

## **One Step at a Time for a Better Future**

***(Name changed to protect identity)***

Amoit, a 25-year-old Kenyan woman, became a victim of trafficking for labour exploitation in Saudi Arabia after being recruited through an overseas employment agency based in Nairobi. Encouraged by a friend and hopeful for a better future, she accepted the opportunity and travelled under a two-year domestic work contract. Upon arrival, she was received by her employer and immediately began working as a househelp.

For the first six months, Amoit received her salary and her working conditions seemed manageable. However, the situation soon changed. Her employer stopped paying her wages, increased her workload, and subjected her to extremely long working hours without rest. She was not allowed to leave the house, and her freedom of movement was completely restricted. Her situation worsened when she was transferred to another household, where her passport and personal documents were confiscated, leaving her trapped in a cycle of forced labour, isolation, and dependency.

Unable to endure the abuse any longer, Amoit managed to contact the police, who intervened and placed her under protective custody. She spent three months at a police station before being transferred to a deportation centre, where she remained for another three months awaiting repatriation. After this long and distressing ordeal, she was finally able to return home to Kenya.

Upon her return, Amoit was referred to HAART Kenya, where she received comprehensive rehabilitation support, including psychosocial counselling. Through consistent sessions, she gradually began to process her traumatic experiences and regain emotional stability. Determined to rebuild her life, Amoit expressed a strong interest in gaining practical skills that would enable her to become financially independent.

With support from HAART, she enrolled in a vocational training programme in Mombasa, specializing in beauty and hairdressing. Throughout her training, Amoit demonstrated remarkable discipline, resilience, and commitment. Her instructors consistently reported excellent performance in both theory and practical work, reflecting her determination to succeed.

After successfully completing her training, Amoit began offering door-to-door beauty and hairdressing services within her community. This has enabled her to meet her basic needs independently and start saving towards her long-term goal of opening her own salon.

Amoit's journey is a powerful reminder that recovery takes time, but with the right support, it is possible. Step by step, she is rebuilding her life with dignity, resilience, and hope for a better future.

