



# Ban Ying: counseling, supporting & empowering migrant women for 30 years

Being a woman in a foreign country can be challenging and frightening, but also enlightening and empowering.

Every society has different sets of cultures, politics, histories, beliefs, religions and views on women. Oftentimes, families, friends or communities demand of women that they live in a certain, conventional way – even when they have their own dreams and ambitions. Many women who come to Germany hope to get a good and happy life. Some are here through marriage, partnership or family reunion. Others follow a job-offer or arrive with visas as tourists, students or au-pairs. In recent years, many more seek refuge or asylum due to poverty, ongoing wars, or other political factors in their homelands. Some of the women, along their way, experience abuse or exploitation.

Since its foundation in 1989, Ban Ying e.V. has worked with and for migrant women – with or without papers – for their rights, offering support in all kinds of situations. Here at Ban Ying, women can seek advice when experiencing issues with the German authorities (Jobcenter, immigration/ *Ausländerbehörde*, police), their working situations (unemployment, contracts, poor working conditions) or in family matters (marriage, divorce, child custody). We also offer support to domestic workers in diplomatic households and have experience in dealing with domestic violence, exploitation in the work place and human trafficking.

The counseling with a qualified social worker is free of charge and confidential. Our doors are open every Wednesday from 3 until 6 in the afternoon with a female lawyer and female translators (Filipino and Thai). You can also make an appointment by phone or e-mail.

Next to counselling and a safe shelter for women (and their children) in crisis situation, Ban Ying also offers empowerment workshops in cooperation with other organizations, meet-ups and information afternoons.

Women who live in a foreign country can experience the opportunity of designing a new, self-determined life, deciding and acting for their own self.

There are many support systems and organizations that are willing to help with this: Ban Ying is one of them. All you have to do is reach out. 🌍

Your Ban Ying Team

Counselling/Coordination Center and Shelter

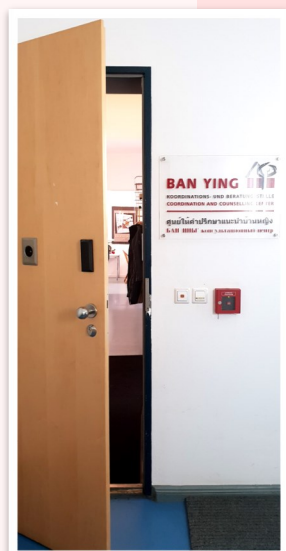
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Ban Ying was recipient of the benefit performances of Eve Ensler's "The Vagina Monologues" at the English Theater Berlin in February 2018, as part of the 20th anniversary celebration of "V-Day", Eve Ensler's global campaign to end violence against women and girls.



Ban Ying was a beneficiary of one of SO36's Kiez-Bingo, Kreuzberg, 2018.



The entrance to the Ban Ying Counselling & Coordination Center at Anklamer Str. 38, 10115 Berlin, open every wednesday for free counselling from 3 to 6pm with a social worker, Filipino and Thai translators, and a lawyer (5pm).

