





KEY MESSAGES

- As the climate crisis worsens, children and youth in Southeast Asia face mounting threats to their health, education, livelihoods and economic prospects. Climate change impacts, compounded in some cases by infrastructure development such as dam construction, are deepening poverty and inequality and making people ever more vulnerable to distress migration and, through it, to exploitation and abuse.
- Field research in six villages in Cambodia, Lao PDR and Viet Nam shows that migration can severely affect children, by separating them from their parents if they stay behind, forcing them to take on adult responsibilities, disrupting their education, and sometimes imperilling their health and physical safety. These children and their families urgently need support to rise out of poverty and build climate resilience.
- The international community has multiple crucial roles to play, by providing financing as well as expert advice and on-the-ground support to governments, civil society and communities, funding and running complementary programmes, and helping to build a strong evidence base to inform policy-making.
- This brief lays out an agenda for action with five objectives: 1) enhance community resilience through robust infrastructure and disaster preparedness; 2) provide flexible and fair support for sustainable livelihoods; 3) make migration safer and more just for both parents and children; 4) care for caregivers and the children who stay with them; and 5) empower children and youth to be able to build a better future for themselves, whether they choose to migrate or stay home.

Climate change and environmental degradation affect people in profoundly different ways depending on their socio-economic class, education, age, gender, race, (dis)ability and other factors. Due to systemic injustices, the poorest and most vulnerable tend to suffer most – whether they are subsistence farmers who lose their crops in a drought, or entire communities washed away by floods.

For generations, people in Southeast Asia have migrated in search of better opportunities than they can find at home. As climate change puts ever more strain on rural livelihoods, and many families fall deep into debt, migration may increasingly seem like their only option. Yet when people migrate in distress, research has shown, they often suffer abuse and exploitation.²

Migration also reshapes and disrupts family relationships. When parents go to work in the city or across the border, they often leave their children behind, especially the youngest.³ Low-wage migrant workers have no legal way to take their dependents to another country, and irregular migration is risky and stressful. Migrant workers also typically work long hours and endure difficult living conditions.

The children who do migrate tend to follow similar routes as adults. Some travel with their parents and end up working alongside them; some migrate alone, often because they want to help their family with basic expenses, pay off debts, or save up for a better future.

This policy brief summarizes messages for the international community – donors and development partners, UN agencies, non-governmental organizations (NGOs) and researchers – from a study of the impacts of labour migration on children in the context of climate change. Researchers interviewed with





pre-adolescents and teenagers in two villages in each country, as well as young returned migrants, migrant parents and grandparents, local leaders and experts, and reviewed national policies.

The goal of the study was to shed light on the drivers of migration, young people's needs and aspirations, and ways for national governments, donors and development partners, and international organizations to make a difference. The study focuses on Southeast Asia because it is a dynamic, ethnically and socioeconomically diverse region with significant migration, large disparities in human development, and a young population, with nearly 27% under 15 years of age in 2022, and another 16% aged 15–24.⁴

The UN estimates that as of 2020, there were about 10.6 million international migrants in Southeast Asia,⁵ with Thailand hosting by far the largest numbers; about 1.27 million were under 18 years old.⁶

Southeast Asia also stands out for its high exposure to natural hazards, including deadly cyclones, torrential rains and floods. Climate change is intensifying those hazards and also bringing sea-level rise, more extreme heat, unreliable rainfall and droughts. Those impacts exacerbate disaster risks and jeopardize livelihoods and human well-being. Multiple social, political, economic and environmental factors deepen vulnerability and limit people's capacity to adapt – in place or through migration.

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CLIMATE CHANGE, VULNERABILITY AND MIGRATION: NATIONAL PERSPECTIVES

Southeast Asia has made significant progress on human development in recent decades, but large gaps and disparities remain, both within and across countries. Gross domestic product (GDP) per capita in 2023 was just US\$1,875 in Cambodia and \$2,075 in Lao PDR, compared with \$4,347 in Viet Nam and \$7,172 in Thailand. There are also large differences in social and physical infrastructure, education and health care, and the availability of job opportunities beyond agriculture. 10

Cambodia, Lao PDR and Viet Nam all have mostly-rural populations;¹¹ economies in which informal employment prevails;¹² and exposure to a wide range of climate hazards, with frequent disasters.¹³ Climate change is hindering development, amplifying disparities and pushing people deeper into poverty. Table 1 provides an overview of key indicators of human development and climate vulnerability.

Table 1. Key indicators of human development and climate vulnerability

Country	Human Development Index (2022) ^a		Multidimensional	ND-GAIN Country Index rank (2021, of 192) ^b		Children's Climate Risk Index ^c	
	Index (0-1)	Rank (of 193)	poverty rate ^a	Vulnerability	Readiness	Climate & environment	Child vulnerability
Cambodia	0.600	148	16.6%	132	159	7.2	5.6
Lao PDR	0.620	139	23.1%	117	136	7.5	5.8
Thailand	0.803	66	0.6%	102	62	8.4	2.3
Viet Nam	0.726	107	1.9%	128	93	8.8	3.0

Sources: (a): UNDP, 2024; (b): Notre Dame Global Adaptation Initiative; (c) UNICEF, 2021.¹⁴ The HDI is a composite index covering three basic dimensions of human development: a long and healthy life, knowledge and a decent standard of living; it ranges from 0 to 1, with countries scoring above 0.8 rated as having "very high" human development. Multidimensional poverty refers to deprivations related to health, education and standard of living, looking beyond monetary poverty. The ND-GAIN Index considers different aspects of food security, water access, human health, ecosystem services and human habitat to gauge vulnerability to climate change, and economic, social and governance measures to gauge readiness to adapt. The Children's Climate Index assesses exposure to climate and environmental hazards as well as vulnerability based on health and nutrition, education, water, sanitation and hygiene, poverty, communication assets and social protection, all on a scale of 0 to 10.

Cambodia has made major progress on poverty reduction: While in 2014, more than two in five children lived in multidimensional poverty, by 2021–2022, the share was 20.5%. ¹⁵ Rural areas saw by far the greatest gains, though many people also migrated to cities in that period. As of 2021–2022, nearly 21% of women aged 20–24 and 30% of men in that age group were internal migrants. ¹⁶

In Lao PDR, agriculture accounts for an estimated 70% of employment,¹⁷ and as of 2023, an estimated 7.6% of employed people 15 and older lived on less than US\$2.15 per day.¹⁸ Lack of education is a key factor: just under 19% of women aged 25 and older, and just over 30% of men over 25, had any secondary education at all as of 2022.¹⁹

Viet Nam is well ahead of Cambodia and Lao PDR in terms of economic growth and diversification. Its GDP has more than quadrupled since 2000,²⁰ the extreme poverty rate dropped from nearly 30% to 1%,²¹ dependence on agriculture has declined significantly,²² and human development has greatly improved.²³ Still, there are large regional disparities, and internal migration has soared, particularly towards the southeast.²⁴ Viet Nam faces particularly daunting climate hazards, including extreme heat and major flood risks linked to sea-level rise and coastal storms, which have led the World Bank to identify northern Viet Nam as a likely climate out-migration "hotspot" by 2050.²⁵



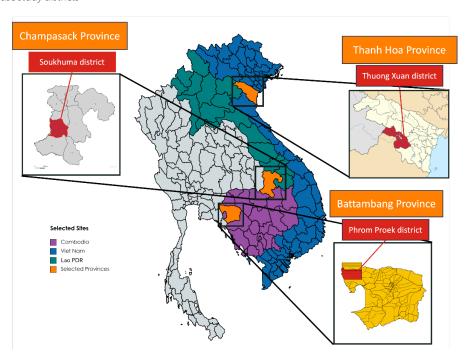


Notably, in all three countries, development has improved conditions – for instance, by making irrigation more widely available, adding roads and expanding electricity access – but created new vulnerabilities as well. It is common for projects to result in significant displacement, and major infrastructure projects have also affected flood risks and other conditions in surrounding communities.²⁶

THE VIEW FROM THE VILLAGES: ECONOMIC PRECARITY, ENVIRONMENTAL PRESSURES AND MOBILITY

The field research sites, shown on Map 1, were chosen to reflect not a cross-section of society, but the perspectives of those in the greatest need of support to cope with climate change. From a justice perspective, if existing efforts do not make their lives better, they are not good enough.

Map 1. Selected case study districts



Source: Authors' own work.

PHNOM PROEK DISTRICT, BATTAMBANG PROVINCE

Phnom Proek district is in northwestern Cambodia, bordering Thailand. It is one of the main sites for irregular border crossings. The area was a stronghold of the Khmer Rouge during the civil war, which left lasting impacts on the environment and infrastructure.²⁷ The disability rate in Battambang is among the highest in the country, and there are notable gaps in access to basic services.²⁸ Two-thirds of workers are





employed in agriculture, fishing or forestry, and over three-quarters are self-employed or unpaid family workers.²⁹ Families face severe economic pressures from debt, poverty and climatic shocks.

In the first village, labelled C1, low-income farmers grow maize, potatoes and other vegetables and rely on microfinance to help pay for farm inputs and land. Several floods, droughts and storms have caused crop failures, exacerbating economic and nutritional insecurity and driving people deep into debt. Floods also disrupt children's education, as roads become inaccessible. Persistent struggles have led many people to migrate, mainly for industrial jobs in the city or for construction and plantation work in Thailand.

The second village, labelled C2, has experienced disruptive floods as well as droughts, both of which affected crops, and storms that damaged housing. Large debts to microfinance providers are also a significant problem, and farmers lack direct access to markets, instead depending on middlemen who set low prices for their crops. As in C1, floods disrupt children's education. Migration is also common here, but increasingly, people are moving to the cities to work in industry instead of crossing into Thailand.

SOUKHUMA DISTRICT, CHAMPASACK PROVINCE

Champasack province, in southwestern Lao PDR, borders both Thailand and Cambodia. Soukhuma district is in a floodplain at the Thai-Lao border and is overwhelmingly rural. More than a fifth of residents lack a road connection. Access to basic services is minimal, and across Champasack province, only about a quarter of all people over the age of 6 have completed even primary school. Livelihoods in Soukhuma district are mainly agricultural, which makes households very vulnerable to climate change and variability. Farmers in the district have been growing cassava to improve their livelihoods, but mono-cropping poses a threat to long-term soil health and to people's nutrition. Hunger is common.

The first village, L1, is in a low-lying area next to a river, highly exposed to floods. There is no bridge, and when the waters rise, people cannot travel by boat, and the village is isolated. Residents are part of the Suay ethnic minority and mostly poor farmers. Floods often damage or destroy crops, and in 2019, the flooding was so severe that villagers were temporarily displaced. The poorest people are particularly vulnerable to the impacts of floods. Many migrate to Thailand after hearing about job opportunities.

The residents of village L2 are also farmers, growing crops such as cassava and vegetables and fishing. Floods are not frequent there, but there are droughts, and conditions are hot and dry, made worse by climate change and deforestation. Storms and strong winds also often damage homes. Most migration from this village is long-term, mainly to Thailand, for everything from domestic work to construction jobs. The households that have not resorted to migration usually own land and are relatively wealthy.

THUONG XUAN DISTRICT, THANH HOA PROVINCE

Thuong Xuan is a mountainous district in Thanh Hoa province, in north central Viet Nam, one of the poorest in the country. It is mostly rural, but has well-developed industrial and service sectors. The district frequently experiences heavy rains, floods and landslides.³¹ It is also the site of the Cua Dat project, Viet Nam's largest hydropower and irrigation dam, on the Chu River.³² The combination of heavy rains and increased reservoir water levels has led to severe floods and loss of arable land, jeopardizing livelihoods. Amid economic struggles, many people have migrated, mainly within Viet Nam.

About 30% of households in village V1 are part of the Thai ethnic minority, and the rest are mainly Kinh, the largest ethnic group in Viet Nam. They grow rice, acacia and vegetables and tend to buffalo. The village





lies next to a river, and when water levels are high due to heavy rains and/or dam discharges, it is unsafe to cross, so no one can leave, and children cannot attend school. Since the dam was built, the availability of irrigation has shielded local farmers from the impacts of droughts, but flood risks have worsened. A growing number of people in the village have thus migrated internally for factory work.

The people in village V2 are better-off overall than those in V1, and they have greater access to off-farm job opportunities, such as factory work. In a fairly rural region with large ethnic minority populations, V2 also stands out for being about 95% Kinh and heavily urbanized. With little arable land available to purchase, but also viable alternatives, it has become common to commute daily to nearby companies and factories, or else to migrate. Women in the village tend to engage in daily wage labour locally, while many men work farther away in cities, though many women have also migrated.

PARENTAL MIGRATION AND THE CHILDREN WHO STAY BEHIND

Parents in the six villages migrated under different circumstances, but all wanted to earn more than they could at home. Some were struggling to feed their family due to low crop yields, crop failures, and/or a lack of stable work. Many households, especially in Cambodia, faced crushing debts, often linked to climatic events such as floods, droughts or storms.

Migration patterns were shaped by gender norms. Mothers often stayed behind and cared for the children if they could find jobs locally, while men undertook longer-distance migration. However, many mothers and fathers migrated together, particularly in the poorest families. Several women had also migrated on their own, internally or across borders, reflecting the growing feminization of migration in Southeast Asia.³³ Children stayed behind with the other parent, grandparents or other trusted caregivers.

JOURNEYS, DESTINATIONS AND OUTCOMES

Thailand is the top destination for labour migrants in the region, with average wages that are double those in Cambodia and Lao PDR.³⁴ There are established processes for regular migration, long- or short-term, but due to the costs, logistical challenges and significant restrictions involved, using them is not always feasible. For parents, a key issue is that migrants are not allowed to bring their dependents.³⁵ This means if they migrate regularly, they must leave their children behind. Alternatively, they can migrate through irregular channels, which can be dangerous and make them very vulnerable at their destination.

Migrants interviewed in Phnom Proek district in Cambodia had crossed the border through irregular channels and worked mainly in agriculture and in construction. Due to the risks associated with irregular migration, they could not travel back and forth, so longer-term stays were the norm. Several said they had been exploited, but had no recourse. Internal migration Phnom Penh and other cities was also common.

In Soukhuma district, Lao PDR, the migrants in the households interviewed had all gone to Thailand. Women often went to serve as domestic workers, and some became fruit sellers. Both men and women, often from relatively wealthy households, also migrated for construction jobs, which paid better. Those who had engaged in irregular migration were very vulnerable to exploitation, forced labour and potential





violence. Both in Lao PDR and in Cambodia, however, people who had migrated via regular channels also reported being abused and feeling they could not complain without jeopardizing their work permit.

In Thuong Xuan district, meanwhile, most migration was internal, with people travelling to cities such as Hai Phong, Hanoi and Quan Hoa or to the country's southeast. They took jobs in construction, industry and services. Some older women moved to Hanoi to be domestic workers.

The conditions that internal migrants faced on their migration journey and at their destination were often less precarious than if they had migrated irregularly across borders. However, internal migrants in Viet Nam and Cambodia still faced wage theft and other abuses and had difficulties accessing essential services such as health care. Viet Nam's social protection infrastructure, for example, is still based on household registration and residency, which hinders access to key public services for non-residents.

IMPACTS ON CHILDREN REMAINING BEHIND

Whether they stayed in their country or crossed the border, many migrants found the financial benefits fell short of their expectations. Often they could not send as much money as they wished – or send it consistently. Remittances might just cover debt payments or basic expenses, and did not significantly improve their family's socio-economic situation or enhance their resilience to climate change.

The economic gains from remittances also came at a high cost. When parents left, the lives of those who stayed behind were often dramatically altered. The interviews revealed profound emotional impacts on children, particularly when their mother migrated. Caregivers were often overwhelmed, and some grandparents felt that they could not provide the support children needed. Many households struggled financially, and some children did not have enough to eat.

Very often, children – especially elder siblings, and especially girls – took on substantial household and caregiving responsibilities after their parents left. Some boys took on physically dangerous farm and household tasks. Working to earn money for the household was common as well. These duties left little time for studying or for leisure and affected children's mental and physical health.

CHILD MIGRATION IN THE CONTEXT OF ENVIRONMENTAL CHANGE

Child migrants said they had migrated for a variety of reasons, such as to pay off household debts, cover their siblings' school fees, cover medical expenses, and generally help improve their family's situation, often in the context of climate change impacts and other environmental challenges.

Most of the interviewees who had migrated as children had travelled with one or both of their parents, though several had gone by themselves. Only one child migrant described having been trafficked, though this may have been a matter of perspective, as brokers and smugglers were usually involved. Many migrant children in the villages in Cambodia and Viet Nam had only migrated internally, but some in Cambodia had crossed into Thailand. In Lao PDR, cross-border migration predominated.





Lack of legal status often keeps migrant children in Thailand from accessing education or health care.³⁶ More commonly, children who migrate with their parents work alongside them. Informal employment predominates across the region, and migrants are particularly likely to be informally employed.

Being under the legal working age – and, in Thailand, not qualifying for regular labour migration – limits job options for children, steering them into poorly regulated sectors with lax labour law enforcement. Like adults, the child migrants interviewed often said they had been exploited, forced to work long hours, and sometimes cheated out of their wages.

IMPACTS OF CHILD MIGRATION ON DEVELOPMENT AND WELL-BEING

The families of child migrants generally faced economic distress to begin with, and many children had already been working outside of school hours, or even dropped out, before migrating. Still, migration often imposed further deprivations and stressors that affected their health and well-being.

Several children who had migrated described getting sick or being injured on the job. Some had felt isolated and sad, and missed their loved ones. The emotional impacts of these experiences can be severe. Many had also dropped out of school or missed weeks or months of classes.

It is important to recognize children's own agency, hopes and aspirations, however. The child migrants interviewed said they had made the decision to migrate, to help their family meet basic needs or achieve better socio-economic conditions by purchasing land or enabling siblings to study. At the same time, children recognized the risks and trade-offs involved, and many chose to stay with their family even if they could earn more by migrating.







TOWARDS A BRIGHTER FUTURE: AN AGENDA FOR ACTION

As the stewards of public infrastructure, services and programmes, national governments have the most crucial role to play in addressing the urgent issues identified by this study. Yet they cannot do it alone. They urgently need scaled-up climate finance; sustained support from their bilateral and multilateral development partners; and both expertise and on-the-ground assistance from a wide range of international organizations, including UN agencies, NGOs and research institutions.

The report provides detailed recommendations for these stakeholders to help address key drivers of distress migration in communities of origin; make migration safer, more humane and more just for parents and children alike; provide more support for those who stay behind; and empower children and youth to shape a better future for themselves, whether they choose to migrate or stay home. Highlights include:

ENHANCE COMMUNITY RESILIENCE THROUGH ROBUST INFRASTRUCTURE AND DISASTER PREPAREDNESS

- Scale up grants and other highly concessional finance for investments in infrastructure and in social protection programmes that prioritize the needs of the poorest, most marginalized and most vulnerable communities, to support national governments' efforts.
- Provide financial and on-the-ground support for participatory processes to identify and prioritize local resilience-building needs, as well as to develop and scale up community-based disaster response plans with designated roles for different community members, such as such as involving youth to support small children and the elderly during emergencies.
- Supplement governments' social protection programmes by facilitating access to food, cash, medicine, water filters and/or bottled water, and other urgent needs during and after disasters.
- Work with communities, especially the most marginalized people, to build their skills and empower them to engage in adaptation and disaster risk reduction, including through participatory action research projects that engage children and youth.

PROVIDE FLEXIBLE AND FAIR SUPPORT FOR SUSTAINABLE LIVELIHOODS

- 1. Support livelihood diversification through training programmes and resources for establishing small enterprises, animal husbandry and other options. These efforts should be grounded in a clear understanding of local gender dynamics, including the loss of traditionally masculine livelihoods, but also the need to empower women economically.
- 2. Engage with farming cooperatives to disseminate climate-resilient and sustainable practices and promote local products through regular interactions between local farmers and wider community markets. This should include targeted interventions to support women and girl farmers.





- 3. Provide greater financial literacy education, including on relationships between debt and climate impacts, to support improved financial knowledge and decision-making within communities, and support community regulation of predatory lenders.
- 4. Conduct in-depth studies on the relationship between household debt and climate vulnerability, exploring how financial stress affects adaptive capacity and resilience. Investigate the effectiveness of current microfinance mechanisms and (in)formal loan practices, identifying ways to integrate climate risk considerations into financial products and services.

PROTECT BOTH PARENTS AND CHILDREN WHO MIGRATE

- 5. In communities of origin, sponsor gender-responsive and child-friendly programming and materials to help both adults and children to recognize and avoid potential trafficking and exploitative schemes. This should include mapping areas of high risk and promoting support services and health care access for survivors of trafficking.
- 6. Collaborate with local governments and businesses to improve labour standards and provide information and programming that helps migrants understand their rights and the services available to them and to their children. A priority should be to promote peer support networks and learning and dispel perceptions that migrants must accept injustice.
- 7. Continue to build national and local coalitions that advocate for migrant protections and access to justice and remedy. These coalitions should account for emerging climate challenges to migrants' safe work, nutrition, and housing and represent diverse migrant interests.
- 8. Reduce the impacts of migration on child development, health and well-being through programming targeting returned migrant children that provides psychological and social support and "catch-up" learning to enable a successful reintegration post-migration.
- Conduct in-depth studies on the educational, psychological and physical impacts of irregular migration on children. Examine how the lack of legal protections and access to services at destination affects their development and long-term prospects.

CARE FOR CAREGIVERS – AND THE CHILDREN WHO STAY WITH THEM

- 10. Support programmes such as the Grandmother Inclusive Approach, which provide practical assistance to caregivers.³⁷ These programmes aim to reduce the stress of shifting childcare responsibilities by offering resources and support in areas such as nutrition and health care, acknowledging the crucial role grandmothers play in maintaining child well-being and ensuring they have the means to care for their families effectively.
- 11. Identify and support households where parents have migrated and where children may lack supervision or access to educational support, and provide educational programming and care for them, while recognizing and addressing barriers related to poverty and marginalization.
- 12. Support emotional and social learning programmes for children affected by migration to help children identify and manage emotional stresses and develop coping mechanisms.
- 13. Help migrant parents and children stay connected to reduce the emotional toll of separation for instance, by providing them with low-cost smartphones that enable them to have video calls.
- 14. Conduct comprehensive studies on the long-term psychological impacts of parental migration on children, focusing on how different caregiving arrangements affect mental health outcomes.





15. Investigate the specific needs and challenges of caregivers, particularly grandmothers, in supporting children who stay behind, and identify best practices for enhancing the capacity of older caregivers to provide stable and nurturing environments for children.

EMPOWER CHILDREN AND YOUTH TO BE ABLE TO BUILD A BETTER FUTURE FOR THEMSELVES

- 1. Improve the integration of children and youth considerations across non-child focused agencies and organizations, particularly within those advancing migration and environmental justice and rights. This includes seeking out and incorporating the voices of young migrants, especially those who, due to their irregular status, may find it difficult to participate.
- 2. Provide scholarships, fellowships and other funding opportunities to facilitate child and youth engagement in both migration and climate change forums, including capacity-building to enable young people to participate more meaningfully.
- 3. Legitimize diverse forms of knowledge-sharing around climate change and a healthy environment that enable both children and youth to provide insights informing environmental policy development. For example, allowing children to submit drawings, videos, songs and other forms of creative expression that facilitate their participation.
- 4. Develop small grant programming that incentivizes children and youth to identify solutions to local climate issues and provide funding for idea implementation in a way that encourages community engagement.
- 5. Enable the leadership of child and youth environmental defenders by providing protection for them and facilitating their safe participation.
- 6. Engage in participatory action research with children and youth in areas with significant climate vulnerabilities and/or high out-migration rates, to support the identification of issues, strategies and indicators for progress.







ENDNOTES

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