



Meaningful activities to refresh and recharge your MDW



Dear Employers,

As a migrant domestic worker (MDW) employer, you play a crucial role in supporting her well-being. This includes letting her spend her rest day meaningfully, so that she can recharge and form networks of support outside the household.

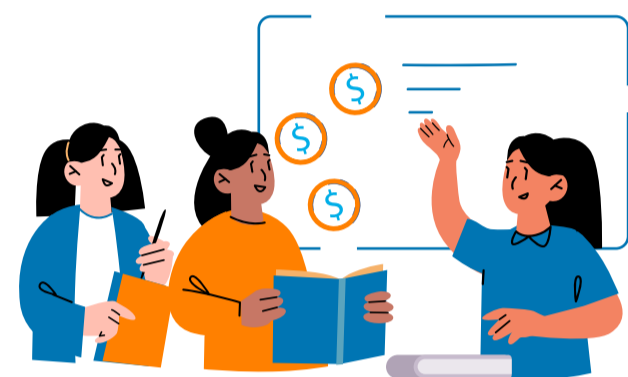
Here are 5 exciting activities to sign up for.



Free Sight-Seeing Excursions

Explore northern Singapore on a free road trip with the Association of Employment Agencies' (AEAS) Fun Club on 30th July from 10:30am to 3pm. Enjoy games, snacks, and endless fun. Hurry, register now as seats are limited.

[Sign up](#)



Managing Finances

Encourage your MDW to sign up for money management courses at Aidha to learn how to save and budget her finances.

[Sign up](#)



Fun-filled Activities

Enjoy a fun-filled day with the Centre for Domestic Employees (CDE). Your MDW can participate in recreational activities or learn new skills such as handicraft, dance, and more. Follow CDE's Facebook to find out more.

[Check it out](#)



Staying Active and Healthy

From K-pop dance to yoga classes, there is bound to be something for everyone. Your MDW can take part in these heart-pumping and wellness activities at FAST Hub every Sunday and make new friends.

[Check it out](#)



Volunteer as a Peer Support Leader

Want to make a positive impact in the lives of other MDWs, especially those who are working in Singapore for the first time? Your MDW can lend a helping hand to other MDWs in need by signing up as a Care Sister.

[Sign up](#)

Unsure of how to talk to your MDW about her rest day?

Here are a few tips.

Make Alternative Arrangements



For households with elderlies that require constant care, you can consider tapping on [respite care at day care centres or home personal care services](#) on your MDW's rest day.

Communicate



Work out a mutually agreeable rest day arrangement with your MDW. Find out more on how to do so through our [Guide for Employers](#).

Update MOM's FDW eService

Update your MDW's number of rest days and declare her salary (excluding rest day payment) correctly in MOM's FDW eService.



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