

Project Integrate 5.0

7-03

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Project Type: Single Year

Section I: Project Overview

A. Area of Concern

According to the Ministry of Manpower, a total of 180 000 migrant workers reside in workers dormitories situated all over the country. In light of the current Covid-19 situation and the surge in the number of cases, these migrant workers are ordered by the government to stay in dormitories, and are only allowed to leave for a few short hours per day. Hence, they often feel a sense of isolation as a result of being trapped in these dormitories for long periods of time.

B. Challenges Identified

The migrant workers, after being quarantined for long periods of time, feel depressed and anxious. This is because they worry for their families back home as they are sole breadwinners, and they are also worried for their own health. Therefore, we are focused on improving their welfare and uplifting their morale, providing them with the assistance needed to help them tide through this crisis and come out stronger and more positive.

C. Underlying Problem

Given that the migrant workers in Singapore have been hit the hardest by the Covid-19 pandemic, causing them to be quarantined and isolated, how might we best help our foreign brothers tide over these hard times by promoting safe interaction between them and the public, whilst showing them care and concern and boosting their morale?

D. Plan of Action

Our plans had to undergo a revamp due to the Covid-19 crisis, and also due to the fact that the workers were kept in isolation in the dormitories. We have come up with a three-pronged approach to tackle this current crisis. Firstly, through the regular social interaction between us and the migrant workers through social media platforms. Through these regular sessions, we hope to show the workers that we care for them and would also like to help them tide through

these hard times. Secondly, we plan to educate the public and raise awareness of the plight of the workers through online platforms. Lastly, we intend to initiate activities that exude positivity and improve the well-being of the workers and during this tough period, keeping their morale up and ensuring that their needs are well taken care of.

Section II: Implementation of the plan

A. Actions and Outcomes to Date

Legend	<ul style="list-style-type: none">● Red Words = Cancelled● Black Words = Successful
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Date	
Phase 1	Setting Foundation
November 2019	<ul style="list-style-type: none">● Handing over of Project from Integrate 4.0 to us.
December 2019	<ul style="list-style-type: none">● Deciding and identifying the main issues migrant workers face in Singapore society
January 2020	<ul style="list-style-type: none">● Formation of 50 people strong organisation team
Phase 2	Brainstorming and Planning
January 2020	<ul style="list-style-type: none">● Planning with internal and external mentors on future events for the year.● Liaising with our target migrant worker dormitory.
Phase 3	Preparation and Organisation
January 2020	<ul style="list-style-type: none">● Getting volunteers to help out in the Lunar New Year celebrations with the migrant workers in February.● Getting participants of weekly sports sessions at dormitory● Planning the logistics of the weekly sports sessions in the dormitories with the migrant workers throughout the whole year.

Phase 4	Implementation of action plan
January-February 2020	<ul style="list-style-type: none"> ● Weekly sports sessions <ul style="list-style-type: none"> ○ Initially scheduled to last the whole year ○ Gives students a rare opportunity, that the otherwise would not have, to step into a migrant worker dormitory and play sports with migrant workers ○ This acts as a platform for volunteers to interact and mingle with migrant workers on a deeper level over sports ○ Students and migrant workers all work together towards a common goal of winning ○ Builds teamwork and teaches students how to effectively communicate with migrant workers ○ Sports such as basketball, football, cricket, badminton ● Chinese New year celebration <ul style="list-style-type: none"> ○ 49 students signed up ○ Not initiated because of COVID-19 ○ We planned to put up chinese traditional performances and allow workers to experience what we Singaporeans Chinese do during Chinese New Year ○ Activities such as lantern making, dumpling making and the well known Lou Hei were initially planned ○ This would allow migrant workers to gain an insight about the cultural traditions we Singaporeans practice during the festival.

	<ul style="list-style-type: none"> ● Distribution of Chinese New Year goodies <ul style="list-style-type: none"> ○ Initially meant to happen during the Chinese New Year celebration ○ Allowed migrant workers to enjoy and have a taste of Chinese New Year Goodies even though the event was cancelled. ● Migrant worker facts on Social Media <ul style="list-style-type: none"> ○ This was posted on our Instagram page ○ Allow students and the public to realise the significance of these migrant workers in our society and the inequalities they face.
May 2020	<ul style="list-style-type: none"> ● Board game donation drive <ul style="list-style-type: none"> ○ We collected board games from the public to be distributed to migrant workers for entertainment while they were being quarantined ○ Interview with dormitory coordinator ○ Posted on our social media site ○ Raise awareness of the situation migrant workers are facing because of COVID-19 ● Interview with a creative director of NGO migrantxme <ul style="list-style-type: none"> ○ Posted on social media site ○ Get to know how he started volunteering and working for the NGO ○ Hope to inspire and encourage others

- Created learning package for migrant workers
 - Exercise package
 - Promotes healthy living and ensure workers stay fit and well during this period of time when they are stuck indoors
 - Keeps them entertained while improving their welfare
 - Phone scam package
 - Educate the migrant workers on the Dos and Don'ts while online

- Created weekly english lessons for migrant workers
 - Teach basic phrases and words in English that workers can incorporate in their daily lives in Singapore
 - Tamil, Chinese and Hindu translation provided for better understanding
 - A chance for interaction and to get to know them better

- Hari Raya Puasa Celebration
 - We initially planned to celebrate Hari Raya Puasa with the migrant workers
 - Activities such as Ketupat making as well as breaking fast together with the migrant workers were planned
 - This allows for students to gain a deeper understanding on the cultural practice of the Muslim migrant workers
 - It also gives non-Muslim migrant workers a chance to experience Muslim culture.

June 2020	<ul style="list-style-type: none"> ● Writing and collection of cards for migrant workers in our school <ul style="list-style-type: none"> ○ Students wrote heartwarming and encouraging messages to migrant workers ○ In these unprecedented times, a message of encouragement from students to migrant workers might help them a great deal emotionally and mentally, allowing them to tide these hard times.
July 2020	<ul style="list-style-type: none"> ● Virtual forum <ul style="list-style-type: none"> ○ Invited guest speakers associated with migrant workers to share with the public insights of the current situation because of COVID-19 ○ Gives students a first hand perspective of what the migrant workers are facing in dormitories in Singapore before and during COVID-19
Phase 5	Outreach and publicity
Throughout the year	<ul style="list-style-type: none"> ● Update on Instagram platforms to raise awareness for our project <ul style="list-style-type: none"> ○ Published upcoming activities youths can take part in ○ Frequent updates through videos and photos of completed events on instagram ● Featured on Chinese magazine Dou Hao <ul style="list-style-type: none"> ○ Raised awareness of our project and the plight that the migrant workers are in to chinese readers

Section III: Project Outcomes

A. Accomplishments

We have donated and distributed a total of **70 boxes of CNY goodies, board games** and written over **1000 thank you cards** to the migrant brothers with the help of students, teachers and the public. We have **improved their mental and physical wellbeing** through online packages such as home workout videos and a phone scam lesson package. Our upcoming conversational english lessons will also be targeting up to **60 workers** who we would be interacting with on a consistent basis. We have conducted **2 interviews and a virtual forum with professionals well-adept in the migrant worker scene**. For our outreach, we have around **200 interactions weekly** and a total of **16,342 impressions** on our social media, which has **1500 followers**. We have **463 pageviews** for our newly added website, along with an estimated outreach of **10 000 students** through our article in the Lian He Zao Bao Dou Hao magazine for secondary school students. Overall, we had a total of about **80 volunteers**, who through donations, sharing about our cause and writing insightful articles for our blog, are able to **understand the migrant workers plight and appreciate them**.

B. Reflections on Outcomes

The migrant brothers have suffered the most during the Covid-19 pandemic, with more uncertainties lying ahead of them amidst the constant fear of contracting the disease. They are **tired, worried and mentally drained**. We believe that Project Integrate 5.0 has provided them with the **optimism, resilience, and entertainment** that would help them tide through these tough times.

We have learnt to **empathise and appreciate them**, treating each and every one of them like our brothers. Though we gave our all to reach out to those in need, we are only able to improve their mental and physical state through our various initiatives, but we are ultimately unable to provide the migrant workers with financial aid as it is simply not within our capabilities.

However, we have **widened our perspectives on our migrant brothers and our understanding of class divide has been enriched.** It is easy to label them negatively, especially when one is in a position of privilege, or when one has never experienced their pain or struggles. It is only through the understanding of their side of the story and empathising with them, can we **achieve our true goal of creating a more inclusive society for them.**

C. Scope of the Project

Community Impact: Students and members of the public could learn more about the real situation the migrant workers are in under the impact of the Covid-19 pandemic, **understanding and appreciating them after shedding a light on their plight, simultaneously clearing their xenophobic views on them.**

Community Involvement: We have **5 core OT members, 5 very strong continuing members of Project Integrate as Exco, and 50 OT members from various secondary schools,** who were important in ensuring our initiatives were **well planned and successfully carried out.** They were also **key in spreading our cause** to other students, members of the public, and organisations such as IlluminateSG.

Resolution of AOC/UP: Given that we have identified that there is a lack of high morale and societal awareness on the situation the migrant workers face due to them being quarantined and isolated, **we have sent them food, board games, and provided them with online packages to boost their morale and help them stay happy.** We also reached out to an estimated minimum of **10 000 students (majority) and members of the public.** More importantly, we have **sown the seeds for sustainable development** of this project, by involving students from a diverse range of schools and education levels in the problem solving process and empowering them to make a difference in the lives of the migrant brothers. We hope that future batches will be able to

take on the mantle and build on this foundation, to provide a **sustainable, long term solution** to improve the lives of the migrant brothers, especially on the long road to recovery after the Covid-19 pandemic slowly dies down.

Word Count: 998