

FACT SHEET: Seafarers at a Glance

SCALE OF THE WORKFORCE

The Philippines is the world's leading supplier of seafarers, with more than 400,000 Filipinos employed on international vessels. They play a crucial role in sustaining global trade, keeping shipping routes and supply chains operating smoothly worldwide.



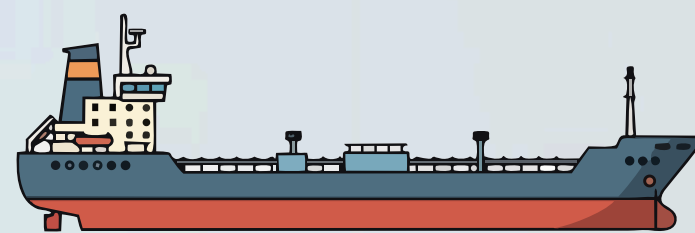
As a country recognized as a cornerstone of the global maritime industry, we contribute:



**ONE IN EVERY FOUR SEAFARER
WORLDWIDE**

In 2024, Filipino seafarers remitted

\$6.94 billion

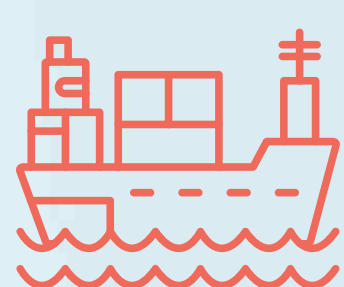


back home, accounting for about **20% of total cash remittances** to the country.

WORK CONDITIONS



Standard contracts typically run 6 to 9 months, with officers and ratings often working 10- to 12- hour watches.



Limited port stays, restricted shore leave, and long-stretches of sea time are common in container, tanker, bulk, and offshore segments.



Mid-voyage leave is rare. Most crew members do not see their families until the contract ends.

CURRENT ENVIRONMENTS

The Middle East remains a region of heightened geopolitical tension and instability, with ongoing conflicts significantly affecting global security and trade flows.

Latest reports (April 2026) indicate that maritime operations in the Strait of Hormuz have been severely reduced, stranding around **20,000 seafarers** under unsafe and deteriorating conditions.

This crisis, affecting a route that carries about 20% of global oil supply, highlights urgent risks to seafarers and global shipping.



MENTAL HEALTH AT SEA

Published, peer-reviewed studies, including those from ISWAN, report meaningful proportions of seafarers experiencing mental health issues during their deployment.

Key findings include:



DEPRESSION

Surpassed anxiety as the leading mental health issue among Filipino seafarers from 2019 to 2022



POOR MENTAL HEALTH

Linked to physiological pain, family stress, and work-related pressure



Studies also consistently show that a significant proportion of seafarers report symptoms of:

- Depression
- Anxiety
- Psychological distress

With figures rising sharply during extended contracts and in high-risk transit regions.

REGULATORY AND WELFARE ECOSYSTEM

REGULATORY BODIES



MAJOR FILIPINO SEAFARER UNIONS



INTERNATIONAL WELFARE ORGANIZATIONS

