

ASSESSMENT OF COVID-19 IMPACT ON OFW LIFE AND RECOVERY NEEDS IN THE POST-PANDEMIC CONTEXT

JUNE 2022



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I. INTRODUCTION

A. Background of the study

The year 2020 was marked not only by the onset of the global Covid-19 pandemic but also by measures adopted by governments around the world that restricted people's movement. Mobility restrictions and social distancing protocols were put in place to protect people from getting infected with an unfamiliar virus that could cause long-term health issues, death, and financial ruin. Yet these measures also served to multiply vulnerabilities of often marginalized sectors of society and erode their coping mechanisms.

This global event affected migrant workers all over the world—including ~11 million overseas Filipino workers (OFWs) (Bautista and Tamayo, 2020). To illustrate, in 2019, there were over 2 million Filipinos actively working abroad. This number dropped by ~500,000 in 2020 when the Covid-19 pandemic hit (Mapa, 2022) affecting not only those who were already working abroad but pausing the progress of applications of possibly millions more returning and aspiring OFWs.

B. Research Objectives

The objective of this study was to assess the impact of COVID-19 on migrant workers and their families in the Philippines and uncover migrant workers, HIV positive migrants and women migrant's issues that arose due to the pandemic. This study attempted to answer the following research questions:

1. What is the impact of COVID-19 on the migration stream? What is the impact on migrants and their families?
2. What recovery needs arise in a post pandemic context?
3. What are the implications for the future of migration in the immediate future and beyond?
4. What was the role of the Embassies, Foreign Ministries and Overseas "Migrants' Foundations and other duty bearers who have the responsibility during this crisis?
5. What measures can be taken to mitigate the impact?

C. Approaches and Methodology

This study is anchored on the Human Rights-Based Approach (HRBA), which sees the fulfillment of human rights as central to peoples' well-being. This study assessed the situation of OFWs during the pandemic in terms of the fulfillment and enjoyment of their most basic rights such as employment, health, and general well-being.

The HRBA is complemented in this study by the Care Theory (CT), a justice theory that seeks autonomy, equality, and the good life as values behind giving and receiving care. Engster (2005) has tried to rethink the framework as “decent care for all”, reasserting it as a fundamental human value that concerns everyone as it sustains all of life and social development. This study then frames the protection and fulfillment of citizens' rights by duty bearers as a practice of care.

This study looked into OFWs' vulnerabilities such as poverty, debt and loans, health issues, and work-related concerns with added focus on the experiences of women, PLHIVs, and gender issues. It also explored the situation of OFWs in their destination countries such as being deported, stranded, forced to work, and laid off. This study also described their working conditions pre- and during the pandemic, and how Covid-related difficulties affected their work. The research also explored OFWs' experiences upon returning to the Philippines. These were done through the employment of the following research gathering methods:

1. Review of Related Literature
2. Online survey among 117 OFWs
3. Focus Group Discussions with five (5) groups
4. In-depth Interviews with two (2) key persons

The timeline of the study spanned from 25 May to 29 June 2022. The process started from the simultaneous conduct of the review of related literature, the dissemination of the online survey, and selection of FGD participants by NGO partners Kabalikat ng Migranteng Pilipino (KAMPI) and Kapisanan ng mga Kamag-anak ng Migranteng Manggagawang Pilipino, Inc. (KAKAMMPI). This was followed by the preliminary processing of survey results, FGDs, and IDIs and the submission of the initial draft. The initial results were reviewed by ACHIEVE prior to the final report submission by the end of June 2022.

D. Review of Related Literature

Migration for work stems from the lack of jobs and livable wages in the Philippines (Asis, 2020). And overseas work has never been easy for OFWs. For one, most OFWs work in the lowest paid and regarded jobs such as domestic and service work and there are hardly any Filipinos in supervisory or management positions abroad (CPBRD, 2021). But the Covid-19 pandemic just made both local and overseas work even scarcer and more precarious (Asis 2020).

Even before the pandemic hit, OFWs had already been facing multiple personal challenges. Chief among them are homesickness, problems with their salaries, employers and savings, issues with co-workers, heavy workload and difficulty adjusting to their destination countries such as with the language, climate, transportation, living situation, and other aspects of social life (Bautista and Tamayo, 2020). On top of these, overseas employment had also been drastically affected by periodic “conflicts, economic downturns, disasters, and health scares” (Asis, 2020). Bylander (2017 as cited in Liao, 2020) calls these migration disruptions–“disorders and events that disrupt patterns of labor migration”. In times like these, the lives of labor migrants are disrupted with little to no warning” (Liao, 2020). The Covid-19 pandemic led to “massive job losses, displacements, [and] OFWs being thrust into stranded situations” (Asis, 2020).

OFWs have also been vulnerable to the abuse in labor practices abroad such as the “Kafala” or sponsorship system which gives individual employers and companies total control over migrant workers’ employment and immigration status (Council on Foreign Relations, 2021). During the pandemic, facing this unjust system was made even more difficult. This resulted in significantly less movement of workers beyond Philippine borders due to slower, more complicated, and more expensive pre-employment processes. Considering that overseas work is a survival tactic of many Filipinos, amid poverty and lack of upward mobility, this means more Filipino families having to endure the lack of even their most basic needs.

Governments, as duty bearers, are mainly responsible for protecting and providing for its citizens (Slaughter, 2017). In the Philippines and much of the world, the lack of job opportunities and upward mobility in social class displays the failure of governments in fulfilling its primary mandate. Overseas work is then both an opportunity for citizens to access resources they would not otherwise benefit from and a manifestation of poor protection and provision of needs of governments the world over.

Without getting to the root of the problem or trying to address issues that lead Filipinos to work away from home, the Philippine government has attempted to put mechanisms in place to ensure the welfare of OFWs in times of crises. This was done through the passage of laws and guidelines, and the establishment of agencies such as the Overseas Workers Welfare Administration (OWWA), Philippine Overseas Labor Office (POLO) (both attached

agency of the Department of Labor and Employment (DOLE)), the Commission on Filipinos Overseas (CFO), the Department of Foreign Affairs, and the soon-to-be enacted creation of the Department of Overseas Filipino Workers. The Philippine Social Security System also offers OFWs benefits and loans just as they do for all their members (SSS, 2021).

OWWA mainly “protects and promotes the welfare of OFWs and their dependents” (OWWA, n.d.). POLO is the “operating arm of DOLE for the administration and enforcement of its policies and programs applicable to OFWs” (POLO, n.d.). The CFO, under the Office of the President, “is concerned with policy advocacy, socio-economic development, integration and reintegration, culture and education, Institutional development and organizational strengthening”. The DFA “extends the mandate of the Philippine government to destination countries”. And the DOFW is expected to “be the primary policymaking, planning, coordinating, implementing, and administrative entity of the Executive Branch of the government in the field of overseas labor and employment”.

When the pandemic hit, most of these agencies worked together to address the needs of Filipino migrants who were displaced but remained overseas and those who were repatriated back to the Philippines. The Joint Manual of Operations in Providing Assistance to Migrant Workers and other Filipinos Overseas and the Inter-Agency Medical Repatriation Assistance Program (IMRAP) (UP-CIFAL, n.d) are contingency plans for OFWs that had been long required of governments in anticipation of international crises (Asis 2020). But the whole undertaking was made difficult by strict quarantine and other health protocols and the lack of available international flights. (Asis, 2020).

The government’s capacity to respond to OFW needs in crisis situations was only as good as its capacity to provide care (Engster, 2005) to its citizens with or without a crisis. The long-standing Philippine development issues such as the lack of proper housing, adequate transportation, quality health facilities and personnel, and strong communication mechanisms were the very barriers that made repatriation and the consequent reintegration of OFWs who came home under the threat of Covid-19 difficult.

“An assessment done by the International Organization for Migration (IOM) showed that a great majority of returned OFWs have...had no job for an average of three months prior to their return [and] most of them reported a sizable drop in household income since their return” (IOM Philippines, 2021 as cited in ACHIEVE, 2021). Many studies reviewed for this research focused on describing the economic impacts of the Covid-19 pandemic on OFWs. This study attempts to go a few steps further and look at how these economic challenges impact their well-being, keeping in mind that OFWs are people first before they are workers and putting the value on human life over their capacity for productivity.

II. DATA PRESENTATION

A. Respondents' Profile

Sex assigned at birth

Most respondents are Female (98.4%), and only one (1) was non-binary. Other studies on the life experiences of OFWs such as that of Bautista and Tamayo (2020) which was conducted online through Google Forms—the same way as this study—yielded more responses from women than men. This is also consistent with the 2020 national data that revealed how women form the majority of OFWs (Mapa, 2022).

This is seen by some as a stride towards equal opportunities for women and men (CPBRD, 2021) but it is more likely a manifestation of the feminization of poverty and migrant work undertaken to combat it at the personal and family levels.

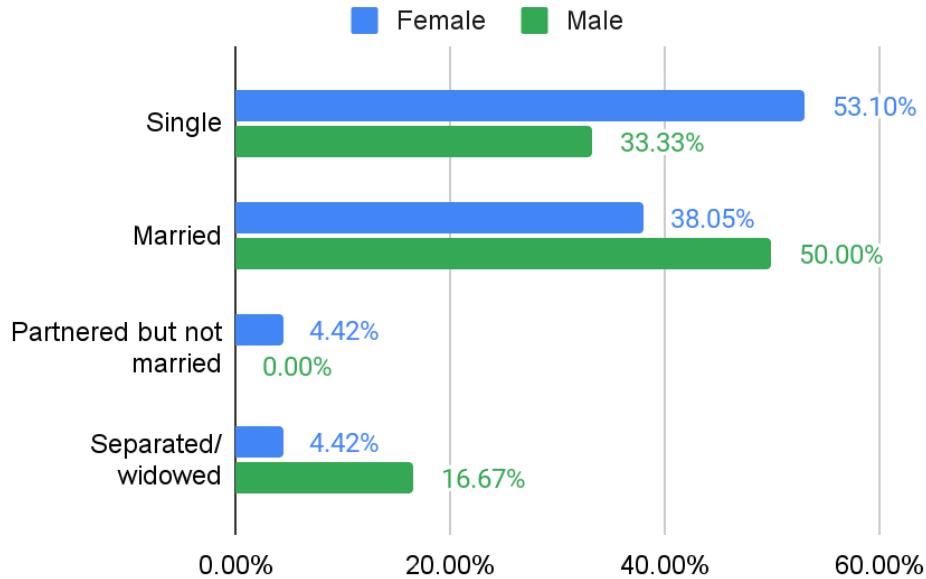
Age

The minimum age for Filipino migrant workers is set at 24 years of age. While most of the respondents of this study were around 24-35 years old (63.71%), followed by 36-45 (27.35%), there were also respondents below 23 years of age. Other studies on OFWs were able to capture responses from migrant workers as young as 19 years old (Bautista and Tamayo, 2020). A slight increase in numbers of OFWs aged 25-29 was seen from 2017 to 2019 (CPBRD, 2021) showing that young people are increasingly engaging in or aspiring for overseas work.

Civil status

Most of the respondents are either single (53.10%) or married (38.05%). Majority of the female respondents (55.45%) reported being single, on the other hand, half of the total male respondents are married. Almost 5% of the total number of female respondents reported having partners but are currently not married. There is also a mix of respondents who were either widowed or are currently separated from their partners (4.42%). The following graph shows the percentage of male and female participants in terms of civil status:

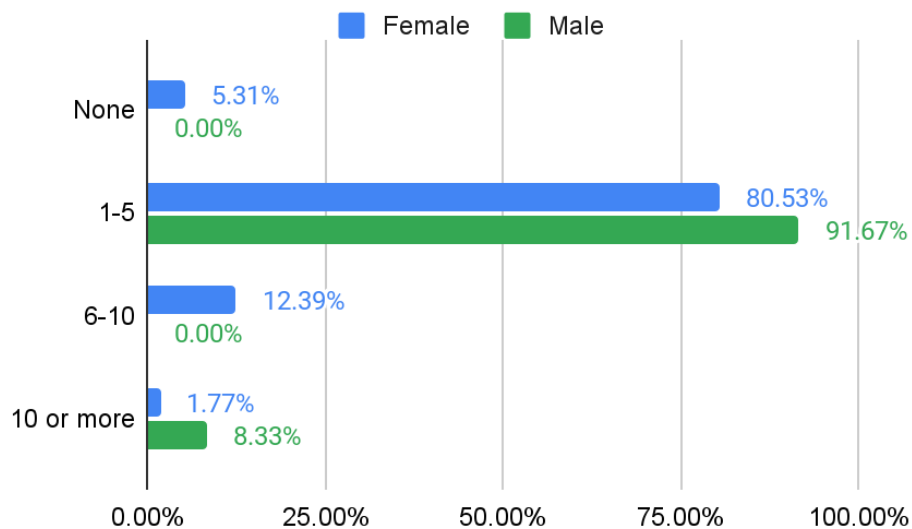
Civil status (by sex assigned at birth)



Number of dependents

Majority of the respondents (80.53%) said that they have one (1) to five (5) dependents who they regularly support. Some said that they support around six to 10 people on a regular basis (12.39%). The following graph shows that most of the survey participants have one to five dependents that they support:

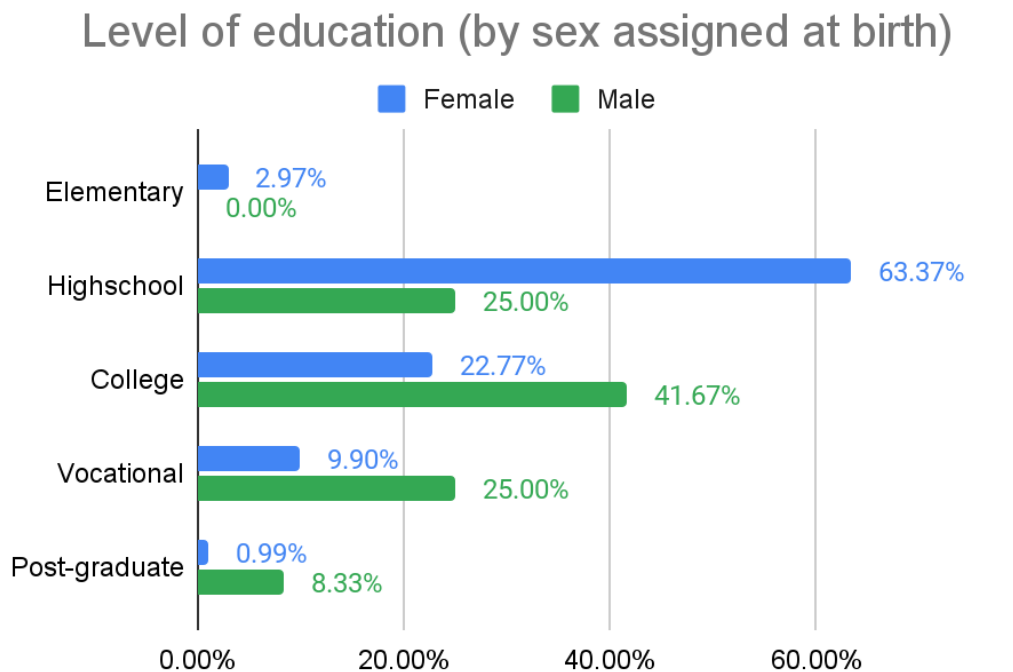
Number of dependents (by sex assigned at birth)



Educational attainment

Majority of the respondents finished high school at 59.29%, most of which are female (63.37%). This is followed by respondents who reported finishing college at 24.78%, most of which are male (41.67%). More than a tenth of the total number of respondents said that they finished a vocational course (11.5%). There are also respondents who reported attaining post-graduate degrees at 1.77%. There are three (3) females who reported only finishing elementary.

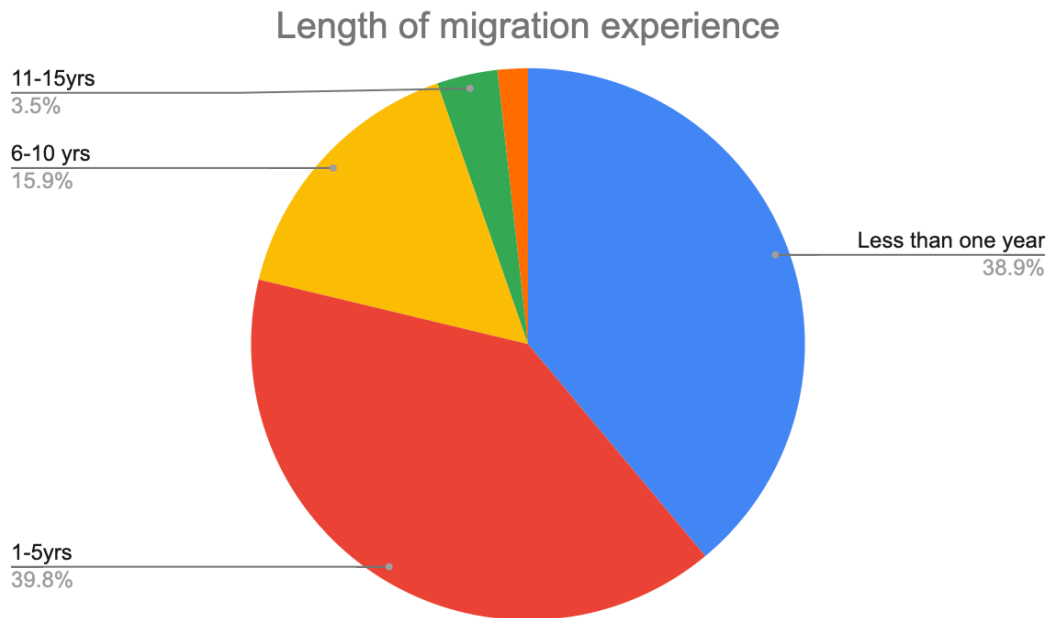
The following graph shows the level of education by sex assigned at birth, where most of the female survey participants only reaching high school at 63% and male survey participants completing college at 41.67%:



B. Work and Income

Length of experience

Most respondents have one (1) to five (5) years of work experience (39.8%), followed by those who have less than a year of experience working abroad (38.9%). Some respondents reported to have 6-10 (15.9%) and 11-15 (3.5) years of experience, and two (2) have even worked abroad for more than 20 years. The following graph shows that most of the survey participants have less than five years of experience working abroad:



Current migration status

Majority of the respondents are currently awaiting deployment in the Philippines at 91.15%. Seven of the respondents (6.19%) have just completed their contracts and are currently in the Philippines. Two (2) of them are currently working in their destination countries, but one (1) of them reported being jobless and stranded abroad.

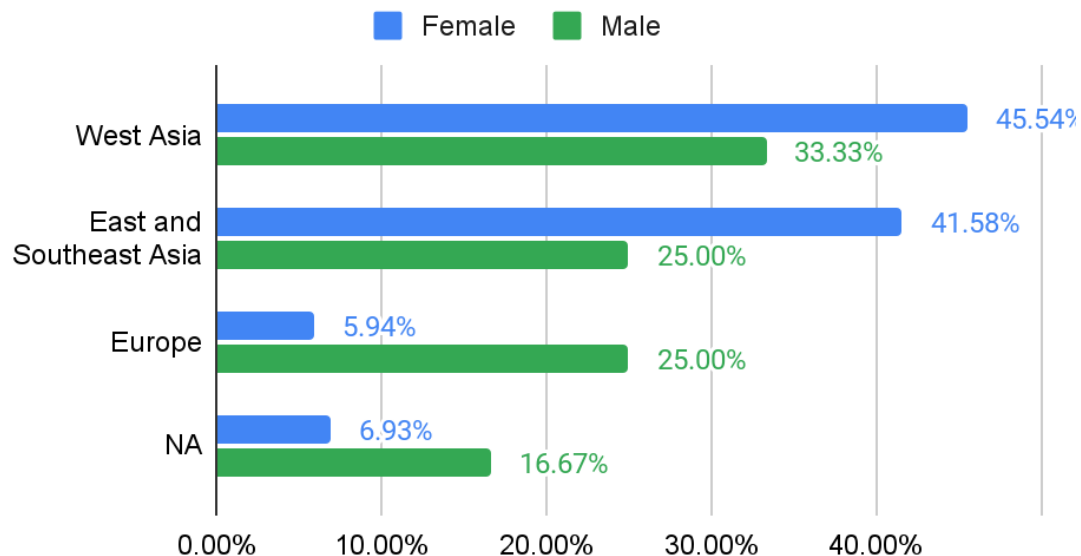
Nature of work

Majority of the respondents (86.7%) are female domestic workers. Some are caregivers (0.04%), seafarers (0.03%), laborers (0.03%), professionals (0.02%), and a small percentage worked in the service/hospitality industry (0.01%).

Latest destination country

Consistent with the Philippine Statistics Authority data (2022), most of the OFW respondents said that they are waiting for deployment or are currently working in their destination are situated in West Asia (44.25%) and East and Southeast Asia (39.82%). The following graph shows the disaggregated data according to sex assigned at birth:

Latest destination country (by sex assigned at birth)



Income

Most of those in the PhP10,000 and below range are female domestic workers, who have been working less than five years abroad. Two of those who reported having more than PhP 90,000 monthly income both consider themselves professionals.

The average income of the respondents decreased during the pandemic, where some of those who were earning more than PhP10,000 monthly reported receiving less income during the global crisis.

C. Situation pre- and during the pandemic

The participants were asked about their ideal life and aspirations as OFWs and family breadwinners. Almost all of them said that they dream to be based and retired in the Philippines to be with loved ones and to build a family. They added that they only want a simple, peaceful, sustainable life, and to finally 'escape' poverty in their home country.

They explained that their dream is to own assets such as homes, businesses, cars, and other properties. The respondents also wanted to have investments and insurance which can be used to secure their parents' and children's future. They also wished to get better opportunities abroad which includes success in their chosen careers, and to be happy and content with their work.

In assessing their well-being, this study attempted to gauge how near or far their pre-pandemic and pandemic life is from their ideal.

Pre-pandemic situation: *"Nakakasurvive kahit mag-isa"*

The respondents view their pre-pandemic lives as relatively free, without mobility restrictions. Most of them reported that they were able to move around, travel, and go to public parks and recreational establishments with their families and friends to decompress.

They also said that they feel that they had easier and more stable work, better income, and more savings. They also felt that they had more opportunities that contribute towards supporting their families. A few respondents said that they acquired loans as they were expecting regular income.

A respondent even said that despite being homesick, they were happier and had less anxiety as they had stable income abroad pre-pandemic. However, a participant said that they were repatriated due to reasons outside of Covid-19—because their company closed. Another intimated that they did not get overtime pay or any days off.

Situation during the pandemic: *"Opposite yan nung pre-pandemic"*

The respondents said that their situation during the pandemic became worse, whether they're abroad or in the Philippines. A lot of the FGD participants said that life was harder and that they depended on help and assistance from others during the pandemic.

Health and relationships

The global health crisis did not only disrupt public life. The respondents felt that their personal lives were impeded by measures of safety. A lot of them said that they mostly feel stressed, anxious, and helpless. Some noted that they felt like they did not have enough rest, and isolated groups suffered from cabin fever and unpredictable relationships with their peers.

Those who were abroad during the height of the pandemic not only suffered from being homesick, but also felt gravely anxious about the situation of their families at home. Some even lamented

the worsening strain in family and personal relationships due to lack of personal connections and general discomfort during the pandemic.

In terms of Covid infection, some respondents got sick with Covid or knew somebody close to them who suffered from the infection. Majority of the survey respondents reported that they did not get infected (94%) with nor was closely exposed (91%) to Covid-19. Similar to their non-experience of covid infection, more than 90% of the respondents reported that they did not get sick with any other kinds of illnesses and that they did not suffer from mental health concerns.

Those who were not infected with Covid, however, were still gripped with the fear of getting sick, being hospitalized, or suffering from its fatal consequence. There are also those who have cardiovascular and metabolic comorbidities, who had sensitive pregnancies, and senior citizens who felt it was harder to get non-Covid treatment in hospitals during the pandemic.

Survey participants were also asked about feeling stressed on other areas of the survey questionnaire. When taken out of the health context, 17.95% of the participants reported being stressed pre-pandemic, and then increased to 29.06% during the pandemic.

Mobility and safety protocol adherence

The participants noted that it was difficult to follow health and safety protocols as it required everyone to restrict contact and their mobility. They said that it was hard to move around, to do any tasks, and go to work because of the limited options for transportation and strict lockdowns and curfews implemented during the height of the pandemic. They also noted that their expenses increased because they had to invest in self-protection by getting frequent Covid-tests, buying vitamins, medicines, and personal protective equipment such as masks and face shields.

Work and Income

Majority of the respondents said that they were stranded in Manila, either after coming home or because they were awaiting deployment. Most respondents said that their businesses either struggled or failed and that they depleted their savings after incurring so much debt. A lot of them said that they do not have enough to provide for their families and for themselves and that they had to get part-time or extra jobs just to make ends meet.

Those who are awaiting deployment said that the usually fast processing of requirements became more tedious and complicated. They said that they needed to wait to schedule appointments and they needed to cope with the abrupt transition of the processes online. A few of them also said that they were still waiting for their booster vaccine shots because destination countries do not accept individuals who were only vaccinated with Sinovac.

In general, the respondents either lost their work due to business closure or were made to work in a part-time capacity, resulting in lower income. Some said that they got stranded abroad, being forced to work at a lower income and/or extend their contract since there were limited flights. One respondent said that their contract was terminated early because their company closed, and a few said that their income was either delayed or held without explanation. Among domestic

workers, they said that the health and safety protocols gave them additional work since they work at their employers' home.

Comparison of their situation pre- and during the pandemic

In the survey, respondents were asked to signify whether they 'Agree' or 'Disagree' to several statements pertaining to their well-being pre- and during the pandemic. In terms of health and well-being, the following table shows the percentage of respondents who **disagreed** to the corresponding well-being statements:

Percentage of survey participants who disagreed		
Health and well-being	Pre-pandemic	During pandemic
I have a decent living accommodation	5.13%	4.27%
I have enough and nutritious food	3.42%	13.68%
I am healthy and have no sickness	2.56%	5.98%
I can rest well after work	2.56%	7.69%
I don't feel stressed	17.95%	29.06%
It easy to get checkups and to get medical treatment	13.68%	33.33%
I can easily talk with my friends and family	7.69%	11.11%

Aside from having more decent living accommodation, the results show that their situation regarding nutrition, health, rest, mental health condition, and access to treatment have worsened during the pandemic. Almost a third of the participants said that it has not been easy to access checkups and medical treatment. This is complemented by the increase of stresses during the height of the pandemic at 29.06%.

In terms of their socio-economic situation, the following table exhibits the percentage of respondents who disagreed to the corresponding statements:

Percentage of survey participants who disagreed		
Work and finances	Pre-pandemic	During pandemic
My employer does not force me to work	13.68%	17.09%
My income comes regularly	11.11%	21.37%
I can send support to my family regularly	18.80%	24.79%
I can give enough financial support to my family	17.09%	29.91%
I have enough money for myself	17.95%	29.91%
I have enough savings for emergencies	28.21%	35.90%
I have insurance (HMO, life, health, etc.)	24.79%	32.48%
I do not need to get loans or to borrow money	19.66%	29.06%

Since most OFWs venture working abroad to respond to their financial insecurity in the Philippines, the table shows that they did not only lose a stable source of income, but also lost economic stability of those they support at home.

It is alarming to note that their general work and finance situation has worsened, mostly in terms of insurance (32.47%) and savings allocated for emergencies (35.9%). The survey respondents also indicated that they were not able to give enough for their families' needs and to sustain themselves financially. Almost a third of the survey respondents (29.06%) said that they had to make loans and borrow money just to get by during the pandemic. This was also validated through the sharing of the FGD and IDI participants who said that they felt like what they built and invested on were completely wiped out and that they have to start all over again.

D. Other challenges as OFWs: ‘Sacrifice talaga yan’

Most respondents consider being OFWs as a sacrifice that they make for the betterment of their loved ones’ lives. However, in general, they view their work situation abroad as normal despite various difficulties they experience as OFWs locally and in their destination countries.

Natural disasters

A participant shared that they were almost living their dream life, but Typhoon Odette destroyed their home and forced their small business to close. They said that they felt like they had to start their lives all over again and that the only way to get out of debt is to go back abroad.

Work conditions

A few respondents felt that their contract terms were unfair because they weren’t allowed to negotiate them. Some even said that their employers sometimes do not honor their contracts because they must work continuously without day offs and regular income. A group of female participants also talked about the difficulties of having expired visas abroad because they won’t be able to access part-time work and healthcare.

There are OFWs who got stranded abroad because of the travel ban imposed by the Philippines. One participant from Kuwait said that they also have an on-going case due to breach of contract, and that they desperately want to finally get home.

When participants were asked whether they take their grievances to authorities, a few of them said that they only involve authorities with bigger and more complicated problems, saying that “*malalaking problema lang sinusumbong namin sa agency.*” A respondent said that not all Philippine Overseas Labor Office (POLO) are responsive because of fear of retaliation from the destination countries.

Women’s experience

Most of the survey respondents are female domestic workers; a huge percentage of OFWs are female domestic workers. This study provides a closer look at the experience of women OFWs which reveals that while most OFWs are women, they typically earn less than male OFWs, carry more of the mental load of caring for and nurturing their families even from afar, and are more likely to experience violence and abuse in the context of both family and work life.

Those who were relatively new to working abroad said that they couldn’t prepare themselves for the taxing physical labor involved in their work. They also said that they felt like they did not have power in their employers’ home because the authorities cannot interfere in such a private setting.

Some female domestic workers in West Asia, more particularly in Saudi Arabia, felt fear because of the uncertainty of their fates abroad. A lot of the female respondents said that they feel vulnerable to the threat of violence, and that they feel secondhand trauma from experiences of

violence of other Filipinos abroad. One male participant said '*grabe ang higpit sa Saudi, lalo na sa mga babae*' noting that some female employees are required to wear prescribed clothing, making their work even harder. Onboard ships, where there are hardly any women in authority, women are often treated as sexual objects by men which leads to a whole host of turbulent emotions and negative self-image.

A lot of the female domestic workers consider the care work that they do as work, but on top of that they also need to do care work for their own survival abroad and for their families' welfare in the Philippines. After cooking and cleaning for their employers, few have the energy to cook themselves a decent meal. It is a normal occurrence for a female domestic worker to spend more energy than they take in.

Whereas men OFWs mainly work in the public sphere such as offices, construction sites, service establishments or onboard ships. Typically, the care work required to sustain them such as cooking, cleaning, laundry, and relaxation are provided by their employers. In cases where they need a bit more than what's provided, they say it's easy to find someone to do care work for them, usually, this is taken on by other women in need of extra income.

A few of them said that video calling or chatting with their families online sometimes makes them feel even stressed because these conversations usually happen when there is a need for money or when there are problems in the family. Whereas men typically see talking to their families back home a source of motivation or a recreational activity.

Discrimination and abuse

Many agencies and employers still insist on disqualifying applicants based on their HIV status. PLHIV participants of this study had to rely on themselves and CSO networks to look for employers who do not discriminate. It seems that HIV education has not reached many foreign employers despite decades old global advocacy work by multiple stakeholders.

Only two (2) survey participants reported having experienced abuse or harassment, and both said that they reported their experience to the police and their loved ones. Both said that their concerns have been resolved.

Although only a couple of respondents said that they have experienced abuse, another 14 survey respondents said that they 'reported' their concerns. Furthermore, 17% said that they did not complain because they think they are going to lose their jobs if they do. Another 8.5% said that they do not complain because of lack of trust in authorities; do not know where to go (8.5%); are afraid of further abuse (4.3%); and because they think authorities would not let them (1.7%).

Despite all these difficulties, almost all of them said that they still prefer to work abroad. They feel that they can only stay in the Philippines if they can have the same economic opportunities locally.

E. Coping mechanisms and assistance received

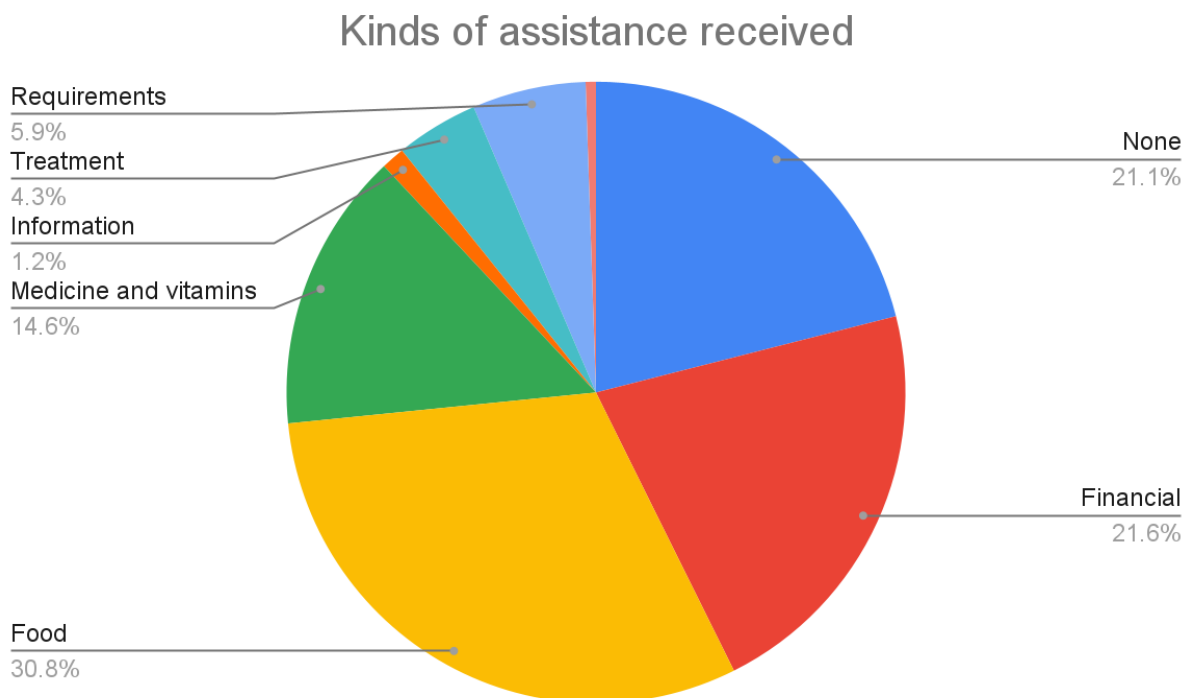
Coping mechanisms

The participants of the study were also asked of the coping mechanisms that they employ to mitigate the effects of the pandemic. Most of them said that they focus mainly on hobbies: doing sports and exercise; spending time with their loved ones and colleagues; and using social media to connect with people they care about. Some of them said that they focus on work and managing their small businesses so that they provide for their loved ones. A few of them relied on spiritual fulfillment to maintain their motivation for work.

Assistance received

Majority (63.6%) reported receiving assistance during the pandemic, however 36.4% said that they did not. More than a third (38%) said that they did not receive support from the government or other stakeholders, and 32% said that they only relied on the support provided by their families and loved ones.

The kinds of assistance they received is exhibited in the following graph:



Most of the participants reported having received food from other Filipinos working abroad, their loved ones, and the government. More than 20% of the survey participants also said that they have received financial assistance from the Philippine government. However, 21.1% of them said that they have received nothing.

The FGD participants were asked to provide detail on the assistance they have received during the pandemic. A lot of them shared that they share finances with their family to have enough for their basic needs. They also consider their loved ones as '*sumbungan*' and their support system abroad along with their co-workers and international Filipino communities.

An FGD participant working in Japan during the pandemic said that they were provided with a sizable amount of financial assistance as foreign workers. They also said that they received credible Covid-related information through the Japanese government website. Another participant who was in the Philippines during the height of the pandemic who worked as a Grab driver reported that they have received one-time financial support amounting to PhP 16,000.

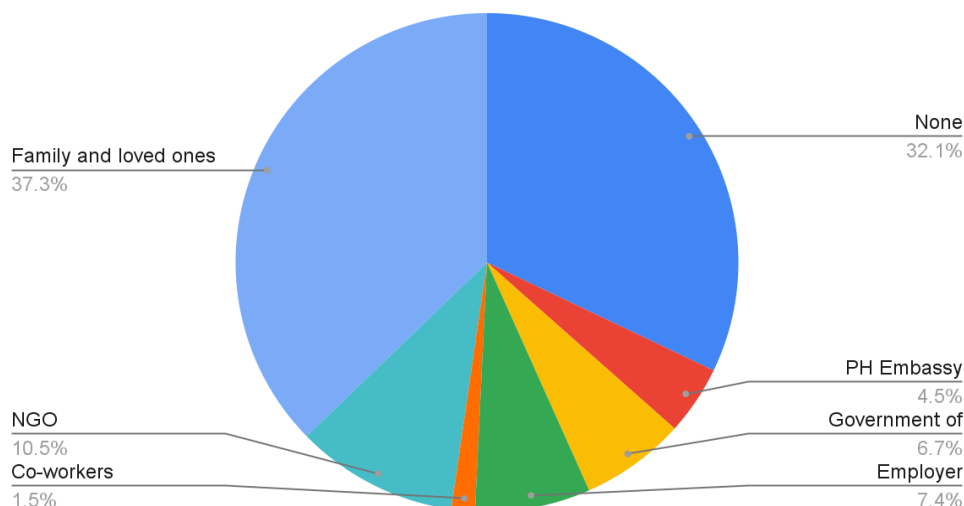
A lot of OFWs working in West Asia said that their employers made sure that they get free Covid tests since most of them are working at their employers' homes. One female participant mentioned that when they felt the threat of impending abuse from their employer, their employment agency coordinated with the destination country government to reassign them to another employer.

Those who have received support from the Philippine government said that they were recipients of the DSWD Social Amelioration Program and received tranches of financial support amounting to PhP 8,000. Some said that they have received \$100 from Philippine embassies, PhP10,000 from the DOLE-AKAP program, and PhP 3,000 from OWWA after a tedious application. Those who weren't able to receive financial assistance from the government after applying for support felt that it was unfair that they got rejected because they have not missed providing their regular contribution.

Most participants also considered Covid-vaccination as a vital support they received from the government since it is a requirement before working abroad upon the opening of international borders.

In terms of providers of assistance, the following graph shows the sources of help they have received during the height of the pandemic:

Providers of assistance

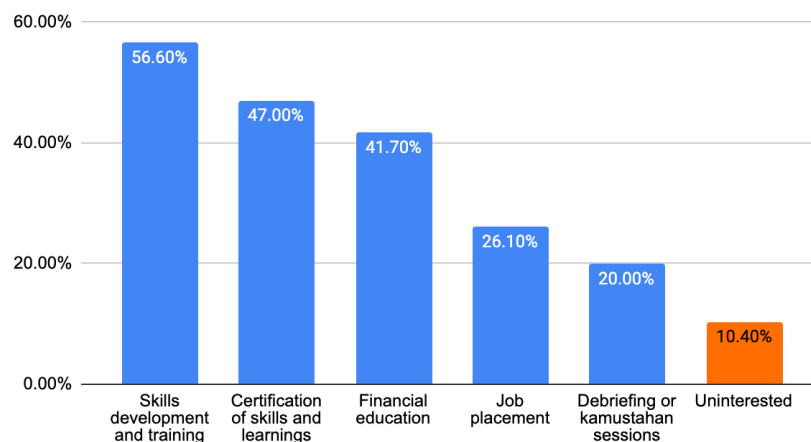


Almost a third of the survey participants said that they have received nothing and that they only relied on the support of their families and loved ones at 37.3% during the pandemic. Only 4.5% of the survey participants said that they have received some sort of support from the Philippine government, who was primarily tasked to support its citizenry locally and abroad.

Activities that they are interested in

The survey participants were then asked which activities they would be interested in given their situations and circumstances during the pandemic. Most of them would want to have additional skills development and training at 56.6%, followed by the certification of their learnings and skills at 47%. A lot of them (41.7%) also want training on financial education, job placement activities (26.1), and debriefing sessions (20%).

Activities interested in:



III. CONCLUSIONS AND RECOMMENDATIONS

CONCLUSIONS

Majority of overseas Filipino workers are women or 1.06 million in 2020 and 70.3% of them were engaged in elementary occupations (Mapa, 2022) or work that involves the performance of simple and routine tasks requiring physical labor (PSA, 2012).

Domestic work, a loose version of paid care work, continued as businesses closed. In order to survive Covid infection and the global crisis, households and public spheres necessitated care work. Work, school, and other otherwise public activities were now confined at home. Care work has always been undervalued, taken for granted, and heavily gendered. During the pandemic, domestic workers felt this more than ever.

Women carried the most burden, from care work being their 'job' abroad, and as a requirement for harmonious personal relationships at home. Female respondents realized that talking to their families further emphasizes that their welfare is her mental load even if they are far away from home. Male participants, on the other hand, said that talking to their family and loved ones helps them cope, almost as if they are abandoning their worries to those who are 'more capable' of handling them.

Single male participants express that they have no other responsibilities, they control their salaries, and feel free. 'Unmarried' women, on the other hand, are still tasked to take care of the family even abroad. Single mothers reported feeling that they cannot rely on anyone but themselves.

OFWs engaged in this study all agree that their ideal life consists of having their basic needs met, having resources to enjoy life, being with the people they love, and for their quality of life to be preserved and protected against crisis situations. The HRBA tells us that citizens, overseas workers included, are entitled to these things by virtue of being human.

Joy and relief from stress are part and parcel of their human rights. In the context of CT, human rights can be seen simply as what people need for their lives to be sustained. It is therefore the obligation of duty bearers to provide care to its citizens.

The pre-pandemic life for OFWs was not without challenges. Simply put, overseas work is merely a circumnavigation of the existing challenges in their home country. Very few OFWs engaged in this study dreamed of living abroad and building a life there. Overseas work is generally a means to an end—coming home, never coming back abroad, and sustaining a simple life without worrying about basic necessities.

The needs of OFWs post-pandemic remain the same as what they have always needed. Their basic human rights fulfilled, health problems, including stress, relieved, and an assurance that the life they have been working so hard to build would not be taken away so easily because of factors outside their control. OFWs were barely able to maintain their well-being pre-pandemic and when Covid-19 hit, they experienced even more loss of coping mechanisms. The HRBA and CT tells us that citizens' well-being is not merely a personal responsibility but a social one.

This study paints a picture of OFWs being mostly young single women with high school-level education, working in West Asia, supporting 1-5 dependents in the Philippines with a monthly salary of less than 10,000 pesos. OFWs are not only a vulnerable population but they possess intersecting vulnerabilities of gender, age, social class, and race. When we are talking about what OFWs need, they need these vulnerabilities addressed.

But first, they need adequate and quality food, shelter, education, healthcare, livelihood, and insurance. These should be provided by duty bearers simultaneously with doing the work to address their vulnerabilities, to be heard by key decision-makers and to participate in any social undertaking that has the potential to affect them. OFW needs are not far removed from what society has been clamoring for ages, gender and class equality, equal access to resources and social services, and equal opportunities for livelihood and social development.

RECOMMENDATIONS

Database Available Programs

The study found that OFWs are unable to access available programs and services due to the lack of information about them and its criteria of selection of beneficiaries. It would not be such a massive undertaking for concerned agencies to come together to create a database that can be easily accessed by OFWs whether they are in the Philippine or abroad.

There is also a need to explore the reasons why they do not and cannot access these services and what can be done to reverse this.

Community Organizing

The study also found that Filipino groups and communities abroad were the frontliners in ensuring that their fellow Filipinos are taken care of, even before the pandemic.

Strengthening the response capacity of NGOs and Filipino communities abroad and institutionalizing them as partners of the Philippine delegation could help in the establishment of community debriefing or *Kamustahan* sessions (ACHIEVE, 2021), community quick response teams, and channels to access programs and services provided by the Philippine government.

In the same manner, embassies could also extend its role in terms of ensuring the psychosocial health OFWs (ACHIEVE, 2021) especially during crises.

Further, equality movements are alive all over the world even in territories where gender and class inequality still dictate social life. It is important to link with these movements to support the change that will ultimately help OFWs get better treatment from employers, men, and foreign governments.

Intersectional Programming

The study highlighted the need to review existing policies and programs of relevant agencies to prepare for and mitigate the impacts of future disasters to make sure that the government is not debilitated during times of great need.

There is also a need for comprehensive programming that considers OFWs intersecting vulnerabilities of gender, class, age, race, and HIV status in preparation of the establishment of the newly created Department of Migrant Workers to systematically review and streamline the application process and to consolidate programs and services for OFW and their families. Additionally, the new department should hastily work to include demand generation for existing programs for OFWs; income protection and financial insurance; a One-Stop-Shop processing of requirements; and to avail of the provident fund from companies especially for those who are 'unfit to work' and/or suffered significant loss from the pandemic (ACHIEVE, 2021).

In emphasizing the Philippine government's mandate to its citizens in terms of providing and assisting in accessing pre-need insurances and extending support to OFWs to their families in the Philippines and communities, there is also a need to increase institutional resilience during disasters to lessen the burden of OFWs abroad.

The Philippine government and its citizens can substantially benefit from increasing the financial investment towards ensuring the health and well-being of Filipinos abroad and developing local industries to create well-paying jobs post-pandemic. There is also a need for a policy review to ensure bilateral negotiation of employment contracts and to renegotiate the terms of the Kafala system.

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VI. ANNEXES

Annex A. Research Tools

Online survey tool	bit.ly/OFWkamustahan I. Participant Profile A. Sex assigned at birth B. Gender C. Age D. Civil status E. Level of education F. Number of dependents G. Work abroad H. Destination country I. Length of experience J. Migration status II. Situation pre- and during the pandemic A. Estimated monthly income B. Comparison of their situation pre- and during the pandemic C. Covid-related experience D. Assistance received E. Providers of assistance F. Experience of abuse G. Redress III. Activities they want to participate in
FGD Screener	Screening questions: 1. Parte o naging parte ng isang NGO? Government office? Agency? a. Oo (terminate) b. Hindi (proceed) 2. Kasarian? a. Lalake/bakla/transman/gay man (continue if slots allow) b. Babae/tomboy/transwoman/lesbian woman (continue if slots allow) 3. Saan ka inabutan ng pandemic? a. _____ Pilipinas (continue if slots allow) b. _____ abroad (continue if slots allow)

FGD guide

1. Introduction of attendees
2. Project overview and objectives
3. Word Cloud: Magbigay ng mga salita na magdedescribe noong:
 - a. Pre-pandemic
 - b. During pandemic
 - c. Ideal life
4. What is the impact on migrants and their families?
 - a. Ideal life main words – bakit; ano yung qualities
 - b. Pre-pandemic main words – bakit yun ang words na ginamit; what made it okay or not;
 - c. Pandemic main words – bakit yung ang words na ginamit; what made it worse/easy
5. What recovery needs arise in a post-pandemic context?
 - a. Ano ang mga kailangan para makarating sa ideal?
6. Synthesis:
 - a. In an ideal life:
 - i. Na-fulfill at na-enjoy lahat ng rights
 - ii. Ma-protektahan at naalagaan during crises
 - b. Ito ang mga recommendations niyo para maka-cope sa pandemic at ma-mitigate ang mga crises

IDI guide

1. Magbigay ng mga salita na magdedescribe noong:
 - a. Pre-pandemic
 - b. During pandemic
 - c. Ideal life
2. What is the impact on migrants and their families?
 - a. Ideal life main words – bakit; ano yung qualities
 - b. Pre-pandemic main words – bakit yun ang words na ginamit; what made it okay or not;
 - c. Pandemic main words – bakit yung ang words na ginamit; what made it worse/easy
3. What recovery needs arise in a post pandemic context?
 - a. From pandemic situation, ano ang mga kailangan para makarating sa ideal, specific to:
 - i. PLHIV migrant
 - ii. Female health worker
 - iii. Female seafarer
 - iv. Male seafarer
 - v. Female domestic worker
 - vi. Service worker
4. Synthesis:
 - a. In an ideal life:
 - i. Na-fulfill at na-enjoy lahat ng rights
 - ii. Napoprotektahan at naalagaan during crises
 - b. Ito ang mga recommendations niyo para maka-cope sa pandemic at ma-mitigate ang mga crises

Annex 2. FGD Documentation

Aspirations as OFWs

Male land-based OFWs in Abroad	• JP: Settled na Pilipinas, tabi ng nature, sariling business, sariling condo o rest house, I get to travel kung saan ko gusto. Kasama ang family, since naka-separate na ako, pwede ring may significant other. • Jayson: Magkaroon ng sariling bahay, sasakyan. Meron na akong asawa at isang anak pero di pa kasal, pero nagsasama na kami. Ultimate dream life ay magkaroon ng sariling construction company bilang Engineer. Dito rin sa Pilipinas. • Arnold: Gusto ko maging mapayapa ang buhay ng pamilya, sariling bahay, kahit may maliit na negosyo. Dito lang sa Maynila o sa lupa namin sa probinsya. Gusto kasi ng pamilya ko sa Maynila magkabahay o magka-negosyo. ◦ Mas okay po ba kung negosyo sa Manila o sa probinsya? ◦ Mas maganda po sa Maynila. ◦ Ano pong gusto niyong negosyo? ◦ Gusto ko po mga motor parts, accessories. ◦ Mahilig po kayo mag-motor? ◦ Yes po, dalawa po kasi ang motor ko.
Male sea-based OFWs in the Philippines	• Chino: Seaman, sa ngayon bakasyon, napatagal. May pinapagawang bahay sa probinsya kaso nasira dahil sa Odette. Plano rin na mag-tindahan, saka makasakay ulit kasi natambay eh. • Edmar: makapagtayo ng sariling negosyo, dito okay naman ang pamilya ko, di hirap sa buhay. Medyo free ako ngayon, wala pang asawa kaya unahin ang business para okay na pag nagka-asawa. Naabutan ako ng covid sa abroad, nageextend ako 2 years, kakauwi ko lang nitong January, lipat bansa naman ako. • JM: 4 years sa Malaysia. Qatar waiter ulit. Nareflect ko talaga pag OFW, wala talaga akong plano, single ako, walang anak, youngest ako sa amin. Ikaw talaga ang nagkokontrol ng salary, di nagpapadala. Nalustay ko yung naipon ko, na-lockdown ang compound naming mga Pilipino. Kinailangan ko talaga ng pera doon. Pasalamat talaga ako sa Grab drivers para sa mga pagkain namin. Dream ko sana bumili ng assets, lupa, focus sa investments talaga, insurances. • Mel: Continuous kasi 8yrs na sa abroad, 6yrs Japan, 2yrs Saudi, nakapagpatayo na ng bahay, konting negosyo. Next week aalis na ako ulit kasi ang last kong trabaho sa Japan 2020 pa, nastranded ako doon, extended ako ng 3mos dahil sa lockdown ng Manila at Cebu, walang flights. Nakauwi ako, 4mos lang sana ang vacation kaso nagka-pandemic kaya inabot ng 2yrs, ngayon antay nalang ulit. Sana mapagaral ko ang anak ko sa college at makatapos sila, continuous ang negosyo bago mag-retire. Ipon talaga. • Bing: Seaman, pangarap ko maging successful bilang seaman at magka-negosyo balang araw. Maging opisyal ka balang araw ganun, maabot mo kung hanggang saan, maging masaya sa trabaho. • Arvin: Seafarer, pangarap ko sa buhay maging successful sa profession namin, maibigay lahat ng needs ng family ko, at maging successful sa lahat ng pangarap namin, maging opisyal sa barko. Magkaroon ng magandang buhay, magka-sariling bahay, ang mga anak ko magkaroon ng magandang kinabukasan, gaya sa education. Dapat successful sa lahat ng mga pangarap. • Ismael: ako po si ismael, nangarap mangibang bansa at kaya naman po ako magwork sa ibang bansa kasi para sa mga pamangkin ko, at ayaw ko magaya samang magkakapatid na hindi nakapag-college, at gusto ko namn po maiahon ng pamilya ko, kasi pinalayas kami sa bahay na tinitirhan namin. May pagkakapareho ang mga bagay na gusto nating makamit, maging successful, magkaroon ng sariling bahay, magandang career at promotion, pag-aaral at maging successful ang mga anak.
Female land-based OFWs in Philippines	• Lea: Caregiver, gustong mag-apply sa Canada, mag-cross country kasi nagastos ang pang-placement ko. Kasi nag-aral ako ng 6mos caregiving. Di naman kailangan malaki ang bahay, meron na akong bahay, wala palang siyang tiles. Naka-8yrs ako sa Lebanon, 2yrs na DH at 6yrs na housekeeping attendant. ◦ May placement ba ang DH? ◦ Wala po. Sa home-based, DH ang kalalabasan mo kasi sa employers house, pero pag company caregiver, di sa bahay. ◦ Ang dinesdescribe mo ay trabaho at bahay, ano ang kasama mo at meron ka. ◦ Meron na akong bahay, gusto ko umipon ng negosyo, for good na rin sa Pilipinas, gusto ko ng multicab at magnegosyo ng tubig o rice kasi basic needs yun ng mga tao.

	• Donna: Pangarap ay maliit na negosyo, makabili ng malawak na lupa, magtanim ng mga gulay kasi paborito ko yun, may kapital, di na papaalaga ang mga bata, di na umalis, mahirap kasi mawalay sa anak. Malaking income lang. • Jenny: Gustong makapagtapos ang anak saka mabigyan ang mama ng negosyo kasi matanda na siya. • Rachel: Simpleng buhay, makapagtapos ang dalawang anak, makapag-negosyo para dito lang sa Pilipinas, papalaguin nalang, saka na rin makatulong sa pamilya. • Cheryl: Balo na, may dalawang anak, simple lang pangarap, nagpunta abroad kasi di kayang matustusan ang mga anak kung dito magtrabaho, wala kaming ari-arian, mapagtapos lang sila ng pag-aaral. • Jennibel: Makabili ng lupain para sa farm at sa anak ko para di na pabalik balik sa ibang bansa. • Mary Grace: Makabili ng lupain at makatayo ng bahay • Jona: Makatapos ang anak ko. Magnegosyo, single kasi ako mam. Makapag-aral lang ang mga anak ko kasi ang anak ko magkahiwalay kami, yung isa nasa mama nila. May pamilya ako dito at asawa. Matagal na kasi ako dito, 8mos na. Minsan ko lang sila makita sa video call. Kasama sa pangarap yung asawa ko, kasi importante yung kinabukasan ng anak, kahit magkahiwalay, tuloy pa rin. • Sheila: Mabigyan ng maayos na buhay ang mga kapatid ko at pamilya ko. Mahirap lang kasi kami, para lang di na sa mga magulang ko. Ang pangarap, maraming common sa inyo, gusto ng maayos na buhay, negosyo o lupa, lahat ng pangarap ay sa Pilipinas at di na aalis. • Bigyan lang kami ng kasing taas na sahod, di na kami aalis. Mahirap mawalay sa mga anak.
Professional female OFWs stranded abroad	• Lhanz: Masyado na akong emosyonal, almost 14yrs na kasi ako dito. Never pa akong nakauwi sa Pilipinas. Maayos ang buhay namin noon, may pangarap kasi akong gumanda ang buhay namin diyan, di kasi ako tunay na anak, pero nakapag-aral naman ako ng husto until mag-abroad ako, maganda life ko noon, kinuha ako ng school ko na mag-OJT noon, gusto ko talaga kasing magbarko, nakapagbarko naman ako. Single pa ako noon. Sundalo kasi ang father ko, nang mamatay siya sa Basilan, maayos ang buhay na naiwan samin. Factory worker ako noon. I sacrificed myself, gusto ko lang may makasama habang buhay. I continued my journey, nakilala itong husband ko. Maayos naman ang buhay namin ngayon. Pareho kaming nasa Pinas ang pamilya. Ako nalang sumuporta sa mommy ko. Tinodo ko ang buhay ko at hindi nagdamot. Nagkaproblema rin kami ng husband ko, kasi mapapahamak siya sa tinutulungan niya. Naging worse po pero we found way na makabayad pa rin. ◦ Parang na-live na ang inyong pangarap na buhay ano, kung anong pangarap niyong buhay, ano pong laman niyan? ■ Buhay pa ang mommy ko kasi namatay na siya, mag-isa siya doon. Sana nasuportahan ko siya. ■ Sana nakauwi kayo? ■ Opo kaso nagstart na ang visa ko noon. ■ Wala pa kayong kalayaang umuwi kung kailan niyo gusto? ■ Yes po. Nagkaroon pa rin ng travel ban. ■ Saan niyo po pangarap mag-stay for good? ■ Sa Manila na rin. Una kasing nadeport ang asawa ko. Blessing na rin yung anak at partner ko. Maysakit rin ang asawa ko at anak ko. Wala man lang support ang gobyerno. Di ko naman natanggap yung sinabi ng OWWA. • Ruvelyn: share ko lang problema dito, kailangan talaga namin ng tulong. Problema ko dito sa Kuwait, 6yrs akong nawalan ng visa. Gusto ko na sanang umuwi kaso may travel ban na. Ginawan lang namin ng paraan kahit di ko pinipilit. Sa awa ng diyos kasama ko ang anak ko kasi ang asawa ko di na nakabalik dito, dito lang di siya makapagaral. Gusto ko lang sana, makauwi kami ng anak ko at makasama ko ang pamilya ko kasi matagal nang di ako nakauwi. Gusto ko makauwi kasama lang ang anak at pamilya, gusto ko ng maliit na bahay at konting business lang. • Bheng: Pangarap ko lang makatapos ako at mga anak ko. Ang asawa ko kasi paralyzed na. Since nandito ako, problema ko paano ako uuwi nang walang kasama? Kaso baka daw ako ang umalis, kinuha ang passport namin, yung pangalawang amo namin yan. Gusto ko rin sanang kumuha ng valid ID dito, para lang may mapanghahawakan rin. Di ganito yung unang amo ko. Ngayon natatakot na ako, gusto kong makauwi nang maayos, yung di mahohold. • Zhil: matagtapos ang nag-iisa kong anak at maging okay ang buhay niya. Pangarap ko ay nakabili na ako ng farm land, nakuha ko na yun, 2ha of land in Mindoro, naghiwalay lang ako ng asawa ko. Continue lang kahit masakit, continue lang, mabaet ang amo ko. Okay sila, binigyan ako ng tamang pera para makauwi ng masaya, binilan ang anak ko ng laptop, iPad, cellphone, prinamis nilang tutulungan ako sa pagpapaaral ng anak ko. Thankful ako kay god kasi swerte ako sa naging amo ko. Pero ang una kasi, thank you sa Businesswise, mabilis ang aksyon nila, muntik na kasi akong maltratuhin. ◦ Ito na ba ang pangarap na buhay? ◦ Di pa talaga pangarap. Yun ang tutulong samin para makuha ang pangarap kong maging maayos ng future ang anak ko, gusto ko mag-save, mag-negosyo na maliit, sa Pilipinas. • Marcel: Ang pangarap ko po sa buhay ay mapatapos ko po ang aking 7 anak sa pag aaral, ako po ay may isang anak na special child down syndrome hangad ko lng po ang magandang kalusugan ng pangangatawan nya po..magkaroon ng munting sarisari store sa Pilipinas.

	Susan: Good afternoon po Jan sa Pinas at good morning. Po sa Lahat NG nasa middle east... Ako po si Susan CUBERO na dito sa kuwait 4 year and half ngayon June 18 hindi nakauwi... Pangarap ko Lang po na makapagtapos ang 2 Kong anak na malilit.. 9 years and 5 years ang anak ko po... Sa pakikinig ko sa mga pangarap na shinare niyo, di naman nagkakalayo, makauwi, sa Pilipinas lumagi, doon ang for good, ang isa nagsabi ng farm land o business, common rin yung mapagtapos at maalagaan ang mga anak.
Seafarers	- Bernardo: simpleng buhay, magandang buhay sa pamilya, simpleng bahay, magkaroon ng konting negosyo - Johniel: Mabigyan ng magandang buhay ang pamilya, sariling bahay - JM: simpleng bahay sa probinsya, konting negosyo, di na sana bumalik sa pagbarko, magnegosyo nalang po. - Ronald: makatapos ng pagaaral ang mga anak ko, konting negosyo, bahay na para sa mga anak ko, di sila mmahirapan sa buhay nila, mayron rin mabigay sa kanila para sa mga anak ko na tulong, habangbuhay naman tayong seaman pag okay ang katawan, saka kaunting pera - Erwin: Ang pangarap ko sa buhay ay makapagtapos ng pag-aaral ng college ang dalawang anak ko at magkaipon ng konting pera pampuhunan ng konting negosyo - Christian: simple lang, makatapos ang mga anak sa pag-aaral saka magandang buhay rin, kung anong meron ako, ganun rin sana sila. - Jayvi: makabuo ng pamilya, mabigyan sila ng magandang buhay, negosyo kasi di natin alam kung hanggang kailan makakasakay sa barko. Di naman magkakaiba ng pangarap, pareho lang ng pangarap. Sa tingin niyo, ganito rin ang mga kapwa seaman o kasama sa barko? - Karamihan ganyan Anong dahilan kung bakit nagseseaman? - Erwin: para makapunta sa ibang bansa na libre, walang gastos, pag land-based ka iba, pag seaman kasi buwanan ang padala, depende na ang asawa sa gastos, nakakaipon. - Walang gastos sa barko? - Kung gusto mo lang lumabas - Parehas lang kami. - See the whole world, nakikita mo yung sa TV, amerika ganun, at least mamy experience ka rin, ma-kwento mo sa anak mo pagtanda mo. - Para lang makatulong sa pamilya, pangarap ko talaga, pareho rin kay Ronald, libre lang, nakakapasyal habang trabaho - Mahirap bang magtrabaho sa barko? - Okay ang trabaho pero homesick, namimiss ang pamilya. Di kasi tulad sa land-based after trabaho pwedeng mauwian ang pamilya mo, dito kain tulog tapos pag-gising trabaho ulit. Kung may day off di makakalabas. - Anong ginagawa niyo pag day off? - Minsan videoke - Minsan pahinga lang sa cabin para relaxed at refreshed ang sarili - Paano nagrerelax ang mga seaman sa barko? - Mahilig sa music - Kwentong barbero sa mga kasama - Tagay habang kwentuhan - Pwedeng mmagbasketball, kung anong pwedeng pagkaabalahan - May videoke sa barko, depende sa samahan, maganda kasi pag sama sama lahat, meron tuwing linggo magkasama kayo lahat, pagusapan niyo yung gagawin o pagkakaabalahan - Playing cards - BBQ party - Gaano kalaki ang barko? - Malaki talaga. Parang shopping mall. Musta ang relasyon sa pamilya? - Araw araw na video call sa pamilya, kuntento na sila dun para di magkaroon ng number 2 o number 3. Tiis lang kahit namimiss na sila. - Iba na yung pagbabarko simula nung 9/11.

Pre-pandemic life

Male land-based OFWs in Abroad

Pre-pandemic: free, happy, travel, mas maganda, maganda ang kita ko dito, Pilipinas, work, driver, Old normal, Japan, face-to-face, less anxiety

- Free tayo kasi we get to go outside without restrictions unlike now or during pandemic, mahirap lumabas, to meet with friends.
- Mas free yung bago mag-pandemic, anytime kung saan pwede.

Saan kayo usually pumupunta bago mag-pandemic:

- Pumapasok ako everyday, face-to-face sa work. Pag weekend, pumapasyal rin sa mall at parks.
- Dito lang ako sa Pilipinas kasi last 2017 pa ako umuwi ng Pilipinas. Kasama ko rin ang pamilya ko.
- Ako palagi sa mall, every weekends kasama ko ang pamilya ko. Mas maganda kung kasama ang pamilya, nakakagaang ng loob.

May napupuntahan rin ba kayong parks?

- Meron, sa Circle. Pero bihira lang kami pumupunta, pwede rin sa MOA Seaside.

Mas masaya ba nung pre-pandemic?

- Mas less yung lungkot.

Nalulungkot rin kayo noon bago mag-pandemic?

- Walang pera. Stress
- Sa work.
- Sa Japan kasi malayo ako sa family at mag-isa, adulting talaga. Kailangan maging more responsible.
- May time rin nalulungkot pero pag stressed kasi pag walang trabaho, walang pera, tapos may problema pamilya mo.

Positive o negative ba itong face-to-face?

- Positive siya kasi mas gusto ko yung personal interaction kesa nasa screen lang o nasa kwarto ka lang. Nakakaumay. Pag sa work rin pag face-to-face, pag gusto mo mag-relax, dadaldalin mo yung katabi mo, ngayon mag-isa lang.

Ano ang mga positive at negative nung pre-pandemic? Ano yung mga usual na nagkukulang? Ano yung mga gastos na di mapunan? Pagkain? Bahay? Pagpapaaral?

- Sa kita, bayad sa renta ng bahay, utilities
- Okay naman sa pagkain
- Ang kamag-anak, pag may nangangailangan, sila yung financial assistance at tumutulong

Marami bang kamag-anak na humihingi ng tulong bilang mga OFW?

- Dati, mga pinsan ko rin. Tumutulong rin ako sa mga gustong mag-aral na kapos rin. Nagbibigay ako ng allowance.
- Sinuwerte rin ako kasi tuloy tuloy naman yung work ko kasi IT work, pwedeng remote work.
- Ganun rin kaso lang mga pinsan o kamag-anak ko, di naman sila nanghihingi ng financial. Ako pa nga binigyan ng kapatid ko, matulungin rin yung kapatid kong nasa ibang bansa rin dati.

Saan kayo kinakapos bago mag-pandemic?

- Bayarin, yung motor di pa buo yung hulog, kapatid ko yung nagbibigay buwan buwan.
- Ang mahirap punan ay monthly na pangangailangan - bahay, kuryente, pagkain ay di problema.

Male sea-based OFWs abroad

Ano-ano ang mga salitang naiisip niyo pag sinabing pre-pandemic life?

Pre-pandemic: maayos, may trabaho, nagsisikap, okay naman, may konting ipon, nakatapos ng kontrata, madali magtrabaho, madaling mag-ipon, homesick

- Mas magaang talaga.
- Kahit paano nakaka-survive pa rin

	• Nakakasurvive pang mag-isa <i>Kinakapos sa panggastos?</i> • Lagi pag seaman talaga kinakapos kasi walang business o pundar na maganda. Dapat meron kahit konting pinagkakakitaan. <i>Ano ang mga problema niyo bago dumating ang pandemic?</i> • Pera, financial status, nadedelay pa rin ang sahod • Mahal na ang bilihan sa Pilipinas • Homesick nung first time ko mag-abroad, kaka-graduate ko lang ng college nang umalis pero maayos rin dito ◦ Sa una lang ang homesick, mawawala rin yan pag may trabaho at kita ka na rin para magsupport sa pamilya mo. ◦ Meron rin kasi akong part-time rin sa Pilipinas, working student ako noon nagsusupport sa pamilya. <i>Anong mga usual na gastos bago mag-pandemic</i> • Balik-bayan box. Andun na ako at bumili ng LBC box, ang mga land-based OFW, every salary kami namimili. That time wala pang pandemic, papapuntahin ko sana partner ko pero nagdeclare na ng pandemic nung March so nacancel na yung ticket namin, nabayaran na lahat, nasayang. Akala namin ilang months lang ang pandemic. Di kami nirefund. Ang pandemic life, maayos, may kita, may inaasahan, kayang suportahan ang pamilya, merong opportunities, merong trabaho at part-time kaso sa kabilang banda, di laging sapat ang pera at naho-homesick rin. Mas maraming positive kesa sa negative.
Female land-based OFWs in Philippines	Words: (abroad) mahirap, maranasan mong isang beses lang kumain, mahirap kumita ng pera, free ka gumala di gaya ngayon di makapunta agad, okay kasi may trabaho • Paanong masarap ang buhay? ◦ Sa Middle East lang nagkaproblema nawala ang US dollar, kailangan pang bumili ng dollars sa black market, ang mahal, di kami magpadala. Nirepatriate kami ng gobyerno. Nagsara ang company. • Walang pahinga sa trabaho. Kain ng kain. • Walang day off, di lahat ng amo tinutupad ang day off. • Di natutupad kung anong nakasulat sa kontrata, wala silang pakialam kasi nasa employers house sila. • Importante mabaet at may kinakain ◦ Pinapakain ka, di bale na yun iba. ◦ Kung anong kinakain nila, yun rin ang kinakain namin ■ Kulang o sapat? • Minsan kulang, minsan pag wala sila wala rin, bawal ka rin magluto, wala kang kakainin • Sa amo ko, open ako sa pagkain. • Sa iba bawal magluto pag wala sila ■ Kahit ibang bansa, iba iba sila ng ugali. • Bago mag-pandemic, nasa abroad karamihan, may problema tulad ng pagkain, kulang ang pagkain, walang pahinga, stressed, nakakausap niyo ang pamilya? ◦ Opo, nangangamusta sila kung kailan magpapadala ng pera ◦ Minsan lang ◦ Ang iba magtetest kung kelan ang padala, tapos di na magrepley pag natanggap na ◦ Sabi namimiss raw ako, umiiyak lang. Naiibsan na rin yung pagod pag kausap ang mga anak. • Stressed pag kausap ang pamilya? ◦ Nasestress rin sa problema, ang trabaho sa Saudi, di biro, marami, pagod, sakripisyo • Ano ang ginagawa sa isang araw? ◦ Di makaupo, laging nakatayo, akyat baba ◦ Sobra ang hours ◦ Mas gusto ko yung busy para di mamalayan ang oras, ayoko nagseselpo sa oras ng trabaho, sagabal yun sa trabaho. ◦ Highblood, anemic pag nakauwi sa Pilipinas. ◦ Pagtanggap mo ng pera, magiging resibo na ng padala

	○ Di ako nagpapautang, pag nasa abroad, pag di ka nagpautang ikaw pa masama ● May naiwan pang pera? ○ Daan lang sa tawa ● Ilang taong ang kontrata? ○ 2 years walang palitan ng panty ○ Walang tulog lalo pag ramadan ○ Masasanay ka rin, papayat ka rin pag di ka hiyang sa pagkain nila, masarsa ang pagkain nila ○ Sa gising mo, magluluto ka pa, minsan kape at tinapay nalang para magpahinga. ○ Suot pa ang uniform. Minsan naka-jacket at t-shirt lang ako, pero ang iba nakabalot pero ako hindi ● Mabilis ang proseso
Professional female OFWs stranded abroad	● Sobrang saya kasi andito pa ang tatay nila, kahit may problema ang visa ko. Super blessed kami kahit ganun, may trabaho ang tatay nila ● Maintained ang trabaho ko, saleslady ako. ● Okay naman ako kayang i-handle situation, sobrang thankful kasi continuous sahod. Nag-iipon kasi ako noon para sa farm. Nung naabot ko yung ipon ko, nag-pandemic na. ● May naumpisahan naman na, pero maysakit ang panganay ko. ● May karenderia kami at e-trike driver ang asawa ko ● Okay naman ang lagay dito, may trabaho pag ganun bahay ka lang. ● May pagkain na maayos at bahay, may pahinga, may day off. Nakakapahinga sa trabaho? ● Yes po, lalo pag part-time. Pero pag full-time 8hrs talaga yun at 1hr break. Sanay na, basta may kikitain, walang trabaho. Di naman kami nawalan ng bahay. ● Okay po may pahinga, maayos ang pagkain, tirahan, may day off ● Sacrifice po talaga. Kung merong day off, tirahan, pagkain okay na po ba yun? ● Basta may pagkain, okay na rin. ● Tama Anong mga problema bago mag-pandemic? ● Pagod, trabaho sa labas tapos sa bahay rin. ● May problem ang visa at inaalagaan ko rin ang asawa ko. Di na nirenew kasi nga daw sa travel ban, naabutan namin yung ban. ○ Bakit po may ban? ■ Kinasuhan kammi, nasa higher court na, sabi we are not allowed to travel, fix the problem daw muna. Ang ginawa ng embassy, binigyan ako ng lawyer. ○ Gumastos po kayo? ■ Sa embassy na po ○ Fredy: Ang kaso ay base ng travel ban, pag merong utang, dapat babayaran mo para malift yung travel ban. Pag lumalapit, kami nagcocoordinate sa embassy, DSWD, OWWA, ang bawat repatriation, kasama ko sila, POLO officials, at DSWD.
Seafarers	● Masaya, pag walang covid, walang restrictions sa pantalan, pwedeng makapamasyal at pumunta sa kahit saan. Minsan lang di mo maiwasan na merong gustong mapag-isa sa buhay, dapat kausapin kasi dapat amfresh ang utak, di pwedeng isip lang ay pamilya at trabaho, dun kasi galing ang stress ng seaman, kung ano ano ang iniisip, di mo malalaman kung anong iniisip niya unless kausapin mo ng maayos ○ Merong counselor sa barko? ○ Minsan kami kami nalang rin. Kung di na kaya ang problema, sa ibang department na sa barko. Mixed crew kasi kami. Nagkakaisa ang mga Pilipino diyan, pag malaki ang problema saka lang sa head of the department, kung maliit lang, mga Pilipino yan nagkakaisa lalo pag wala sa bansa natin. Anong mga problema bago yung Covid?

	• Pamilya, pera, utang ◦ Mahirap kung may problema at walang internet, di ka makakatulog niyan. Ang ibang barko may internet pero masyado bayad, ang iba maghihintay ka sa part para mag-internet. 35USD/1500PHP, 200mb. 15 days na yan, kung Facebook Messenger lite lang ang pwedeng gamitin para masave. Walang picture o video, kamustahan lang talaga. Pag walang reply, sagad yung wifi. Merong nagtitipid pag merong bayarin pa. • Example ng problema sa pamilya: ◦ Maysakit ang pamilya mo, may enlargement of the heart ang asawa ko, gusto ko matapos ang kontrata kaso nagsasabi na magextend pampagamot. ◦ Depende kasi sa position mo yung sahod mo. Malaki pag opisyal ka na. Pag hindi saktong lang. • Anong pinagkakagastusan bago ang pandemic? ◦ Daily needs gaya ng pagkain, gamot, vitamins ◦ Hulugan, bayarin monthly, bahay motor sasakyan. ◦ Pagpapaaral ng mga kapatid, saka sponsor na pinsan. • May natitirang panggastos? ◦ Meron konting paguwi, iniisip na yung pagbalik sa barko, mahirap kasi ang mga certificate, madaling ma-expire, irerene yan dapat paghandaan yan. Babayad ka ng boarding house, pagkain, center. • Paano pag walang ipon pagbaba? ◦ Di mo maiwasan, konting lang ang tira sa sarili, ang iba bumabalik agad. • Kung gumagastos sa needs niyo at sa pamilya, meron bang pangluho? ◦ Meron rin naman, yung iba kahit butas na ang medyas okay pa to.
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During pandemic	
Male land-based OFWs in Abroad	During pandemic: stress, kung saan saan pupunta, pahirapan sa transportation, sa mall o mga MLhuillier marami pang gagawin para makapasok, new normal, lockdown, everything online, heightened anxiety, helpless <i>Parang opposite yung feeling niyo pre-pandemic at pandemic</i> • Di naman opposite, ito lang yung other side. Ramdam ko talaga. <i>Helpless? Walang magawa</i> • Sa financial walang trabaho o pagkakakitaan. Gusto ko man humiram, sila rin walang trabaho. • Helpless in terms of normally nagagawa na labas labas, di pwede. Mahirap gawin. • Nasa loob ka ng bahay, nasa harap ng screen, mataas ang anxiety, walang makausap na katrabaho sa Japan <i>Sa tingin niyo, mas okay ba yung pandemic kung nasa abroad?</i> • Di rin, pahirapan rin daw sila. Wala rin silang work doon. Buti kung may sahod eh pero wala. ◦ Wala silang trabaho doon? ◦ Wala pag walang trabaho ◦ Paano ang mga pagkain at bahay? ◦ Free naman po ◦ Kahit walang trabaho, merong pagkain at bahay? ◦ Problema lang ang padala sa Pinas. • Kung sa abroad nag-pandemic, mas okay ba yun? ◦ Siguro sa Pinas kasi sa family, ang hirap kasi mag-isa during the lockdown. May kausap, may pagkain ◦ Depende kasi yan, pero baka okay rin kasi ang mga kasamahan ko, may binibigay sa kanila, depende sa company kung mabait, at least doon may binibigay. Wala kasing pagkakakitaan, tapos puro gastos.

Habang pandemic, meron kayong pinagkakakitaan?

- Nag-Grab ako, okay lang basta tiis lang. Kailangan di ka tambay, paikot-ikot ka dapat para makakuha ng booking
 - Nakakapagpahinga ka pa?
 - Grab ako 6-6, sa gabi pahinga nalang
 - Sapat ang pahinga sa susunod na araw?
 - Makakatulog ka naman ng 6-8hrs. Nung lockdown talaga walang byahe. Pagbalik nung June, kasama ako sa list ng LTFRB lalo kung nakaproduce ka nung plastic na ilalagay.
 - Malaki ba ang puhunan sa ganun?
 - Di naman po. Mura lang ang acrylic pati yung pagsanitize ng mga upuan. Ang unang nag-open nung lockdown, dapat ikaw pa yung magbubukas ng pinto.
 - Maraming kailangan aralin ano.
 - Opo
 - Nung lockdown, saan kumukuha ng panggastos?
 - Nagbigay si Grab ng 16k.
 - Sapat naman?
 - Okay naman.
 - Di kinulang?
 - Budget lang.
 - Pag sinabing budget lang, ano lang ang ginagastusan?
 - Ulam at bigas talaga.
 - Wala pang kain sa labas?
 - Wala rin naman makakainan sa labas

Nakatipid ba kayo o mas napa-gastos?

- Parehas lang. Sa pagkain, tinitipid mo kung anong meron ka. Napagastos lang sa internet kasi nasa loob ka lang naman. Data kasi mahal.
- Pareho rin, nakatipid sa Pinas kasi mas mura ang bilihin. Napagastos kasi minsan walang magawa, Shopee nalang.

Minsan ba lumampas sa budget?

- Wala naman di naman lumalagpas. Pero merong buwan na grabe yung gastos. Biglang napa-splurge lalo pag December. Malaki ang gastos noong holidays.

Kamusta ang pasko noong pandemic?

- Bahay lang. Same same lang, di masyado makalabas eh.
- Anong masaya pre-pandemic o during pandemic na pasko?
 - Pre-pandemic kasi pwede sa pamilya, pwede mamasyal, sa pandemic konti lang ang pwedeng gawin.
- Musta ang noche buena pre- at during pandemic?
 - Okay naman. Di naman umonti ang handa
 - Parehas lang naman
 - Before pandemic, medyo maraming handa, pero tipid sa pandemic.

Meron bang nag-kacovid?

- Ako po. Buti nga mild lang. Pero ang hirap kasi iniisip ko nahihirapan ako, paano pa yung severe, di ako makatulog. Hihiga ako pero ubo ako ng ubo.
 - Meron bang nag-alaga?
 - Sa probinsya meron namang facility na doon ka dadalhin, may pagkain na sila nag-provide. No choice, kailangan kumain kasi baka humina ka.
 - Nakarecover ka naman?
 - Mga 10 days.
 - May nahawa ba sa pamilya?
 - Ako yung nahawa ng kapatid ko. Akala niya simpleng lagnat, nagstay dito sa bahay at nagkulong. Di ko pa alam na may covid siya, naramdaman ko nalang dun sa trabaho ko. Alam ko kasi iba yung symptoms ng covid. Nanghihina yung kalamnan mo.

	- Nagka-covid rin. Nagkahawaan ata kami dito. Mild rin naman, omicron ata kasi ang bilis niya kumalat. Quarantine lang ng 10 days dito sa bahay, sa kwarto lang. Umokay naman siya. <i>Gumastos sa test, gamot, checkups?</i> - Di naman. May time lang yung asawa ko, may hika kasi siya, nadala siya sa ospital pero di naman covid. Pinauwi lang rin pagkatapos. - Di kinapos sa pagpapagamot? - Di naman - Mahal ba ang covid test? - Di ko alam kasi di siya nagpa-covid test. Sa heart lang niya. 3,500. - Malaking halaga ba yun? - Opo. tapos bibili pa ng gamot pang-maintenance. Iniinom niya palagi kasi nanghihina siya. - Mahal po yung covid test pero medyo nalibre ako nun sa kuya ko. Parang 3k ata siya, mahal po ata. Kaya inaantay nila yung free covid test. - Antigen lang naman ako 1,500 lang yun. Mas mura. - Di ganun kasakit yung paglabas ng 1k? - Medyo rin po. Kasi sa pandemic, yung thousands na amount masakit na yun. <i>Magkano ang internet niyo sa isang buwan?</i> 1,800, 2k, online class sa anak ko Grade 11 and 12, 1k lang per month <i>Ang mga nagrerenta ng bahay, magkano sa isang buwan?</i> 2,500 lang po sa Mandaluyong. - May reklamo sa tirahan? - Okay naman po, 13 years na rin kasi kami dito - Meron kaming bahay na nabayaran years ago. - Nagrerenta lang ako sa Manila, pero andito na ako sa bahay namin sa probinsya.
Male sea-based OFWs abroad	<i>Ano-ano ang mga salitang naiisip pag sinabing during pandemic life?</i> Pandemic: mahirap, nawalan ng trabaho, bumigat, iniisip ang pamilya, natakot sa covid, struggle sa business pero kinakaya, higpit, kawawa tayo, di makalabas, need magmask, mahirap magawaan, nakakastress talaga, asa sa ayuda, homesick, kinailangan na ng tulong, nawalan ng girlfriend, natagalan ang process ng papeles, nahirapan dahil di pwede ang sinovac at nag-antay ng booster, stranded sa Manila, matagal nakasakay ng barko, limitado ang mag-report sa opisina, daming utang, walang mabigay sa pamilya - Nang pandemic na may takot kasi baka magka-covid yung pamilya saka ikaw. - Nagka-struggle sa business - Nacancel ang travel ng partner ko - Umasa lang sa ayuda - Stay in sa trucking - Nawalan ng girlfriend, siguro nainip <i>Mataas rin ang bilihan pre-pandemic, nung pandemic tumaas ang gastos o nakatipid?</i> - Magastos talaga, bili ng: mask, gamot, vitamins, mask, face shield, alcohol, safety sa bahay at sa pamilya, swab test pag uuwi ng probinsya, pagkain - Sumusunod nalang for safety, kailangan sumunod sa quarantine protocol - Bawal lumabas - Nagbibigay sa security guard para magpasuyo ng pabili ng pagkain kasi di kami allowed lumabas, mga local lang ang pwedeng lumabas. Walang sweldo noon, allowance lang galing sa ayuda ni Digong, yung 8k. Ako tuloy naglabas ng pera para meron kaming pera. - Di inabisuhan na maglockdown na, di naka-withdraw ang mga tao - May schedule ang palengke <i>Nagbayad ba kayo ng mga swab tests?</i> - Sagot naman ng OWWA o kompanya

	- Sakit sa ilong <i>Nagkasakit sa ibang bansa? Ang pamilya?</i> - Tatay at kapatid ko nagka-covid sa bayan namin. Okay naman sila. <i>Kamusta ang nagastos sa pagamot?</i> - Yung asawa ko na side, kalahating milyon nagastos nila. Sa father side ko naman, buti nalang herbal kasi ang laki ng gastos, ina-advise na lang kami ng doktor. At least naka-survive. Kakababa ko lang nun eh, natiming rin na nagkasakit sila andun ako, kahit papaano makatulong kahit sa pagbili ng gamot, wala kasing mauutusan at mag-aalaga. Protection lang, face mask, alcohol, at least nung time na yun may vaccine na rin, dagdag sa proteksyon. Mild lang ang covid ko, di ako halos nakaramdam. <i>Natakot bang magka-Covid?</i> - Di naman napraning. Sa Hiroshima di naman nag-lockdown, may trabaho pa rin pero trabaho at bahay lang. Ang inisip ko dito sa pamilya, takot baka magka-Covid sila. Safe naman doon sakin. Marami kasi dito nung pumutok yung pandemic - Nakakatakot lang talaga magkasakit kasi takot ako sa ospital. <i>Saan niyo nalalaman yung updates?</i> - Website, Japan News ata, updated yun eh. <i>Nabanggit niyo nagbigay ang OWWA ng free accommodation at flight pauwi, meron pa?</i> - DOLE-AKAP, 10k yan, matagal lang rin. Umabot ng isang taon. Yung iba 15 days lang, pag VisMin mas matagal. Ewan ko ba kung bakit ganun. - Akala ko yung ayuda base sa apelyido, 3-4mos rin yung sakin dumating kasi nabigyan na yung iba. - Ano daw po dahilan nung delay? - Walang sinabi, maghintay lang daw. - Hindi ako nakatanggap Ng 10k sa DOLE-AKAP kasi ang priority daw nila yung bagong dating. Eh paano naman kami stranded dito sa Manila. Sabi ng security sa OWWA, yon daw ang policy. Nawalan ako ng gana, paano ang contribution namin sa OWWA, may pinipili ba yan. - Di raw ako qualified sa ayuda kasi priority yung stranded daw sa Pilipinas, yung mga paalis na, may ticket at kontrata na. - Magkano ang binibigay sa OWWA? 1,500 or 2,500 ata? <i>Maayos ba ang tirahan noong pandemic?</i> - Mas okay nga kasi hotel. Hehe.
Female land-based OFWs in Philippines	Words: Di makaalis agad, kailangan ng mga vaccination cards, mahirap magpadala pag lockdown, mga Pilipina ay palaban, di ako umuwi kasi masarap ang buhay ko dalawa ang trabaho ko, mas lalong naghirap, hirap kumita, di mo alam kung dadapuan ng sakit, di na nakikipagkita ang mga kaibigan, maraming bawal, sarado ang mga remittance dito, walang magawa - Anong mga di pwedeng gawin nung pandemic - Maraming process ngayon kesa dati. Matagal na makaalis ngayon. Ang mga pamilya namin walang nagtutustos. Buti meron akong mga single na kapatid, sila sumusuporta. - Habang naghihintay sa accommodation, sinong sumusustento? - Pamilya, kapatid - Minsan wala, minsan meron. - May pagkain naman dito. - Part time sa carinderia - Ginagastos ang shampoo, toothpaste, load, kape (bahala nang walang jowa, sakit sa ulo pag walang kape) - Walang pang-date. Load lang okay na. - Paano kayo nageenjoy diyan? - Ineenjoy namin ang isa't isa - Biruan tapos away na

	○ Friendship Nagkasakit? ● Pregnant lang ● Ubo, tapos pag may ubo covid na agad ● Wala namang nagkasakit, sa awa ng diyos wala rin sa pamilya. Gastos niyo nung pandemic? ● May ayuda po.
Professional female OFWs stranded abroad	● Lucky pa rin, kasi may trabaho ang partner pareho, kahit may lockdowns, nag-sacrifice siya, tumira siya sa open area, para lang masupport kami. ● Merong mga lockdowns, kahit papaano nakaranas rin kasi may nagbigay ng ayuda at konting part time. Meron nang mga curfew, wala na ang oras sa trabaho, di na maintained ang oras sa trabaho. Tinigil ang pagka-saleslady at nag-part time kami. ● Na-experience ko rin mag ka covid pero 4th day lang ako nilagnat still ok 14 days quarantine ako... salamat paren kay God, home quarantine lang ako. ● Malaking change hanggang ngayon, nadeport ang asawa ko at namatay siya. Di ko pa matanggap noon. Parang sa covid pero normal na libing nalang, walang kamag-anak doon, ako ang nag-aarrange sa libing niya. ● Meron pang bagyo sa amin nung nakaraan. Ang nagaalaga sa maysakit kong tatay, kapatid ko. Yung isa ko pang kapatid, ang nagaalaga sa mga anak ko. Every minute halos ang update ko noon, may bagyo kasi noon. Ang tatay ko nasa ospital, nanay ko nasa bahay. Grabe ang stress ko talaga. Sakitin lang talaga ang tatay ko kasi may hika rin siya. Okay ang bayad kasi indigent sa PhilHealth at senior citizen. Wala pang signal sa amin, nag-evacuate pa sila pero naiwan ang nanay ko sa bahay kasi may alaga siyang baboy. ● Di na kumpleto ang sahod kasi part time nalang kami nun ○ Anong nawala sa inyo nung nabawasan ang sweldo? ○ Di na nakapagpadala ng maintain sa Pilipinas. Buti nung pandemic, ang bayaran ng bahay may discount naman po sa bahay namin sa Kuwait. 20% ata yun na discount. ○ Sa Pilipinas? ○ Di naman po, sa Cebu kasi kami, di kami naguupa, pagkain lang. ○ Paano nung di ka nakapagpadala? Saan kumukuha ng gastos? ○ Share kaming magkakapatid kasi nasa ibang bansa kaming magkakapatid, kung sinong may konting sobra, sila magpapadala sa pamilya ko. PANDEMIC ● Sa mga bigay, sa isang araw, minsan 6 ang magbibigay. Minsan merong group sa facebook an merong bigas doon, pag masipag ka magreply, puntahan mo na, minsan paglabas lang meron nang ulam. Merong groups ng mga nurses, engineer, mga kabayan rin natin. Ang mga nurses kasi allowed lumabas kahit lockdown. Merong nagkacovid pero mabilis nakarecover, pero meron ring bagyo at patong patong na stress.
Seafarers	● Kayo kayo lang sa barko ● Stranded pero may restrictions and port at flights, inabot ng taon na extend, yung ibang nakasampa na sana, nawalan ng flight, napagastos kasi natrap sa boarding house, yung ibang gustong umuwi ng probinsya, di makauwi. Yung iba nagproprocess ng papeles pero sarado ang mga center. ○ Anong pakiramdam nung stuck kayo? ■ Tunganga lang tapos may curfew ■ Matagal na istambay. ● Mahirap pumunta sa Manila papuntang probinsya ● As a seaman while onboard ng dumating ang COVID 19 nakapahirap umuwi dahil karamihan sa mga airport ay nag-lockdown ● Tumigil ang mga work sa barko? Pinauwi kayo o tinuloy ang trabaho? ○ Tuloy pa rin. Mas mahirap pa nga kasi ang mga superior sa barko na di makauwi, sama ng loob binubuhos sa trabaho saka sa mga tao, puro nalang trabaho. ○ Mainitin ang ulo. ● Sinong nagkacovid sa barko? Sa pamilya sa Pilipinas? ○ Wala naman sa amin

- Safe naman kahit papaano.

Comparison of situation pre- and during the pandemic

Male sea-based OFWs abroad

- Malapit na sana pre-pandemic. Nasa kalahati na siguro.
- Malayo pa rin pre-pandemic, start palang ng work ko nun, wala pa akong ipon.
- Dati kasi may bahay, sasakyan, negosyo. Mga 1996 siguro yan. Ang grocery lang namin nasunog ng December 25. May carinderia kami at bentahan ng itlog.
 - Masasabi mo ba na naabot mo na yung dream na buhay mo?
 - Yes po, kaso nga yun ang mga dahilan. Kaya ako pumunta ng Manila para mag-abroad.
 - Ang pag-abroad malapit o malayo?
 - Maliit pa sahod noon, baka ngayon palarin na.
 - Sumusubok pa rin mag-abroad?
 - Ticket na lang po ang kulang ko. Skilled worker, jointer. Dati kasi puro lang powerplant, sub-stations, basta puro lang high voltage work.

Anong mas magpapalapit sa inyo sa dream life niyo?

- Pinaka-practical ay pera para maraming magawa. Gusto ko rin kasi yung mga travel.
- Ang mga ipon ko pinangpuhanan para mmangontrata sa Manila. Kaso dahil sa covid nga, yung project sa Manila, ikaw kasi yung magcacapital diyan, tapos pag may accomplishment, doon ka babayaran. Mga DPWH projects kasi ito. Natamaan pati clients namin nung pandemic, napagastos na ako sa mga projects, di pa ako nabayaran.
 - Wala na yun o utang sayo?
 - Wala na ako magagawa, mas malaki na yung nawala sa akin. Pag ganyang mga business kasi malaki ang risk, kesa naman habulin ko pa eh walang wala na.

Sa pangarap na buhay, binanggit yung negosyo, kahit pala doon merong di magandang impact rin. Sa mga panahon na yun, meron ba kayong natanggap na assistance?

- Meron samang ayuda, pancit canton, bigas, meron rin sa Japan, Yen. financial assistance nila para sa mga workers at citizens.
 - Kahit remote work pero employed sa Japan, may natanggap?
 - Yes po. Sapat naman.
 - Very generous ang Japan sa ganun.

May nareceive ba sa Philippine government?

- Pancit canton
- Cash, dun sa Bayanihan. Yes, sa SAP po. 5,000 rin yung nareceive. Barangay kasi yung nag-distribute
 - Saan umabot ang 5k?
 - Bigas at de lata
- Meron sa DSWD, dalawang 8k, tapos 4k.
 - Anong inabot ng mga nareceive?
 - Budget lang sa bahay.
 - Naubos ba agad o umabot naman ng buwan?
 - Di naman isahang binigay. May batches po.

So pre-pandemic, nagsisimula, wala pang masyadong ipon, tapos nag-pandemic, lumalala ba ang kalagayan?

- Nalugmok

Mas malapit sa pangarap ngayon o dati?

- Before pandemic nagsisimula palang ako magwork. Since tuloy tuloy ang work, mas nakaipon.
- Pag nakakawork, mas napapalapit sa dream life.
- Naputol ang pangarap.

Sa kasalukuyang kalagayan, ano yung mga dapat mangyari para maabot niyo ang mga pangarap niyo? Anong mga tulong na kailangan?

- Makapag-abroad ulit. Ipon muna ulit ng capital para makabalik sa pangongontrata. Maganda kasi pag nangongontrata sa Pilipinas. Pag nangongontrata kasi maglalabas ka ng kapital.
 - Eh dito? Kung sa Pilipinas, makakaipon ba ng kapital?
 - Mahirap rin. Gaya nung nangyari sakin, lahat ng naipon ko di ko na nabawi.
 - So simula ulit?
 - Dito kasi maliit lang ang sahod kaya dapat maka-abroad.
- Mas malaki ang offer sa abroad kesa sa kikitain sa Grab.
 - Sino nang magga-Grab dito?
 - Sa kasama ko lang itong OFW.
 - May ka-share rin po pala kayo.
 - Sa abroad kikita ako doon, mga 3mos, baka pwede na rin ako mag-sariling pang-Grab na sasakyan
 - Ganun kabilis sa abroad?
 - Opo lalo sa pupuntahan ko ngayon. Meron rin silang overtime.

Para maabot ang pangarap na buhay sa Pilipinas, kailangan mag-abroad.

- Babalik rin po ako. Kahit mas malaki ang gastos sa Japan. Malaking tulong ang work sa abroad compared dito sa work ko malayo ang rate.

Pagdating sa abroad, madali ba ang buhay doon o mahirap o sakto lang?

- Kung kakastart lang mahirap na, pero nakakadjust lang.
- Depende sa sitwasyon. Minsan ang ibang company matagal magpasahod.
- Mas nakakastress ang work sa Pilipinas kesa sa Middle East. kaya maraming nagaabroad, medyo mababa kasi yung sahod tapos ang dami pang trabaho na ibibigay sayo.

Ano yung nagpapahirap pag nasa abroad?

- Naranasan ko rin na matagal yung sahod. Delayed ng 2mos. Nag-resign na ako doon, maganda naman sana kasi maraming Pilipino. Nakakadagdag sa stress sa homesick mo.

Nakakatulong ba pag maraming Pilipino?

- Nakakabawas ng stress at pagka-homesick. Maraming nakakalaro sa basketball, sports.
- Ang mga Pilipino lang kasi yung iba sisiraan ka. Pag supervisor niyo, pag ikaw na yung foreman, tapos sisiraan ka sa isa pang Pilipino, para di ka mapromote. Meron ring mga ganun ang ugali. Ang supervisor minsan Pilipino, minsan ibang lahi, di lokal.
- Meron pong friends and relatives doon kaya malakas rin yung loob ko mag-Japan. Sa Japan sagot ang transportation at tumutulong sa accommodation.

Mas mahirap ba makaipon pag pamilyado?

- Di naman po pag ang sahod mo mas malaki.

Mahirap ba yung requirements para makapunta sa abroad?

- Ang gastos lang ngayon ay sa company na nag-hire. Yung medical na gastos lang, pero sila na sa lahat.
- Medical lang rin ang gagastusin. Pag iba na employer na rin ang may sagot. Pero baka depende rin sa agency. Ang iba naman halos wala rin gagastusin.

Mas mahirap ba para sa first-timer?

- Opo, mahirap po. Sa una, homesick ang kalaban talaga. Buti nga may internet na, pag homesick tatawag ka sa Pilipinas, dati gagastos ka pa. Pag naexperience na yung abroad, dun na talaga sila.

Kung merong delayed sahod, nagrereklamo ba o pwedeng lapitan?

- Sa Saudi, mahirap magreklamo sa POLO. Di ko alam kung bakit ganun sa Saudi. Pero sa Qatar at UAE, ang employer takot sa POLO. Merong nagrereklamo sa POLO, walang nangyari lalo pag malakas at may konek sa gobyerno nila. Ganun ang mga sinasabi ng mga kausap ko.

	• Sa Qatar kami, 2yrs ang kontrata namin, tapos pinapauwi kami ng 7mos lang, pumunta kami sa POLO ng Qatar, pero wala rin sila magagawa kasi contract na pinirmahan namin meron sa POEA na pwedeng magpauwi kahit di pa tapos ang kontrata. ◦ So napauwi kayo? ◦ Yes po. Meron nga kasing mga Pilipino na gustong siraan ka, ang ibang lahi mga indyano kasi, ang sahod namin mas malaki pa sa Engineer nila. Yung opis kasi, ilan lang ang mga Koreano, mas marami ang indyano, mas maliit ang sweldo nila. Nakita rin sa POLO na meron ngang contract sa POEA na pwede tapusin ng maaga ang kontrata. <i>Sinong government agency ang nagbigay ng assistance?</i> • DSWD lang talaga, city mayor at barangay. <i>Paano kayo nakakacope sa mahirap na pinagdadaanan?</i> • Since merong relatives rin doon, swerte rin kasi meron akong support system kahit malayo sa Pilipinas. Meron ring friends, pwedeng imeet sila. Meron ring internet at very easy na tumawag sa pamilya sa Pilipinas unlike dati. Masaya rin naman kahit papaano kahit stressed sa work. • Single pa ako nung umalis. Saka lang ako nagka-asawa nung nakauwi na sa Pilipinas. Wala ka masyadong iisipin. Di po ako nastress kasi maraming magagandang lugar at pasyalan, di lang puro mall. Meron ring mga dagat, pwedeng kumonekta sa ibang bansa. Open kasi doon unlike sa Saudi na mahigpit. ◦ Kung sa Saudi, anong gagawin mo para di malungkot? ◦ Internet lang nagagawa doon. Mahigpit kasi talaga sa Riyadh. Pero sa Jeddah, medyo open naman pero di maluwig. ◦ Pareho ba sa babae at lalake na di makagalaw ◦ Mas mahirap ang kalagayan ng mga babae, mas maraming bawal sa kanila. ◦ Mga lalake stressed sa dami ng bawal, paano pa kaya sila. • Tawag lang ako dito, kwentuhan sa mga kasama mo. Pag may sahod, punta kayo sa mga mall. Kain lang kasama yung ibang mga Pilipino. Kahit medyo malayo pa sa dream life, paminsan minsan maganda ang pakiramdam natin pag nakakusap ang mahal sa buhay, pag may pera, pay may ipon, negosyo. AGREE O DISAGREE sa dream life: • Since na-experience yung pandemic, dati magastos talaga. Di ko naiisip yung ginagastos ko. Mindset ko kikitain ko rin to. Itong pumasok ang pandemic, bagsak talaga. Natutunan kong mag-ipon at wag masyadong gumastos sa mga bagay. • Kailangan talaga may ipon • Important yung savings at insurance. Yung mga ganun para pag may incident na biglang may nangyari, di mawawala yung ipon at binuong pangarap.
Male sea-based OFWs abroad	<i>Pandemic dito at sa ibang bansa</i> • Alaga sa hotel at may pagkain to sawa, dito konti yung pagkain, libre nga. Mas maganda sa ibang bansa. • Meron nakatanggap ng tulong sa ibang bansa? ◦ Company lang. • Hirap sa barko, once may positive, kulong kayo lahat sa barko. Lalabas lang yung medic. Bawal bumaba. <i>Anong mas malapit sa pangarap na buhay, before or during pandemic?</i> • Before po siyempre. • Before and after. • May monkeypox pa. <i>Napigilan ba ng Covid ang pangarap sa buhay?</i> • Di naman, tuloy ang laban at pangarap. Nabawasan lang, natagalan. • May mga plano na kasi kami that time pero naudlot lang bigla dahil sa pandemic. Ang pera na sana natin na itatabi, nagsend pa sa Pilipinas. Andun na sana ako at itutuloy nalang kaso naudlot. Sayang, balik nanaman. Napilitan nanamang umuwi sa Pilipinas. Skeletal na ang work namin, ang one month salary, 3-4k lang ang kinukuha namin. • Sana mawala na ang pandemic para maabot ang gustong pangarap sa buhay. • Pinadala ko yung ipon para sa pamilya, nagstop kasi ang work nung Covid, sabi ko wag na nilang galawin yung ipon nila, magpapakasal kasi yung kapatid ko. • Napatagal ang papeles pero mabuti merong extra na trabaho

	Nabawasan na talaga ang pera. Nilipat pa kami ng work tapos after nun skeletal na, kumonti na ang sinasahod namin.
Female land-based OFWs in Philippines	Saan mas okay ang pandemic? - Ibang bansa kasi may trabaho at sahod - Walang problema doon Pareho lang ang kita pre- and during pandemic? - Bumaba ang rates - Depende rin kasi yan sa rates Ipon? - Pinangpapagawa ng bahay - Pampagkain lang kasi di na rin makalabas
Professional female OFWs stranded abroad	- Madaling magtrabaho - Kahit wala kaming visa, pwedeng dobleng hanap ng trabaho. Kung kinakapos pwede pang magisa pang trabaho, nung pandemic, totally locked down ang ibang lugar. Nung pandemic, di talaga sapat. Kung magkasakit man kami, di kami pwedeng mapunta sa ospital kasi wala kaming visa. Sa private yung anak ko, kaya pera talaga ang kailangan. Malaki ang gastos lalo sa mga insulin, free yun sa public, wag lang maging worse kasi paano mo dadalhin sa ospital. Sana makauwi na talaga. - Ang laki po ng pagkakaiba nong walang pang pandemic normal buhay tapos ng may pandemic walang labas laging takot, double ingat palagi - Anong mga kinakatakutan mo nung panahon ng pandemic? - Sa mga tao na baka magkaroon tapos lumala ang covid tapos maaring mamatay - Pag may isang tao sa isang building na malaman, sinasara talaga yung building, lalo na sa akin, may mga anak pa ako. Takot nang lumabas at mahawaan. - Pero pag di lumabas, walang pera? - Yun nga, sacrifice lang talaga ng asawa ko, lumayo siya sa amin para makapasok siya sa work. - Bago nag-pandemic malakas ang benta ng carinderia namin...noong nagka-pandemic bawal lumabas halos lahat bawal lumabas, ang may mga quarantine pass ang pwede lumabas at halos lahat may ayuda...sobra tumumal po talaga. Mas okay ang pandemic sa Pilipinas o sa abroad? - Pinas pa rin kasi free ka. Madadala mo sa ospital kahit papano, dito wala kang choice kundi mamatay ka talaga. Ang iba pang may visa namamatay pa. Yung may hikang kasama namin, tawag ng tawag namatay na lang siya, di siya pinuntahan. - Sakin po dto sa abroad dahil sa financial kasi kailangan po ng pera para i-send sa family - Mas okay sa abroad kasi mahirap ang kita sa Pilipinas, lalo namasada lang ang asawa ko, so salamat nasa abroad ako para makasuporta sa pamilya. - Ang hirap mam kasi nga bawal lumabas po mga tao
Seafarers	Anong mas madali? - Mas magandang walang covid para pwedeng makalabas. Bawas stress yan. Aling buhay ang mas malapit sa dream life? - Bago magcovid. Magagawa mo lahat ng gusto mo. makakakilos, makakatrabaho ka. - Halos maabot na ang pangarap, wag lang bibitaw. - Aftershock effect yan. - Ang iba di lang covid, may bagyo pa. Yung iba halos ubos yung bahay. - Naapektuhan rin konti, lalo pag nadagdagan ng bagyo ni Odette. Tumama kasi yan sa amin.

Coping mechanisms

Male sea-based OFWs abroad	<i>Anong ginagawa para umokay ang pakiramdam?</i> • Naghahanap ng ibang pagkakakitaan • Halaman, business yun! Kumita ako doon! Plantito, mga 200, 250 yang mga bulaklak • Bonding with family is the best time • Exercise, low-carb diet, yung mga nagpapakamatay kasi stressed na, di makalabas. May wifi naman kami sa compound, nagjojogging ako, lumiit ako. 19 days lang talaga. • Walking with family
Female land-based OFWs in Philippines	Paano nakakahanap ng lakas magpatuloy? • Magdasal, laging nagsisimba kahit may problema, parang gumagaang yung pakiramdam ko. ◦ Umiiyak rin habang nagdadasal ◦ Tiwala lang na malalagpasan lahat, pagsubok lang ito. Tiwala sa sarili, kung kaya nila, kaya ko rin. GANYAN ANG MGA INA, ANG MGA SINGLE MOM PALABAN. ◦ No choice kasi eh, dapat matuto ka ng ganun. • Activities para matanggal ang stress? ◦ Nagtatanim ◦ Minsan stressed na stressed na, yung pahinga mo nalang maisip mo nakaya mo yung ganung trabaho, iba ang bukas, pahinga muna ngayon ◦ Trabaho nalang ◦ Tiktok, nagsasayaw, Zumba, exercise ◦ Kaibigan yung kasama ko sa bahay • Sinong masakit ang katawan? ◦ Lahat. Tiis lang yun. ◦ Ine-exercise rin para mawala yung sakit sa katawan ◦ Maligo Paano nagrerelax? • Kain, tulog • Ngayon di nakakapasya, bahay lang • Paguwi kasi namin lockdown • Kung di nagpandemic? ◦ Masaya yan gagala kami kung saan, beach, park, dagat kasama ang pamilya, asawa, • Paano ang relationships? ◦ Di ko pa nga nararanasan magkaroon ng jowa ◦ Videocall lang yan ◦ Manhid na ◦ Gagana rin yan
Professional female OFWs stranded abroad	Anong feeling niyo na bawal lumabas? • Takot, stress • Umiiyak lalo sa sacrifice ng asawa ko para sa income talaga, nasanay kasi kayong magkasama. Umiiyak ako kasi naaawa ako. • Wala nang suporta ang dating asawa, sumakabilang bahay na, pero kakayanin para sa mga anak natin. • May discrimination kasi pag humingi ng tulong sa iba, bat daw di maghanap ng partner para mabuhay ka. Nakakadismaya naman instead na tulong. • Always chatting lang po at tiwala lang po sa isa't isa at always. Si GOD lang po nasa gitna kasi sa pitong taon po akong wala sa Pinas, okay padin relation po namin mag-asawa, yun lang po laking pasalamat ko po

	Ano pang ginagawa para mabawasan ang stress? • Mag-Zumba mag-isa, o kasama ang anak ko • Tiktok, Youtube, Bigo at Imo Live, may groups diyan, katuwaan lang, kwentuhan lang. Dun sila nagcocommunicate ang magkakaibigan, parang Zoom meeting saka kamustahan sa Saudi, Qatar, Dubai, lalo pag mga nasa bahay lang. • Nanonood ng drama kasi no choice, di makakalabas Kung pwedeng lumabas, at walang pandemic, anong ginagawa? • Lumabas, magenjoy kasama ang kaibigan • Kausapin ang pamilya, sa Pilipinas kaso baka ma-stress lalo pag kausap ang pamilya kasi hihingi ng pera. Oras na kausapin ka nila, asahan mong may pera na yan. Habang andito kami, common sense, para rin naman yan sa pamilya natin. Pag nasa loob ng bahay ang work, pwedeng lumabas? • Merong nagbibigay ng day off, one month one time. • May labas ako once a month, sa city papasyal • Patakaran na ata dito yung once a month • Kawawa pag nasa bahay kasi • Ako wala kawawa lagi, kapagod po • Natutulog lang
Seafarers	Paano binabawasan ang stress? • Maraming recreational sa barko • Di na lahat andun, yung iba maliit lang yung barko. Sa recreation lang kami tapos tambay, kwentuhan, pag may mga luto na pagkain ang cook. • Pag kaibigan ang cook, may pulutan? ◦ Yes mam. ◦ Crispy pata ayon! Depende kay chief cook/mayor kung masarap. ◦ Mga ibang lahi yan ◦ Kaso may budget yan. • Nagugutom sa barko? ◦ Depende kay mayor yan. Siya kasi may hawak niyan. ◦ Pwedeng humingi kung kaibigan mo si mayor. ◦ Pag gugutumin ka, dapat may pondo ka sa cabin. ◦ Merong store ◦ Pag bagong sampa, pinupuno ang bag ng noodles saka ng delata. Pwedeng magluto sa pantry, mainit na tubig. Noodles lang naman, mainit na tubig solve na. ◦ Minsan ang inihaw nasusunog pa • Sinong naglalaba? Nagaayos ng kama? ◦ Self service, pag opisyal meron yan. Kanya kanya lang. • Kailangan magtrabaho at ayusin rin ang sariling buhay. Sapat ba ang kita at pahinga? ◦ Depende rin yan. Iba rin pag may emergency. ◦ Sumasakit ang katawan pag may alarma sa makina, gising talaga. • Nagkakasakit sa barko? ◦ Oo mam. Tao lang eh. ◦ Di naman madalas. ◦ Normal naman ang problema sa barko

Assistance received

Male sea-based	• Ayuda (8k) from the PH government • 10k from DOLE-AKAP • Vaccine from PH government • Nagshare ng nawithdraw na pera dahil awal lumabas sa lockdown from peers • Free swab tests from OWWA/company • Covid information from Japanese website
Female land-based OFWs in Philippines	• Ayuda, 2kg bigas, 2k, sardinas, galing sa government, barangay • Nung dumating, binigyan kami ng embassy ng 100USD, OWA 3k, DOLE 10k each ◦ Di kami nakatanggap ng ayuda galing OWWA ■ Pag OFW daw di daw makatanggap ang pamilya ■ Maraming ritwal yan, nag-apply pero walang natanggap ■ Unfair na di kami nakatanggap ■ Maraming requirements yung DOLE at OWWA ◦ Di madaling applyan? ■ Di po. Meron ring kabuhatan pero ibibigay lang kung for good na sa Pilipinas. ◦ Sa nakatanggap ng ayuda, sapat ba? ■ Di po kasi ilan kayo sa bahay tapos ilang sardinas lang, pito kasi kami. Isang kainan lang kulang pa ◦ Saan kumuha sa panggastos nung pandemic na walang trabaho o ayuda ■ Gulay, nagtanim, namimitas kung meron, pag wala mangapitbahay. Kung walang maisip, manghihingi sa kapitbahay. Nanghihingi ng bigas. Sa school naubos ang mga tanim. ■ Nagbenta ng halaman ■ Mangingisda, mangunguha ng shells
Professional female OFWs stranded abroad	• Churches • Ayuda • Grupo ng mga OFW • Facebook groups • Embassy • Government • Wala po • Wala talaga, nakalista asawa ko pero baka may iba daw nag-claim • Magandang accommodation sa hotel (government)
Seafarers	• Meron - meron relief, bigas, sardinas, itlog. Sapat sa isa o dalawang araw. • Wala - nagseseaman, nagaabroad daw, pag may kamaganak na OFW, walang assistance, masakit pag OFW walang makukuha di kasama sa listahan. ◦ Sino nagsabi? Sa listahan ng DSWD, pinipili nila sa barangay o mayor lalo kung di mo ka-partido wala ka sa listahan. Sa Pilipinas, kayo lang ang breadwinner nila? • Ang iba may trabaho ang asawa, ang iba nagaalaga ng anak. Maswerte yung mga may asawang teacher kasi kahit pandemic di nawalan ng trabaho • BPO ang girlfriend ko, naka-WFH siya. Kung di na makasampa sa barko na ulit, sinong susuporta sa inyo? • Kapatid saka magulang, kahit konting tulong lang.

	Pag may problema, kanino lumalapit? • Malapit na kamaganak, tiyahin, pinsan Ang embassy, employer, gobyerno? • Iba na yan, ibang problema na yan. Malakihan na yan, problema sa agency. Tungkol na sa trabaho. Ang personal na problema at needs, maliit yun na problema, pag tungkol sa trabaho, malaki na yun. • Nakasalalay ang kabuhayan namin eh Ang personal niyong kalungkutan, nakakaapekto sa trabaho? • Depende yan sa tao at sa pagdadala Merong kasamahang di kinakaya yung personal na problema? • Minsan meron yan. Yung may problema sa asawa.
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Grievances/solution	
Female land-based OFWs in Philippines	• Abuse: Wala naman, may kakilala? ◦ Lumayas siya kasi ilang beses pinagtangkaan rape ng amo ◦ Minaltrato na nga sila, ginawan pa ng masama, kinasuhan na runaway yun ◦ Ayaw magbayad ng amo ko kasi gusto niya mag-extend ako pero ayaw nila akong umuwi pero gusto ko na sana umuwi. Nagsumbong na ako ■ Kanino nagsumbong? • Sa agency sa Pilipinas para pagsabihan silang bumili na ng tiket. • Okay ang sweldo? ◦ Minsan delayed ng ilang araw o isang linggo, dalawang buwan ◦ Sinisingil ko yan talaga. Dapat masahuran. ◦ Nakakapagpadala kahit delayed • Di kami okay ng kasama kasi makikisama ka pa o walang kasama. Minsan parehong pinay pero nagsisiraan. Kahit maraming trabaho basta magisa ka nalang. • Dapat mataas ang pasensya sa employer at kasama ◦ Paano kung ubos na? ■ Sasabog na pag ganun ■ Yung kasama ko may business, mabait, marami magluto, pero di ko makaya yung bago kasi ang sama ng ugali.
Professional female OFWs stranded abroad	• Sa mga kaibigan para iwas stress • Ako kunware sa CR lang para makapagpahinga man lang

Recommendations

Male land-based OFWs abroad	RECOMMENDATIONS: What recovery needs arise in a post pandemic context? • Isa lang ang rason ng pag-aabroad, mababa magpasahod sa Pilipinas. Kailangan taasan ang sahod. • Maraming pagkukulang sa sistema sa Pilipinas. Yung way ng pamamalakad, kita kasi first hand yung pagkakaiba ng buhay dito sa Japan. First world na kasi sila. Nakakalungkot isipin na behind tayo sa train systems, mga ganun. Pati na rin yung transparency ng government. Maraming nangyayaring kakaiba sa Pilipinas, di ganun masyado sa Japan. Lalong nagpapahirap yung corruption. • Trabaho. • Pag nakakaprovide ang Pilipinas: No need to go, this is home. Mahirap tumanda sa abroad.
Male sea-based OFWs abroad	Mas malapit sa dream life yung pre-pandemic kaso naantala ng pandemic, meron na nagtuloy tuloy pa rin. Never pa naman nawalan ng challenges. Anong gagawin para maabot ang dream life natin? • <u>Sarili</u>: Wag susuko, labang lang! Tuloy lang ang ipon. Sikap lang sa trabaho. Tiyaga para may nilaga. Wag mo na lang isipin, focus, hard work, god fearing. Perception sa situation. Enjoyin ang trabaho. Pray always, god is good all the time, spiritual advice, iwas sa negatibong tao • <u>Pamilya/loved ones</u>: Advice, moral support galing sa asawa at mga anak para ganado, maramdaman na may halaga sa buhay nila, encouragement, walang away, supportive pamilya, magtipid, maalagaan ang pamilya, • <u>Gobyerno/POEA/OWWA</u>: Business advice sa pagpapalago ng business, lower taxes, program na maka-benefit-hospital for OFWs, loans, scholarship for family members, • <u>Employer</u>: Pera, increase sweldo, tuloy tuloy na trabaho Base sa mga sinabi niyo, ang dream life ay natatamo at na-eejoy ang pangangailangan, di lang yun. Tama ba? Napo-protektahan at maaalagaan sa panahon ng krisis pagdating sa mga pangangailangan. Pag merong ospital para sa mga OFWs, investments, insurance, and iba ay nag-iinvest sa business, nag-iipon ng kapital. Tama ba ito? May dagdag ba tayo? Sabi niyo, para maabot ang dream, kailangan ng sariling pagsisikap at tulong mula sa pamilya, negosyo, counselling. Nabanggit rin ang lower taxes ng sweldo at business, pati amelyar ng lupa. • Sana maulit ito mam. • Parang brainstorming lang • Di rin kasi boring • Nangiti kasi kayo palagi mam.
Female land-based OFWs in Philippines	Self/loved ones • Tiwala sa sarili, pagsisikap, magdasal, sipag at tiyaga • Gawin nila ang part nila • Pagmamahal at suporta, tutulungan ka sa gusto mo, di ka papabayaang • Nag-aalaga at nagsusuporta sa mga anak Government/employers/agencies • Malaking sahod para mabilis yung pangarap • Magkanegosyo • Bigay ng libreng pagkain • Libreng paaral • Mabilis at madaling process • Pag andun na kami di kami pabayaang pag hihingi ng tulong sa OWWA, agency

Professional female OFWs stranded abroad	Government - Sana makauwi kami ng anak ko at mag-start kami uli sa Pilipinas. Sana may maitulong at benefits bilang mga OFW naman noon, nagseserve sa country, di naman pang-habang buhay, panimula. Magsisikap naman kami, kami nang bahala. - Ano po ang hinihingi niyong panimula ulit? - Wala kaming bahay ng mga anak ko. Magrerent siguro kami pag-uwi, pag magrerent ka, kailangan ng makukunan, dapat may hanapbuhay. Kung mabigay yan paguwi ko, sabi ko makapagtrabaho man lang ako diyan. Ang ipon kasi namin nakuhanan na, di pala sapat. - Kahit di totally pahinga, pangkabuhayan lang para may pagkukunan para sa bagong panimula - Makauwi kami ng mga anak ko, magkaroon ng tindahan na maliit - Malakas na katawan para matupad ko ang mga pangarap ko at ng mga anak ko - Ipon, maliit na negosyo at for good na sa Pilipinas - Mabigyan ng scholarship ang mga anak (2); pangkabuhayan pagdating; health benefits sa amin, kahit half lang para may katuwang ka kasi mahirap rin iasa kasi di lang kami ang nangangailangan? Kamusta ang pakiramdam niyo? - Happy kasi nabigyan kami ng pag-asa. Di lang pala ganun, right time rin na ibibigay yung mga tutulong, di nagmamadali. - Lagi lang positive
Seafarers	Self/loved ones - Tipid, iwas luho, kung magagamit pa pagtiyagaan wag bumili, nagpapalaki kasi yan sa gastusin Government/Employers/agencies - Malaking sahod, - Magandang benefits - libreng health expenses sa ospital - Mababang presyo ng grocery, dagdag ipon rin kung di masyadong mahal Katulad niyo, ang pangarap ng OFW ay di naman magagara, mas makuha ang pangangailangan, trabaho, edukasyon, bahay, at maenjoy ang ganung buhay. Habang binubuo ang mga pangarap na mapunan ang mga pangangailangan, sana mabuo yung pangarap na buhay pag nagkapandemic, bagyo o kahit anong krisis, di magsisimula sa umpisa dahil lang sa krisis. Agree ba kayo? - Agree. - Kuntento na ako diyan. Malayo pa rin ba ito o malapit na sa pangarap? - Depende yan. Malapit mo nang matupad ang kailangan mo pero magagastos mo - Malapit na pag nakatapos na ang mga anak ko sa pag-aaral.