

BAN YING
บ้านหญิง

2024
๒๕๖๗

ก่อตั้ง 2531 Itinatag noong 1988 Gegründet 1988 Founded in 1988

CALENDAR
KALENDER

KALENDARYO
ปฏิทิน

LICH
CALENDRIER

If lost, please return to

Bei Verlust bitte zurücksenden an

„From Southeast Asia to Europe: Strengthening migrant and trafficked women’s rights to inclusive re/integration”

Foreword

„From Southeast Asia to Europe: Strengthening migrant and trafficked women*’s rights to inclusive re/integration” - this is the title under which Ban Ying, in collaboration with the Global Alliance Against Traffic in Women (GAATW), held conversations with migrant women* from Southeast Asia, who have built a proud existence in Germany. Ban Ying would like to thank all participants for making their voices heard. This calendar on your hand documents this and conveys important messages from the participants. It provides insights into the experiences, challenges, and achievements of these women* and echoes their demands and wishes: for a good life, fair work, and solidarity with one another.

Please use this calendar and get inspired!

With solidarity

Ban Ying

„From Southeast Asia to Europe: Strengthening migrant and trafficked women’s rights to inclusive re/integration”

Vorwort

„From Southeast Asia to Europe: Strengthening migrant and trafficked women’s rights to inclusive re/integration” - unter diesem Titel hat Ban Ying, in Zusammenarbeit mit der Global Alliance Against Traffic in Women (GAATW), Gespräche mit Migrantinnen aus Südostasien geführt, die ein stolzes Dasein in Deutschland aufgebaut haben. Ban Ying möchte allen Teilnehmerinnen dafür danken, dass sie ihre Stimmen erhoben haben. Dieser Kalender in Ihrer Hand dokumentiert das und gibt wichtige Botschaften der Teilnehmerinnen wieder. Er gibt Einblicke in die Erfahrungen, Herausforderungen und Errungenschaften dieser Frauen* und gibt ihre Forderungen und Wünsche wieder: Nach einem guten Leben, fairer Arbeit und solidarischem Miteinander.

Nutzen Sie bitte diesen Kalender und lassen Sie sich inspirieren!

Mit Solidarität

Ban Ying

BAN YING e.V. COUNSELLING AND COORDINATION CENTER

We are a counselling and coordination center, supporting migrant women*, who

- are victims of human trafficking
- experience/d sexual and/or work exploitation
- are houseworkers of diplomats

What we provide

We give advise free of charge, whenever possible, in the mother tongue, and anonymously if desired.

BAN YING e.V. KOORDINATIONS- UND BERATUNGSSTELLE

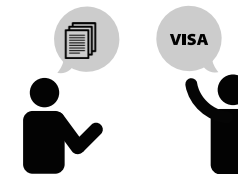
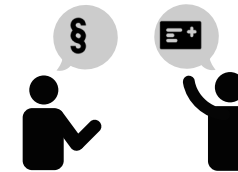
Wir sind eine Beratungsstelle, die Migrantinnen* unterstützt, die

- von Menschenhandel betroffen sind
- sexuelle und/oder Arbeitsausbeutung erleben
- als Hausangestellte bei Diplomatinnen* arbeiten

Was wir tun

Wir beraten kostenlos, wenn möglich in der Muttersprache und auf Wunsch anonym.

Free counselling on wednesdays
from 3 to 6 pm, with appointment



Kostenlose Beratung mittwochs
15 -18 Uhr, mit Termin

2024

January / Januar

MO	DI	MI	DO	FR	SA	SO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

February / Februar

MO	DI	MI	DO	FR	SA	SO
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	1	2	3

March / März

MO	DI	MI	DO	FR	SA	SO
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April / April

MO	DI	MI	DO	FR	SA	SO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

May / Mai

MO	DI	MI	DO	FR	SA	SO
29	30	1	2	3	4	5
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27	28	29	30	31	1	2

June / Juni

MO	DI	MI	DO	FR	SA	SO
27	28	29	30	31	1	2
3	4	5	6	7	8	9
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July / Juli

MO	DI	MI	DO	FR	SA	SO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

August / August

MO	DI	MI	DO	FR	SA	SO
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

September / September

MO	DI	MI	DO	FR	SA	SO
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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October / Oktober

MO	DI	MI	DO	FR	SA	SO
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

November / November

MO	DI	MI	DO	FR	SA	SO
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

December / Dezember

MO	DI	MI	DO	FR	SA	SO
25	26	27	28	29	30	1
2	3	4	5	6	7	8
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23	24	25	26	27	28	29
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2025

January / Januar

MO	DI	MI	DO	FR	SA	SO
30	31	1	2	3	4	5
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February / Februar

MO	DI	MI	DO	FR	SA	SO
27	28	29	30	31	1	2
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March / März

MO	DI	MI	DO	FR	SA	SO
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April / April

MO	DI	MI	DO	FR	SA	SO
31	1	2	3	4	5	6
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May / Mai

MO	DI	MI	DO	FR	SA	SO
28	29	30	1	2	3	4
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June / Juni

MO	DI	MI	DO	FR	SA	SO
26	27	28	29	30	31	1
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July / Juli

MO	DI	MI	DO	FR	SA	SO
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August / August

MO	DI	MI	DO	FR	SA	SO
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September / September

MO	DI	MI	DO	FR	SA	SO
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October / Oktober

MO	DI	MI	DO	FR	SA	SO
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November / November

MO	DI	MI	DO	FR	SA	SO
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December / Dezember

MO	DI	MI	DO	FR	SA	SO
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January
Januar

February
Februar

March
März

April
April

May
Mai

June
Juni

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July
Juli

August
August

September
September

October
Oktober

November
November

December
Dezember

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Ang una kong naging trabaho sa Alemanya ay bilang isang kasambahay sa isang embahada. Noong pinirmahan ko ang kontrata, hindi ko pa alam ang wika. Binayaran kami ng 300 euros kada buwan. Ang mababang sahod ay hindi makatarungan sa aming mabigat na trabaho. Tumakas ako, limang buwang buntis, nagsampa ng kaso laban sa aking dating amo at nanalo ako! Ngayon, ang mga kasambahay sa embahada na iyon ay tumatanggap ng mas magandang suweldo. At iyon ang aking layunin. Iba pang mga naging trabaho ko sa Alemanya: Pagluluto para sa Lufthansa. Paglilinis sa isang ospital. Paglilinis sa isang pribadong tahanan. Paglilinis sa isang pabrika ng Nivea. Ang mga manggagawa ay dapat tratuhin nang may respeto. Kung kailangan kong magtrabaho ng mga night shift, hindi ko makikita ang aking anak na babae. Ang isang trabaho ay dapat magbigay ng konsiderasyon sa mga single na magulang, kadalasan mga kababaihan, kapag nagpapalano ng mga shift. Isa pa, nagiging mas mahal ang lahat, ang sahod lang ang nananatiling pareho. Ngunit ang trabahong mabigat ay dapat bayaran nang naaayon.

My first job in Germany was as a domestic worker in an embassy. When I signed the contract, I didn't know the language yet. We were paid 300 euros per month. The low wage was not fair for our hard work. I ran away, five months pregnant, made a case against my former employer and I won! Today, the domestic workers in that embassy receive better pay. And that was my goal. Other jobs I have had in Germany: Cooking for Lufthansa. Cleaning in a hospital. Cleaning in a private home. Cleaning in a Nivea factory. Workers should be treated with respect. If I have to work night shifts, I don't get to see my daughter. A job should give consideration to single parents, often women, when planning the shifts. Also, everything is becoming more expensive, only the salaries are staying the same. But hard work should be paid accordingly.

January / Januar

W1
ราศีมังกร
Capricorn
Steinbock



1 Mo / Mo New Year / Neujahr

2 Tu / Di

3 We / Mi

4 Th / Do

5 Fr / Fr

6 Sa / Sa

7 So / So

8 Mo / Mo

9 Tu / Di

10 We / Mi

11 Th / Do

12 Fr / Fr

13 Sa / Sa

14 So / So



“ประสบการณ์ของฉันกับทางการของเยอรมันนั้นมักจะแตกต่างกันออกไป จะดีหรือร้ายขึ้นอยู่กับว่าคุณได้เจอกับเจ้าหน้าที่คนไหน มีอยู่ครั้งหนึ่งฉันโชคดีมากที่ได้เจอกับเจ้าหน้าที่ที่คุยกันไปคุยกันมาพบว่าเป็นลูกสาวของคนไข้ที่ฉันเคยดูแลอยู่ที่โรงพยาบาล วันหนึ่งที่เขาทราบ เขาได้ให้ความสำคัญกับกรณีของฉันมากขึ้นเป็นพิเศษ และงานก็ดำเนินไปได้อย่างรวดเร็ว”

“Meine Erfahrung mit den Behörden ist: Je nachdem, an welche Mitarbeiterin du gerätst, wird es entweder gut laufen für dich, oder nicht. Einmal hatte ich Glück. Die Integrationsberaterin, die für mich zuständig war – stellte sich heraus – war die Tochter eines Patienten, den ich im Krankenhaus gepflegt habe. Sobald sie das wusste, hat sie sich extra viel Mühe mit meinem Fall gemacht und auf einmal ging es voran.”

15 Mo / Mo

16 Tu / Di

17 We / Mi

18 Th / Do

19 Fr / Fr

20 Sa / Sa

21 So / So

National Hugging Day / Weltknuddeltag

22 Mo / Mo

23 Tu / Di

24 We / Mi

25 Th / Do

26 Fr / Fr

27 Sa / Sa

28 So / So



Ako ang panganay sa aking pamilya at kailangan kong tumulong. Paano ba sinasabi, breadwinner? Tinanggap ko ang isang trabaho sa Dubai. Matapos ang tatlong buwan naisip ko, hindi ko ito kaya. Sa buong araw kinailangan kong mag-alaga ng napakaliit na sanggol at maglinis. Kapag nakita ni Lola na nakatulog ako, sisipain nya ako. Bumangon, maglinis. Nanatili ako doon para lamang sa pamilya ko, limang taon. Magpatuloy kahit na anong mangyari. Ang aking mga amo ay nagkaroon ng pangalawang anak na nagkasakit at kinailangang dalhin sa ospital sa Munich. Sabi ng katrabaho ko: Iyan na ang pagkakataon mo. Pumunta ka. Sa eroplano may nakilala akong matandang babae. Binigay nya sa akin ang kanyang card at sinabi na kung kailangan ko ng tulog ay pumunta ako sa kanya. Ganyan ako nakarating sa Berlin, sa kalagitnaan ng gabi. Nag-doorbell ako sa matanda ngunit tumingin lang sya sa bintana at sinabi, hindi ko alam kung sino ka. Sa isang gabi gumala akong dala ang maleta ko. Dumating ako sa shelter ng Ban Ying, at pagkatapos ng isang taon nagpakasal ako. Wala akong swerte sa lalaking ito. Walong taon kaming kasal. Sinasaktan niya ako sa bawat maliit na bagay. Para itong kulungan, at laging may pasa. Alam kong hindi ito pag-ibig, pero ayokong masira ang pamilya ko. Sinubukan naming ayusin muli ang lahat, ngunit hindi ito gumana. Hindi na. Naghiwalay kami tapos sabi niya: Umalis ka dito, bahay ko ito. Pero paano ako makakahanap ng apartment? Tumira ako sa basement ng aking mga amo sa loob ng dalawang taon. Tagalinis ako doon. Ngayon nakatira ako sa aking bagong kasintahan. Hindi naging ganoon kadali ang buhay ko sa nakalipas na sampung taon. Ngunit narito ang aking buhay at ngayon ay nararamdaman kong malaya ako.

Ich bin die älteste in meiner Familie und ich muss helfen. Wie sagt man, breadwinner? Ich habe einen Job angenommen in Dubai. Nach drei Monaten dachte ich, ich schaffe das nicht. Den ganzen Tag musste ich mich um das ganz kleine Baby kümmern und putzen. Wenn die Oma sah, dass ich schlief, hat sie mich getreten. Aufstehen, saubermachen. Ich bin nur für meine Familie dort geblieben, fünf Jahre. Weitermachen, egal, was passiert. Meine Arbeitgeber haben ein zweites Kind bekommen, das wurde krank und sollte nach München ins Krankenhaus. Meine Kollegin sagte mir: Das ist deine Chance. Geh. Im Flugzeug habe ich eine alte Frau kennengelernt. Sie hat mir ihre Karte gegeben und gesagt, wenn ich Hilfe brauche, soll ich zu ihr kommen. So kam ich nach Berlin, mitten in der Nacht. Ich habe geklingelt, bei der alten Frau, aber sie hat nur aus dem Fenster geschaut und gesagt, ich habe keine Ahnung, wer du bist. Eine Nacht bin ich mit meinem Koffer umher geirrt. Ich kam zu Ban Ying, in die Zufluchtswohnung, und ein Jahr später habe ich geheiratet. Ich habe kein Glück gehabt mit diesem Mann. Acht Jahre waren wir verheiratet. Bei jeder Kleinigkeit hat er mich geschlagen. Es war wie ein Gefängnis, und immer blaue Flecken. Ich wusste, das ist keine Liebe, aber ich wollte meine Familie nicht kaputt machen. Wir haben versucht, nochmal alles in Ordnung zu bringen, aber es ging nicht. Nicht mehr. Wir haben uns getrennt, und dann hat er gesagt: Raus hier, das ist mein Haus. Aber wie soll ich eine Wohnung finden? Ich habe zwei Jahre lang bei meinen Arbeitgebern im Keller gewohnt. Ich war dort Reinigungskraft. Jetzt lebe ich bei meinem neuen Freund. Die letzten zehn Jahre war mein Leben nicht so leicht. Aber hier ist mein Leben und jetzt fühle ich mich frei.

January / Januar

February / Februar

W5
ราศีกุมภ์
Aquarius
Wassermann



29 Mo / Mo

30 Tu / Di

31 We / Mi

1 Th / Do

2 Fr / Fr

3 Sa / Sa

4 So / So World Cancer Day / Weltkrebstag

5 Mo / Mo

6 Tu / Di

7 We / Mi

8 Th / Do

9 Fr / Fr

10 Sa / Sa

11 So / So



ฉันทำงานเป็นผู้ช่วยพยาบาลในโรงพยาบาลจิตเวชแห่งหนึ่ง เวลาคนไข้เรียกหาฉันแทนที่จะเรียกพยาบาลคนอื่นๆ มันทำให้ฉันรับรู้ได้ว่าฉันกำลังทำสิ่งนี้ได้ดี แต่บางครั้งฉันสังเกตได้ว่าเพื่อนร่วมงานคนอื่นไม่ค่อยยอมรับฉัน พวกเขา มักจะมอบหมายงานยากๆ ให้ฉันทั้งๆ ที่เราก็มีทักษะเท่ากัน อีกอย่างที่สำคัญก็คือไม่ว่าคุณจะใช้ภาษาได้ดีแค่ไหน ถ้าคุณแค่ดูแตกต่าง คุณก็อาจจะได้รับค่าจ้างที่แตกต่าง ออกไปเช่นกัน ทุกคนย่อมเคยประสบพบเจอเหตุการณ์นี้ กับตัวเอง แต่ก็มักจะไม่มีใครตั้งคำถามอะไรเพราะกลัวจะ ตกลงาน

Ich arbeite als Pflegehelferin in einer Psychiatrie. Die Patientinnen und Patienten rufen oft nach mir, statt nach den anderen Pflegern. Deshalb weiß ich, dass ich einen guten Job mache. Aber manchmal merke ich, dass die anderen Kolleginnen mich nicht akzeptieren. Sie geben mir oft die mühsamen Aufgaben, obwohl wir die gleichen Kompetenzen haben. Es ist egal, wie gut man die Sprache spricht. Wenn man aussieht wie wir, bekommt man einen anderen Lohn. Jeder hat seine eigene Erfahrung. Und man fragt nicht weiter nach, um seine Arbeit nicht zu verlieren.

12 Mo / Mo

13 Tu / Di

14 We / Mi

15 Th / Do

16 Fr / Fr

17 Sa / Sa

18 So / So

19 Mo / Mo

20 Tu / Di

21 We / Mi

22 Th / Do

23 Fr / Fr

24 Sa / Sa

25 So / So



Nagtrabaho ako sa embahada ng US nang 22 taon. Tumatanggap ako ng isang bahagi ng aking pensiyon mula sa Amerika at isang bahagi mula sa Alemanya. Bago ang pandemya, mayroon din akong karagdagang mini-job, ilang oras bawat araw bilang isang housekeeper. Naisip ko: Ginagawa ko rin ang parehong bagay sa bahay, bakit hindi tumanggap ng suweldo para dito? Nakatira ako kasama ang aking anak na babae, ang kanyang asawa, at ang kanilang tatlong anak. Dito, kami ay isang pamilya ng anim. Bago ang pandemya, umuwi ako sa Pilipinas nang tatlong buwan kada taon. Ang dalawa ko pang anak na babae, ang aking anak na lalaki, at ang aking asawa ay nakatira sa aming bahay doon.

I have worked for the US embassy for 22 years. I receive one part of my pension from America and one part from Germany. Before the pandemic, I also had an additional mini-job, a couple of hours per day working as a house-keeper. I thought: I am doing the same thing at home anyway, why not get a salary for it? I live with my daughter, her husband and their three children. Here, we are a family of six. Before the pandemic, I used to go to the Philippines for three months every year. My two other daughters, my son and my husband live in our house there.

February / Februar

March / März

W9
ราศีมีน
Pisces
Fische



26 Mo / Mo

27 Tu / Di

28 We / Mi

29 Th / Do

1 Fr / Fr

2 Sa / Sa

3 So / So

4 Mo / Mo

5 Tu / Di

6 We / Mi

7 Th / Do

8 Fr / Fr

International Women's Day / Internationaler Frauentag

9 Sa / Sa

10 So / So



ฉันชอบการอยู่ที่นี้และฉันรู้สึกเหมือนที่นี้เป็นบ้าน แต่สิ่งที่ฉันกังวลที่สุดก็คือลูกสาวของฉันที่พิการและอาศัยอยู่ตามลำพังที่ประเทศไทย ปัญหาคือ ฉันไม่สามารถพาเขามาอยู่ด้วยกันที่นี่ได้ตามที่วางแผนไว้ ฉันทำงานในเยอรมนีมาโดยตลอด เพราะที่นี่ก็มีลูกสาวและหลานอีกคนที่ต้องดูแล ตอนนี้ฉันได้รับเงินบำนาญอยู่ ฉันต้องเริ่มคิดพิจารณาแล้วว่าฉันจะสามารถกลับไทยระยะยาวได้เมื่อไหร่ และการใช้ชีวิตที่นั่นจะเป็นอย่างไร

Ich lebe gerne hier und ich fühle mich zu Hause hier. Aber meine große Sorge ist meine Tochter. Sie ist behindert und lebt alleine in Thailand. Das Problem ist, dass ich sie nicht nachholen kann, wie ich es geplant hatte. In Deutschland habe ich immer gearbeitet und auch hier habe ich eine Tochter und ein Enkelkind, die mich brauchen. Jetzt bekomme ich eine Rente. Ich muss überlegen, wann ich für längere Zeit nach Thailand gehen kann und wie es wird, dort zu sein.

11 Mo / Mo

12 Tu / Di

13 We / Mi

14 Th / Do

15 Fr / Fr

16 Sa / Sa

17 So / So

18 Mo / Mo

19 Tu / Di

20 We / Mi

21 Th / Do

22 Fr / Fr

23 Sa / Sa

24 So / So



Mula noong 1999, ako ang naging breadwinner ng aking pamilya, habang ako ay nagtagumpay sa mga pagsubok at hirap sa buhay. Sinuportahan ko nang pinansyal ang aking buong pamilya, kasama ang aking mga magulang, mga kapatid na lalaki, mga kamag-anak, at marami pang iba. Para sa kanilang pang-araw-araw na salapi, pag-aaral, medikal na pangangailangan. At tinulungan ko ang iba na makahanap ng trabaho.

Since 1999, I have been the breadwinner of my family, while I have overcome all the trials and hardships in life. I have supported financially my entire family, including my parents, brothers, relatives, and many others. For their daily finance, schooling, medical needs. And I helped others to get a job.

25 Mo / Mo

26 Tu / Di

27 We / Mi

28 Th / Do

29 Fr / Fr

30 Sa / Sa

31 So / So

April / April

W14
ราศีเมษ
Aries
Widder



1 Mo / Mo Easter Monday / Ostermontag

2 Tu / Di

3 We / Mi

4 Th / Do

5 Fr / Fr

6 Sa / Sa

7 So / So



ถ้าฉันมีเวลารว่างมากกว่านี้ ฉันอยากจะใช้เวลาทั้งวันทำกิจกรรมที่ฉันชอบ นั่นก็คือการไปดูของเก่าที่ตลาดนัดมือสอง

Wenn ich mehr Freizeit hätte, würde ich den ganzen Tag mit meiner Lieblingsbeschäftigung verbringen: Antiquitäten am Flohmarkt anschauen.

8 Mo / Mo

9 Tu / Di

10 We / Mi

11 Th / Do

12 Fr / Fr

13 Sa / Sa Songkran Festival in Thailand / Songkran Fest in Thailand

14 So / So Songkran Festival in Thailand / Songkran Fest in Thailand

15 Mo / Mo Songkran Festival in Thailand / Songkran Fest in Thailand

16 Tu / Di

17 We / Mi

18 Th / Do

19 Fr / Fr

20 Sa / Sa

21 So / So



Palagi akong may takot noon. Takot ako noon sa mga pulis, sa mga malalaking umpukan ng tao, na magkasakit. Ang hindi pagkakaroon ng papeles ay nangangahulugan ng pagiging maingat palagi, kahit na hindi ka isang kriminal. Tinutulungan namin ang isa't isa sa abot ng aming makakaya, ngunit napakarami ng limitasyon. Pagkatapos ng labintatlong taon, pinalad akong makakuha ng mga papeles. Alam ko kung paano ang nasa ganoong sitwasyon. Kung wala kang ganitong uri ng takot, pwede ka talagang maging masaya araw-araw.

I always had fear. I was afraid of policemen, of big crowds, of getting sick. Having no papers means being careful always, even though you are not a criminal. We are helping each other as best as we can, but there are too many limitations. After thirteen years, I was lucky enough to get papers. I know how it is to be in that situation. If you don't have this kind of fear, you can be really happy every day.

22 Mo / Mo

23 Tu / Di

24 We / Mi

25 Th / Do

26 Fr / Fr

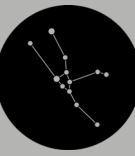
27 Sa / Sa

28 So / So

April / April

May / Mai

W18
ราศีพฤษภ
Taurus
Stier



29 Mo / Mo

30 Tu / Di

1 We / Mi

Labour Day / Tag der Arbeit

2 Th / Do

3 Fr / Fr

4 Sa / Sa

5 So / So



ฉันเป็นลูกหลานของผู้กล้าหาญ แม้ว่าฉันจะไม่มีการศึกษา แต่เลือดของฉันทยังคงไหลเป็นสีแดง โลกทั้งใบคือแหล่งเรียนรู้ชีวิตของฉัน

I am a descendant of brave people. Even though I have a lack of education, the color of my blood remains red. The whole world is the university of my life.

6 Mo / Mo

7 Tu / Di

8 We / Mi

9 Th / Do

Ascension of Christ / Christi Himmelfahrt

10 Fr / Fr

11 Sa / Sa

12 So / So

13 Mo / Mo

14 Tu / Di

15 We / Mi

16 Th / Do

17 Fr / Fr

18 Sa / Sa

19 So / So



Sometimes it's hard because I am not German and I don't know the rules. Like, when I cook, I use a lot of spices. My Nachbarn complained. I was afraid because I don't know: Is it acceptable or not acceptable? But this is my food and I have to cook it like this. My neighbour kept complaining and complaining. Then we received two letters from our Hausverwaltung, saying: You cook too strong things! If you don't change this, we will increase your rent! And I was like, huh? I don't know the rules but inside me I felt like this is unfair. This is what I cook, my daily food. I talked to my husband. He also got annoyed. But we were unsure what to do, we are both from different countries. In the end, we talked to a lawyer and she said – this is your home, you can cook whatever, whenever you like. Nobody can say, you can't cook this because it's smelly. We asked the lawyer to write to the Hausverwaltung. And we never heard of them again. Then I told my husband, you know, in Indonesia, we send food to neighbours, why don't we just do the same? To live together, it's important to be in harmony with each other, to know each other. And sending food is a way to say: Don't be afraid of me, I'm a normal person. So I suggested this to my husband. He is Italian and he said no, you don't need to do this in Europe. But I don't care about European thought, this is my thought and I want people to understand. So I sent some food. And what happened? My neighbour started to be very friendly. Oh, your food is very good... And she also started to send us chocolates...

20 Mo / Mo

21 Tu / Di

22 We / Mi

23 Th / Do

24 Fr / Fr

25 Sa / Sa

26 So / So

May / Mai

June / Juni

W22
ราศีเมถุน
Gemini
Zwillinge



27 Mo / Mo

28 Tu / Di

29 We / Mi

30 Th / Do

31 Fr / Fr

1 Sa / Sa

2 So / So International Sex Workers' Day / Internationaler Hurentag



ฉันพูดได้ไม่เต็มปากว่าเบอร์ลินเป็นบ้านของ
ฉันถึงแม้ว่าฉันจะอยู่ที่นี้กับแม่และลูกสาว แต่
ลูกชายอีกคนยังอยู่ที่ประเทศไทยถ้าเขาได้มา
อยู่ที่นี้ด้วยกับกับเราก็คงจะทำให้รู้สึกว่าเบอร์ลิน
เป็นบ้านของเราขึ้นมาจริงๆ

I can't say I feel at home here in Berlin.
I now live with my mother and my
daughter here, but my son is still in
Thailand. If he can come over and live
with us, then I think I would feel at
home in Berlin.

3 Mo / Mo

4 Tu / Di

5 We / Mi

6 Th / Do

7 Fr / Fr

8 Sa / Sa

9 So / So

10 Mo / Mo

11 Tu / Di

12 We / Mi

Philippines Independence Day /
Unabhängigkeitstag der Philippinen

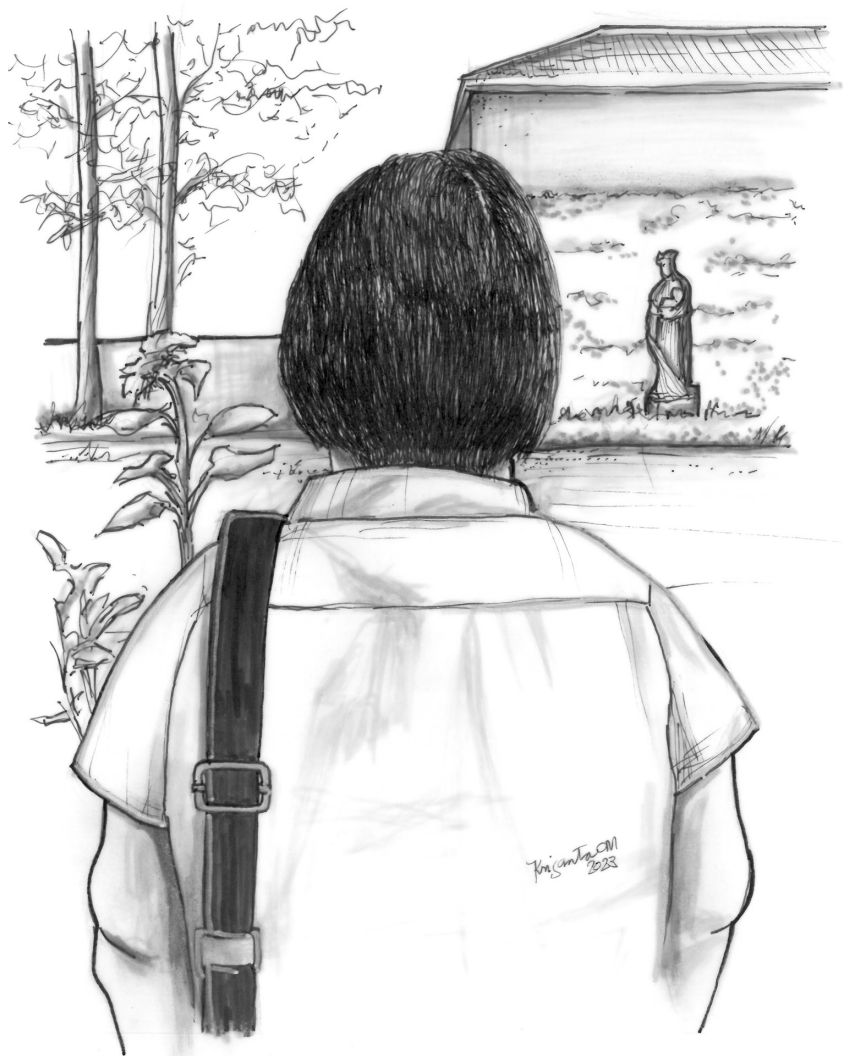
13 Th / Do

14 Fr / Fr

15 Sa / Sa

16 So / So

International Day for Domestic Workers / Internationaler Tag
der Hausangestellten



Maipagmamalaki ko na nakarating ako sa iba't ibang bansa, at maraming naging mga kaibigan mula sa ibang bansa. Ang mga anak ko ay nakapagtapos ng pag-aaral at nagkaroon ng mahusay na trabaho sa Pilipinas. Nakapundar doon ng sariling bahay at sasakyan. Narating ko ang mga lugar na pinangarap kong puntahan tulad ng Lourdes, France; Basilica sa Rome, Italy; Jerusalem sa Israel; at Fatima sa Portugal. Malaking pasasalamat kay Lord at natupad ko lahat ng hangaring mapupuntahan. Ang tanging hiling ko lamang ngayon sa KANYA ay palaging malakas na pangangatawan at ligtas salamat ng sakuna at mabigat na karamdaman.

I can be proud that I have been to different countries and have made many friends from other countries. My children have finished their education and have good jobs in the Philippines. They have managed to have their own house and car there. I have reached the places I dreamed of going to like Lourdes, France; Basilica in Rome, Italy; Jerusalem in Israel; and Fatima in Portugal. Big thanks to the Lord and I fulfilled all my dream destinations. The only wish I have now from HIM is to always be strong physically and safe from all disasters and serious illnesses.

17 Mo / Mo

18 Tu / Di

19 We / Mi

20 Th / Do

21 Fr / Fr

22 Sa / Sa

23 So / So

24 Mo / Mo

25 Tu / Di

26 We / Mi

27 Th / Do

28 Fr / Fr

29 Sa / Sa

30 So / So



สิ่งที่มีค่าที่สุดสำหรับฉัน คือ ลูกสาวของฉัน
เธอเป็นกำลังใจที่ยิ่งใหญ่และทำให้ฉันมี
พลังกำลังที่จะต่อสู้เพื่ออนาคตของเราต่อไป

The most precious thing for me is my
daughter. She encourages me and gives
me strength to fight for the future.

July / Juli

W27
ราศีกรกฎ
Cancer
Krebs



1 Mo / Mo

2 Tu / Di

3 We / Mi

4 Th / Do

5 Fr / Fr

6 Sa / Sa

7 So / So

8 Mo / Mo

9 Tu / Di

10 We / Mi

11 Th / Do

12 Fr / Fr

13 Sa / Sa

14 So / So



Kung isusulat ko ang tungkol sa aking buhay, isa na itong mahabang, buong libro. Hindi ito naging madali. Ngunit ang mga paghihirap na naranasan ko ay lalong nagpalakas lamang sa akin.

If I were to write about my life, it would already be a long, full book. It has not been easy. But the difficulties I experienced have only made me stronger.

15 Mo / Mo

16 Tu / Di

17 We / Mi

World Emoji Day / Welt-Emoji-Tag

18 Th / Do

19 Fr / Fr

20 Sa / Sa

21 So / So

22 Mo / Mo

23 Tu / Di

24 We / Mi

25 Th / Do

26 Fr / Fr

27 Sa / Sa

28 So / So



ฉันสามารถหาเลี้ยงชีพได้
ฉันสามารถเลี้ยงลูกของฉันเองได้
และฉันสามารถทำอะไรก็ได้ด้วยตัวของฉันเอง!

I can earn my money.
I can raise my children.
And I can do anything on my own!

July / Juli

August / August

W31
ราศีสิงห์
Leo
Löwe



29 Mo / Mo

30 Tu / Di

World Day against Trafficking in Persons /
Welttag gegen Menschenhandel

31 We / Mi

1 Th / Do

2 Fr / Fr

3 Sa / Sa

4 So / So

5 Mo / Mo

6 Tu / Di

7 We / Mi

8 Th / Do

9 Fr / Fr

International Day of the World's Indigenous People / Internationaler
Tag der indigenen Bevölkerungen der Welt

10 Sa / Sa

11 So / So



**Dati ay “Sorry Ma’am”,
“Yes Ma’am”. Pero ngayon
natutunan ko ang aking
mga karapatan. Ang ating
mga karapatan bilang
manggagawa.**

Before it was “Sorry Ma’am”,
“Yes Ma’am”. But now I have
learned my rights. Our rights as
workers.

12 Mo / Mo

13 Tu / Di

14 We / Mi

15 Th / Do

16 Fr / Fr

17 Sa / Sa

18 So / So

19 Mo / Mo

20 Tu / Di

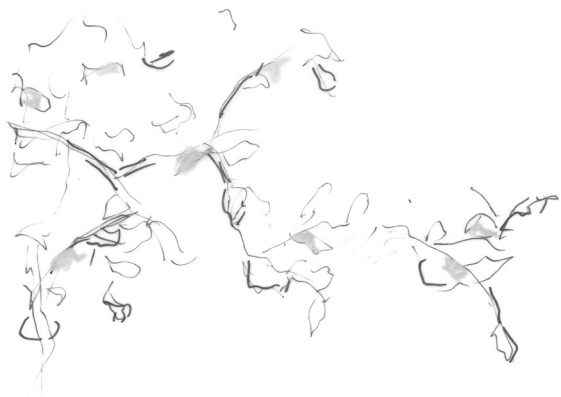
21 We / Mi

22 Th / Do

23 Fr / Fr

24 Sa / Sa

25 So / So



ฉันคิดว่าสิ่งที่ดีที่สุดคือการได้เป็นตัวของตัวเอง รักและเคารพตัวเองและผู้อื่น ร่าเริง ยิ้มแย้มแจ่มใส มองโลกอย่างเปิดเผย คิดบวก มองอดีตเป็นบทเรียน และนำมาประยุกต์ใช้ในปัจจุบันกับอนาคต และทำทุกวันให้ดีที่สุด

I think, by being yourself, loving, respecting yourself and others, being cheerful, smiling, looking at the world openly and thinking positively, looking at the past as a lesson, to apply them in the present and in the future and to do your best everyday.

August / August

September / September

W35
ราศีกันย์
Virgo
Jungfrau



26 Mo / Mo

27 Tu / Di

28 We / Mi

29 Th / Do

30 Fr / Fr

31 Sa / Sa

1 So / So

2 Mo / Mo

3 Tu / Di

4 We / Mi

5 Th / Do

6 Fr / Fr

7 Sa / Sa

8 So / So



Dati tinatakot ako ng asawa ko. Itatapon niya ang mga damit ko sa mga basurahan at sa kalye. Palihim kong nirekord ang lasing niyang pagsigaw. At tumindig ako laban sa kanya. Sabi ko: Kung mangyayari ulit iyon, iiwan kita, at wala akong pakialam kung kailangan kong manirahan sa ibang lugar o nang walang papeles. Sinisikap kong ayusin ang mga problema sa aking asawa, hangga't hindi niya ako pisikal na inaabuso. Sa sandaling iyon, aalis ako. Madalas kong kausap ang mga kaibigan ko sa telepono. Nagtatawagan kami para magkuwentuhan. Kapag ang aming mga asawa ay kinokontrol kami o gumagawa ng mga problema, kami ay nagbabahagi ng mga karanasan at payo sa isa't isa.

My husband used to threaten me. He would throw my clothes into garbage bags and on the street. I secretly recorded his drunk yelling. And I stood up against him. I said: If that happens again, I will leave you, and I don't care if I will have to live somewhere else or without papers. I try to fix the problems with my husband, as long as he doesn't physically abuse me. At that moment, I will leave. I often talk to my friends on the phone. We call each other to tell our stories. When our husbands are controlling or making problems, we share experiences and advice with each other.

9 Mo / Mo

10 Tu / Di

11 We / Mi

12 Th / Do

13 Fr / Fr

14 Sa / Sa

15 So / So

16 Mo / Mo

17 Tu / Di

18 We / Mi

19 Th / Do

20 Fr / Fr

International Children's Day / Weltkindertag

21 Sa / Sa

World Gratitude Day / Welttag der Dankbarkeit

22 So / So



ฉันต้องการผลักดันกฎหมายเข้มขึ้นให้
มีการเพิ่มโทษเพื่อคนรุ่นใหม่ ฉันได้
รวบรวมประชนชาติจากประชาชนกว่า
130,000 คน เพื่อให้สิ่งนี้เป็นจริง!
และตอนนี้ฉันก็ทำมันได้แล้ว!!!

When I want to make rape
punishment laws stronger for
younger generation. I have
asked 130.000 peoples' voices
to make it come true! And here
I am!!!

23 Mo / Mo

24 Tu / Di

25 We / Mi

26 Th / Do

27 Fr / Fr

28 Sa / Sa

29 So / So

September / September

October / Oktober

W40
ราศีตุล
Libra
Waage



30 Mo / Mo Internationaler Übersetzertag / International Translation Day

1 Tu / Di

2 We / Mi

3 Th / Do German Unity Day / Tag der Deutschen Einheit

4 Fr / Fr

5 Sa / Sa

6 So / So



Nararamdaman ko na ako ay kabilang sa lipunan dahil ang mga anak ko ay Aleman. Pero hiling ko na magkaroon ng mas maraming opsyon para sa mga Pilipina na gustong makarating dito para makapagtrabaho. Hindi lamang bilang nars, tagapag-alaga o kasambahay ng mga diplomat.

I feel integrated because my Kinder are German. But I wish there were more options for Filipinas that want to come here for work. Not just working as a nurse, caretaker or housekeeper for diplomats.

7 Mo / Mo

8 Tu / Di

9 We / Mi

10 Th / Do

11 Fr / Fr

12 Sa / Sa

13 So / So

Founding of the Ban Ying association / Gründung
des Ban Ying Vereins

14 Mo / Mo

15 Tu / Di

16 We / Mi

17 Th / Do

18 Fr / Fr

19 Sa / Sa

20 So / So



Habang nagtatrabaho nang full-time, mag-isa akong nagpapalaki nang full-time sa aking sariling mga anak.

While working full-time, i am raising alone full-time my own children.

21 Mo / Mo

22 Tu / Di

23 We / Mi

24 Th / Do

25 Fr / Fr

26 Sa / Sa

27 So / So

October /Oktober

November / November

W44
ราศีพิจิก
Scorpio
Skorpion



28 Mo / Mo

29 Tu / Di

30 We / Mi

31 Th / Do

1 Fr / Fr

2 Sa / Sa

3 So / So



Sinuportahan ko ang mga domestic workers sa kanilang pakikibaka sa mga abusadong employer. Mas mabuti sana ang nararamdaman ko kung nakinig ang gobyerno sa aking boses na ibalik ang mga karapatan ng mga migranteng domestic workers. Pero sa ngayon, tumutulong ako sa pamamagitan ng pagbibigay ng mga klase, ng mga payo sa trabaho, at pag-empower sa kanila bilang isang babae.

I supported domestic workers in their struggle with abusive employers. I would feel better if the government heard my voice to reinstate the rights of migrant domestic workers. But for now, I am helping through classes, giving employment advice and empowering them as a woman.

4 Mo / Mo

5 Tu / Di

6 We / Mi

7 Th / Do

8 Fr / Fr

9 Sa / Sa

10 So / So

11 Mo / Mo

12 Tu / Di

13 We / Mi

14 Th / Do

15 Fr / Fr

16 Sa / Sa

17 So / So

18 Mo / Mo

19 Tu / Di

20 We / Mi

21 Th / Do

22 Fr / Fr

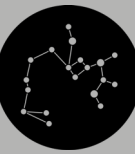
23 Sa / Sa

24 So / So

November / November

December / Dezember

W48
ราศีธนู
Sagittarius
Schütze



25 Mo / Mo

International Day for the Elimination of Violence Against Women / Internationaler Tag gegen Gewalt an Frauen

26 Tu / Di

27 We / Mi

28 Th / Do

29 Fr / Fr

30 Sa / Sa

1 So / So

World Aids Day / Welt-AIDS-Tag

2 Mo / Mo

3 Tu / Di

4 We / Mi

5 Th / Do

6 Fr / Fr

7 Sa / Sa

8 So / So

9 Mo / Mo

10 Tu / Di Human Rights Day / Tag der Menschenrechte

11 We / Mi

12 Th / Do

13 Fr / Fr

14 Sa / Sa

15 So / So

16 Mo / Mo

17 Tu / Di

18 We / Mi

19 Th / Do

20 Fr / Fr

21 Sa / Sa

22 So / So

23 Mo / Mo

24 Tu / Di

25 We / Mi First Christmasday / Erster Weihnachtstag

26 Th / Do

27 Fr / Fr

28 Sa / Sa

29 So / So

December / Dezember

January / Januar

W1

30 Mo / Mo

31 Tu / Di New Year's Eve / Silvester

1 We / Mi

2 Th / Do

3 Fr / Fr

4 Sa / Sa

5 So / So

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Ban Ying e.V. ist ein gemeinnütziger Verein, das heißt, dass Ihre Spendenbeträge steuerlich voll abzugsfähig sind. Für bis zu 200 Euro pro Spende gilt der Einzahlungsbeleg als Spendenquittung.

Notrufnummern

- | | |
|---|--------------------------|
| • Polizei | 110 |
| • Rettungsdienst und Feuerwehr | 112 |
| • Ärztlicher Bereitschaftsdienst | 116117 |
| • Gewalt gegen Frauen | 116 016 |
| • BIG-Hotline (Hilfe bei häuslicher Gewalt gegen Frauen und ihre Kinder) | (030) 611 03 00 |
| • Hilfeportal sexualisierter Missbrauch | 0800 22 55 530 |
| • Sexualisierte Gewalt (Gewaltschutzambulanz-Rechtsmedizinische Untersuchung) | (030) 450 570 270 |
| • Hotline Kinderschutz | (030) 610066 |

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