

WHO TO CONTACT?

IN CAMBODIA

LSCW 24/7 HOTLINE – 077 455 516

LICADHO 24/7 Assistance – 023 727 102

Migrant Worker Resource Centres:

Phnom Srey Organization for Development

No. 126, St Pheah Monivong, Kampong Cham City

Ms Hany Fiya – 012 440 808

Mr Se Sareoun – 088 711 5590

mrc@psodcambodia.org

Cambodian Labour Confederation

No. 190, Village No. 4, Prey Veng City

Mr Tep Sopheap – 097 776 5858 / 012 267 302

Sopheaptph88@gmail.com

Battambang Job Centre

Polytechnic Institute of Battambang Province,
Battambang

Mr Mom Pov – 092 450 405 / 053 733 111

HOTLINE NUMBER – 097 369 7779

Toll Free Job Centre Number – 016 926 555

Pov_mom@yahoo.com OR

Jc_battambang@nea.gov.kh

IN MALAYSIA

Royal Embassy of Cambodia

No. 46, Jalan U-Thant, 55000
Kuala Lumpur

+603 42 571 150 OR +603 42 573 711

Camemb.mys@mfa.gov.kh

Migrant Worker Resource Centres:

Tenaganita – Johor and Kuala Lumpur

05-05, 5th Floor, Block B Wisma Maria
Jalan Ngee, Heng. 80000
Johor Bahru

Florida Sandanasamy – +6 012 2083691
florida.s@tenaganita.net

Malaysian Trades Union Congress – Selangor & Kuala Lumpur

Wisma MTUC, 10-5, Jalan USJ 9/5T
47620 Subang Jaya
Selangor

+6 03-80242953

HOTLINE NUMBER: 012 3734041

mtuc.mrc@gmail.com

Malaysian Trades Union Congress – Penang

2958 Jalan Prai Taman Indrawasih
13600 Prai, Penang

Vijay Sangaran - +6 04 3981175 / +6 019 4756897
vj.sangaran@yahoo.com

IN THAILAND

Royal Embassy of Cambodia

518/4 PrachaUthit Road (Soi Ramkamheang 39)
Wangtonglang, Bangkok 10310

+66 (0)29 5758 512

Camemb.tha@mfa.gov.kh

Ministry of Social Development and Human Security

HOTLINE NUMBER: 1300

Migrant Worker Resource Centres:

Foundation for AIDS Rights (FAR)

25/64 Wuttisarnsopon Rd, Cheung Nern, Muang,
Rayong

+66 (0) 38-871236

59 TermSap Village, Nern Phra, Muang, Rayong

+66 (0) 38-993242

HOTLINE NUMBER – +66 (0) 835 5433 608

Thai Trade Unions

420/393 – 4 Tippawan 1 Tepharak Rd, Muang,
Samut Prakarn

+66 (0) 2 384 0438



Are you thinking about migrating for work?

SAFE MIGRATION FOR 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?

**Safe migration is legal
and informed migration**

1

Be informed

Talk to lots of people before you make the decision to migrate, especially your family and friends. Returned migrants, NGOs, local authorities, Migrant Worker Resource Centres (MRCs), trade unions and other community-based organizations can also help answer your questions.

Educate yourself about what living and working abroad is really like, the costs involved, what job you might do, the documents you need, what challenges you may experience (like being away from family for years) and the money you can save and send home. Find out as much as you can about the culture and lifestyle in the destination country before you decide to migrate.

2

Migrate legally

You are much more likely to get protection from the authorities in your home country and while abroad if you migrate through legal channels. Irregular migrants are at much greater risk of being exploited. An irregular migrant can be arrested or detained in the destination country and deported.

3

Check your recruitment agency

Check that the recruitment agency is properly licensed and has a good reputation. If your recruiter or employer is asking you to change your age, or work without a contract, it is a warning sign that your employer does not want to employ you in a legal way and may be planning to take advantage of you. Ask for and keep receipts for any payments made in the recruitment and migration process.

If the recruitment agency is offering you a loan before you start work, consider how you will make repayments. If you owe money to your employer or your recruitment agency, they may make you work until you pay it all back. You are vulnerable to this kind of debt bondage if you borrow a lot of money.

4

Sign a contract with the recruitment agency and with your employer

You should sign a contract with the recruitment agency and with your employer before you leave. Ask someone you trust for help in reviewing these contracts and make sure you understand all the terms in the contract, because these state what you have agreed to do. At a minimum, the contract should include details of your pay, work hours and leave allowances, where you will work and the duties you will be expected to do.



5

Keep hold of your documents and make photocopies before you go

Make copies of your passport, visa, work permit, contracts, ID cards and other travel documents. Leave copies with family and friends before you leave. Put the original copies of these documents in a safe place when you arrive in your destination but keep spare copies with you at all times.

6

Prepare for emergencies

Make a list of important contact details prior to your departure. Leave one copy with your family and take the other with you. This includes numbers of your embassy, NGOs, trade unions, migrant associations, your family, friends and anyone else who might assist you in your host country. Keep these contact details with you at all times.

7

Make sure you have a network of support

Regularly communicate with your family and friends to let them know you are safe. Make a plan with your family about how and how regularly you will contact them. Try to make friends and create your own network of support in the country of destination. Find out who you can turn to for assistance and ask for help if you need it.

8

If you experience problems at work

If you have a conflict in the workplace, talk to your supervisor or to the recruitment agency first. It is in everyone's interest to resolve disputes. Try to record incidents or problems occurring in case you need to file a formal complaint. If the problem is not resolved you should contact an NGO, a trade union, your embassy or the authorities for help. Some helpful contacts are included on the next page.

