

# WELCOME TO SINGAPORE

Welcome to Singapore! This guide will provide you with information that will help you adapt and adjust to your new working and living environment. It is important that you know your employment rights and responsibilities, and abide by the laws of Singapore.

If you experience any employment-related issues, you should seek immediate help from:

## MINISTRY OF MANPOWER (MOM)

**TEL: 6438 5122**

Ministry of Manpower  
Services Centre  
1500 Bendemeer Road  
Singapore 339946

You can also approach  
FAST team officers in your  
dormitory for help.

## MIGRANT WORKERS' CENTRE (MWC)

**TEL: 6536 2692**

579 Serangoon Road  
Singapore 218193

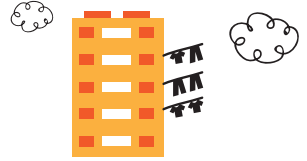
51 Soon Lee Road  
Singapore 628088



Use the link or QR code below to inform MOM of your Singapore mobile number. This will enable MOM to update you about employment-related matters during your stay in Singapore.



Share with us your mobile number:  
[www.mom.gov.sg/update\\_contact\\_details](http://www.mom.gov.sg/update_contact_details)



# LIVING IN SINGAPORE

## ABOUT SINGAPORE

Singapore is a multi-racial and multi-cultural country, made up of different races, religions and languages. It is important to understand and respect each other's differences and live and work together in harmony.

### Religions in Singapore

There are several religions practised in Singapore, such as Buddhism, Christianity, Islam, Hinduism and Taoism. Everyone is free to practise their religion, as long as they respect others' religious practices. You can pray at the designated places of worship such as temples, churches and mosques.

## LOCAL SOCIAL NORMS

While in Singapore, you should familiarise yourself with the local social norms. What is acceptable in your home country may not be acceptable in Singapore.

Below are some tips to guide you:

### Good Behaviour in Public

- Do not fight.
- Do not sleep in public areas such as bus stops, void decks, public benches, parks or overhead bridges.
- Do not talk loudly or play music loudly at night.
- Do not gather in big groups at void decks of housing blocks to drink.
- Do not spit or litter.
- Do not go around topless in public areas.

### Personal Hygiene

It is important to keep yourself clean to minimise the risk of illness and infection, and improve your overall health.

- Shower and wash your hair.
- Brush your teeth.
- Wash your clothes.
- Wash your hands with soap regularly.

## 8 Steps of Hand Washing



Wash your palms



Scrub each finger and between fingers



Rub back of hands and between fingers



Rub the base of the thumbs



Back of fingers



Scrub your nails on palms



Wash your wrist



Dry hands with clean towel or tissue

## Monitoring Health Status

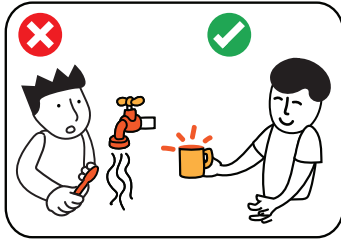
Download this free mobile app, **FWMOMCare**, to monitor your health status. It also lets those who are unwell get prompt medical consultation with its 24/7 telemedicine service.



Use the 'Safe@Home' function to scan the displayed QR Code in your dormitory room and report your location before you leave for work and return back from work daily.

Check 'My Profile' to ensure that your mobile number is kept up-to-date.

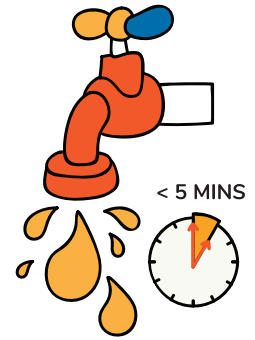
## Save Water



Do not leave the tap running while brushing your teeth, use a mug.



Do not wash dishes and clothes under a running tap; use a container filled with water.



Do not waste water.



Do not leave the tap running while showering; keep showering time to under 5 minutes.



Turn off the tap when not in use and report any leaks.



Do not damage or alter any water fitting.

## WHERE TO GO ON YOUR REST DAY

You can visit recreation centres in your free time. There are amenities and activities catered for you.

### Recreation Centres

There are eight recreation centres located around Singapore. They provide free sports facilities such as badminton/basketball courts, soccer and cricket fields. You can remit money, visit the barber, buy groceries at the supermarket, or have a meal at the centre.



Details of the recreation centres are as follows:

Recreation Centre (RC)	Address
Cochrane RC	100 Sembawang Drive, Singapore 756998
Kaki Bukit RC	7 Kaki Bukit Avenue 3, Singapore 415814
Kranji RC	11 Kranji Road, Singapore 737673
Penjuru RC	27 Penjuru Walk, Singapore 608538
Soon Lee RC	51 Soon Lee Road, Singapore 628088
Terusan RC	1 Jln Papan, Singapore 619392
Tuas South RC	10 Tuas South Street 13, Singapore 636937
Woodlands RC	200 Woodlands Industrial Park E7, Singapore 757177

**LIQUOR LAWS IN SINGAPORE**

If you drink alcohol, you must know the liquor laws which govern where and what time you can drink, and where you can buy alcohol.

There are liquor control zones such as Geylang and Little India that have different restrictions. You can buy and drink alcohol only within licensed outlets such as coffee shops in Geylang and Little India. Drinking alcohol outside these venues is against the law.

Action will be taken if you are found drinking in public during prohibited hours, and your work permit will be cancelled.

For information of the liquor laws, please go to [www.mha.gov.sg](http://www.mha.gov.sg)

## GETTING AROUND SINGAPORE

It is easy to get around Singapore. The different types of transport are as follows:

- Bus
- Mass Rapid Transit (MRT)
- Light Rail Transit (LRT)
- Taxi
- Private Hire Vehicles

### EZ-Link Cards

To travel by bus, MRT or LRT, you will need an ez-link card which can be purchased at MRT stations and bus interchanges. Your ez-link card will have stored value in it. You can top up your card at ticket machines located at MRT stations and bus interchanges. Topping up can be done with your bank ATM card. You may approach the staff at the information counter at MRT stations or bus terminals for assistance.



Details of bus and train routes and fares are displayed at bus stops, MRT and LRT stations.

### Good Behaviour on Public Transport

Be considerate to fellow passengers when travelling on buses and trains.

- Queue up while waiting to board the bus or train.
- Give up your seat to someone who needs it more such as an elderly passenger.
- Move in when standing, do not block the entrance so that others can board or exit.
- Give way by letting others alight before your board.
- Put your bag down so that others have more room to move.