

Who can you contact



In Lao PDR

Migrant Worker Resource Centers

Xayabury Province Call: 020 2999 7710	Bokeo Province Call: 030 5369 622	Luang prabang Province Call: 030 2005 478	Savannakhet Province Call: 020 9166 7204	Champasak Province Call: 030 9913 101	Bolikhamxay Province Call: 054 790 100	Lao Trade Union Hotline Call: 1512
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Employment Service Centers

Phongsaly Province Call: (030) 5634 114	Oudomxay Province Call: (030) 4601 389	Luangnamtha Province Call: (030) 4826 725	Bokeo Province Call: (084) 211 897
Xayabury Province Call: (020) 2999 7710	Luangprabang Province Call: (071) 260 346	Huaphan Province Call: (030) 5206 445	Xiengkhouang Province Call: (030) 5067 710
Vientiane Capital Call: (021) 264 498	Vientiane Province ໂທ: (023) 431 018	Bolikhamxay Province Call: (054) 791 022	Khammouane Province Call: (051) 212 185
Savannakhet Province Call: (030) 9696 919	Attapue Province ໂທ: (036) 211 037	Salavan Province ໂທ: (034) 211 045	Champasak Province Call: (030) 9913 101
Sekong Province Call: (030) 5622 751	Xaysomboun Province Call: (036) 211 037		



In Thailand

Embassy of Lao PDR in Thailand

520,502/1-3 Soi Sahakarnpramoon Pracha-Uthit Road Wang Thonglang
Bangkok 10310. Phone: (+66) 2539-6679; (+66) 2539-6667/8
Fax: (+66) 2539-3827

Thai Government Hotline
Labour: **1506** or **1546**
Human Trafficking: **1300**

Government Assistance Center for Migrant workers

Samoutsakhone Employment
Office 32-33, 3rd floor, Akaxay
Mahaxay Samoutsakhone District
Phone: 034-836-223-25
061-407-8766 (Coordinator)

Lanong Employment Office 55/8
Moo 3 Bangling, lanong District
-85000
Phone: 077-862-026-8,
080-605-3898 (Coordinator)

Songkhla Employment Office
Kromsamphakone, Government
Office, Latsadamnern Road
Buayang Districe, Songkhla 9000
Phone: 074-314-845
093-002-1671 (Coordinator)

Xonbuli Emploment Office 199,
Moo 3 Samet, Xonbuli 2000.
Phone: 038-398-057,
094-653-1192, 094-945-1039,
061-407-8766 (Coordinator)

Samut prakan Employment Office
29/65-66 Moo 7, Srinakharin Road,
Thepphalak, Samut prakan District
0270.
Phone: 02-395-5990-3
061-407-8766 (Coorditnaor)

Sourat Thani Employment Office
Government Office, 2nd Floor,
Sourat-Nasan, Sourat Thani, 84100.
Phone: 077-355-422-3
091-526-6371 (Coordinator)

Tak Employment Office, maesot
branch, 149 Moo 2 thaxaywut
Khamphiengmeaung Mae Sot
63110.
Phone: 055-563-639
096-669-6288 (Coordinator)

Nakhon Ratchasima Employment
Office, 364 Seumsirini District
Nakhon Ratchasima 3000.
Phone: 063-583-2399 (Coordinator)

Migrant Worker Resource Centers supported by Ship to Shore Rights South East Asia, TRIANGLE in ASEAN Programme, Safe and Fair Project.

1. Rakthai (Samut Prakan)
80/403 Sot 45 Thippawan 1 Yaithep Phalak
District samut prakan, Tel: 02-380-1123

2. Labour Law clinic / Human rights management
and Development Foundation (Mae Sot) 134/31
Inthakiri Road, Mae Sot District, Tak 63110.
Tel. 055-535 994. Fax. 055-536-015
Tel: 089-273-4711 (Thai)
HRDF Office Bangkok
109 Soi sithichon, Sutthisanwinixay Road, samsean
nook, houykwang Bangkok 10310
Tel: 02 277-6882, Fax 02-277-6887

Rakthai Foundation
185 Soi pradiphat 6, Phayathai,
Bangkok
Tel: 02-265-6888

Bangkok and Songkhla.
185 Soi pradiphat 6, Phayathai,
Bangkok
Tel: 02-537-8973

Fishers' Rights Network Songkhla .
27 Sai Ngam Soi 4 Suanmak Road,
Bo yang, meuang, Songkhla 90000
Tel: 07-431-4262

Fishers' Rights Network Ranong.
73/25 Soi 5, Bang Ring, meuang
Ranong 85000
Tel: 07-781-0217

Fishers' Rights Network Chumphon
385/16 Moo 2 Paknam, Muang,
Chumphon 86120

3. Thai Trade Unions (Samut Prakan)
420/393-4 Thippawan 1 Thiphalak Road, Samut Prakan
Tel: 02- 384- 0438; 083-020-6972 (Thai)

4. Labour Promotion and Employment Foundation (Bangkok)
677/6 Ratplow 5/1 Chompoong Chachuchak Bangkok 10900
Tel: 02-513-9242; 085-327-2971

5. MAP Foundation (Chiang Mai)
63/30 30 Umong Soi 4 Moo 8 Suthep, Muang
Chiang Mai 50200
Tel: 053-811-202; 086-921-9139 (Thai yai)
086-369-0762 (Thai)

Chiangrai MWG (Sanyiphp Foundation)
3510 Dindeng Road, Dindeng, Bangkok.
Email: manager@mwgthailand.org

Fishers' Rights Network Trat.
305/2 Moo 5, Had Lek, Khlong Yai,
Trat 23110
Tel: 03-951-3500



SHIP TO
SHORE
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ASIA



International
Labour
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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?

1

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.

2

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.

3

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.

4

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.

5

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.

6

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.

7

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.

8

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.

Remember: *Safe migration is regular migration where workers are aware of the situation before they depart.*

Fishing and seafood processing workers have labour rights in Thailand:

1

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

All fishing and seafood processing workers must be paid at least 313 to 336 Thai baht per day as of January 2020.

2

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

Seafood processing workers: 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).

3

Seafood processing workers are entitled to overtime pay

Seafood processing workers: 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.

4

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.

5

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.

6

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.

7

You are entitled to annual leave

Seafood processing workers: 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.

8

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.

