/Fax: 034 414 087 Office in Chiangmai 71 Sanamkeela Road, Soi 1 Un-Aree Community, Soi 4

Sriphum Sub-District, Muang District Chiangmai Province 50200 Telephone/Fax: 053 223 077

Confederation of Trade Unions Myanmar

Migrant Department, Bangkok Telephone: 66 814961736; 66 831661792 ncakmvint@gmail.com

Personal Contact

Add important personal contacts of friends and family members below

Ministry of Labour, Immigration and **Population**

Note: The Country code for Myanmar is+95.

When dialing from outside Myanmar dial

0095 and then the mobile/landline number.

WOMEN

UN Women

UN Women is the United Nations organization dedicated to gender equality and the empowerment of women. A global champion for women and girls, UN Women was established to accelerate progress on meeting their rights worldwide. UN Women supports United Nations Member States as they set global standards for achieving gender equality, and works with governments and civil society to design laws, policies, programmes and services needed to implement these standards. It stands behind women's equal participation in all aspects of life, focusing on five priority areas: increasing women's leadership and participation; ending violence against women; engaging women in all aspects of peace and security processes; enhancing women's economic empowerment; and making gender equality central to national development planning and budgeting. UN Women also leads, coordinates and promotes the United Nations system's work in advancing gender equality.

The Ministry of Labour, Immigration and Population has been consolidated by the Ministry of Labour, Employment and Social Security. The objectives of the Ministry of Labour, Immigration and Population include maintaining the industrial peace; providing free employment services and skills training for workers; conducting research regarding labour; collecting of statistics; ensuring that workers enjoy their rights under labour, occupational safety, health and social security laws; supervising the smooth and steady flow of goods throughout the country; and participating in international labour affairs.

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

