

# INFOCUS



## Rest Well and Do Not Work Illegally on Rest Days

Dear Employer,

Some Migrant Domestic Workers (MDWs) may use their rest days to work part-time, such as cleaning other people's houses or selling merchandise to earn additional income. Please remind your MDW that this is against the law. Encourage her to spend her rest days meaningfully and get sufficient rest, such as signing up for courses or taking up new hobbies. If she is well-rested, she can perform her chores productively and safely, and in turn take better care of your family's needs too!

Your MDW is only allowed to perform domestic duties at your address.

She is not allowed to:

- ✗ help out at another household or shop, or your business, even if you operate it from home.
- ✗ run her own business, including on her rest days.



If she works illegally outside your household, it could result in adverse consequences for both herself and your household.

- She may get injured, and you would have to bear the cost of her medical fees.
- She may be banned from working in Singapore if she is caught, and you would have to incur additional cost to hire a new MDW.

### Connect With Your MDW



Establish a good relationship with her so that she is comfortable to turn to you for help.



Remind her about the Work Permit conditions and adverse consequences of working illegally.



Explain the rationale of providing her with rest days and encourage her to spend it meaningfully.



Advise her to manage her budget so that she sets aside sufficient funds. This will help her build a small savings fund for personal or family emergencies.

### Channels Available

Share these channels with your MDW so that she knows where she can seek help, or if she wishes to attend relevant courses on her rest days.

#### General assistance by native speakers

**Centre for Domestic Employees**

1800 2255 233  
(24-hour helpline)

**Foreign Domestic Worker Association for Social Support and Training**

1800 339 4357  
(24-hour helpline)



#### Upskilling and financial management courses



**Aidha**

[www.aidha.org/contact-us/courses-overview](http://www.aidha.org/contact-us/courses-overview)  
6341 5287

**Foreign Domestic Worker Association for Social Support and Training**

[www.fast.org.sg/fast-training/training-providers](http://www.fast.org.sg/fast-training/training-providers)  
1800 339 4357