

NONFICTION FROM IRAN: [How to be a Woman in Tehran](#)

Choosing to stay, "If women like me don't stay, nothing will ever change."

by Habibe Jafarian

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SOCIAL WORK TEACHING AND LEARNING RESOURCES

"In fear, hope, or desperation, these women left home seeking new lives"

Aurora Almendral, [Women on the Move](#), National Geographic

UN Women Stories – The-real Life Tale of a Migrant Domestic Worker

UN Women (United Nations Entity for Gender Equality and the Empowerment of Women)

"Snow White is from Karen State, Myanmar. Her father died when she was 11, leaving her responsible for the care of her mother and younger siblings. Lacking opportunity and education in her hometown, Snow White joined a group of friends hoping to be smuggled into Thailand to find work as domestic workers, setting off a harrowing journey that nearly left her dead." (Video, 4:12)

The Nanny Chain

The American Prospect

"Vicky Diaz, a 34-year-old mother of five, was a college-educated schoolteacher and travel agent in the Philippines before migrating to the United States to work as a housekeeper for a wealthy Beverly Hills family and as a nanny for their two-year-old son." The author illuminates on the profound psychological costs for mothers like Vicky and the children they leave behind.

National Geographic project "Women on the Move"

Meet some of the millions of women who migrated recently, risking everything

National Geographic

Through rich photography and print journalism, Women On The Move documents the life-changing journeys of eight women by examining the reasons underlying their migration, the challenges they face along the way, as well as the hardships they encounter upon arrival in the destination country. [To see the stories, click on the chapters in the textbox below the text. Or go to [Pulitzer Center](#) and scroll down to item #2.]

Migration as a feminist issue

Five Reasons Migration is a Feminist Issue

United Nations Populations Fund

An estimated [one billion people](#) around the world are internal or international migrants – one in every seven people. But as policymakers scramble to understand how these mass movements affect societies, economies, security and sustainability, the needs of women and girls are falling through the cracks. This short piece presents five reasons [migration](#) is a serious concern for women and girls.

Worker, Helper, Auntie, Maid? Working Conditions and Attitudes Experienced by Migrant Domestic Workers in Thailand And Malaysia

Summary

Full Report

UN Women Video (3:10)

Australian Aid, International Labour Organization, and UN Women

To obtain more knowledge on the link between attitudes – of both employers and the public – and the working conditions experienced by migrant domestic workers, the ILO and UN Women partnered with the University of Oxford Centre on Migration, Policy and Society (COMPAS) to carry out innovative research in Thailand and Malaysia. The study provides important insights on domestic workers' perceived role as both family members and workers, and how this affects everything from working hours to wages, freedom of movement and association, and access to social protection. The report concludes with recommendations for policy makers, employers, civil society and the media on how they can contribute to improving the situation of migrant domestic workers in Thailand and Malaysia.

In Search of Safety, Growing Numbers of Women Flee Central America

Migration Policy Institute

Women and children have proved to be particularly vulnerable to emergent forms of violence and political instability in El Salvador, Guatemala, and Honduras, known as the Northern Triangle. Since unaccompanied minors began arriving at the U.S. border in startling numbers in 2014, they have justifiably received ample academic and media attention. Yet, there has been less focus on the gendered experiences of women and girls forced to leave the region. This article sketches the expanding representation of Central American women in immigration enforcement activities, illuminates challenges faced by migrant women amid changing U.S. policy, and examines threats upon return to their country of origin.

Experiences of Female Refugees & Migrants in Origin, Transit, and Destination Countries: 'No Choice But to Keep Going Forward'

Mixed Migration Center

This report examines women's migration experiences in origin, transit and destination countries. The focus is on Afghan women who are in the process of migrating from Afghanistan, in transit in Serbia or who have settled in Germany as their destination, and who have travelled along the East Mediterranean route. The research also examines, through primary data, the experiences of Afghan women, in India and Indonesia; and East and West African women who migrated along the Central Mediterranean route through Libya. It draws on secondary literature to contextualise women's migration experiences.

Policies and practices to protect labor and other rights of women migrants

Unlocking Refugee Women's Potential

International Rescue Committee

An analysis conducted by the Georgetown Institute for Women, Peace and Security (GIWPS), in collaboration with the International Rescue Committee (IRC), on the potential of refugee women to generate up to \$1.4 trillion to annual global GDP if employment and wage gaps were closed and implications for policy regarding refugee women's access to labour markets and equal pay. At this time refugee women's employment rates for refugee women across the world are as low as 6% and pay gap as high as 94 cents per dollar between refugee women and host men. The report focuses on Turkey, Uganda, Lebanon, Jordan, Germany, and the US, and extrapolates findings to the top 30-refugee hosting countries, which collectively host approximately 18 million refugees. The findings are also summarized in a short [video](#).

Policy Brief on Women and Migration in Bangladesh

UN Women

This policy brief looks at the implications of the relevant national and international laws and policies that are available to protect the rights of women migrants, including domestic workers. Recognizing that women migrant workers face gender specific challenges and barriers, this policy brief provides recommendations for policy-makers and implementers on how to ensure that women migrant workers secure better terms of employment.

Related Tools for the Protection of the Rights of Women Migrant Workers

[Preventing the Exploitation of Women Migrant Workers In ASEAN](#)

Australian Aid

[Template on Standard Terms of Employment \(STOE\) for Women Migrant Domestic Workers](#)

Swiss Agency for Development and Cooperation

[Labour Inspection: Women Migrant Workers in ASEAN](#)

Australian Aid

Women Migrant Workers: Protected or Put in Harm's Way? [PDF]

International Labour Organization

Restrictions on women's labour migration ranging from outright migration bans to prerequisites relating to age and marital status – are one way in which states attempt to address the risk of exploitation and abuse faced by women migrant workers. Though intended to protect women from harm, gender-based migration restrictions violate numerous international legal standards addressing discrimination and equal opportunity, as well as the right to leave a country. Protected or put in harm's way? Bans and restrictions on women's labour migration in ASEAN countries was commissioned by the International Labour Organization (ILO) and UN Women to assess the effectiveness of gender-based migration restrictions in preventing exploitation.

IOM Data: Supporting Women and Girls on the Move

International Organization for Migration (IOM) International Rescue Committee

An overarching video explaining IOM's Displacement Tracking Matrix (DTM) tool and a set of five short videos describing how the DTM tool has benefited work toward the particular challenges in Brazil, Guinea, Iraq, Thailand, and Ukraine. The DTM is a tool that provides stakeholders and government partners with timely and continuous feedback as to the extent of displacement and needs of a group or population. It is the largest source of primary data on internal displacement in the world. It is used by a large number of humanitarian actors in their operations to support a more enhanced response to affected populations. In these five countries, DTM facilitated, respectively, direct contact with immigrants in the region, the tracking areas of Ebola outbreaks, shelter and settlement for migrants, needs of women coming to Thailand for work, and assessment of the needs of people affected by conflict in the region.

For teaching suggestions, please see [Using This Resource](#) in the International Literature Project Series.