

► Who can you contact



Migrant Worker Resource Centres

Migrant Worker Resource Centre, Keng Tung

Mawkkon Local Development Organization
Khart Tar Road, Street (4), Myo Thit, Quarter (3), Keng Tung, Shan State
T: 09 458 030 887, 09 493 3423, 084 239 43, 09 525 2486
E: mawkkon16@gmail.com

Migrant Worker Resource Centre, Tachileik

Mawkkon Local Development Organization
Room No. 9, Golden Dragon Building 88 (in front of Par Lyain 3 Market), Taw Kaw Street, Par Lyain (3) Ward, Tachileik, Shan State
T: 09 409 033 320, 09 785 282 885 (Myanmar), 06 292 93461 (Thailand)
E: mawkkon17@gmail.com

Migrant Worker Resource Centre, Yangon

Confederation of Trade Unions Myanmar (CTUM), Yangon
T: 09 890 700 001, 09 890 700 002
E: ctummrc2019@gmail.com

Migrant Worker Resource Centre, Bago

Future Light Centre (FLC)
No. 110, Myoe Shaung Street (2), Quarter 8, Oakthar, Myothit, Bago
T: 09 771 036 877, 09 756 514 663
E: flcoffice2012@gmail.com

Migrant Worker Resource Centre, Kawthaung

Foundation for Education and Development (FED)
No. 492, Bayint Naung Ward, Shwe Nan Daw Street Kawthaung, Thanintaryi Region
T: 09 675 784 016, 09 262 847 657, 09 897 865 834
E: moewai@ghre.org

Migrant Worker Resource Centre, Lashio

Women Department, Northern Shan State Baptist Convention (NSSBC)
No. 15, Bhu Har Street, Ward (1), Lashio, Shan State
T: 09 422 010 857, 09 971 376 623
E: nanghtweengin@gmail.com

Migrant Worker Resource Centre, Dawei

Tanintharyi Karen Peace Support Initiative (TKPSI)
Out Thayet Chaung Village, Thayet Chaung Township, Dawei, Thanintaryi
T: 09 897 800 822
E: nawchawchawwai@gmail.com

Migrant Worker Resource Centre, Hpa An

Care Link
No. 4/1006, Mingalar Road, Zeedaw, Ward 4 Hpa-An, Kayin State
T: 09 788 757 241, 09 751 840 165, 09 449 571 245
E: sawehdo993@gmail.com

BBC Media Action Yay Kyi Yar Facebook

Address - No. 6, Wingabar Street, Bahan, Yangon
T: 01545455, 09 798417987, 095029477, 09976395379
E: su.mon@mm.bbcmmediaaction.org
aung.hein@mm.bbcmmediaaction.org
theint.theintphooe@mm.bbcmmediaaction.org
W: <https://www.facebook.com/YayKyiYar>

Local Migration Counsellors

Local Migration Counsellor, Mandalay

Mandalay, Mandalay Region
T: 09 401 642 497
E: thidalwin.pku@gmail.com

Local Migration Counsellor, Taunggyi

Taunggyi, Shan State
T: 09 771 973 501
E: hlainghtwe2014@gmail.com



Thai Government Hotline

T: 1506/1546/1300

Government Assistance Centres for Migrant Workers

Samutsakhon Provincial Employment Office

3rd Floor, no. 32-33 Ekachai Road, Mahachai Sub-District Muang Samutsakhon District Samutsakhon province
T: 034-836223-25 and 061-4078766

Samutprakan Provincial Employment Office

176 Moo 8, A Buidling, 2nd Floor, Talad Thipnimitr Bangpleeyai Sub-District, Bangplee District Samutprakan 10540
T: 02 3955992

Ranong Provincial Employment Office

55/8 Moo 3 Bangrin Sub-District Muang District, Ranong 85000
T: 077-862026-8

Surat Thani Provincial Employment Office

Surat-Nasarn Road, Khun Thalee Sub-District Muang District, Surat Thani 84100
T: 077-355426

Songkhla Provincial Employment Office

Samphakorn old building, 2nd floor, Songkhla Town Hall Ratchadamnoen Road, Bor-yang Sub-district Muang Songkhla District, Songkhla province
T: 074-314845, 093-0021671 (Coordinator)

Tak Employment Office

Maesot branch, 149 Moo 2, Thaxaywut Khamphiengmeaung, Mae Sot, 63110
T: 055-563639, 096-6696288 (Coordinator)

Chonburi Provincial Employment Office

199 Moo 3, Samet Sub-District Muang District, Chonburi 20000
T: 038-398053

Nakhon Ratchasima Employment Office

364 Suebsiri Road, Nai Muang Sub-District Muang District, Nakhon Ratchansima
T: 044-355265-7

Migrant Worker Resource Centres

Rakthai - Samut Prakan

80/403 Soi 45 Thippawan 1, Yaithep Phalak District Samut Prakan
T: 023801123

Rakthai Foundation - Bangkok

185 Soi Pradiphat 6, Phayathai, Bangkok
T: 022656888

Labour Law Clinic / Human Rights Management and Development Foundation - Mae Sot

134/31 Inthakiri Road, Mae Sot District, Tak 63110
T: 055535994, 0892734711 (Thai) | F: 055536015

HRDF Office - Bangkok

109 Soi Sithichon, Sutthisanwinixay Road, Samseannook Houykwang, Bangkok, 10310
T: 022776882 | F: 022776887

Thai Trade Unions - Samut Prakan

420/393-4 Thippawan 1, Thiphalak Road Samut Prakan
T: 023840438, 0830206972 (Thai)

Labour Promotion and Employment Foundation - Bangkok

677/6 Ratplow 5/1 Chompoong, Chachuchak Bangkok, 10900
T: 025139242, 0853272971

MAP Foundation - Chiang Mai

63/30 30 Umong Soi 4, Moo 8 Suthep Muang Chiang Mai, 50200
T: 053811202; 0869219139 (Thai yai), 0863690762 (Thai)

Chiangrai MWG (Sanyiph Foundation)

3510 Dindeng Road, Dindeng, Bangkok.
E: manager@mwgthailand.org

Fishers' Rights Network - Songkhla

27 Sai Ngam, Soi 4 Suanmak Road, Bo yang Muang, Songkhla, 90000
T: 074314262

Fishers' Rights Network - Chumphon

385/16 Moo 2 Paknam, Muang, Chumphon, 86120

Fishers' Rights Network - Ranong

73/25 Soi 5, Bang Ring, Muang, Ranong, 85000
T: 077810217

Fishers' Rights Network - Trat

305/2 Moo 5, Had Lek, Khlong Yai, Trat, 23110
T: 039513500

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International
Labour
Organization



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Are you thinking of working abroad in the fishing or seafood processing sectors?



This information will help you to travel abroad safely and find decent work

Migrating for work can be rewarding.
Follow these tips to migrate safely and make the most of working abroad.

How can you make the most out of migration?



01

Be informed

Gather as much information as you can before you make the decision to migrate, including about what living and working abroad is like, the costs involved, what job you will do, the documents you need, what challenges you may experience, how to get help if you need it and how to send money home.



03

Check your recruitment agency or broker

Check that the recruitment agency or broker is properly licensed and has a good reputation among other migrants who have used their services.



05

Always keep your documents with you and make photocopies of them

Make sure you keep your documents with you and make copies of your passport, visa, work permit, employment contract, ID cards and other travel documents in case they get lost or stolen.



07

Keep in regular contact with friends and family

Regularly communicate with your family and friends back home to let them know you are safe and build a network of trusted friends in your destination country that you can rely upon.

02

Obtain travel documents

All forms of labour migration carry some risks but if you migrate with a valid passport, visa and work permit you can avoid being arrested and deported in your destination country.



04

Sign a written employment contract before you go abroad

You should sign a written employment contract with your recruitment agency or employer before you go abroad. Make sure you read it carefully and understand all the terms in the contract before you sign it.



06

Be prepared for emergencies

Make a list of important contact information for friends and family prior to your departure and make sure you always have enough money with you to get home in case of an emergency.



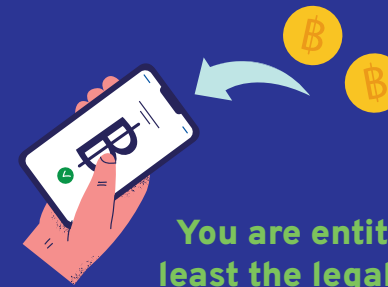
08

If you experience problems at work

If you have a conflict in the workplace, you should seek information and assistance from someone you trust. If you do not feel comfortable directly discussing the problem with your recruitment agency or employer, you can contact an NGO, trade union, your embassy or government authorities for help.



Fishing and seafood processing workers have labour rights in Thailand



01

You are entitled to be paid at least the legal minimum wage

All fishing and seafood processing workers must be paid at least 328-354 Thai baht per day as of December 2022.



03

Seafood processing workers are entitled to overtime pay

Seafood: Overtime pay is 1.5 times the normal pay rate after 8 hours of work per day or 48 hours per week. In addition, overtime pay is 3 times the normal rate for overtime work on holidays.

Fishers: Not entitled to overtime pay because of the unpredictable schedule of work.



05

You are entitled to take sick leave

All fishers and seafood processing workers are entitled to take sick leave of up to 30 working days per year.



07

You are entitled to annual leave

Seafood: After one year, you are allowed to take 6 days of paid annual leave. You are also entitled to take paid leave on 13 traditional holidays per year.

Fishers: You are allowed to take at least 30 days of paid annual leave instead of weekly and traditional holidays.



02

You are entitled to rest hours and any overtime work must be voluntary

Seafood: Normal work hours are 8 hours per day x 6 days per week, with at least 1 hour of rest for every 5 hours of work.

Fishers: 10 hours of rest must be provided within any 24 hour period (at least 77 hours of rest per week).



04

You are entitled to personal protective equipment and safety and health training free of charge

All fishers and seafood processing workers must be provided with personal protective equipment at no charge, as well as any necessary training on occupational safety and health.

06

You are entitled to paid maternity leave

All fishers and seafood processing workers are entitled to take leave for antenatal care and childbirth of up to 98 days, including 45 paid days of leave.



08

You are entitled to join a trade union or association

All fishers and seafood processing workers have the right to join a trade union or association in your workplace or within your employment sector. Your employer cannot interfere with your right to join a trade union or association.