

POURAKHIKO AAWAAZ

VOICE OF POURAKHI

An Endeavor to Uphold the Voice of Women Migrant Workers

Issue: 8 Jan-March 2009

08 March 2009



International Women's Day



POURAKHI

Committed to conserve right of women migrant worker

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Solicitation: If there are any articles, news items or stories about migrant women workers, particularly in Nepal and the South Asian region, please send that to POURAKHI for wider dissemination among migrant community and stakeholders!



Migration is a social and economic reality at present globe. From the beginning of the civilization, people started to migrate from one place to another for better work, place and opportunities. In the world, now around 19.2 million people have migrated to another place for better service and opportunities. Among these people 56% are women. In Nepal large numbers of peoples are going abroad for foreign employment thus increasing the process of migration. Among them, migrated women are contributing 11% remittance of the Nepal. They are also bringing skills and knowledge from abroad.

Nepali women have proved themselves capable enough as men in taking up employment opportunities in foreign countries despite the remarkable discrimination starting from home to the nation's decision making levels. If they could have the access to employment information before hand and receive some orientation and training based on the host country and job requirement, our women can significantly increase the remittance inflow in Nepal.

POURAKHI is an organization comprised of returnee Migrant Women Workers, which from its inception has been working for establishment of women migrant worker's rights. Issues like pre-departure information and post-arrival support programs are focused concerns of this organization that it deals with passion throughout the steps of entire migration process.

POURAKHI is working towards creating stronger and resourceful network so as to raise the voice of women migrant workers as well as to enhance the process of information dissemination on safe migration issues.

Ms. Manju Gurung
Chairperson

Compiled & Edited by: Kazi Zakir Ahshan & Sabiha Laizu Nishi, Fk Volunteer, POURAKHI

Special events in POURAKHI

❖ **Celebrating Fifth Anniversary:** POURAKHI celebrated 05 years of its establishment through a program attended by POURAKHI Members and Friends, Representatives of International Development Agencies and civil society members. POURAKHI hosted a reception on 07 February 2009 in the Surya Catering sharing the joy of its success with well-wishers on the occasion. The organization began its journey back in 2003 with a firm commitment to uphold women migrant worker's right.

❖ **UNIFEM High Officials in POURAKHI:** On 22 January 2009 Ms Anne F. Stenhammer, Regional Program Director, South Asia Regional Office, United Nation Fund for Women (UNIFEM) visited POURAKHI head office with her team members Ms. Sushma Kapor, Ms. Masumi Watase, Ms. Saru Joshi Shrestha, Ms. Saktida Singh and Ms. Sandhay Joshi. The visit was made by the Director because of choosing an organization engaged in protecting women migrant worker's right. It was of great fortune that POURAKHI had the privilege of having the Director of UNIFEM as a guest. All of the guests were welcomed at POURAKHI office by giving red Khada and Ms. Manju Gurung, Chairperson of POURAKHI made the welcome speech. POURAKHI made a PowerPoint presentation on its working modalities and ongoing activities.



The program was full of interaction. Most of the participants emphasized on the rights of women migrant workers and their ongoing needs.

The Director of UNIFEM, introducing herself as a migrant, expressed her solidarity with the initiatives taken by POURAKHI for the welfare of migrant workers and creating awareness among potential migrants. She also showed enthusiasm to continue the

supports from UNIFEM for POURAKHI in future.

❖ **Orientation Program:** POURAKHI organized an orientation program in its head office from 25 to 26 January 2009. The main objective of this program was to provide information about POURAKHI to its new member and staff of its new and old branch offices. At inaugural session, Ms Manju Gurung, Chairperson of POURAKHI made a presentation on POURAKHI and its ongoing programs. Then Dr. Ajaya Kumar Chettri made a presentation on meditation and he showed some techniques by which we can get quick relieve from our mental pressure. The program was facilitated by Ms. Nirjala Bhattarai, Psychosocial Counselor of POURAKHI.

During the two days orientation program, many of the resource persons made their presentation based on their experiences. Among them, advocate Amrita Thebe presented on the update information about the law and right on foreign employment. Fund Raising Coordinator of POURAKHI Ms. Sita Rupakheti briefed about the present fund raising activities of POURAKHI. Journalist Kamar Yatru, Co-host of POURAKHI Radio Program facilitated a session on basic feature writing.

Ms. Saru Joshi Shrestha, Regional Program Manager, Migration, United Nation Development Fund for Women (UNIFEM), Nepal joined the program as guest and shared the present situation of women in foreign employment. Mr. Ganesh Gurung, Chairperson of National Network for Safe Migration, added a few words on safe migration issue as guest. In this session, Kalpana Giri returnee from Israel, Sapana Basyal returnee from Malaysia, Sagar Shrestha returnee from Saudi Arabia shared their experiences they had gathered during their abroad working period with the participants.

❖ **Interaction Program:** On 18 February 2009 POURAKHI organized an interaction program participated by POURAKHI members and staffs. The main objectives of the program were to know the strength and weakness of POURAKHI and to find out probable measures to minimize the problems as well as to generate new ideas to strengthen the organization.

The resource person Dr. Shree Krishna Shrestha first briefed about the basic requirements needed to run an organization. Since he was given the memorandum of the organization to study as well as detail information of human resources that POURAKHI has, he gave suggestion for strengthening the organization. He said that an organization should have clear vision and mission and it should set the activities accordingly. He also stressed on proper staffs mobilization and update the strategy considering the situation demand. The program was found to be very effective in sharing the ideas among the participant that they thought for the organizational development.

❖ **Celebration of International Women's Day:** Celebration of international days such as the International Women's Day, International Migrants Day and 16 Days of Activism on Violence against Women is a ceremonial platform which POURAKHI celebrates every year to hoist its messages in the public sphere.

In observance of 99 International Women's Day, POURAKHI participated to the rally in Kathmandu organized by National Women Commission on 08 March 2009. Altogether 125 organizations took part in the rally where POURAKHI was in the rally organizing Committee and the information dissemination committee.



From Within

Heartfelt welcome and best wishes for new faces in POURAKHI

Admin Officer
Mr. Bikram Giri
MBS, TU
Pokhara-15
From 08
January 2009

Info. Officer
Miss Ransubba
Gurung
CJMC, PU
From 01
November 2008

Fk Volunteer
Kazi Zakir
Ahshan
Bangladesh
From 01
November 2008

Fk Volunteer
Sabiha Laizu
Nishi
Bangladesh
From 01
November



Publication of Information Education Communication Materials

POURAKHI published IEC materials like stickers, leaflets, booklets and posters containing information about foreign employment and POURAKHI Radio Program with the financial aid from Danish Church Aid (DCA). The IEC materials were sent to 154 listener clubs through out the country. Besides, POURAKHI made a documentary about the situation of migration and the problems and hardships that migrant women workers and their families face funded by UNIFEM-Nepal.



POURAKHI Child Fund

Ms. Sita Rupakheti, Fund Raising Coordinator, POURAKHI

This is an endeavor for establishing fund aiming at providing educational support to the children of distressed women migrant workers who could not afford their children's education. Your contribution would be highly appreciated to make our dream true POURAKHI is trying to generate the fund by the following means:

Selling of book: Ms. Kopila Rai, founder member of POURAKHI has donated her 100 books named ' P. N. N MA PRAKASIT KOPILA KA LEKHARU' for the POURAKHI child fund. This book is a collection of her article published in prabasinepali.com. The book cost NRs. 100 each. All the money received from selling this book will go to the child fund.

Mini bank: The children of POURAKHI members have started the campaign of mini bank. In this campaign the child collects some money from there pocket money in a Piggy bag and when it's full or when they want to give they submit it to POURAKHI for the child fund.

Thaili Collection: Through *Thaili* also people are donating money for the child fund. In *Thaili* campaign, people put 2 rupees every day in *Thaili* and submit after three 3 months to POURAKHI.

Donation box: Donation box are placed in public places as well as in POURAKHI's office for the collection of money for child fund.

Personal Contribution: People especially foreigners who comes to visit POURAKHI donate money according to their wish for the child fund. Members of POURAKHI and other people are also donating money for the child fund personally while they are visiting POURAKHI Office.



POURAKHI Hotline

From January 2009, POURAKHI has been providing twenty four hours hotline phone services to potential and returnee migrants through the number **9849135206** regarding safe migration issues and for solving their problems related to foreign employment. In the last three months the numbers of phone calls were around Seventy eight (78). Your constructive suggestions would be highly appreciated.

Capacity-building

Empowering and Capacity Building of its members is POURAKHI's another ongoing program. POURAKHI provides opportunities to its members to attend trainings, workshops, seminars, programs, meetings and exposure visits through which they empower and build their capacity. Ten POURAKHI members have attended Psycho-socio counseling training conducted by F-Skill and have started their classes as trainers to potential WMWs at Global Training Institute. Till now POURAKHI has been successful in conducting Psycho-socio Counseling training to two batches of potential migrant workers who are intended to go to Israel and Lebanon as care givers and domestic workers.

POURAKHI conducted a one month beautician training for ten POURAKHI members facilitated by Ms. Anita Gurung from 03/12/2008 to 03/01/2009. The training courses included facial, manicure, pedicure, threading, haircuts, hair oil massage, hair color, hair mehendi, hair straightening, curling, high lighting, and bridal make-ups. The trainees were also taught to prepare herbal face packs by themselves at home with their own skills.



Formation of POURAKHI New Network

POURAKHI is pleased to announce that after a series of discussion and subsequent efforts it was able to establish three new net works at Makwanpur, Rupendehi and Nawalparasi districts with the mission and vision of disseminating wider and intensive information and knowledge on safe migration process to greater volume of potential and returnee migrant workers. POURAKHI Bhairawa has been registered under District Administration Office Bhairawa for Rupendi district vide number D.A.no:11/065. Process for Makwanpur and Nawalparsi is also at speed. Hopefully they will gain their legal entity very soon in the near future. With this now the network of POURAKHI work places has reached to coverage of six districts on ground and through radio it has already been able to 75 districts of Nepal.



Legal Support and Advocacy

Through this January-March 2009, POURAKHI has worked out on counseling and preparation of CEDAW Shadow report. Ms. Amrita Thebe, the legal advisor of POURAKHI provided legal counseling and helped in rescuing Ms. Anu Tamang a widow of foreign migrant. Ms. Anu was lured by a taxi driver and his wife. The driver arranged a second marriage with Ms. Anu and gutted her all money she received as a part of compensation of her late husband. The driver even took away all the things from her room in contest of his first wife.

Ms. Amrita has also presented the report of the women migrant workers issue on the CEDAW Shadow report committee. All the concerns of the women migrant workers and their issues have been forwarded to the committee. She has included the different actions taken in the foreign employment act. She also reported the weak performance of the government in the implementation of the rules and regulations.

POURAKHI Radio

POURAKHI is running a radio program named 'POURAKHI RADIO PROGRAMME' with the help of Danish Church Aid (DCA) from August 2008. The program which is being aired every Sunday from 7:45pm to 8:00pm in radio Nepal gives news about everything related to the sector of foreign employment. Along with the news it also gives introduction of different destination country. So, don't miss our next episode.



POURAKHI as Paralegals

Bijaya Rai Shrestha, Coordinator, POURAKHI

History shows that women as compared to men are more vulnerable by culture, religion and social practices. These practices have resulted in discrimination that women face from home to the nation's decision making levels. The trend of female migration has increased rapidly in the last decade in Nepal. Due to lack of information, skill and awareness on safe migration many WMWs have been cheated either by recruiting agencies or exploited by their employers doing low paid jobs than promised. When they return due to lack of legal knowledge they do not know where to how to seek help for legal services.

Sensing the need of legal services to WMWs in need, POURAKHI in partnership with People Forum and the support of European Commission and UNIFEM planned to train and produce its own paralegal officers this year.

People Forum as the organizer conducted three TOT trainings to POURAKHI members, mostly returnee WMWs. Two were conducted in Kathmandu and one in Sunsari District. The resource persons for the trainings were mostly highly experienced advocates and judges.

It was a seven day training including one day field visit to the foreign employment department, District court and Attorney General Office.

In the second round of TOT training participants from Pokhara, Rupendehi, Nawalparasi and Chitwan were also involved with the intention that they will go back to their respective organization to serve as paralegal officers.

Along with this TOT training People Forum and POURAKHI intends to mobilize these 30 newly trained paralegal officers to conduct ten awareness programs on legal issues for safe migration. The targeted people would be outgoing WMWs and their families in two districts, Kathmandu and Sunsari. The objective of the training would be to aware potential WMWs and their family on the New Foreign Employment Act 2064, at least where to seek legal aid, how to file cases on migration issues and their legal human rights are. POURAKHI also aims to form a paralegal committee through each awareness program who will assist WMWs in need of legal services at the community level.



Messages from POURAKHI News Archive

Ransubba Gurung, Information Officer, POURAKHI

Due to growing global economic crises, migration sector of Nepal has been greatly affected. Many migrant workers are being sent back before their contract period, many had their salary reduced, many people who were ready to go before are not able to go, etc. With these things the inflow of remittance is being reduced. Besides the effect of economic crisis, lots of things have happened in the migration field during the period of January to March 2009, some of them can be summarized as follows:

- The 110 million Nepali Rupee collected as 'foreign employment fund' from the migrant worker (NRS 500 per person) before going abroad is not being used at all (8 January, Thursday, Kantipur)
- 34 Nepalese people were found in disordered state in Qatar as their agent Uttar Kumar Limbu left them. The embassy is looking for the agent (11 January, Kantipur).
- Ministry of labor and transportation had discharged 125 manpower companies as result of various complaints against them (17 January, Saturday, Kantipur).
- The government has made a decision to give compensation to those migrant workers sent back before 1 year due to economic crisis (29 January, Thursday, Kantipur).
- 970 million Nepali Rupees of 'Labor Welfare Fund' is also not being used due to lack of proper government plan (08 February, Sunday Kantipur).
- 16 Nepalese people starving in Qatar were rescued by an American doctor Deworaha Harter. These people have not been given their salary for the last 7 months and were staying in the camp sharing 1 Roti among 5 (08 February, Sunday Kantipur).
- Women are taking illegal ways to go abroad because of government embargo that results in many problems (14 March, Saturday, Kantipur).
- Qatar will establish a center in Nepal for giving orientation to the potential migrant workers intended to go Qatar (17 March, Tuesday, Kantipur).
- The government of Nepal still doing the homework to establish the provision of foreign employment in Japan whereas Korea has already opened itself for Nepal migrant workers (17 March, Saturday, Kantipur).
- The government is doing its final homework to open Japan for foreign employment whereas Korea has been again open for foreign employment (17 March, Saturday, Kantipur).
- Four women were caught in UAE while they were trying to go Iraq by using fake visa {19 March, Thursday, Annapurna Post (APP)}.
- According to the 'non residential policy 2065' people staying in foreign for 2 years will get a non residential identity (23 March, Monday, APP).
- A company in Bahrain has requested to take action against a manpower company working in Kathmandu for taking extra visa processing money from the people (23 March, Monday, Kantipur).
- Two manpower companies has been given permission by the government to send people to Libya and the government has also made the decision against sending people to Jordan as people can enter Iraq easily from Jordan (27 March, Friday, APP).



Solicited legal aid from POURAKHI

Bikram Giri, Admin Officer, POURAKHI

POURAKHI throughout the quarter starting January to the end of March 2009 has received six applications calling for legal help.

Applications have been received from Samber Bahadur Sunwar of Ramechhap district asking for legal help to rescue his daughter from employer in Kuwait. She reported that the employer was not allowing her to return back to Nepal holding her passport and unpaid against her will.

Ms. Yog Maya Bagale of Rupendehi district put forward her application to POURAKHI asking to help her in receiving her compensation that was in pending. She was unable to withdraw her money due to certain technical difficulties as well as legal provisions. POURAKHI is continuously trying its best to help her regain back her compensation and insurance amount that she must have received after her husband's demise in Kuwait. The process is going through lobbying with Ministry of Foreign Affairs, Nepal Human Rights Council and National Women Council.

Similarly Chandrawati Pudasaini, sister of Aangsona filed an application at POURAKHI for legal assistance in rescuing her sister from Lebanon where she have been reported to be sick and she wanted to return back to Nepal. The application states that the employer has prevented her from being back to Nepal despite her will.

Another applicant Ms. Sarda Bhatta, Hufle VDC-7, Gorkha District, had filed her application against the agent stating the case of fraud. The distressed has appealed claim refund back all the money she has lost in the migration, cheated by the convict similarly.

Ms. Lila Rai of Sunsari district, Dharan has registered her application to POURAKHI against the employer of Kuwait who has been reported to give her mental torture and repeated injustice. She has also urged for her goods and wage left at Kuwait. She was unpaid for her work by the employer.

Among such sufferer to file application to POURAKHI is Ms. Punam Garanja. She filed the case for the receivable of her compensation against the death of her husband Mr. Ram Bahadur Garanja at Kingdom of Saudi Arabia. Mr. Ram Bahadur Garanja was spot death on his duty to sale goods on their van when another large vehicle crushed them out.

POURAKHI have written letter of request to Ministry of Foreign Affairs, Department of Labor, National Women Commission and National Human Rights Commission to act upon as soon as possible for relief of the distressed applicants. A regular follow up has been continued for knowing the progress of the case. Ministry of Foreign Affairs has reported to have already started necessary steps to give the rescue a quick end.

Round Table Meeting Protection of Nepali Women Migrants Rights in the Gulf Countries

Sabiha Laizu Nishi, Fk Volunteer, POURAKHI

National Network for Safe Migration with the support of United Nations Development Fund for Women (UNIFEM) organized a round table meeting on **“Protection of Nepali Women Migrants Rights in the Gulf Countries”** at Sap Falcha, Babar Mahal, Kathmandu, Nepal on 17 February 2009.

The meeting started with the warm welcome of Ms. Manju Gurung, Chairperson of POURAKHI. The guests of the meeting were Mr. Hammed Ansari, Ambassador of Saudi Arabia; Mr. Arjun Thapa, Ambassador of UAE; Ms. Saru Joshi Shrestha, Regional Program Manager, Migration, UNIFEM, Nepal; Mr. Som Luitel, Chairperson, Peoples Forum and Mr. Ganesh Gurung, Chairperson, National Network for Safe Migration. Different speakers made a brief statement on the situation of Nepali women migration to Gulf countries highlighting different aspects and the role of different stakeholders.

Mr. Som Luitel, Chairperson of People’s Forum talked about the ill situation of the migrant workers in the Gulf countries especially the women. About 25 lakhs of Nepali are in foreign employment. But they are forced to work in low income because of not having proper policy for them by the side of our country.

Ms. Saru Joshi, Regional Program Manager of UNIFEM, Nepal shared about the poor condition of Nepali women migrants in Gulf countries. They are being cheated in foreign country that is considered as severe problem. But she also appreciated the role of media in giving the right information in the sector of foreign migration. She mentioned the other countries that have their own ministry to look after the migrants. She suggested that Nepal should have its own ministry to look after these problems.

Mr. Arjun Thapa, the Ambassador of Nepal in UAE gave a brief introduction about the present situation of Nepali women migrant workers in UAE. Nepali women go to these countries in housekeeping, nursing, and in department stores. The women who are going as housemaid are in danger. Nepali women were banned to go in Gulf countries but through the foreign border they are going to such countries. Women are afraid to talk about the harassment faced in workplace in foreign country. They are being mistreated in these countries especially those who are housemaid.

Mr. Hammed Ansari, the Ambassador of Nepal in Saudi Arabia shared his experience about the problem of workers in Saudi Arabia. The main problem in Saudi Arabia is that workers run away to another place from where they were assigned. He also mentioned the condition of Dolma who is announced to death for a crime. Now the punishment is changed into 25 years jail in Kuwait. The women, who are housemaid there, need to work 18 hours a day but are paid very less. He talked about the facilities what migrant workers should get like accommodation, food, insurance, and salary in time.

Finally Mr. Ganesh Gurung, Chairperson of National Network for Safe Migration thanked to all participants and guests and chief guest for giving their valuable time for the interaction. He also expressed his happiness being able to save Dolma from hang punishment in the leadership of Mr. Hameed Ansari. He concluded with a sentence “maximize the benefit and minimize the risk”.

WFP Report Warns of Increased Risk of HIV/AIDS among Migrant Workers

The United Nations World Food Programme (WFP) and the Nepal Development Research Institute (NDRI) have warned of an increased risk of infectious diseases, especially HIV/AIDS and tuberculosis, in communities in Mid- and Far-Western Nepal where labor migration is prevalent as an income source for poor, food-insecure families.

A report, "*Passage to India – Migration as a coping strategy in times of crisis in Nepal*," released on 17 December 2008, outlines the health risks of labor migration to workers, their families and the broader community. Because of limited economic opportunities and extreme poverty in rural areas, labor migration has been one of the only options available for families to provide for their basic needs. Migration as a coping mechanism for conflict, poverty, and food insecurity has tripled over the last decade and become a common livelihood strategy for Nepal's poorest.

"One of the most worrying consequences of migration to India cited in the report is the growing evidence that workers are bringing back diseases such as HIV/AIDS and tuberculosis and passing them on to their family members and communities," said WFP Country Representative, Richard Ragan. "Given the health risks now associated with migration in Nepal, urgent action is needed to increase livelihood opportunities and to provide poor families with more options for meeting their basic needs," he added.

According to UNAIDS, seasonal labor migrants are twice as likely to have HIV as any other group.

"For many years, migrant labor has played a key role in supporting families, communities and Nepal's national economy, but few studies have assessed the risk that this practice may pose to the same people it is thought to benefit. I believe the information in this report moves us much closer to fully understanding the implications of migration in Nepal," stated Dr Nawa Raj Khatiwada, Executive Director at NDRI.

Nearly all of the respondents indicated that their need to migrate could be reduced by income opportunities of as little as NRs 1,200 (US\$16) per month, or food for work, or cash for work activities during agricultural off-seasons. WFP data supports this conclusion, and an estimated 97 percent of surveyed households say that WFP food assistance reduces seasonal migration significantly.

The new report was funded by the Swedish Trust Fund and represents one of the most comprehensive studies on migration in Nepal. It was launched by the Honorable Minister of Finance, Dr Babu Ram Bhattarai, during a seminar on the role of migration in Nepal.

Copies of the report, including an abbreviated version in Nepali, may be obtained at the WFP Nepal office in Patan Dokha, telephone number 554-2607. The report may also be downloaded via the WFP website at

<http://docustore.wfp.org/stellent/groups/public/documents/ena/wfp194034.pdf>

Collected by: Sabiha Laizu Nishi, Fk Volunteer, POURAKHI

'Nepali Naari Awaaz' in Israel A Case study on Srijana Mahat

Prepared by: Bikram Giri



My name is Srijana Mahat. I was born in Kathmandu in 1975. My father Mr. Bishwanath Singh Mahat was an officer at an Agriculture Development Bank. We were altogether four members in our family including my younger brother. I did my School Leaving certificate (S.L.C) in 2046 from Shreeram Mavi, Panauti, Kavrepalanchok. We were well enough with our financial condition. I completed my bachelors from Padmakanya Campus in economics and mathematics. I did my masters in economics from Patan Multiple Campus. Before leaving for foreign employment I was teaching at higher secondary level.

I got married in 1995. My husband is a serviceman and we have a daughter of 9 years. I was going on with my teaching profession but some of my friends had left the country for abroad study and other purposes. Usually life was running with moderation. I hoped to go abroad as others but the cost for student visa was pretty high so I couldn't target for that. I finally decided to go to Israel after knowing from friends that it could be a good option for me. Since I had already completed my education in Nepal I imagined the way how I could make for it. I decided for it with essential trainings before I left. Ultimately I went to an agency "dream unlimited" and knew about the entire process. I submitted my documents and one hundred thousand Nepalese rupees to him. Three months later I paid the other three hundred and thirty thousand Nepalese rupees for my visa. I went to Israel on 2007 February 14th. Before I left I signed my contract papers after carefully studying it.

At that time I had no strong knowledge about the rights and legal provisions of foreign employment and workers. I was a bit nervous about the future days in new country and work environment as it was going to be a complete new experience for me. I had a very little and raw knowledge about Israel before I was about to leave. I was sure about my work as I had signed my contract, apart of that, I had taken training of care giver and I was also told about how the employer was to be taken care of.

At my first job while I went to Israel, I was directly taken to the employer and introduced to a 31 year old mentally disturbed lady. I was extremely shocked for the next few days and I kept weeping. Though I was taken as a care giver, I was much of times made to work as a domestic worker. I had to work for the whole family and look after the whole three storey building. I was signed to a contract of US \$ 600 but there I was paid just US\$ 550 reasoning the rate of dollar to have increased. I talked to the employer about the contract and my remuneration. But again they reasoned about me not being fully skilled. The employers and agents talked one faced and I was convinced to an increased pay three months hence. So I couldn't quit the job. Those years, Nepal was facing with problem of unemployment. Nepalese agents were sending lots of women care givers and it created a sort of pressure upon me not to leave the job. I had to work eight hours a day as per agreement but it was not exactly so. It was usually about twelve hours a day, it was not so hard not so easy.

We Nepalese migrant workers used to gather on our holidays and exchange our experience at our workplace. We then came to know about the harassment and injustice towards foreign migrant workers. Later I had a chance to visit and attend a training organized by municipality to empower the foreign workers about their rights and provided us with a social volunteer

card after 10 weeks of training period. Then after, we started to work as a social volunteer. It was started with the collection of information from migrant workers along with the joint efforts from other organizations as well. Days were all going on helping those workers who were unable to help themselves. It was the happiest movement for us when we established our organization 'Nepali Naari Awaaz' Nepalese Women voice in Israel. Mishila (a social organization in Israel) and other sister organizations helped us with the basic needs and equipments during our establishment. We were seven workers who were making the start and I was given the responsibility to work as a president. Our work was focused basically on translating the problems of migrant workers at courts, jails and agents and started with language skill development and awareness programs. By now we have trained almost 45 members and 900 general members are helping many others for rescue. We are also working as an activist. We are looking for the best of Nepalese women migrant workers.

In Israel, educated and aware women migrant workers have good future. The educated ones do not usually have to suffer. Basically those who are uneducated and lack of skills are found to have undergone different kinds of assaults and suppressions. These days women are getting more aware because of our awareness program.

Foreign employment has made much of my life with negative impact basically in terms of social cost and values. I had to face social rumors and loosing family relations. All I was doing for was the family but all in return I got was lack of trust from husband and that lead to family disturbances. I found many people having unnecessary suspicion and questions to women back from foreign employment. It is really worse observing the existing condition of women and their social status.

I think we need to aware and counsel the family members of Nepalese migrant women workers. When a male comes back with earning from foreign employment he has peoples for him at his success but why are there collections of questions when the female workers are back? I want to raise these questions because we are helping for the same people the male are helping out. We need the same recognition and value as they do. It is a very serious thing to be considered and taken care of at this movement. Otherwise, like me almost the greater number of the women migrant workers will have to face the same situation and it might lead to a high social cost for Nepalese society. I urge our society and our family members to have faith and trust upon us. All we are doing is for you all and it's you all whom we need.

For more information, please contact

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