



International
Labour
Organization

► E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Module 10. A smart migrant and jobseeker

Human migration is the movement of people from one place to another. It can be to settle permanently or temporarily in this new location. Many people around the world move to different places, mainly to secure better jobs.

Have you ever thought of moving to another place for work? If so, do you know how to prepare for the migration and how to find a better job?

This module provides practical knowledge and tools on safe migration and job search for older youth and adults.

Get ready to learn!





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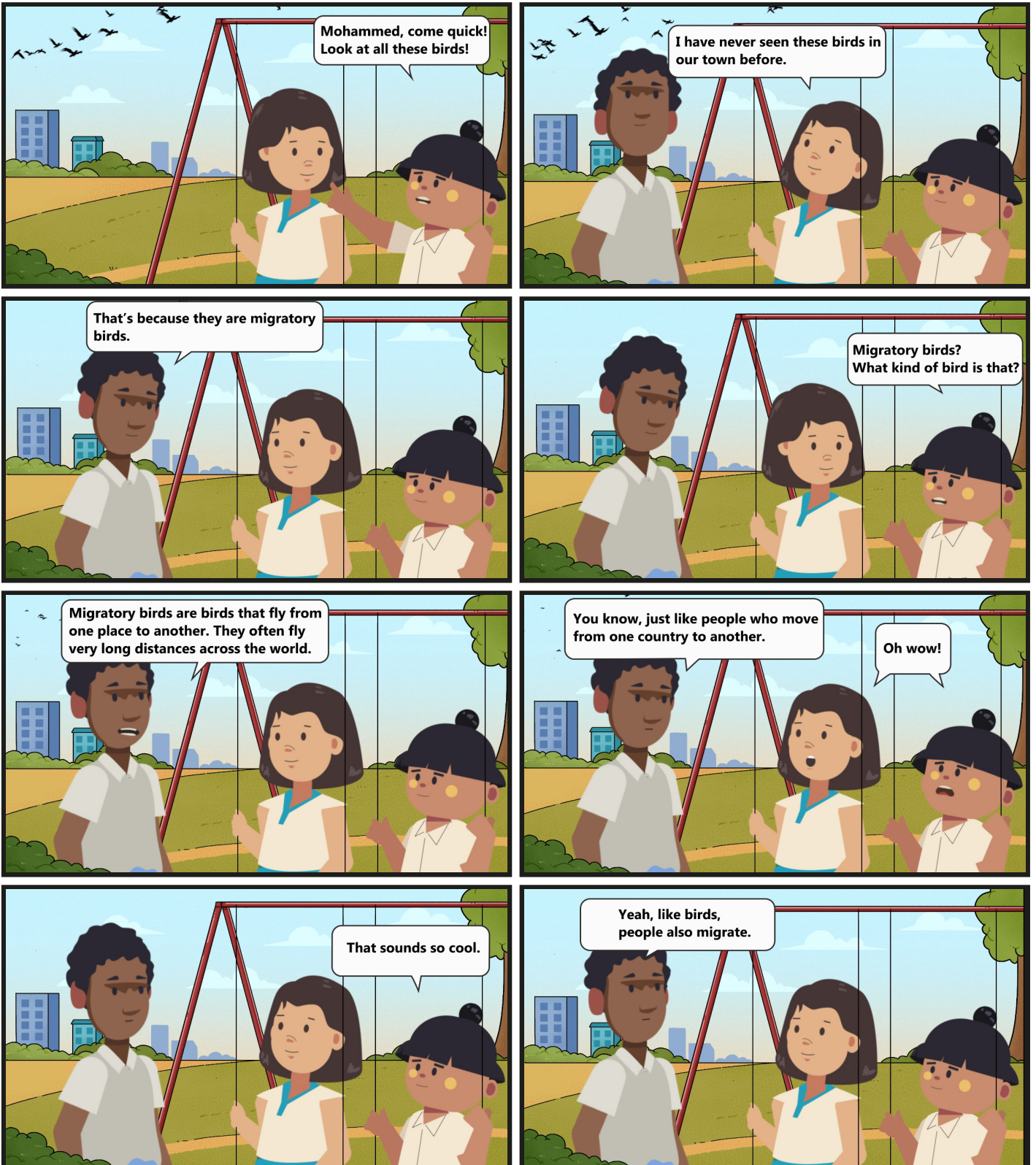
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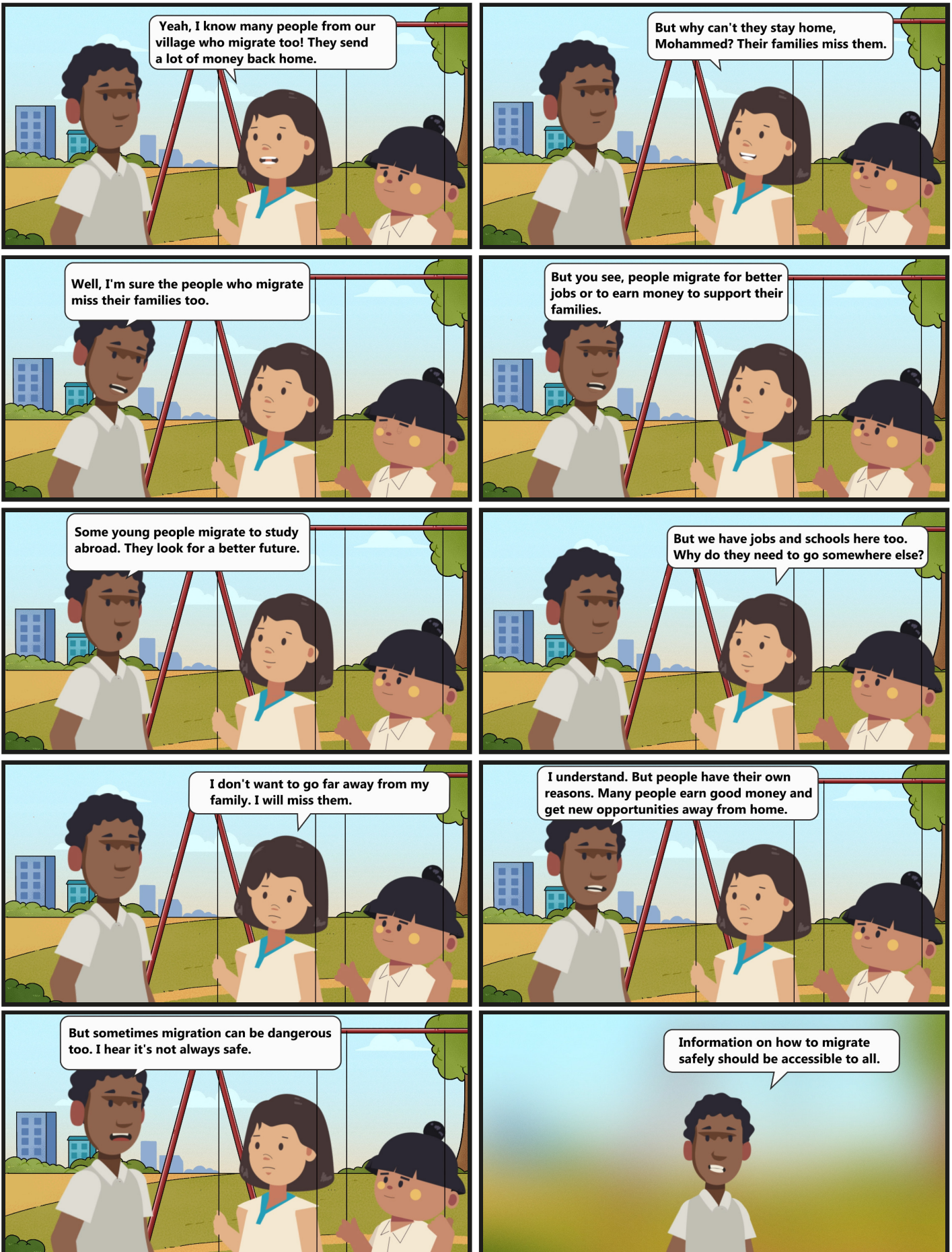
▶ Looking for change

Moving on

Mohammed, Noe Noe, and Phoe Wah discuss migration.

Read on to find out more!





Would you like to migrate someday? Do you know how to plan a safe migration?

Lesson 2 of 6

▶ Learning objectives



This module will help you:

- ▶ Identify the benefits and risks of migration.
- ▶ Prepare for a safe migration.
- ▶ Explore the job market and job sources.
- ▶ Prepare for a job application and interview.

Ready to begin learning?

Lesson 3 of 6

► **A smart migrant**

Since the human race came into existence, people have been migrating from one place to another. The reasons for migration can be many: exploring new places, meeting new people, earning more money, and so on. However, many questions come to mind when consider moving from one place to another, such as:

- Is migration free?
- Is it worth migrating to a new place?
- What will the experience be like?
- What if something goes wrong?
- Will working away from home save you money or increase your spending?
- How much should I save in an emergency fund?
- How will I repay any money I have borrowed?
- What to do with the signed contract?

These are valid questions, and demonstrate that one must carefully plan their migration.



So before you decide to migrate, prepare well for it.

Recognize the benefits and risks of migration – knowing these helps you prepare better for migration.

For each potential outcome in the table below mark whether it represents a benefit or a risk of migration. You can view the correct answers at the back of this booklet, in the Answers Annex.

Potential outcome	Benefit	Risk
The chance of being tricked into a dirty/dangerous job		
Better business options		
Fraud by an employment agent		
A chance to meet new people		
Better income		
Not knowing another language for easy communication		

Potential outcome	Benefit	Risk
Fraud by influential people		
An option to live in a safer place		
Fake job and salary offers		
A chance of being smuggled or trafficked		
A chance to learn new skills		
A chance to see a new place		
Better education		

Smart money management habits

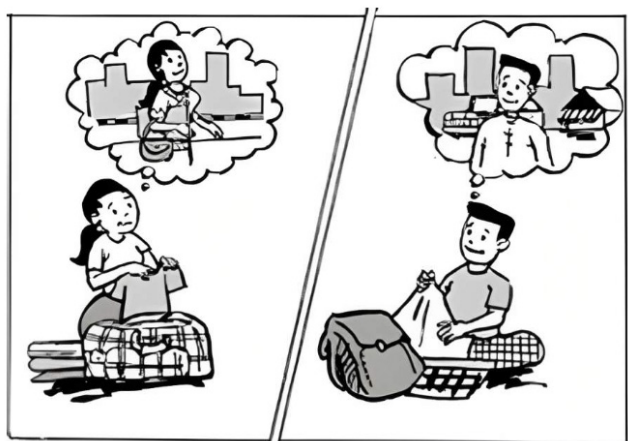


Learn to manage your money smartly; otherwise, you risk being cheated, running out of money, or accepting a dangerous job that is unfit for you.

Smart money managing habits come in handy if you are thinking of migrating to a new place. Some smart money habits include the following:

- ▶ Set your life goals.
- ▶ Think about the benefits and costs of the migration.
- ▶ Check your costs before you pay for anything.
- ▶ Estimate your income and how you will spend it.
- ▶ Keep track of your money; do not spend more than you earn.
- ▶ Send money to your family, but also save for yourself.
- ▶ Start an emergency fund to protect yourself in tough situations.
- ▶ Spend money wisely and save money to meet your goals.

Benefits and risks of migration



Kyaw and Lu plan to move to the city for a new job and a better life. They are already smart spenders, but they feel scared and worried about moving away from home.

Are their worries justified?

Kyaw and Lu's anxiety is warranted. There are many potential benefits to migration, but there are risks too.

When people migrate, they go through multiple stages, including: (i) before leaving home; (ii) the journey to the destination; (iii) working and living in the new place; and (iv) returning home. Working and living in a new place can be exciting and eye-opening, and migration can have many benefits, such as securing a better job and better income, getting an education, gathering new experiences and new opportunities, and creating a better life for the family.

However, there are also many risks in migration. The following are risks that migrants can experience during the different stages of migration. Knowing these risks can help you prepare for a safe migration experience.

Before leaving home

Some of the risks people might face during this stage include:

- Not knowing the real conditions of the promised job.
- Being cheated or extorted by agents or brokers.
- Paying too much in agent fees to secure a job.
- Paying too much for travel/migration documents.
- Expensive training programmes.
- Getting into debt to pay for migration.

Journey to the destination

Some of the risks people might face during this stage include:

- Dangerous travel.
- Being smuggled or trafficked.
- Getting extorted or harassed by unscrupulous officials.
- Engaging in irregular migration, which puts you at risk of detention and deportation.

Working and living in another country

Some of the risks people might face during this stage include:

- ▶ Lack of legal documents (such as visa and work permit) if migrating through irregular channels.
- ▶ Getting a different job than what was promised.
- ▶ Poor or hazardous working conditions.
- ▶ Not getting paid for work, getting paid late or having illegal deductions taken from pay.
- ▶ Employer or broker taking away passport or other important documents.
- ▶ Harassment and discrimination in the new country.
- ▶ Being deceived by employer/broker.
- ▶ Being trafficked, abused or forced to work in an exploitative situation.
- ▶ Being arrested and deported by immigration police if you have migrated through irregular channels.
- ▶ Being fired without cause.
- ▶ Not getting support and help when needed.

Termination of contract

Some of the risks people might face during this stage are:

- ▶ Being fired without cause or illegally.
- ▶ No channel for complaint or remedy.
- ▶ No place to stay before returning/being deported home.
- ▶ Being smuggled/trafficked to another country/province.
- ▶ Little or no access to health, social and other services prior to return.
- ▶ In case of irregular migration, arrest by immigration police and deportation.

Returning home

Some of the risks people might face during this stage are:

- ▶ Being extorted by unscrupulous people who target returnees.
- ▶ No job or good income at home.
- ▶ Difficulty readjusting to the family after a long absence.
- ▶ Debt.
- ▶ Shame if returning home without substantial earnings.

Read the following scenario to understand the biggest threat while migrating.

Mya married a charming man who promised her a better life and job opportunities in another country. Her husband gives her a fake passport and travels to the new country with her.



After reaching the new country, Mya's husband disappears, and her new employer takes away her passport. The job is nothing that she imagined it to be. Mya's employer threatens her and forces her to entertain men, and she has no way of going back home.

Do you know what Mya's situation is called?

Mya's situation is an example of human trafficking, a common risk that can occur at any migration stage.

The trafficking situation in Myanmar

- ▶ Myanmar is primarily a source and transit country for human trafficking to neighbouring countries.
- ▶ Trafficking to China is primarily of girls and young women for marriage, and trafficking to Thailand and Malaysia often starts as labour migration but ends up as situations of forced labour in factories, plantations, fishing boats, domestic servitude, commercial sexual exploitation, and begging.
- ▶ Recent ethnic conflicts have contributed to the number of impoverished and desperate persons vulnerable to exploitation.
- ▶ Myanmar children are particularly vulnerable to exploitation through street hawking and begging.

Migration, trafficking and smuggling involve moving from one place to another, but there is a difference between these acts.

Trafficking is a crime. Trafficking involves the movement of a person from one place to another by force, deception, or fraud for illegal purposes. Women, children and people in vulnerable groups or situations are susceptible to trafficking. It is even more alarming that traffickers can be people you know, who use tricks and lies to trap their victims.

What isn't trafficking?

Trafficking is always made up of both movement and (the intention of) exploitation. If there is only movement and no (intent of) exploitation, then this is not trafficking. If there is exploitation but no movement, then this is not trafficking either.



Man holding a bottle of alcohol approaching a woman and child. © Shutterstock

Traffickers use some tricks to get their targets; for example, they:

- ▶ threaten/abduct/drug them;
- ▶ convince/threaten their relatives; or
- ▶ make false promises of a good marriage, employment, education, and so on.

Keep in mind that traffickers are often people that prospective migrants know. They can be your friends, relatives or someone you trust. So you need to be careful before blindly trusting anyone. If anyone makes an offer that sounds too good to be true, do your research before accepting it.

While men can be the victims of trafficking, young women and children comprise the largest groups of trafficking victims.



Trafficked young woman



Trafficked girl child

Women and children are often trafficked into commercial sexual exploitation. However, this is not always the case. Women and children are trafficked, along with men, for labour in a variety of sectors, such as:

- ▶ hotels and resorts;
- ▶ bars, clubs and parlours;
- ▶ entertainment outlets;
- ▶ manufacturing in factories;
- ▶ agriculture and plantations;
- ▶ mining, construction and fishery;
- ▶ informal sectors, such as restaurants and markets; and
- ▶ street-based activities such as hawking and organized begging.

You can avoid migration-related risks by keeping a few things in mind.

How to avoid trafficking and unsafe migration

Learn more below.



Collect the right documents required for travel and for working at the destination.



Get as much information as possible about the job and the place you are going to.



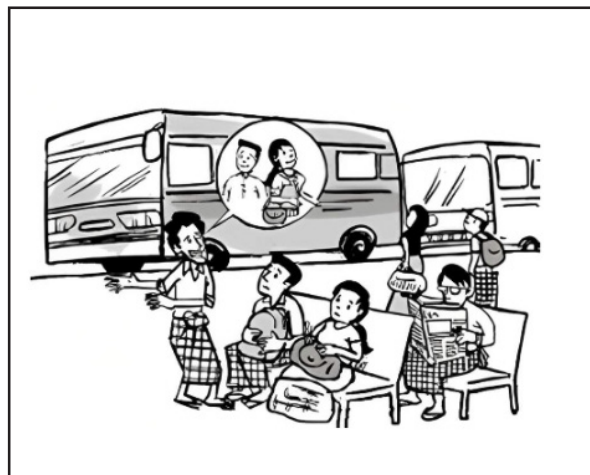
Accept job offers only from reliable and legal sources.



Keep enough pocket money before leaving, to make sure you have enough to buy a ticket home if something wrong or suspicious happens.



Maintain key contact's correct addresses and phone numbers before you leave and arrange pickup upon arrival in advance.



Do not trust any strangers at any point in time.



Do not sign any paper if you do not understand or are unsure about it. Never put your signature on a blank sheet of paper.



Keep your identity cards and the originals of important documents with yourself.



Learn about your rights as a human being and as a worker.



Ask for help from friends or family, police, and governmental or non-governmental organizations when needed.

Despite the risks involved in migration, you can get its full benefits if you are well-informed about the migration process, know about life and work at the destination, and prepare for a legal and safe migration. However, if you still get into trouble at any migration stage, find out how and where to ask for help.

Learning milestone

Win is a 16-year-old girl. Her father has used threats to force her to work as a domestic worker for a rich family in the city. Out of fear, Win takes up the job. When Win arrives at work, she realizes she needs to do more than housekeeping, including dirty favours for men. She has no choice, as she is not allowed to leave the house. The mistress also beats her up.

Is this trafficking or migration?

Choose an answer. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Trafficking

☐**B**

Migration

Migration often happens to secure a better job, but how can you prepare for these better jobs?

Lesson 4 of 6

 A smart jobseeker

Do you know what your dream job is? And what do you expect to get out of your job? And which job suits your skills?

If you don't, this is perfectly OK.

Many people are unsure when it comes to knowing what they want to do for a living. To help focus your mind on what you might want to do, you can answer a few simple questions.

View the below questions and think of your responses.

Questions to identify your dream job

1. I want to work as:
 - _____
 - _____

2. I want to earn at least _____ per month.

3. I want to work:
 - _____ hours a day
 - _____ days per week

4. I want to work in this job for _____ year _____ months.

5. If possible, I would like this job to be:

_____ in my hometown	Why?	_____
_____ outside my hometown	Why?	_____

6. My strong skills (what I can do really well) are:

_____	_____
_____	_____

7. I think the job(s) I want, need me to be good at:

_____	_____
_____	_____

8. Do I know people or places that will help me apply for the job(s)?
 - () No _____
 - () Yes. List names: _____

9. If I get the job I want, will I have a place to live?

() No

() Yes. At

10. Why do I want this job?

Because

Job fields

You can choose from a wide range of job fields depending on your interest, knowledge, skills and goals in life. All jobs can be classified into four broad categories.

Take a look at the table below for details and examples.

Job Type	Meaning	Examples
Knowledge-based	Jobs that require a high level of education or training in a specific field	Writer, teacher, doctor, scientist, software engineer, lawyer
Skill-based	Jobs that require hands-on experience and technical expertise in a particular craft or trade	Dancer, plumber, make-up artist, architect, interior designer, photographer, mechanic, carpenter, electrician, plumber, actor, singer, farmer
Business-based	Jobs that focus on the management, operation and administration of companies	Trader, teashop owner, salesperson, business manager, accountant, public relations, customer service
Freelancing/contract-based	Independent jobs where people do not work full-time for any one company. Freelancers pick their jobs on their own terms	Translator, consultant, freelance writer, researcher, designer, sales promoter, event organizer, food caterer

Learn more about different job fields as follows.



An artist creating a drawing. © Shutterstock

Arts and entertainment

Some of the jobs in this field are:

- ▶ Artist
- ▶ Film-maker
- ▶ Hairdresser
- ▶ Seamstress
- ▶ Make-up artist
- ▶ Fashion designer



Two people look at a vial in a science lab. © Shutterstock

Science

Some of the jobs in this field are:

- ▶ Chemist
- ▶ Biologist
- ▶ Physicist
- ▶ Laboratory technician



A woman working on her tablet on a desk. © Shutterstock

Communications

Some of the jobs in this field are:

- ▶ Journalist
- ▶ Writer
- ▶ Photographer
- ▶ YouTuber
- ▶ Social media influencer



A group of people working at a desk. © Shutterstock

Business

Some of the jobs in this field are:

- ▶ Secretary
- ▶ Accountant
- ▶ Sales agent
- ▶ Business manager
- ▶ Marketing agent



Two engineers on a road. © Shutterstock

Architecture and engineering

Some of the jobs in this field are:

- ▶ Architect
- ▶ Engineer
- ▶ Foreman
- ▶ Landscape architect
- ▶ Construction worker



A woman and young children in a classroom. © Shutterstock

Social service

Some of the jobs in this field are:

- ▶ Social worker
- ▶ School counselor
- ▶ Community leader
- ▶ Youth counselor



A patient, doctor, and nurse in a clinic, Myanmar. © Marcel Crozet/ILO

Care and health services

Some of the jobs in this field are:

- ▶ Doctor
- ▶ Nurse
- ▶ Nanny
- ▶ Childcare worker



A man working in a rice paddy field. © Shutterstock

Agriculture and forestry

Some of the jobs in this field are:

- ▶ Farmer
- ▶ Fisher
- ▶ Forest conservationist



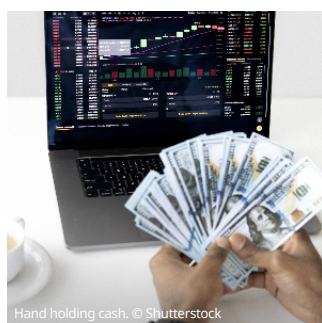
A lawyer at a desk. © Shutterstock

Law and public service

Some of the jobs in this field are:

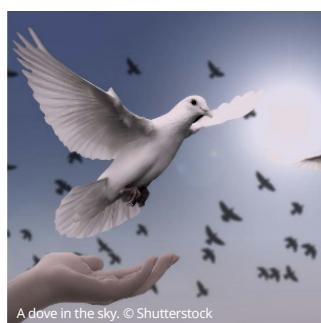
- ▶ Lawyer
- ▶ Politician
- ▶ Mayor
- ▶ Government official

People have different reasons for taking up different jobs. You choose a particular job depending on what you want out of that job, whether it is:



Hand holding cash. © Shutterstock

High salary



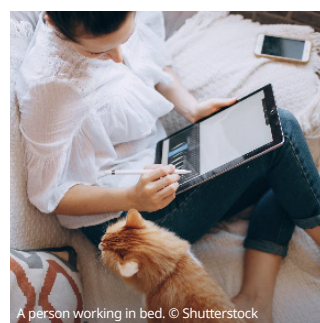
A dove in the sky. © Shutterstock

Security and benefits



A person working on a laptop. © Shutterstock

Improvement in your
skills



A person working in bed. © Shutterstock

Option to work near
home/work from home

Job sources

Once you are sure which job you want and why, do you know how to find your ideal job?



You can find a job through many sources, such as:

- Job fairs
- Former employers
- Friends and teachers
- Job notice boards in public areas
- Business owners and employees
- Facebook or other social media
- Private employment agencies
- Family, relatives and neighbours
- Classified ads in newspapers or on the internet
- Government-sponsored employment agencies

Every job source has its advantages and disadvantages. Look at the table below to learn more.

Informal network (family and friends)



A group of people eating. © Shutterstock

Advantage

Quick employment

Disadvantage

May not be reliable as high-skill job employers go for merit rather than giving jobs to relatives and friends

Person job leads (personal connections)



A group of people working. © Shutterstock

Advantage

Quick employment

Disadvantage

May not always be reliable

Private employment agencies



A person looking through resumes. © Shutterstock

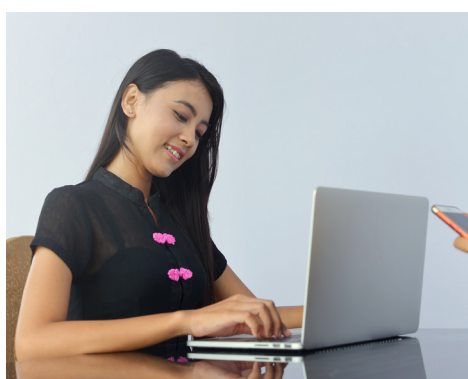
Advantage

Quick and professional

Disadvantage

May not be trustworthy and may charge high service fees

Government employment agencies



A woman using a laptop. © Shutterstock

Advantage

Safe and requires minimal/no service fees

Disadvantage

May be slow



To avoid getting into the wrong job, you should collect as much information as possible about the available job options and be sure that you:

- ▶ Check if the private employment agency you plan to contact is registered and has a license to operate.
- ▶ Do not give money to any agency or any person without a written contract, especially if they offer you a high-paying job in exchange for an unusually high service fee.
- ▶ Do not sign a contract you do not understand, and never sign a blank sheet of paper.

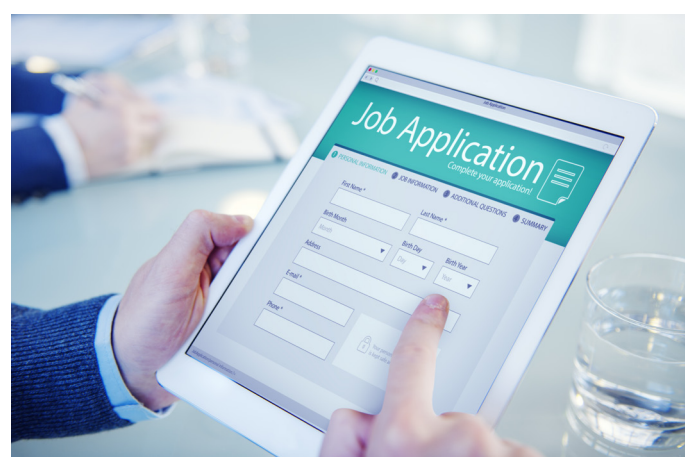
Job choices and challenges

In Asian cultures, family and social norms can influence your job choice. Many people view jobs through a gender lens – for example, believing that a construction worker can only be a man, and a dancer can only be a girl.

However, this gendered mindset should not affect your job choice. Choose what you like. If you choose a field dominated by the other sex, you are courageous. You become a role model for others in your community. You may face more difficulties than others in your field for going against the norms, at least initially, but if you stick to your choice you may have the chance to do what you want while also making a real difference.



Two construction workers in a discussion. © Shutterstock



A person looking at a job application form. © Shutterstock

Job resume and application

After you find a job you want, you have to apply for it. To apply for a job, you need a good resume. A resume is a document that summarizes your education, work experience, skills, and qualifications.

The purpose of a resume is to:

- Convince the employer that you are a good candidate to fill the vacancy.
- Serve as a quick personal reference for yourself while filling out a job application.

You can send a resume with a letter of job application or present it in person at the time of job application. A well-written resume can increase your chance of being selected for an interview.

A good resume should be:

- Up to date.
- Attractive, neat and easy to read.
- Short – just one page, or at most two pages long.
- Free from misspellings and other typographical errors.
- With a clear timeline, with dates and periods for each activity.
- Clear, with relevant information, that only highlights what is important.

Resume

SOE WANNA

Contact No : (+95) 94123456
Email address : soe.wanna@gmail.com
Address : No (46), Myay Nu Street, San Chaung Township, Yangon.



Personal Particulars

Name : Soe Wanna
Passport No : MR00294
Date of Birth : 26-07-92
Gender : Male
Marital Status : Married
Nationality : Myanmar
Race : Bamar
Language Skill : Myanmar and English
Additional Skill : Microsoft Excel

Educational Qualifications

Higher Education Level : Bachelor of Technology (2014, Feb)
Major : Civil Engineering
Name of Institution : Yangon Technological University
Location : Myanmar

Other Certificate

- ☐ Certificate in Pavement Construction & Maintenance – 2018 (BCA Academy, Singapore)
- ☐ Building Construction Supervisor Safety Course – 2010 (BCA Academy, Singapore)

Work Experiences

Site Engineer
Asia First Construction Co., Ltd (from March 2014 to December 2018)
Myanmar

Scope of work

- ✓ Setting out leveling and surveying the site

Components of a resume and job application

The basic information required when writing a resume and a job application are:

- ▶ Name, address and contact information (telephone, email).
- ▶ Education (grade levels completed, educational institutions, places, and years).
- ▶ Work experience (starting with the most recent and including: job titles, company's names, addresses, employment duration).
- ▶ Work-related skills (emphasize skills relevant to the job field you are applying for).
- ▶ Extra-curricular activities (volunteer work, social or cultural activities, club/association memberships).
- ▶ Honours or awards (for academic excellence or other accomplishments).
- ▶ Special skills (computer programmes, special talents, and so on).
- ▶ Language skills (list any functional language abilities).
- ▶ References (2–3 non-relatives who can give positive feedback about your character and job performance, such as teachers, former employers, office colleagues, and so on).

Important points for filling out the job application

Keep a few things in mind while filling out the job application:

- ▶ Ensure your job application is neat, easy to read and complete.
- ▶ Write “not applicable” or a dash (–) for the questions that do not apply to you. This shows that you have read the question but cannot give relevant information.
- ▶ Inform your potential employer if you cannot provide a piece of information in the application. Do share the missing information as soon as possible.
- ▶ Take your original documents as well as photocopies when submitting a job application. Show the original documents for verification, but never leave them with anyone, as they may get lost or used illegally.

Job interview

After submitting your job application and resume, you need to wait for an interview call. If you are called for an interview, it means your potential employer likes your profile and wants to know more about you.

If you clear the interview, you get the job. Many people apply for the same job. So, you must prepare well for the interview, as this is the last step in the process of a job application.



A person conducting a job interview. © Shutterstock

Learn more about preparing for a job interview as follows:

Preparing for a job interview

Things to keep in mind while preparing for the interview include:

- ▶ Gather all important documents and information, and make photocopies of key documents.
- ▶ Practice answering some common interview questions, such as:
 - When can you start?
 - How did you learn about this job?
 - Why are you applying for this job?
 - What are your strengths?
 - What are your weaknesses?
 - Tell me about your past job experience.
 - How long will you work in this job if you get this offer?
- ▶ Choose a clean and suitable outfit for the interview. If you are not sure, choose a conservative outfit over a fashionable one.
- ▶ Carry a pen and a piece of paper with you – to fill out forms or to write questions if the interviewer asks more than one question at the same time.
- ▶ Plan how to attend the interview in advance, and ensure you arrive at least 10 minutes early.
- ▶ Be well prepared for an online job interview. Even if the interview is online, dress appropriately.

At the interview

Things to keep in mind during the interview include:

- ▶ Greet the interviewers appropriately and introduce yourself politely with a smile.
- ▶ Answer the questions clearly and confidently. Be to the point, but take cues if the interviewers want longer answers or explanations.
- ▶ Maintain a positive attitude. Be yourself. Do not overact or try to over-impress the interviewer by being too cool or fancy.
- ▶ Show the interviewers that you are the best person for the job by sharing your skills, strengths, and experiences.
- ▶ Avoid making up answers for the questions you do not know. It is OK to say, "I'm sorry, I don't know," and talk about other related things you do know.
- ▶ Ask for clarification if you do not understand a question. Sometimes, interviewers ask tough questions.
- ▶ Do not just take a guess at what they mean.
Think of a couple of questions you will ask at the end of the interview about the company or the job.
- ▶ Many employers like people who ask questions.
- ▶ Focus on the interview. Do not check your mobile, social media or wristwatch during the interview.
Thank the interviewers for calling you in, and say you hope to hear from them soon.

If you are late or unable to go to the interview due to an emergency, call the interviewers and inform them. If you do not inform them, it is considered impolite, and you may get blocked by the employer. However, if you do inform them, you may get another chance to interview, so long as you can give them a valid reason for not making it to the original interview session.

Learning milestone

Hla is a recent graduate who is looking for her first job. She has submitted several job applications and has now received an invitation for an interview. Hla is excited about the opportunity, but she is also nervous.

What can help Hla prepare well for her interview?

Choose your answer(s) – you can choose more than one. You can view the correct answers at the back of this booklet, in the Answers Annex.

☐**A**

Practice common interview questions.

☐**B**

Start shopping for the interview.

☐**C**

Research the company.

☐**D**

Rely on her natural abilities.

Lesson 5 of 6

► Self-evaluation

Well done!

You've almost completed **Module 10. A smart migrant and jobseeker.**

Here is a self-evaluation with questions designed to help you identify learning gaps. This is not a test because, while you will receive a score, there is no passing score. Use your score to identify what you may need to go back to and re-review.

You can attempt this self-evaluation as many times as you like!

All the best.

You can view the correct answers at the back of this booklet, in the Answers Annex.

Question 1 of 4

Haymar plans on migrating to another country for better opportunities.

Which of the following smart money habits should she consider while migrating?

Choose your answer(s) – you can choose more than one.

☐**A**

Keep track of expenses and ensure the expenses are not greater than her income.

☐**B**

Start an emergency fund to protect herself.

☐**C**

Go into debt and rely on credit cards.

☐**D**

Spend money as she likes.

Question 2 of 4

Arkar is preparing his resume for a job application.

Which of the following are the basic components that Arkar should include in his resume?

Choose your answer(s) – you can choose more than one.

☐**A**

Contact information

☐**B**

Work experience

☐**C**

Skills

☐**D**

Personal interests and hobbies

Question 3 of 4

Which of the following are benefits of migration?

Choose your answer(s) – you can choose more than one.

☐**A**

Increased income and development.

☐**B**

Increased chances of being trafficked.

☐**C**

Increased chances of being smuggled.

☐**D**

Increased job opportunities.

Question 4 of 4

Aye is attending a job interview.

Which of the following actions should she take while meeting the interviewer?

Choose your answer(s) – you can choose more than one.

☐**A**

Arrive late.

☐**B**

Dress up most fashionably.

☐**C**

Maintain a positive attitude.

☐**D**

Answer the interview questions confidently.

Lesson 6 of 6

► Summary

As this module comes to an end, take a look at some of the key learnings.



Two men look at a binder. © Shutterstock

A smart migrant

Points to keep in mind for migration:

- Assess the advantages and disadvantages of migration.
- Prepare well before deciding on migration by learning smart money habits and the benefits and risks of migration.
- Beware of trafficking. It can happen to anybody at any stage of migration. Do not let anyone take advantage of your need or situation.
- Know your rights as a migrant and seek help from friends, family, police, government, or public organizations when needed.

A smart jobseeker

Points to keep in mind for getting a better job:

- Collect as much information as possible about available job options and job sources.
- Accept job offers only from reliable and legal sources.
- Identify your strengths, likes and selection criteria before applying for a job.
- Write a neat, short and good resume and job application.
- Prepare well for the job interview.

**Thank you! We hope you found this
learning module useful.**

**This module can also be accessed online at
<https://ecampus.ilooyangon.org/>**

Answers annex

Lesson 3, Page 4

For each potential outcome in the table below mark whether it represents a benefit or a risk of migration.

Potential outcome	Benefit	Risk
The chance of being tricked into a dirty/dangerous job		✓
Better business options	✓	
Fraud by an employment agent		✓
A chance to meet new people	✓	
Better income	✓	
Not knowing another language for easy communication		✓
Fraud by influential people		✓
An option to live in a safer place	✓	
Fake job and salary offers		✓
A chance of being smuggled or trafficked		✓
A chance to learn new skills	✓	
A chance to see a new place	✓	
Better education	✓	

Lesson 3, Page 11

Learning milestone

Is this trafficking or migration?

If you selected A, you are correct. Well done!

Trafficking is the movement of people by force/deception/fraud. It comprises both movement and the intention of exploitation.

Win's case is an instance of trafficking based on both force and deception. She has taken up her job against her will due to threats from her father (force) and has been transported to a new city (movement). This alone would make this a trafficking case. But in addition, her work is not just housekeeping as she was led to believe, but rather she has also been forced into sexual exploitation, which means that she has also been trafficked as a result of deception.

Lesson 4, Page 21

Learning milestone

What can help Hla prepare well for her interview?

If you selected A and C, you are correct. Well done!

Hla should practice common interview questions and research the company to gain confidence.

Lesson 5, Page 22

Self-evaluation**Question 1 of 4**

Which of the following smart money habits should she consider while migrating?

If you selected A and B, you are correct. Well done!

Haymar should keep track of her expenses and ensure that her expenses are not greater than her income. She should also start an emergency fund to protect herself.

Question 2 of 4

Which of the following are the basic components that Arkar should include in his resume?

If you selected A, B and C, you are correct. Well done!

Arkar should include all the basic information in the resume, such as contact information, work experience, and skills.

Question 3 of 4

Which of the following are the benefits of migration?

If you selected A and D, you are correct. Well done!

Migration allows people to increase their income, development and job opportunities. The chance of being trafficked or smuggled is a risk of migration.

Question 4 of 4

Which of the following actions should she take while meeting the interviewer?

If you selected C and D, you are correct. Well done!

Aye must maintain a positive attitude and answer the questions confidently. This would leave a positive impression on the interviewer.

E-learning programme on rights, responsibilities and representation for children, youth and families (3Rs)

Building upon the foundation laid by the 3-R Trainers' Kit developed in 2018 and the E-learning Programme on Child Labour launched in 2022, the 3Rs e-Learning kit is a comprehensive resource designed to empower individuals and organizations working in communities vulnerable to child labour and trafficking. This kit equips its users with the necessary tools to prevent and combat these violations effectively.

With an increased number of children at risk of child labour in Myanmar due to the ongoing crisis, the 3Rs underscores the urgent need to instil understand child rights, workers' rights and gender equality among children, youth and their families in at-risk communities and workplaces.

Comprising 11 modules, the course covers a wide range of topics essential for holistic empowerment. From understanding child rights to promoting gender equality, the 3Rs e-Learning kit serves as a catalyst for positive change, providing the knowledge and skills necessary to create a more equitable and empowered society.

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