

[BRAVEHEART.SG/MAYWECARE](https://braveheart.sg/maywecare)

GET TO KNOW YOUR HELPER

*Here are some questions you can ask to get to know
the human being living and working in your home.*

Getting Familiar



Here are some other ways to address your helper in a more familiar way:

Bahasa Indonesia: *mbak*, which means older sister.

Tagalog: *yaya*, which means caretaker auntie.

Burmese: *ae ma*, *ma ma* (older sister), or *nyi ma* (younger sister).

Fun Expressions You Can Try!

INI APA SIH?
ENAK BANGET!

(THIS IS SO GOOD!
WHAT IS THIS?)



Here are some expressions you can use with your helper in their language:

Bahasa Indonesia: "*enak banget!*" means "*very delicious!*"

Tagalog: "*kamusta?*" means "*how are you?*"

Burmese: "*a sin pyay lar?*" means "*are you doing okay?*"

What's Your Favourite Food from Home?



DID YOU KNOW THAT?

Popular Indonesian dishes like *Satay* can have as many as 20 different recipes.

Adobo is one of the most popular Filipino dishes; it is usually made with either chicken or pork.

Burmese cuisine is broadly captured in the phrase, *Chin Ngan Sat* (sour, salty, and spicy).

What Are Some Traditions & Customs from Your Country?



DID YOU KNOW THAT?

Pointing with your index finger is considered rude in Indonesia, and it's more polite to use a thumb or open palm.

When knocking on doors, Filipinos will announce, "tao po!" which loosely translates to "I am here!"

In Myanmar, women commonly apply thanaka to their faces. It's a paste made from ground bark, used as a form of sun protection.

What **Festivals** Do You Celebrate at Home?



DID YOU KNOW THAT?

In Indonesia, the biggest celebration is *Eid ul-Fitr* (also called *Lebaran*), a Muslim celebration.

Christmas in the Philippines is one of the biggest holidays in the country; it even starts as early as September.

In Myanmar, the most important festival is *Thingyan* in April, a colourful festival to celebrate the Buddhist new year.

What Do You Do for **Fun**?



Your helper—just like everyone else—will feel stressed and isolated if they don't have enough social contact with friends and family. This is especially true for helpers who recently migrated to Singapore for work because they don't have adequate social support.

They travelled far
from their family to
care for ours.

Care to know more
about them.

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—stand—
UP↑FOR
OUR
Singapore.....