



Spotlight  
Initiative



**BABAENG  
BIYAHERQ**

**Safe and Fair:** Realizing Women Migrant Worker's  
Rights and Opportunities in the ASEAN Region

# MAY I HELP YOU?

May Maitutulong Ba Ako? OFW Ka Ba?

Spotlight Initiative is implemented by ILO and UN Women  
#SpotlightEndViolence #SafeandFair

# Working abroad? Remember these three.

## **1. Make sure that you have your complete original papers.**

Passport, Contract, etcetera.

## **2. Bring an extra copy of the important documents at all times.**

Include your address abroad, contact number of the Philippine Embassy/Consulate based in your country of destination, and the name of your employer or agency representative.

## **3. Lost? Confused? Helpless?**

Look for Help Desks, Airport Personnel, Airport Security, or the Philippine Embassy/Consulate.

For problems, contact the Philippine Embassy/Consulate and a migrant support group.  
Contact CMA at (632) 8254 2332 or (63) 928 795 2222, Migrante International at (63) 921 270 9079,  
or Sentro at (632) 8666 3545.

**Remember: The Philippine Embassy/Consulate should be able to help you abroad.**