



MINISTRY OF  
MANPOWER

# CONNECT

*with* **AGE**

A monthly e-newsletter for  
migrant workers



**JAN  
2022**



## IN THIS ISSUE:

Key announcements

Health tips to protect  
yourself from COVID-19

Pongal celebrations  
highlights



# Key announcements



## Stoppage of standard ticket sales at MRT stations

Standard ticket sales will not be available at MRT stations from January 22 onwards. Please watch the videos below to learn how you can use contactless bank cards, EZ-Link or a NETS FlashPay card to pay for your train journey.

▶ [Tamil video](#)

▶ [Bengali video](#)

## Protect yourself from the Omicron variant!

To better protect yourself from the highly infectious Omicron variant, please go for your vaccination or your booster shot when it is offered to you.

Do remember to practice Safe Management Measures:

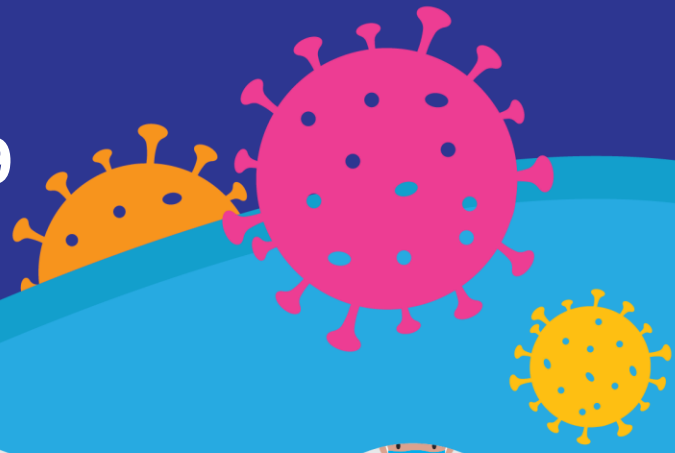
- Wearing of masks at all times
- A maximum of 5 people per group
- Maintain a safe distance of 1m between each person
- Carry your TraceTogether Token with you at all times and places

Please see a doctor if you feel unwell.

For more information, please refer to updated healthcare protocols [here](#).



# Health tips to protect yourself from COVID-19



**1**  
Practice good personal hygiene such as washing your hands regularly with soap



**2**  
Wear your masks correctly



**3**  
Use hand sanitisers after coming into contact with high-touch areas



**4**  
Seek medical help when you feel unwell



**5**  
Get Vaccinated, Get Protected!



For more health-related tips, please click [here](#) to view the videos and posters that were prepared for you



## A message from our migrant worker

Meet Badal, a migrant worker from Bangladesh. Here is what he has to share with us:

My name is Badal and I have worked in Singapore for about 10 years. I have taken my COVID-19 booster jab, and I feel that it is important for you to take it too for better protection against infection and severe disease.

# Event highlights



## Pongal

Over the weekend of 14-16 January, various activities were held at Cochrane Recreation Centre, Kranji Recreation Centre and Penjuru Recreation Centre to celebrate Pongal with our migrant workers.

We thank our partners for organising the activities at the various RCs and bringing joy to our migrant workers for this year's Pongal celebrations.



Sugarcane distribution to migrant workers. Did you know that sugarcane is an important harvest of the season, and signifies prosperity and well-being?

## Terrarium making workshop

On 16 January, migrant workers were treated to a free terrarium workshop organised by Gardens by the Bay and JTC Corporation, where they were able to create their very own terrarium!



The workshop was virtually conducted across the various JTC RCs, where the staff from Gardens by the Bay provided step-by-step instructions on how to create the terrarium.

## Zoo outing

On 23 and 30 January, migrant workers from Willow Dormitory visited the Zoo, where they were able to see the various animals that the Zoo has to offer. For some of our migrant workers, this is actually their first time visiting the Singapore Zoo.

Thank you Alfa Tech Vestasia for organising the Zoo outing for our migrant workers.



Migrant workers enjoying their relaxing day out at the Singapore Zoo.

Scan the QR code here to find out more about the various **physical and online activities** you can take part in!



Follow us on our official channels to get the latest news and updates!



[MOM's Facebook page](#)



[MOM's YouTube channel](#)



[MOM's Website](#)

