



POST-TRAINING REPORT

“We’re Migrants! Citizen Journalism Training”

14 - 15 March 2026 | Labour Rights Foundation, Samut Sakhon





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Background and Rationale

Thailand is a major migration hub in Southeast Asia, hosting millions of migrant workers from neighbouring countries - Cambodia, Lao People's Democratic Republic and Myanmar. Migrants from Myanmar are by far the largest group – with roughly 2.38 million Myanmar migrants are registered in Thailand, compared to about 500,000 Cambodians and 265,000 Lao People's Democratic Republic nationals.

Migrants played a vital role in sustaining labour demands across key sectors of Thailand's economy, including construction, agriculture, manufacturing, and domestic work. However, they remained highly vulnerable, often facing exploitative working conditions, limited access to health and social services, and widespread social prejudice.

Myanmar migrants, in particular, experienced multidimensional challenges. Following the 2021 military takeover in Myanmar, political instability and displacement drove increasing numbers to seek work or refuge in Thailand. Many arrived with precarious or irregular status, which further limited their access to legal protections and essential services. While Thai media and international organizations had reported extensively on migrant hardships, these narratives were often told *about* migrants rather than *by* them. As a result, migrants' voices remained underrepresented, contributing to incomplete and sometimes biased public perceptions.

To address this gap, strengthening migration-aware citizen journalism was identified as a critical approach. Empowering migrants to share their own stories helped spread real voices, challenge stereotypes, and promote more inclusive and accurate reporting. In response, Mahidol Migration Center (MMC), Mahidol University, in collaboration with International Organization for Migration, Thailand (IOM Thailand) and Labour Rights Foundation (LRF), organized a two-day interactive workshop for 12 Myanmar migrant youth in Samut Sakhon. The training aimed to equip migrant youth with fundamental media literacy and storytelling skills, empowering them to document and share their own lived experiences, highlight challenges and solutions, and to promote inclusive journalism that fosters understanding, and social harmony between migrants and host communities in Thailand.



Following the training, participants demonstrated increased knowledge about citizen journalism and migration reporting and also gained confidence in producing and sharing migration-related content. They developed story ideas grounded in their lived experiences and began creating narratives that highlighted both challenges and solutions within their communities. The workshop contributed to strengthening participants’ critical thinking, digital literacy, and sense of agency as storytellers.

Participants shared positive feedback after the training. One participant noted, “After the training, I will try to become a citizen journalist so I can raise the real voices of migrants and share our true experiences.” Another participant reflected, “Through this training, I learned how to report on migration issues and create content that is accurate and ethical.”

The training provided migrant youth with fundamental media literacy and storytelling skills, empowering them to document and share their own lived experiences, highlight challenges and solutions, and promoted inclusive journalism that fosters understanding, and social harmony between migrants and host communities in Thailand.

Overview

- Project: “We’re Migrants! Citizen Journalism Training”
- Dates: 14-15 March 2026
- Location: Labour Rights Foundation, Samut Sakhon
- Curriculum: This In-Person Training used the curriculum co-developed by IOM Thailand and Social Lab
- Funders: Mahidol University International Relations Joint Research Unit Grant, International Organization for Migration (IOM) , Thailand
- Organizers: Institute for population and social research (IPSR), Mahidol University
 2. Mahidol Migration Center-Joint Research Unit (MMC-JRU), Social Lab Migration in Media Projects
 3. Labour Rights Foundation (LRF)



Participants: A total of 12 Myanmar migrants: migrant workers, NGO staff, and students

Participants- all Myanmar nationals	M	F	Total
Myanmar migrant workers	3	4	7
NGO staff	2	2	4
Students and Youth	-	1	1
All Persons	5	7	12

- Objectives:
1. To build the capacity of Myanmar migrant youth to produce ethical, accurate and human-centred media stories that reflect their own lived experiences.
 2. To foster solidarity networks between Myanmar migrant youth and Thai youth to produce higher quality citizen-journalism.
 3. To reduce misinformation and dis-information by enhancing migrant youth’s knowledge of ethical journalism principles, media literacy and fact-checking skills for responsible migration reporting.
 4. To generate and produce media outputs (e.g., articles, visuals) that raise public awareness and foster empathy toward migrants.

Key Topics of Training

- What is citizen journalism?
- Why is citizen journalism and reporting important for Myanmar Migrant Youth?
- Migration Reporting (5 Ws & 1 H); Interviewing Migrants and Ethics of Interviewing Migrants
- Misinformation, Disinformation & Hate Speech in Migration Reporting
- Verification & Identifying Fake News: Factchecking & Being Mindful of Images
- Using Reliable Sources & Safeguarding Principles and Ethical Guidelines on Migration Reporting
- Migrant Stories Reporting: Citizen Journalism Strategies, Stories Steps, Content

Structure of Post-activity Production

- Short form and content: images, photojournalism, data journalism
- Hands-on Session: TikTok and Reels-Based Storytelling
- Roundtable Discussion 2: Stories Production (news articles, YouTube, TikTok, Facebook)

Pre-Test & Post-Test Analysis

The pre and post-test were collected to compare participants' responses before and after the training to evaluate changes in knowledge, attitudes and confidence. All pre- and post-test questions in this assessment were designed as quantitative measures.

- Pre-test (14 March 2026): 12 participants
- Post-test (15 March 2026): 11 participants

Percentages below are calculated based on the number of respondents in each phase.

Participants' Profile

- A total of 12 participants joined the training, including 5 males and 7 females. Most participants were young adults. 7 participants were aged 23–26, which was the largest group. In addition, 1 participant was aged 18–22, 1 participant was aged 27–30, and 4 participants were above 30 years old.
- Participants came from different work backgrounds. 3 participants were working in factories, and 3 participants were working in the seafood industry. 4 participants were working as staff with the Labour Rights Foundation (LRF), while 2 participants were engaged in other types of jobs.
- Overall, the group included participants from different age groups and work sectors, which supported learning and sharing of experiences during the training.

Pre- and Post-Test Score Comparison

- In the pre-test, participants' scores ranged from 2 out of 11 points (the lowest) to 11 points (the highest). This indicates that some participants had very limited knowledge before the training, while a few already had a strong understanding.
- In the post-test, participants' scores improved overall, with the lowest score increasing to above 4 points, while the highest score remained at 11 points.
- This shows that participants with lower initial knowledge made progress after the training, and overall understanding improved across the group.

Understanding of Citizen Journalism: Pre-Test Analysis

Before the training, participants were asked about their familiarity with the concept of citizen journalism using a scale ranging from “Not familiar at all” to “Very familiar.”

The responses indicate that:

- 33.3% of participants reported no familiarity at all (4 out of 12 selected “Not familiar at all”), showing that a significant portion of participants had never been exposed to the concept before.
- Another 33.3% reported only slight familiarity (4 out of 12 selected “Slightly familiar”), suggesting limited awareness without a clear understanding.
- The remaining 33.3% reported moderate familiarity (4 out of 12 selected “Somewhat familiar”), indicating some basic exposure but not a strong or practical grasp of the concept.
- Notably, 0% of participants selected “Familiar” or “Very familiar,” which means that none of the participants entered the training with a strong or confident understanding of citizen journalism.
- Overall, the pre-test results demonstrate that 100% of participants had low to moderate familiarity, with the majority lacking foundational knowledge. This clearly highlights the importance and relevance of the training in introducing and strengthening participants' understanding of citizen journalism concepts and practices.

Confidence in Reporting on Migration Issues: Pre- and Post-Test Comparison

Statement: I am confident in my ability to report on migration issues.

- Before the training, 4 out of 12 participants (33.3%) indicated low confidence in their ability to report on migration issues. After the training, this decreased to 2 out of 11 participants (18.2%), showing an improvement in participants' confidence. Overall, that was a positive learning outcome. However, despite this improvement, a small number of participants mentioned low confidence in explaining migration-related issues. This indicates that certain concepts may still be challenging for some participants, particularly in applying knowledge to real reporting situations. To address this, the team has incorporated additional mentoring sessions and practical exercises focused on real-life reporting scenarios. Follow-up discussions and post-activity meetings will also be conducted to reflect on participant performance and identify areas needing further support.

Understanding of Media Influence on Public Perception: Pre- and Post-Test Comparison

Statement: Media has a role to play in influencing public perceptions towards migrants.

- In the pre-test, 8 out of 12 participants (66.7%) agreed with the statement, indicating that a majority of participants already recognized the role of media in shaping public perceptions toward migrants.
- After the training, this number increased to 9 out of 11 participants (81.8%).
- This shows a positive increase of 15.1 percentage points in agreement. The results suggest that the training strengthened participants' understanding of the influence of media and reinforced the importance of responsible reporting on migration issues.

Stories Ideas & Production Plan

Stories Ideas from 3 Groups & Mentoring Plan

1. Daily Life of Burmese Migrant Working Mothers (Photo Essay or Video)
2. How Burmese Migrants celebrate in Songkran in Samut Sakhon (Photo Essay – Video Format)
3. Challenges of Myanmar Migrant Workers due to E Work permit in 2026 (Reel)

Follow-Up Mentoring Plan

- To further support participants after the training, a series of mentoring sessions will continue until April. A total of four mentoring sessions is planned, scheduled for **22 and 29 March**, and **12 and 19 April 2026**. These dates were selected based on discussion with all groups since migrant workers have limited time for the frequent meeting. So, all agreed to do the mentoring meeting on Sundays (day-off for migrant workers).
- During these sessions, mentors will meet with each group to provide guidance, suggestions, and feedback on their story production. The mentoring aims to strengthen participants' practical skills and support them in developing quality citizen journalism content. The stories will be published on MMC-JRU website, Institute for Population and Social Research (IPSR) Facebook Page, Labor Rights Foundations Facebook Page and IOM Thailand. Moreover, mentors will reach out to Myanmar Media Outlets for the stories produced to be published on their website if the stories are aligned with their news outlet's criteria.

Trainers' Reflections

Success of the Training

As the training was conducted in person, it allowed for close supervision and effective delivery of the sessions, including hands-on coaching. Participants were highly engaged and demonstrated strong commitment to following and understanding each lesson. It was also observed that they actively participated in discussions, group work, and practical exercises.

Since most participants were young people, they were able to collaborate actively and contribute with energy throughout the training. Although the training duration was limited, it did not rely solely on theoretical input; practical exercises were effectively incorporated. Participants showed strong enthusiasm in completing these activities.

Participants also felt comfortable asking questions openly and engaging in discussions when they needed clarification. There was a high level of interest in learning about information and storytelling skills. By the end of the training, participants were able to clearly present their story plans, which was the main objective of the training. Therefore, it can be concluded that the training successfully achieved its intended objectives.

The enthusiasm and active participation of all the trainees made this workshop a truly rewarding experience. As a group of highly inquisitive young individuals, we believe this training has the potential to drive significant growth in their development. By integrating their diverse personal backgrounds with newfound journalistic skills, they are now better positioned to advance their careers and contribute meaningfully to their communities.

Looking ahead, we see great value in fostering a collaborative environment where experienced participants from this cohort can mentor newcomers. Creating a network that bridges seasoned practitioners with those just starting out would lead to even more impactful and supportive training programs in the future.

Challenges of the Training

The amount of content delivered within the two-day training was quite extensive. To ensure that participants fully understand and absorb the materials, at least three to four days would be more appropriate. Due to time constraints, there was limited opportunity to deepen understanding of some topics.

For example, there was not enough time to provide detailed feedback on practical exercises, and sessions had to move quickly from one topic to another. As a result, participants had limited time to fully process and internalize each lesson. In particular, hands-on practice for certain skills, such as conducting interviews, could not be sufficiently implemented due to time limitations.

Moreover, theoretical components require more time to ensure proper understanding. Additional time is needed for discussions, practical exercises, and question-and-answer sessions to enhance learning outcomes.

While the two-day timeframe was quite tight, especially as we had to coordinate around the participants' limited availability, we're confident that they have successfully grasped the core fundamentals. We're excited to see how they apply these basics to their future work.

Recommendations

For future training, it would be beneficial to either extend the duration or reduce the amount of content covered. Ideally, increasing the training period from two days to around four days would allow for more effective learning and deeper understanding. If extending the duration is not feasible, then reducing the scope of the content would be a more practical approach.

It was also observed that some participants showed strong interest in information and storytelling skills. Providing follow-up or advanced training opportunities for these participants would be highly beneficial to further develop their skills.

Training Activities Photos



Figure 1 Hands on Exercise (Photojournalism)



Figure 2 Warm Up Game





Appendix

Appendix I: Training Agenda

Day 1: Foundations of Citizen Journalism & Migration Reporting

သင်တန်းပထမနေ့: နိုင်ငံသားသတင်းစာပညာနှင့်

ရွှေ့ပြောင်းခြင်းဆိုင်ရာသတင်းရေးသားခြင်းသင်တန်းအခြေခံများ

Time အချိန်	Agenda အကြောင်းအရာ	Notes
08:00 - 08:30	Registration စာရင်းပေးသွင်းခြင်း	
09:00 - 09:30	Opening Remarks & Introduction to Global Compact for Migration (GCM) အဖွင့်အမှာစကားပြောကြားခြင်းနှင့် မိတ်ဆက်ခြင်း	1. Mahidol Migration Center-Joint Research Unit (MMC-JRU) 2. Labour Rights Foundation 3. IOM Thailand
9:30 - 10:00	Introduction သင်တန်းသားများမှမိတ်ဆက်ခြင်း	Participants
10:00 - 10:30	What Is Migration? Who is Migrant? ရွှေ့ပြောင်းခြင်းဆိုတာဘာလည်း? ရွှေ့ပြောင်းအလုပ်သမားဆိုတာဘယ်သူလဲ? ရွှေ့ပြောင်းခြင်းသတင်းများကိုရေးသားခြင်း	Yamin Theint, Assoc. Prof. Sudarat Musikawong
10:30 - 11:30	What is citizen journalism? Why is citizen journalism and reporting important for Myanmar Migrant Youth? နိုင်ငံသားသတင်းစာပညာဆိုတာဘာလဲ? နိုင်ငံသားသတင်းစာပညာ၏အရေးပါပုံ	Aye Aye Zin
11:30 - 11:45	Tea Break	
11:45 - 12:15	Migration Reporting (5 Ws & 1 H); Interviewing Migrants and Ethics of Interviewing Migrants ရွှေ့ပြောင်းခြင်းသတင်းရေးသားခြင်း၊ ရွှေ့ပြောင်းအလုပ်သမားများကို အင်တာဗျူးပြုလုပ်ခြင်း၊ အင်တာဗျူးပြုလုပ်ရာတွင်သိရှိရမည့်ကျင့်ဝတ်များ	Aye Aye Zin
12:15 - 13:15	Lunch Break	

Time အချိန်	Agenda အကြောင်းအရာ	Notes
13:15 - 14:00	<p>Misinformation, Disinformation & Hate Speech in Migration Reporting Verification & Identifying Fake News: Fact-Checking & Being Mindful of Images Using Reliable Sources & Safeguarding Perspectives and Ethical Guidelines on Migration Reporting</p> <p>သတင်းမှား၊ သတင်းလွဲနှင့် အမှန်စကားပြော ဆိုမှုများအကြောင်းရှင်းပြခြင်း၊ သတင်းအချက်အလက် စစ်ဆေးခြင်းနှင့် ပုံရိပ်များ အသုံးပြုရာတွင် သတိပြုရမည့်အချက်များ၊ ယုံကြည်စိတ်ချရသော အရင်း အမြစ်များ အသုံးပြုခြင်းနှင့် ဘေးကင်း လုံခြုံမှု နှင့် ကျင့်ဝတ် ဆိုင်ရာအချက် အလက်များကိုသိရှိခြင်း</p>	Nye Ye Linn, Yamin Theint
14:00 - 15:00	<p>Migrant Stories Reporting: Citizen Journalism Strategies, Stories Steps,Contents Structure</p> <p>ရွှေ့ပြောင်းခြင်းသတင်းများရေးသားခြင်း၊ နိုင်ငံသား သတင်းပညာဗျူဟာများ၊ သတင်းရေးသားခြင်းအဆင့်များနှင့်ပုံစံများကို ရှင်းပြခြင်း</p>	Aye Aye Zin
15:00 - 15:30	<p>Short form and content: images, photojournalism, data journalism</p> <p>ပုံများ၊ အချက်အလက်များ ကိုအသုံးပြု၍သတင်းရေးသားခြင်း</p>	Aye Aye Zin
15:30 - 15:45	Tea Break	
15:45 - 16:15	<p>Hands-on Session: TikTok and Reels-Based Storytelling</p> <p>TikTok နှင့် Reels များကိုအသုံးပြု၍ သရုပ်ဖော်ဇာတ်ကြောင်းပြောခြင်း</p>	Nye Ye Linn, Aye Aye Zin
16:15 - 17:00	<p>Labour Right Foundation's Activities & Group Work</p> <p>ရွှေ့ပြောင်းအလုပ်သမားများနှင့်ပတ်သတ်သော လှုပ်ရှားမှုများ</p>	Tint Ko



Day 2: Story Development & Writing Exercises

သင်တန်းဒုတိယနေ့: လက်တွေ့သတင်းရေးသားခြင်း

Time အချိန်	Agenda အကြောင်းအရာ	Notes
09:00 - 09:30	Recap of Day 1 သင်တန်းပထမနေ့ကိုပြန်လည်သုံးသပ်ခြင်း	Yamin Theint
09:30 - 10:30	Current issues of Migrant workers for Stories Production ရွှေ့ပြောင်းခြင်းသတင်းရေးသားရန်အတွက် လက်ရှိဖြစ်နေသောရွှေ့ပြောင်းအလုပ်သမား ကိစ္စရပ်များကိုဆွေးနွေးခြင်း	Labour Rights Foundation (LRF)
10:30 - 10:45	Tea Break	
10:45 - 11:30	Roundtable Discussion 1: Drafting a Story Based on a Real Migrants' Stories ဖြစ်ရပ်မှန်ရွှေ့ပြောင်းမှုအကြောင်းအရာများကိုအခြေခံ၍ သတင်းရေးသားခြင်း	Nye Ye Linn, Aye Aye Zin, Tint Ko, Yamin Theint
11:30 - 12:30	Roundtable Discussion 2: Stories Production (news articles, YouTube, TikTok, Facebook, Memes etc) သတင်းလက်တွေ့ရေးသားခြင်း	Nye Ye Linn, Aye Aye Zin ,Tint Ko, Yamin Theint
12:30 - 13:30	Lunch Break	
13:30 - 14:30	Continued Stories Production သတင်းလက်တွေ့ရေးသားခြင်း	Nye Ye Linn, Aye Aye Zin, Tint Ko, Yamin Theint
14:30 - 14:45	Tea Break	



Time အချိန်	Agenda အကြောင်းအရာ	Notes
14:45 - 15:45	Story Presentations & Mentorship Planning ရေးသားထားသော သတင်းများ ကို အုပ်စုဖွဲ့တင်ပြခြင်းနှင့်ဆွေးနွေးခြင်း	Participants
15:45 - 16:00	Closing Remarks နိဂုံးချုပ်စကားပြောကြားခြင်းနှင့် သင်တန်းပြီးစီးခြင်း	Assoc. Prof. Sudarat Musikawong (MMC- JRU)

Appendix II: Story Ideas

Group 1

Project Lead for Finance: Saw Khu (LRF)

Description:

This project highlights the daily struggles of Myanmar migrant mothers who balance work, childcare, and household responsibilities while living abroad. With limited access to safe childcare and legal protection, many face challenges in caring for their children and ensuring their well-being. The project aims to amplify their voices and call for better support systems, including improved childcare access and stronger maternity rights, such as extending maternity leave from 120 to 180 days.

Format: Video (photo essay)

Group Members: Saw Khu, Wutyee Win, Wutyi

Group 2

Project Lead for Finance: Ei Yatanar Myint (LRF)

Description:

This project aims to explore how Myanmar migrant workers in Thailand celebrate the 2026 Songkran Festival alongside Thai communities. The purpose of this project is to showcase the positive interactions and social harmony between people from different backgrounds. By documenting these experiences, the project intends to demonstrate how diverse communities despite differences in nationality and identity can live together peacefully and celebrate cultural traditions in a spirit of inclusion and mutual respect. Through this storytelling, the project will emphasize coexistence, cultural exchange, and the everyday realities of integration among migrant workers in Thailand.

Format: Video

Group Members: Ei Yatanar Myint, Sai Pyae Oo, Nyo Nyo Chaw, Yee Wai Hlaing Phyoo



Group 3

Project Lead for Finance: Aung Myo Thein (LRF)

Description:

The project is about Challenges Faced by Myanmar Migrant Workers Following Thailand's 2026 E-Work Permit Policy Changes. This project explores Thailand's E-Work Permit reform, including when and why the policy was introduced, and how it differs from the previous system. It focuses on its impact within Thailand, particularly on migrant workers, employers, and other stakeholders. The project also analyzes both the positive and negative effects of the reform, such as improvements in administrative efficiency alongside new challenges related to access, cost, and compliance.

Format: Reel Video

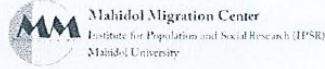
Group Members: Aung Myo Thein , La Pyae Oo, Khin Soe Paing, Ei Myat Thu

Story Submission Deadline:

30 April 2026



Appendix III: Registration



We Are Migrants! Citizen Journalism Training

Date: 14 March 2026

Time: 9:00 AM – 5:00 PM

Venue: Labor Rights Foundation (LRF), Samut Sakhon

Participant List

No.	Name	Signature
1	Aung Myo Thein	
2	Sai Pyae Oo	
3	Saw Khu Doh Soe	
4	SINT PAING OO X	
5	Wut Yee Win	
6	Ei Yatanar Myint	
7	Khin Soe Paing	
8	Sai Thiha-Zaw X	
9	Kyaw Zall Aung X	
10	Nyo Nyo Chaw	
11	Wutyi Aung	
12	La Pyae Oo	
13	Ei Myat Thu	
14	Lwin Moe Aung	
15	Yee Lalai Hlaing Phyo	



Mahidol Migration Center
Institute for Population and Social Research (IPSR)
Mahidol University



We Are Migrants! Citizen Journalism Training

Date: 14 March 2026

Time: 9:00 AM – 5:00 PM

Venue: Labor Rights Foundation (LRF), Samut Sakhon

List of Trainers and Organising Team

No.	Name	Designation/Organisation	Signature
1	Sudarat Musikawong	Associate Professor, Mahidol Migration Center – Joint Research Unit, Mahidol University	
2	Aye Aye Zin	Trainer	
3	Nye Ye Linn	Trainer	
4	Yamin Theint	Research Assistant, Mahidol Migration Center – Joint Research Unit, Mahidol University	
5	Dhiramedhist Lueng Ubon	Research Assistant, Mahidol Migration Center – Joint Research Unit, Mahidol University	
6	Tirt Ko	Labour Rights Foundation	
7			



Mahidol Migration Center
Institute for Population and Social Research (IPSR)
Mahidol University



We Are Migrants! Citizen Journalism Training

Date: 15 March 2026

Time: 9:00 AM – 5:00 PM

Venue: Labor Rights Foundation (LRF), Samut Sakhon

Participant List

No.	Name	Signature
1	Aung Myo Thein	
2	Sai Pyae Oo	
3	Saw Khu Doh Soe	
4	SINT PAING OO	
5	Wut Yee Win	
6	Ei Yatanar Myint	
7	Khin Soe Paing	
8	Sai Thiha Zaw	
9	Kyaw-Zall Aung	
10	Nyo Nyo Chaw	
11	Wutyi Aung	
12	La Pyae Oo	
13	Yee Win Hling Phyo	
14	Ei Myat Thu	
15		