

MAP FOUNDATION

REPORT

2020

The economic impact of coronavirus was in many ways greater than the actual health risk in Thailand. Strict precautions were laid out, especially near the beginning when there was the most uncertainty. This included a nationwide curfew / lockdown on April 4, and the closing of most government services and schools. Unfortunately, most migrants legal documents were set to expire in March 2020, which coincided with the period of the first wave of COVID-19. Immigration, the Department of Labor, along with all other government agencies, suspended services and gave temporary extensions to documents that were expiring with the requirement of registering through a name list on line. It was a last minute announcement though, and there were scenes of migrants jamming their documents in order just time, not many migrants were the impending lockdown that was announced caused panic home. Scenes at the border crowding in close quarters at the border gate, potentially spreading coronavirus. As a result of the border being closed so rapidly and abruptly

The year 2020 was unprecedented.

at the end of March, a couple of more waves of migrants who

immigration halls trying to get prior to that. Fortunately, at that exposed to COVID yet. However, among migrants in the Bangkok area, and many chose to return were characterized by people

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COMMUNITY HEALTH ဌာ EMPOWERMENT

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SITUATION



International Day against Violence Aginst Women Day. Chiang Mai

arrived afterwards ended up camping at the border, waiting for the Myanmar side to process them. This was during the hot season. Again, there were concerns of transmission of the coronavirus among this group.

Between March and May 2020, around 45,000 migrants returned to Myanmar; and by September 2020, around 114,000 migrants had officially voluntarily returned in total (IOM, 26 Oct. 2020). The Myanmar government put everyone in quarantine facilities for an excessive amount of time with little supplies. In fact, most people had to have family members provide supplies as conditions and assistance provided were so bare. Once returned home, it became clear over time that they could not return to Thailand, as there were no clear channels of migration across the border, and coronavirus was added to the list of diseases that can result in being denied entry to the country. In fact, thousands of migrants were caught and returned trying to cross the newly fortified border by numerous Thai border patrol deployed to prevent informal crossing as a COVID control protocol.

The migrant policy promulgated in early August 2020, only allowed migrants who were documented on the name

list from March, or whose work permits had expired recently, but not their ID (passport or CI), with the exception of those on border passes (Section 64), to register with a new employer for regular fees by the end of October 2020. However, many of those migrants who had stayed in Thailand and lost their jobs could not find new work, or else only daily wage work. Moreover, they were impecunious at this point, and therefore could not afford the fees to properly register. Some were only employed parttime, but could not change employer. As a result, many migrants went into debt to pay for food and to pay for their registration, in some cases, having to pay agents to act as their employer. A problem they face is that working for an employer not specified on their work permit is "illegal," as is working in the wrong place or the wrong job. This has left migrants even more vulnerable. Their tenuous documentation status has made them afraid to go out for fear of being harassed or arrested by police, and they have had to go further into debt to remain documented and to survive. There was an amnesty on deporting migrants until the end of the October registration period, but there was still extortion going on. Deportation started again in November 2020.



Kalayanee factory workers. Clean Cothes Campaign

COVID response

It was very stressful working under the COVID situation. There was uncertainty and fear. Yet, staff maintained their composure and collectively discussed what measures to adopt. Accordingly, prevention measures were adopted without issue, including work from home / social distancing protocols, which included limited local travel with quarantine, regular mask wearing, and heavy use of hand sanitizer. Many of our donors contributed to these efforts by providing necessary PPE and sanitizer. Needless to say, there were some delays in regular activities, although there were a number of COVID related activities in their place. All donors were consulted, and in fact, many insisted that MAP cease field related activities.

A rapid assessment was done to identify migrants in urgent need of food relief during the lockdown in April. Through the contribution of various donors, MAP was able to provide emergency food relief to at least 3,000 households of migrant workers in Chiang Mai, Mae Sot, and other provinces suffering from COVID restrictions. In many cases, this also included the provision of PPE. In some cases, the PPE was made by out-of-work migrants as supplementary income. Leaders of MAP's women's network helped

reach members of their communities in other provinces.

As part of advocacy efforts, MAP conducted research on the economic impact of COVID on migrant workers and their families with support from various partners. Both quantitative surveys and individual interviews were done to assess issues like housing, access to social benefits such as social security or severance pay, documentation status, children's well-being, and access to information on COVID and relevant services. These researches resulted in reports released by the ILO and the Mekong Migration Network. The results confirmed that migrants still need to be included in receiving adequate social protections, in part because no policies focused on assisting migrants. It also confirmed that the migrant community felt the economic impact of COVID harshly. At least in 2020, the pandemic did not much spread through the migrant community but there were wide gaps in accessing personal protection equipment, accurate information and health services.

Generally, there was no disruption to MAP's functioning during COVID restrictions, even with staff having to quarentine and care for family, and COVID restrictions related to returning to Thailand.



Aimed at empowering Migrant workers to claim through collective bargaining the labour rights they are entitled to and accessing legal mechanisms, the LAbour Rights for All (LRA) programme faced extra challenges during the COVID outbreak with patience.

Even with COVID circulating, certain areas were generally untouched or there were windows of time when our teams could do outreach. Between the two sites of Chiang Mai and Mae Sot, 668 workers (50% women) were reached with information on Occupational Health and Safety, labor rights, social protections, migrant policy changes and COVID protection. COVID was most disruptive of the ability to bring groups together.

The LRA team continued to broadcast on MAP Radio throughout the COVID disruptions, as possible. Although only around 20 people called into the Chiang Mai station, 39,689 listeners were logged on Facebook Live for the Labour Rights programming; while in Mae Sot, 261 listeners called in (55% women) during MAP's Labour Rights program which equates to 1,305 radio listeners. Another two

"Where ever we worked, we only received about 100B per day."

"We never received benefits stated in Thai labour laws"

thousands people viewed it on Facebook live. These programs provided information on COVID and related policy changes in migrant languages (Shan and Burmese). As a result, migrants remained up to date on policy changes, receiving accurate information remotely, even during lockdowns for COVID, which helped to reduce fear and to promote positive health outcomes.

Worker groups had chances to meet up in 2020. In Chiang Mai, the Ruam Jai group had two trainings on negotiation, leadership skills, and 'the power of a group', with 26 workers (42% women). In Mae Sot, at least 1,211 workers (56% women) came to the Arakan Workers Organization (AWO) workers' center and received labour rights consultations. Of that, half were referred to MAP for assistance with redress. The IRC extended their MOU with MAP into 2021 to give capacity building to their Community Based Assistants (CBA) so that they can prepare refugees who potentially leave the camp to be migrant workers.



Seminar on the MOU for migrant labour process. Chiang Mai

Eighty migrants received paralegal training (44% women) from seven different garment factories in Mae Sot. Many of the paralegals then gave labour rights and COVID protection information to another 1,810 workers (53% women) in Mae Sot area.

Although there were reports of migrants being laid off expeditiously without proper severance pay, many of the cases MAP assisted were cases that had occurred pre-pandemic. AWO referred four cases with a total of 593 migrants (67% women) to MAP; one case with 148 people from the VK Garment Co., Ltd factory, was referred to Labor Law Clinic, and is a supply chain case related to a large brand.

Two cases were closed. One case was the high-profile Kanlayani factory, which was ordered by the court to pay 3.46 million Baht to 26 workers (54% women), of which the owner paid just over 1 million. Another 1.97 million Baht was paid by three major international brands (Tesco/Lotus, Starbucks, and Disney) which had sourced the factory. NBC Universal held out on paying, resulting in increased pressure over the new year. The Clean Clothes Campaign, an international network which MAP is a member of, was instrumental in putting pressure on the companies to pay up. The other case that was cleared agreed, out of court, for 5 workers to

receive 170,000 THB.

Two other cases were negotiated through collective bargaining by the workers themselves, which is an outcome of MAP's work. In one case, the factory paid 234 migrants (65% women) a total of nine million baht and agreed to improve living conditions; another factory agreed to improve employment conditions for 105 workers (43% women), but there was no pay out.

Our partner on the Myawaddy side of the border, the Migration Monitoring Group (MMG), gave TOT workshops to 187 volunteers (68% women), who, in turn, gave outreach and assistance to returning migrants in four COVID quarantine camps for returnees on the Myanmar side. As a result, returning migrants were able to protect themselves and their family from COVID 19, in transit at the border, and upon return to their homes, through information they had received on prevention and how to access services.

A multi-stakeholders networking meeting in Keng Tung (87% women) with 7 CSOs and 3 government agencies (Provincial Social Dept, Anti-trafficking Police and Communication and Information Department) resulted in CSOs and government agencies collaborating on education for COVID and distribution of



PPE material through outreach and social media. With a focus on returning migrants and their communities, important coronavirus information and prevention equipment was distributed, which in turn, helped prevent the spread of COVID-19 in source communities in Shan State.

Our partner NGO (Mawk Kon) in the Keng Tung - Tachilek corridor also provided Emergency assistance (dried food and PPE) to a total of 300 households and a total of 200 migrant returnees who had returned due to COVID restrictions and the economic impact.

During a period of relaxed COVID restrictions near the end of the year, MAP was able to organize an International Migrant's Day campaign activity at both Mae Sot and Chiang Mai. In Chiang Mai, there was a seminar organized by the Northern Labor Network with advocacy to the Provincial and National government with an activity promoting integration in the community; while in Mae Sot, a seminar was organized with the MRPWG which was attended by the Myanmar Labour Attache in Mae Sot, and there was special advocacy on the Kanlayani case. In both seminars migrants presented their recommendations to government officials.

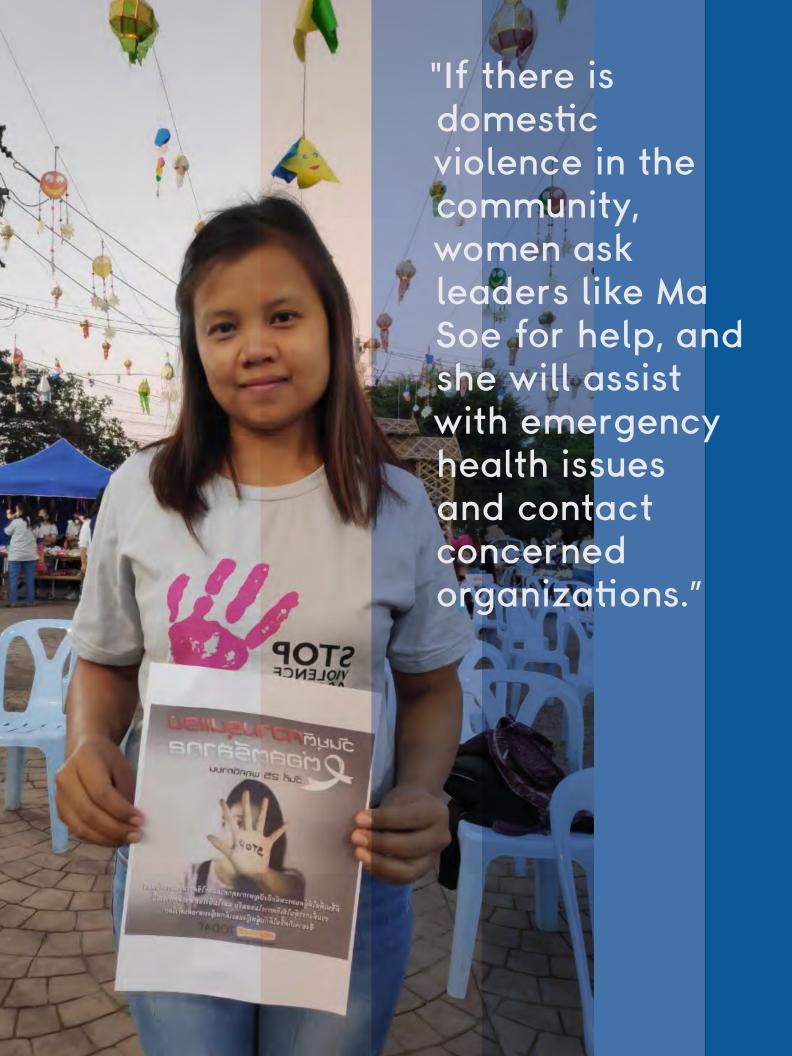
Other advocacy pursued included submission of a letter by an advocacy coalition to the local government of Mae

Sot, which led to the Social Security department announcing that workers employed under Section 64 in the area can access social security. Although a success, the policy is not implemented yet, and needs to be followed up with continued advocacy. In Chiang Mai, MAP assisted a handful of migrants who sought out social security benefits to cope with the economic impact of COVID. Although it was a complicated and time-intensive endeavor, and the migrants did not receive much in the form of benefits, it was important to them to be accounted for and receive benefits from the Social Security fund, which they had contributed

As part of MAP's contribution to advocacy calling for migrants to receive proper assistance from governments, we participated in data collection on COVID's impact on migrants. MAP collected 50 sets of questionnaires for an ILO survey, and the MAP team also participated in qualitative research as part of the Mekong Migration Network (MMN). The MMN report on the economic impact of COVID on migrants, called "Resilience and Uncertainty," was released at the FCCT in Bangkok along with a photo display in the Bangkok Cultural Center with SEA Junction. Immediately after this new clusters started appearing in the seafood industry in nearby provinces.







Focused on children, adolescent and youth, and women, the RFA vits programming in light of COVID outbreaks.

The scholarship and education program, which focuses on supporting migrant children in accessing and completing education in the Thai school system, was able to maintain support for a total of 442 students (51% girls). Student breakdown was as follows: 353 students (49% girls) were in primary school level (including kindergarten); 89 students (61% girls) were in secondary level and higher education (including vocational education). Although there was some drop-out, including temporary absence due to COVID related mobility, the numbers enrolled in secondary school level increased from the previous year. Five students who gained scholarships through working at 7-11 and Amazon Coffee, came back and shared their experience with school administrators, parents and other students to inspire them.

At the beginning of the year, MAP secured a new donor, Kindernothilfe, who provides mentoring and capacity building, which will help us focus advocacy efforts as well. MAP staff and volunteers received capacity building on child participatory risk assessment methods and tools, which we, in turn, used to do a site assessment for the new project. Although curtailed by COVID regulations, the children we reached were

"She has become a role model as women continue to ask her for help."

able to clearly identify safety issues and assessed their own situation regarding access to rights and being subject to violence. The volunteers were also trained to help with follow-up of the students in the community.

To support migrant youth and adolescents in Mae Sot prevent unplanned pregnancy and STIs including HIV, our programming aims to reach the community through various interventions to make change. The outreach component, which teaches about SRHR and Adolescent RH, was limited by COVID and we only reached 155 youth in communities (60% girls and young women), but in the early part of the year we were able to reach 229 migrants (56% women) detained in the local prison.

As a follow-up to outreach, staff provided SRHR counseling to 95 youth (80% women) and distributed 7,400 OC Pills and 3,900 (Pcs) Condoms. It seems that youth requested contraception during COVID

responsibility for their SRHR.

As part of the capacity building efforts of youth and community members, the group of girl DJs continued to broadcast on MAP Radio and on-line, but COVID caused radio station closures for periods of time, limiting the number of broadcasts. A training on script writing and making short videos using cell phones was given to a group of 25 youth peer leaders. They then uploaded four videos produced by the participants about topics such as: an alcohol addicted father; early pregnancy; a transgender who wants to open a salon; and sex with a person infected with an STI.

Another component of capacity building for sustainability is the diverse groups of community leaders who have been trained on providing SRHR information to their communities, including young and old. The group, called Together our Hands (TOH), had 22 members help lead outreach and a workshop with 25 youth in a village with high rates of teen marriage and pregnancy. In addition to leading community learning activities, members of TOH are also able to give counseling.

As part of activities to support a conducive environment, 185 community members, mostly adults (61% women), participated in gatekeeper meetings. These activities aim to encourage parents to continue to allow their children access to information on SRHR and participate in related activities. As part of the advocacy activities, under the 16 days of activism, the team, including youth leaders and TOH members, set up a booth with peer educators for STOP Violence Against Women (VAW) Day and World AIDS Day. Although turnout was low due to COVID concerns, only 88 participants in person, the activities were also broadcast online through MAP Radio Facebook.

The Women's Exchange (WE) was able



to maintain itself without interruption, only some pauses. In total, there were fifteen WE groups that had activities, in part because they were in their own communities already and didn't have to travel anywhere. In the early part of the year, and again after there was a lull in COVID cases, two TOTs were conducted. From these capacity building trainings, eight new women leaders emerged, including, a new, young generation who has started with information on SRHR. The migrant women's HIV positive group known as "Hi Exchange" found time to have a WE meeting in Ranong, highlighting the ability of this group to overcome obstacles. As part of the "safe and fair migration" component under the WE program, migrant women leaders trained to lead workers to negotiate for fair wages / a living wage in a couple of areas in the South and Central provinces.

Although there was a bit of anxiety, the 19th Women Exchange Get Together and International Women's Day (IWD) march were held as usual with COVID precautions in place, in part, supported by Provincial Public Health and the hotel. As part of the advocacy for IWD at Tha Phae gate, a broad network of women's groups came together to read a statement on need for the current Thai government to recognize women and their issues, and hand it to the Provincial government.

During COVID lockdown, migrant women leaders proved their ability to be community leaders. First, they surveyed the needs of their local communities and reported to MAP. Because they are dispersed over 15 different locations, MAP transferred special funds to them so they could purchase food supplies locally to distribute and provide relief

to fellow migrant workers. In total, women leaders helped over 1,000 households (out of the total 2.657 households which received assistance by MAP). Through this gesture, women leaders were recognized and accepted more as community leaders, not just as women's group leaders. As another example of WE leaders' resourcefulness, two different women's groups, using revolving funds from their WE group and other community members, opened their own temporary shelters for migrants and anyone else who lost their jobs to COVID. A third group, seeing the benefits, also started a revolving fund in their group.

With the stress of job loss and lockdowns, domestic violence increased among migrant households across the country, with 48 cases reported to WE leaders, up from 32 the previous year, and including 2 rape cases of adolescent girls. Women leaders were able to assist these cases, and for the cases in Chiang Mai, MAP collaborated with a women's shelter run by a local NGO. For a couple of cases, MAP and leaders assisted migrant women to access counseling and safe abortion.

In another activity organized by MAP with leaders of ethnic women's organizations, a review was done to update MAP's Automatic Response Mechanism (ARM) handbook, which assists migrant and refugee women in dealing with cases of sexual and domestic violence. It is planned to finalize it in 2021.

As part of the Women Exchange advocacy activities, MAP joined the newly formed Thai network of "Women Human Rights Defenders," effectively being the migrant women's grassroots representative. Provision of safehouses or making current ones more accessible to migrant women victims of GBV was our main advocacy point which was presented to a Thai Senator in Bangkok.





Annual Women Exchang Get-together, Chiang Mai



Specialised in supporting migrants to protect themselves from HIV and Tuberculosis (TB), the Community Health and Empowerment (CHE) programme adapted to circumstances and added COVID prevention to its interventions.

The Global Fund had voiced concern over the possible backsliding of gains made against HIV and AIDS and Tuberculosis around the world as a result of COVID's socioeconomic impact. MAP's programming was affected, but we were able to continue with limited but essential interventions to prevent the spread of these diseases.

During the first year of COVID, in 2020, MAP maintained vigilance against the spread of HIV and TB by conducting activities when we could. The focus of our HIV prevention interventions was with sex workers - as assigned under the continuation of, and the last year of, this Global Fund round grant. However, it was an appropriate focus as migrant sex workers became more vulnerable under COVID restrictions, such as curfews and enforced closures. In the beginning of the year

" If we cannot go to work, we don't get paid." "The working environment is unhealthy: the drinking water is dirty."

and during the lulls in COVID restrictions, MAP team reached 247 migrants with outreach. Over 27,000 condoms were distributed, mainly to sex worker venues directly but also through our community Drop In Center (DIC), through outreach, and via mobile clinics.

Complimentary with outreach, we were able to provide voluntary HIV testing and counseling services to 128 migrants. Most all of the clients were sex workers. Of this group, 65% were reached through a joint mobile clinic with Public Health, which visited sex worker venues and gave testing, and the rest of those who completed testing went through referral to government services. Of all those tested, two new cases of HIV were found.

The CHE team also maintained its focus on TB during concern over the spread of coronavirus. When it was deemed safe, especially at the beginning of the year, our team screened for TB, with at least 36



Distribution of emergency food supplies during COVID lock down. Chiang Mai

referred for testing, and 10 new cases found. Migrants were screened from all occupational groups, especially construction and factories. Through capacity building training, 33 new DOTS volunteers were developed in the migrant community to support these people in taking their medication properly and regularly until completion.

Twenty-nine members of the local migrant PLHIV (People Living with HIV) group in Chiang Mai were able to meet twice during windows where COVID regulations were low. Coming together periodically kept up the spirits of

migrants with HIV who were isolated by the pandemic. Many of the migrants infected with HIV and/or TB had trouble surviving through the hardest part of the COVID lockdown, as they had no income and were living on day to day income anyhow. MAP assisted around ten migrants living with HIV or TB who needed social assistance, by providing them with uncooked rice and other food staples. In part because those who are most in need are migrants living with HIV, this year, MAP moved its Crisis Support project under the CHE program. This strategic move was emphasized by the economic impact of COVID. Migrants could not work, but needed income to buy food to stay alive. This was especially acute among PLHIV who may already have had trouble finding work.

On the positive side, hospitals aimed to diminish the risk of COVID infection by having migrants living with HIV reduce their trips to the hospital. Hospital officials either sent migrants their ART via the mail, or had migrant PLHIV receive two months' supply at a time, just like Thais, especially during strict COVID precautions.



Dissemination of up-to-date and reliable information in migrant languages at the core of the MAP Multi-Media programe (MMM), proved itself essential during the COVID situation.

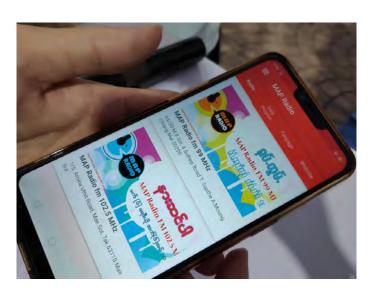
The first year of COVID posed numerous challenges, yet we persevered, and in the end had many successes. MAP Radio had regular live broadcasting on multiple topics, as usual, until COVID restrictions in March limited the number of programs and operating hours. Then, we went from 84 hours of uninterrupted programming each week to 62 hours of broadcasting in Mae Sot and 55 in Chiang Mai. MAP radio stopped broadcasting on the weekends, except for two hours, which was the linked programming to Burmese language RFA and VOA from Myanmar.

MAP Radio became more important than ever to migrants during the first year of COVID. Once COVID restrictions were imposed, announcements regarding changes in migration policy resulted in the number of monthly Facebook viewers to jump from 43K in January to a new high of 128,658 in March and April. After that, average number of monthly viewers ranged between 30K-75K people. Broadcasts on Thai National Radio through AM 1476 and the Facebook Live page continued uninterrupted, with between 2K to 20K views on Facebook on different days depending on the topic and current situation at that time.

MAP Radio and Facebook
Live kept migrants informed
and reduced loneliness and
boredom for those who were
locked down or unable to
see family because of COVID
restrictions and border closures.
Views of some individual
broadcasts on news and policy
updates on Facebook Live
reached up to 22K viewers per
time, depending on the subject
matter, such as migrant policy
updates, and announcement of
changes to COVID regulations,
etc.

Some highlights of MAP Radio's broadcasting included: in the run up to the election in Myanmar, MMM interviewed the Myanmar Labor attaché in Chiang Mai about absentee ballot voting for migrants to vote abroad from Thailand. Another highlight was that MAP was able to organize an International Migrants Day seminar over two days, and livestreamed coverage of it on our MAP Radio Facebook page. There was a very positive response, with an average number of 25K views over three sessions in two days.







Some setbacks included: the number of DJs diminished by more than half, in part because of the partial closure of stations due to restrictions on mobility during the COVID crisis. Related to this, we had a training to refresh DJs skills in November 2020, but we could conduct it with only half the usual number of participants. There was some outreach, but it was limited in size and frequency, in part, affected by the cancellation of festivals. Similarly, listener panels were generally reduced to only a couple of small groups at the second half of the year.

MMM also recently opened a new set of Facebook pages called "Migrant

Information Center" or MIC, in Shan and Burmese languages. These pages are devoted to infographics and explanatory videos. The pages are meant to be used as a resource by migrants. Infographics that provide explanation of policies can be downloaded and looked at later. This resource became more important as fear of infection and confusion over COVID regulations grew. Rapid changes in migrant policy left migrants feeling uncertain. As a result, the average number of migrants who viewed posts on the MIC pages quickly reached an average of 4K in Burmese, and 7K in Shan language. Some posts reached 45K views, such as the ones explaining visa extensions, and other announcements



The MMM team produced a number of brochures and posters, some of which were from the infographics, including: explaining COVID-19 and how to identify symptoms, introducing coronavirus prevention measures such as social distancing, mask wearing and quarantining, and changes in migrant policy, such as jobs migrants are and are not allowed to do. MMM also produced the annual Migrant

Diary, which besides providing contact information for services from government and non-governmental organizations, also provided information on safe migration such as costs of the MOU visa process in Myanmar, and the benefits of the International Workers Card. We sent more copies to source communities in Shan State responding to the request of network partner organizations. MMM also produced a "phone contact" book with the same contact info from the Migrant Diary separately. (all resources available for download on our websites)



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- ယူ,သင်းဆွ်းပို့ဆိုးတီး တဆိမီးတာင်းပီဆိုစုဝ်းဝိတ်. 19 စဖေးလာမ်း။ ယာမ်းမီးလွင်းယူ ့နှိမ်းဂိဆ်ကမ် တင်းဂူဆီးဂျေ့တဆို ကပ်းတာင်းဝီဆိ
- လုံးယိပ်းတို့ဝို့သူးမီဆိုးတူဝိသတ်း တီးဝီဆိုင်ဝိုးမှာာ်းတာင်းဝီဆို။
- ရှည်းရေးနှိတ်းဂၢဆ် ကွည်ရှည်းလေ့မှိုင်း လေး နှိတ်းဂၢည်ဆွ်းပိုည်းတီး တဆိမ်ိဳးဂူဆီးစွဆီးဂိုဆီးအမိ မိုအီဆင်, ဂၢတ်, ၊ ရွှင်းယု၊ ၊ သူဆီဂၢဆိဂျ, တုႏုလူတ်, လိမ်လှိုင်းဆံျ



တိုး MRP Radio Application လုံးတိုးခန်း

9/34 หมู่ 1 หมู่บ้านอิงคอย ถ.เลียบคลองชลประทาน ท.ช้างเผือก อ.เมือง จ.เชียงใหม่ 50300

E-Mail: media@mapfoundationcm.org Website: www.mapradio.org

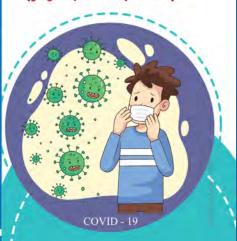


သိင်စာဝီ.တူဝီးမှိုင်း News Update Program - By DJ သံမွှာ်, ရှမ်



ခူဝ်းဝိတ်• 19

ဖိူဝိ,တေပ့်.ယူတ်းယျမှိုဝ်းချေ,နိုင်း ရှိုးကွဆ်ၾ၊င် ဂိမ်းရေ ဂင်းတု



ချဝ်းယျခ်း ရှုပြဲချေး လေး ဝခင်းကျွန်ာ,လီးနာ၊ခင် မိပ်,ရေတီကျပ် က်ံပ်ဆစ်ခဲ 99 RADIO NOM / Seonisseo ၀ခင်းပုတ်. / WED මාර්ධාම් /Time UHT\ विभावे သပ္မတ်,ရှင္ပါး၌,သီင် + ဓာဝ်,ထီး Thai News + သပ္မတ်,ဝဝါးလီ။ခိုတ်းတခန်း + ဉာမ်း 09.00-10.00 ပို့ဆိုရွှဲ့ ဂီမိတူဝိ AM 1476 ส.ว.ท 10.00-11.00 ်းရှုအမိတ၊င်းစုဆိ SHAN NEWS చేకిచక్కకట్ట 11.00-12.00 a8605555 ဂ်းကွဆ်ဝဆီးမှိုဝ် By DJ ဆွင့်ဆိုင် 12.00-13.00 လုံးကိုင်း 13.00-14.00 SWAN's Progri လူမ်ိဳးဂပ်းသာဆ်ထွ ဆုဝ်းယိင်းတီး ာမ်းတြူး စလႏုပိုင်ဂူဆီး Program By DJ Jan Di By DJ လုံးတွင် ထေး 14.00-15.00 15.00-16.00 ကပုမ်,သွဆ်ကို By DJ လံးလွမ်လိင် 16.00-17.00 သိင်ဝာဆ်ဂွာမ်းတ သိင်ဝ၊ဆ်ဥ၊မ်းတ 17.00-18.00 ဂူဆ်းရှီတ်းဂၢဆ်စ ၾင်းရှိမ်းရွှမ်း 18.00-19.00 ပ၊င်ဆမ့်ဆီင်းတံး သီမိုဒိုင်း

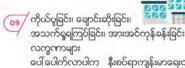


ဖြစ်နိုင်သရွေ့ လူ (၅)ဦးအထက် စုဝေးခြင်းကို လုံးဝ (လုံးဝ) ရောင်ကြဉ်ပါ။

07 နိုင်ငံရြားမှ [[င ပြန်လည်ဝင်ရောက်လာသူများအနေဖြင့် အသွားအလာတားမြစ်ပိတ်ပင်၍ သီးသန့် ခွဲခြားနေထိုင်စေရြင်း (Quarantine) လုပ်ငန်းစဉ်များတွင် အပြည့်အဝပူးပေါင်း ပါဝင်ခြင်းဖြင့် ရောဂါကူးစက်မှုကို ထိရောက်စွာ ကာကွယ်ပါ။



မပြင်းထန်သော ကိုယ်လက်လှုပ်ရှားအားကစားလုပ်ပါ၊ အိပ်ရေးဝအောင်အိပ်ပါ၊ အာဟာရ ပြည့်ဝအောင် စားသုံးပါ။

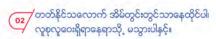


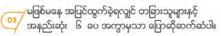
ပေါ် ပေါက်လာပါက နီးစပ်ရာကျန်းမာရေးဌာနသို့ ချက်ခြင်းဆက်သွယ်၍ စောစီးစွာ ကုသမှုခံယူပါ။

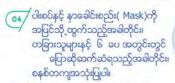
10 ကိုယ်ပူခြင်း၊ ချောင်းဆိုးခြင်း၊ အသက်ရှရကြပ်ခြင်း၊ အားအင်ကုန်ခန်းခြင်း လက္ခကာများ ပေါ် ပေါက်လာပါက နီးစပ်ရာကျန်းမာရေးဌာနသို့ ချက်ခြင်းဆက်သွယ့်၍ စောစီးစွာ ကုသမှုခံယူပါ။



01 /လက်ကို ရေနင့်ဆပ်ပြာအသုံးပြု၍ စက္ကန့် (၂၀)ကြာအောင် စနစ်တကျမကြာခကဆေးပါ။ ရေနှင့် ဆပ်ပြာ အလွယ်တကူ မရရှိနိုင်ပါက အယ်ကိုဟောလ် အနည်းဆုံး (၆၀)%ပါသော လက်သန့် စင်ဆေးရည်ကို အသုံးပြု၍မကြာခကဆေးပါ။ အထူးသဖြင့် အများသုံးပစ္စည်းများ (တံခါးလက်ကိုင်၊ လှေကားလက်ရန်း၊ ဓာတ်လှေကားခလုတ် စသည်)တို့ အား မကိုင်တွယ်မီနှင့် ကိုင်တွင်ပြီးချိန်တိုင်း၊ အပြင်မှပြန်ရောက်သည့်အခါတိုင်းလက်ဆေးပါ။





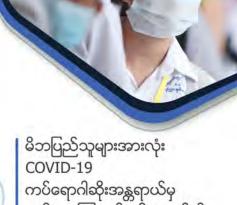


(05) နာရေ၊ ရောင်းဆိုးသည့်အခါတိုင်း ပါးစပ်နှင့်နှာခေါင်းကို စနစ်တကျလုံခြုံစွာ ဖုံးအုပ်ပါ၊

တစ်ရှုးအသုံးပြုပါက အသုံးပြုပြီးတစ်ရှုးကို အဖုံးပါသော အမှိုက်ပုံးထဲသို့ စွန့် ပစ်ပါ၊ စက္ကန့် (၂၀)ကြာအောင် စနစ်တကျ လက်ပြန်ဆေးပါ။



MAP Foundation MAE SOT OFFICE 1/5 Ameena Uthit Rd, T.Mae Sot A.Mae Sot, Tak 63110 Tel/Fax: +66 (0) 55 536 685



ကင်းဝေးကြစေဖို့နှင့် ရောဂါကို အထိရောက်ဆုံးကာကွယ်နိုင်ရန်အ တွက်

MAP Radio FM 102.5 MHz Maesot





Time Table

of MAP Radio FM 102.5 MHz Broadcasting

Ph	one:	055536381
ГП	UIIC.	10000001

I WAP RADIO FW 102.5 WHZ BIOAUCASTING			11101	1110116.03333038	
Mon	Tue	Wed	Thu	Fri	
RFA လွတ်လပ်သောအာရှအသံ မြန်မာသတင်း Radio Free Asia (Myanmar)	
အလုဝ်သမားသတင်း				JACBA	
အလုပ်သမားသတင်း				တစ်ပတ်စာဗေဒင်	
လုပ်ငန်းခွင်ဘေးကင်း လုံခြုံရေး	စာပေဟောပြောပွဲ	ရောင်ခြည်ဦး	ကတ်ဆက်ဇာတ်လမ်း	လုံခြုံစွာ ရွေ့ပြောင်းသွားလာရြင်း	
လုပ်ငန်းခွင်ဘေးကင်း လုံခြုံရေး	ရသစာပေ	ရှင်သန်ရြင်းနှင့် ရွှေ့ပြောင်းများ	မျှဝေခံတး ရွှေ့ပြောင်းများ	ကတ်ဆက်ဇာတ်လမ်း	
ကျန်းမာရေးအင်တာဗျူး	ကျန်းမာရေးအင်တာဗျူး	မိသားစုကျန်းမာရေး	လူငယ့်ကျန်းမာရေး	စာပေဟောပြောပွဲ	
ထိုင်း (ယဉ်ကျေးမှု၊ဗဟုသုတ နှင့် သီချင်းများ)				ကျန်းမာရေးပဒေသာပင်	
အထွေထွေဗဟုသုတနှင့် သီချင်းများ					
အားကစားသတင်း	၁၀၂.၅ စာအုပ်စင်	ထိုင်း-မြန်မာ စကားပြော	သုတကမ္ဘာအဖြာဖြာ	ရင်သွေးငယ်ပြုစုရေး	
VOA မြန်မာ့သတင်းများ Voice Of America Burmese News (Myanmar)				-	
	Mon လုပ်ငန်းခွင်ဘေးကင်း လုံခြုံရေး လုပ်ငန်းခွင်ဘေးကင်း လုံခြုံရေး ကျန်းမာရေးအင်တာဗျူး	Mon Tue RFA လွတ်လပ်သောအာရှ နံနက်ခင်းတရားတော် အလုပ်သမားသတင်း အလုပ်သမားသတင်း အလုပ်သမားသတင်း တုပ်ငန်းခွင်သေးကင်း လုံခြံရေး လုပ်ငန်းခွင်သေးကင်း လုံခြံရေး ကျန်းမာရေးအင်တာဗျူး ထိုင်း (ယဉ်ကျေးမှု၊ဗဟုသု၊ အထွေထွေဗဟုသုတနှင့် င	Mon Tue Wed RFA လွတ်လပ်သောအာရှအသံ မြန်မာသတင်း Rad နံနက်ခင်းတရားတော် အလုပ်သမားသတင်း အလုပ်သမားသတင်း တုပ်ငန်းရင်သေးကင်း လုပ်ခြုံရေး စာပေဟောပြောပွဲ ရောင်ခြည်ဦး လုပ်ခြုံရေး ရသစာပေ ရှင်သန်ဖြင်းနှင့် ရွှေ့ပြောင်းများ ကျန်းမာရေးအင်တာဗျူး ကျန်းမာရေးအင်တာဗျူး မိသားစုကျန်းမာရေး ထိုင်း (ယဉ်ကျေးမှု၊ဗဟုသုတ နှင့် သီချင်းများ) အထွေထွေဗဟုသုတနှင့် သီချင်းများ အားကစားသတင်း ၁၀၂.၅ စာအုပ်စင် စကားပြော	Mon Tue Wed Thu RFA လွတ်လပ်သောအာရှအသံ မြန်မာသတင်း Radio Free Asia (Myanmar နံနက်ခင်းတရားတော် အလုပ်သမားသတင်း အလုပ်သမားသတင်း တုပ်ငန်းခွင်သေးကင်း တပေဟောပြောပွဲ ရောင်ခြည်ဦး တတ်ဆက်ဇာတ်လမ်း လုပ်ခြံရေး စာပေဟောပြောပွဲ ရောင်ခြည်ဦး တတ်ဆက်ဇာတ်လမ်း လုပ်ငန်းခွင်သေးကင်း ရသဓာပေ ရှင်သန်မြင်းနှင့် မျှဝေစံစား ရွှေ့ပြောင်းများ ကျန်းမာရေးအင်တာဗျူး ကျန်းမာရေးအင်တာဗျူး မိသားစုကျန်းမာရေး လူငယ့်ကျန်းမာရေး ထိုင်း (ယဉ်ကျေးမှု၊ဗဟုသုတ နှင့် သိချင်းများ) အထွေထွေဗဟုသုတနှင့် သီချင်းများ	



The main organizational development agenda in 2020 was to update and improve our organizational policies, including through the addition of new policies. In order to maintain our practice of participatory democracy and adapt to the safety requirements of the COVID situation, we organized participatory activities as much as we could safely do to review the new policies. Mutual understanding and revision of the new Code of Conduct was done, allowing staff to air their concerns and reduce resistance to implementing this new policy. An orientation on the new child protection policy was done with management, followed up by a training with full staff at the end of the year. Finally, around the end of the year MAP moved its Chiang Mai office for the first time since its inception.

" We claimed compensations for unfair dismissal & wages paid under the minimum wage over a retroactive period of two years. The **Labour Protection** Office ordered the employer to pay the 12 of us. After receiving the compensations, we applied for new jobs, but it is the same as before. Our wages are paid under the minimum wage.

We will have to fight on for a better quality of life."

Kevin just learnt that NBC Universal are refusing to #PayUp

26 Burmese garment workers were robbed of wages while making Despicable Me clothes.



We know Kevin. We know.

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Our Networks

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Raks Thai Foundation

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