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# AYE CHAN THAW EIN PROJECT

November, 2020

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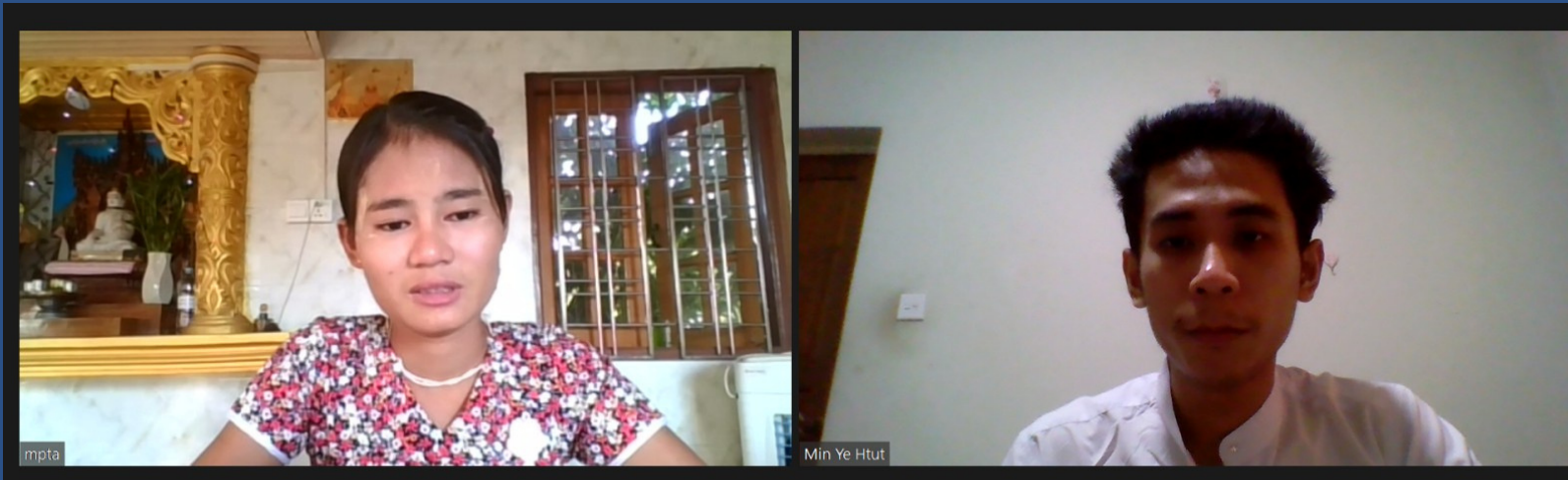
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# Career Counselling

# The Employment Struggle

Migrants are facing a multitude of challenges throughout the migration cycle, particularly crucial for decision making at any stage is access to objective and accurate information. Lack of information makes the migrants vulnerable to facing the frustration of unmet expectations and inability to support the families, worse living conditions than in the home communities, and subject to employer's abuse.



**I lived in Thazin Kyunn Village, Ngaputaw Township, Ayeyarwaddy Region. Now, I am staying at Sitt Kyin Taw- Kan Thar Yarr, Shwepyithar Township, Yangon Region. Previously, I worked in Shinn May Garment. I left my job because of a conflict between the employer and the employee (me).**

Ma Aye Aye Khine

# The Employment Struggle

Migrants that engaged with training centers were observed by the consulted factory owners to be having higher turnover in search of potentially better-paid positions, than those coming directly from the communities. Even though some may find a better-paid job, it is essential to enable the migrant workers to make informed decisions about the career changes without compromising their financial stability. Consequently, as part of the Aye Chan Thaw Ein project, funded by LIFT Myanmar and aiming at reducing the vulnerability of and empower female and male migrants in Shwe Pyi Thar Township, career counseling has been provided to the migrants through a Career Center. To maintain the possibility to receive the counseling in light of the Covid-19 pandemic restrictions, the service also moved online via various video chatting phone-based applications.



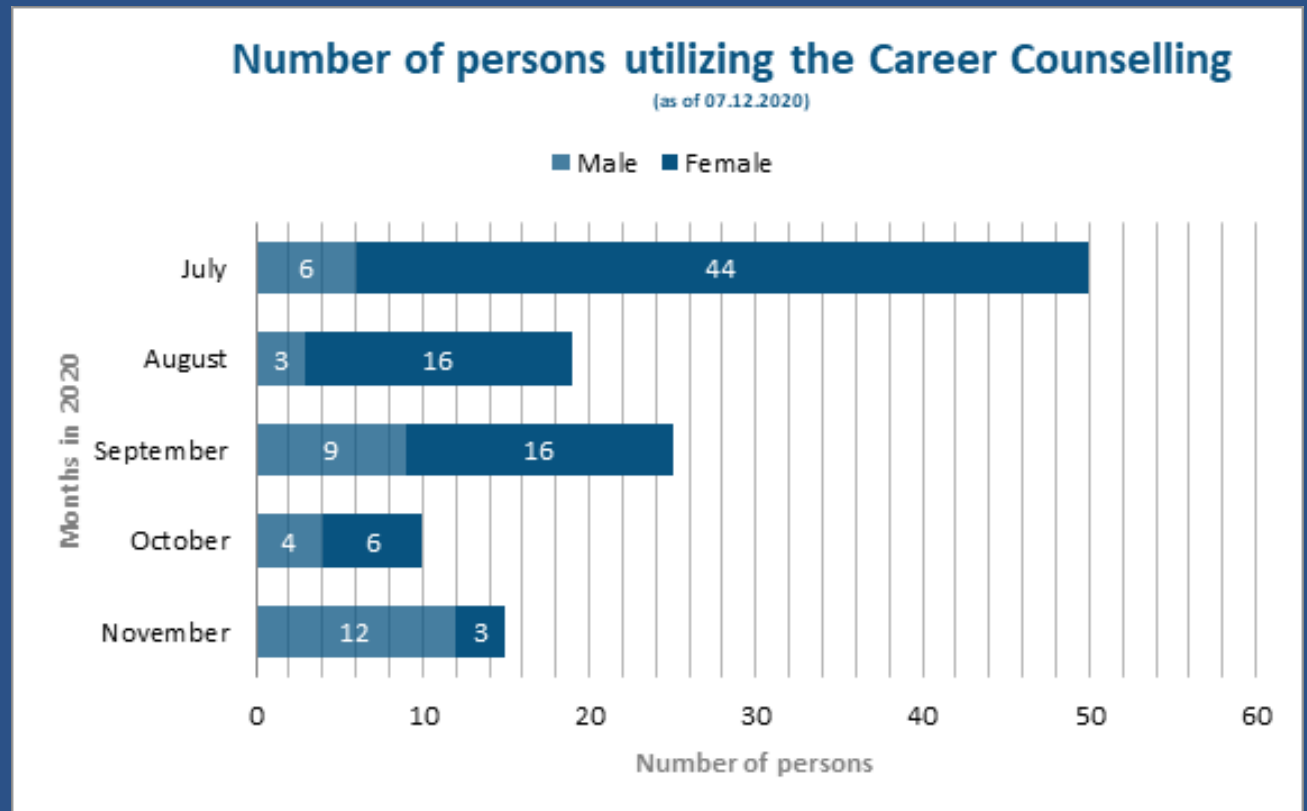
**If you are confused or facing difficulties, you can visit Aye Chan Thaw Ein to get open-minded advice. I could reflect on what I want to be and it brought me knowledge about job-related matters.**

Ma Htet Htet Khine

# Career Counselling

As of early December 2020, the counseling, at the center and online, has been utilized by 119 persons, including 34 male and 85 female migrant workers.

The career counseling and coaching have been taking place in groups, allowing for more reflection and larger information flow, or on an individual basis that allowed for more personal and customized advice and guidance. The subject of discussion varied widely as the counseling was shaped by the beneficiaries' wide range of interests, as well as their backgrounds and plans.



# Career Counselling

Some of the repeatedly discussed topics included:

- Unemployment for several months
- Lack of information for Job Vacancies
- Financial Difficulties
- Erosion of confidence and self-esteem for job application

The support to migrant workers likewise have included tips on and aid with writing a CV, placed job information board at the center, a hotline on which anyone interested may call to ask about the career counseling activities, as well as the provision of travel allowances to enable everyone interested to make use of the offered services at the center.



# Feedback

While it was discovered that the majority of migrant workers were not previously familiar with the practice of career counseling, the offered service has had a largely positive response from the attendees. Some even expressed liking the idea of long term career planning support. Nonetheless, given the unfamiliarity, a vast majority has come to the center with the expectation of receiving job-related trainings, discussion on labor rights, or in search of employment given the COVID-19 induced factories closures on a significant scale.

In general, they expressed positively about re-gaining motivation, self-confidence to seek employment, and improve their career paths.

**I left my job due to a conflict between employer and employee (me). When I was jobless, I applied for jobs in several factories every day and I could not get any. When I did not know what to do, I went to Aye Chan Thaw Ein Worker Centers as I wanted to discuss my career. I joined the career counselling session at Aye Chan Thaw Ein, and after the discussion, my spirit was revived, I could move forward and I finally got a job at a shop.**

Ma Aye Aye Khine

"I would like you, all my brothers and sisters, to join to career counselling session at Aye Chan Thaw Ein."

Ma Aye Aye Khine

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