

## FILIPINO MAID BIODATA

Name: MYRNA LONDRES

Code: IN-MM-714

### Personal Particulars

Age : 36  
 Date of birth : 6 September 1989  
 Height (cm) : 159  
 Weight (kg) : 72  
 Religion : Christian (Roman Catholic)  
 Education level : High School Graduate  
 Marital status : Married  
 No. of children : 3  
 Age of children : 16,10, 2y.o  
 Husband/Live-in status : Married and live-in  
 Husband/Live-in job : Truck Driver  
 No. of siblings : 6  
 Position in family : 2nd  
 Provincial city : Davao de sur  
 Current living city : Davao City

### Experience status

First timer  Ex-abroad

### Personal Preference for Work Categories

(1 = most preferred 4 = least preferred)

- 2 Housework + Infants/toddlers care  
 1 Housework + Children care  
 3 Housework + Elderly/disable care  
 4 Housework + Bedridden care

### Employment History in Origin Country

- City/Province:   
 How many: 0 year 0 months  
 From what:  year to  year  
 Work details:
- City/Province:   
 How many: 0 year 0 months  
 From what:  year to  year  
 Work details:

### Employment History in Overseas

- Country/City: SAUDI ARABIA  
 How many: 3 year 3 months  
 From what: 2019 year to 2022 year  
 Finish contract:  Yes  No  
 Work details: General housework, cooking, gardening children care (16, 10, & 9y.o)
- Country/City:   
 How many: 0 year 0 months  
 From what:  year to  year  
 Finish contract:  Yes  No  
 Work details:
- Country/City:   
 How many: 0 year 0 months  
 From what:  year to  year  
 Finish contract:  Yes  No  
 Work details:



## Specific Working Experience & Preference

TYPE OF WORK	DO YOU HAVE EXPERIENCE ? <i>(experience in your country or overseas)</i>		ARE YOU WILLING ?	
	Yes	No	Yes	No
General Cleaning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ironing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cooking	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for newborn	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for toddlers (1-3yo)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for children (<10yo)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for special child	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tutoring children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for elderly/disable	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for bedridden	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Care for pets (dogs/cats)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Laundry - handwash	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Car wash	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gardening	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### Cooking

Do you cook in your family in your country?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you willing to do cooking for the family of your employer?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you willing to learn if the employer want you to learn to cook their food?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
How much do you like cooking? (please answer VERY MUCH, AVERAGE or LITTLE)	<input type="text" value="Very much"/>			

### Pets

Are you willing to take care of pets (dogs/cats) if your employer has pets in the house?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you afraid of dogs? Are you afraid of big dogs?	<input type="checkbox"/>	Yes	<input checked="" type="checkbox"/>	No

### Day Off

Are you willing to work during your rest-day and employer will pay you overtime?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you willing to respect your employer's decision if they want you to take your rest day at home and not going out alone?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you ok if you do not go to church when you are working for your employer?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No

### Cellphone

Do you promise that you will only use your cellphone after you finish all the work for the day?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you willing to following the employer's rules about the daily usage of your cellphone?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No

### Personal Commitments

Are you aware that the contract is 2 years and promise to finish the 2 years contract?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you ok to work for your employer if they don't have the same religion with you?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Will you have enough patience if your employer is very strict?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you promise that you will honest and loyal to your employer?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Did your husband/parents allow you to work in Malaysia as a domestic helper?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you ready to separate with your family for the 2 years contract, without going back to your country?	<input checked="" type="checkbox"/>	Yes	<input type="checkbox"/>	No
Who will take care of your children when you work in Malaysia?	<input type="text" value="Husband"/>			
If you feel homesick when you work in Malaysia, what are you going to do?	<input type="text" value="I'll make myself busy especially to my work"/>			

**Health Declarations / Dietary Restrictions**

Past & existing illness, including chronic ailments and illness requiring medication:

Diabetes (FBS)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Asthma	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Depression	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
High Blood Pressure	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Anemia (low red blood)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Heart disease	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Gastric	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Pneumonia (lung infection)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Epilepsy (seizures)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Migraine	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Dysmenorrhoea (period pain)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Malaria	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Are you allergic to any food or medications?  Yes  No If YES, pls specify \_\_\_\_\_

Are you currently taking any medications  Yes  No If YES, pls specify \_\_\_\_\_

Have you undergone any surgery in the past?  Yes  No If YES, pls specify \_\_\_\_\_ year \_\_\_\_\_

Have you had any accident or injuries before?  Yes  No If YES, pls specify \_\_\_\_\_ year \_\_\_\_\_

**Language proficiency**

	Good	Average	Poor	No
1 English	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Bahasa Malaysia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3 Chinese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4 Arabic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Special Skills**

Example: caregiver, other cuisine, baking, sewing, etc.

1 \_\_\_\_\_

2 \_\_\_\_\_

**Personal Habits**

Habits	Past	Present
Smoking	<input type="checkbox"/>	<input type="checkbox"/>
Vaping	<input type="checkbox"/>	<input type="checkbox"/>
Drinking alcohol (beer, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Tattoo (show photo is any)	<input type="checkbox"/>	<input type="checkbox"/>

**Hobbies**

Example: cooking, baking, gardening, reading, etc.

1 Cooking

2 \_\_\_\_\_

**Additional Courses Attended**

Course name	Duration
Example: caregiver, baking, cooking, etc.	e.g. 6 months
1 _____	_____
2 _____	_____

**Personal Statement to Future Employer**

< Write something that you wish to tell your future employer about yourself >

Dear Ma'am / sir,

I will do my best for my work patiently and stay focus to finish my contract. +

**APPLICANT DECLARATIONS**

My name is **MYRNA LONDRES** (passport no. **P1815855B**) I hereby confirm that all information and details given on this document is, to the best of my knowledge, true and complete. I acknowledge that I have not withheld any information which might preclude me from working abroad in Malaysia.

I have given the above information at my own will and I hereby granting my full consent to \_\_\_\_\_ as my agency in my country and also to **Agensi Pekerjaan Innovedge Sdn Bhd** as my agency in Malaysia, to display my personal information and photos/interview video in their website (and other relevant platforms) to facilitate in getting a job and finding an employer for me in Malaysia.

I wish to testify and confirm that I want to work in Malaysia as a domestic helper. I further affirm that I shall, to the best of my abilities to complete my TWO(2) YEARS contract with my employer.

Signature & thumb print :  
of applicant



Date: *May 19, 2026*

**Additional Photos**

