S.O.T. SYSTEMS OF TIMOR

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Rua de Ai Meti Laran, Comoro, Dom Aleixo, Dili

JOB PROFILE

Eye-care / refraction technician

Téknikú kuidadu matan

Health & care · ISCO-08 3254 / 2267

Eye-care and refraction technicians test how well people see, measure which glasses they need, fit the glasses, and send people with eye disease to an eye doctor. A 2005 survey found about 47,000 people over 40 in Timor-Leste with poor sight. About 90% of it came from cataract and refractive error, which surgery or glasses can treat.

TRAIN IN TIMOR	**Certificate III–IV** INDMO national certificates
COURSE LENGTH	**To confirm** No published source yet
IN TIMOR	**Priority** National plans: better eye care
ABROAD	**No official programme yet** Australia PEV: any job, with a job offer
PAY IN TIMOR	**US$292–320 / month** Averages for all technicians and associate professionals (US$320) and professionals (US$292) in Timor-Leste, not this job alone (Labour Force Survey 2021)

WHAT YOU DO

Test eyesight: Ask about problems with seeing, headaches or eye pain; Test eyesight with letter charts; Measure each eye to find the right lens (refraction).

Fit glasses: Help people choose frames; Measure the face so the glasses sit well; Fit, adjust and repair glasses.

Spot eye disease: Look for signs of cataract and other eye diseases; Send people who need treatment to an eye doctor; Check people again after treatment.

Teach and record: Explain how to wear and look after glasses; Teach people how to protect their eyes; Keep records of each test and prescription.

Based on the ILO description of ISCO-08 unit groups 3254, Dispensing opticians, and 2267, Optometrists and ophthalmic opticians.

WHERE YOU WORK

Hospital eye clinics (The government plans better eye services); Community health services (Eye care through Integrated Community Health Services); Optical shops (Testing eyes and selling glasses).

Most work is indoors in a clinic or shop. Many patients are older people, so patience and clear talk matter.

The national plan says it will build health workers' skills to deliver eye care and bring eye care into community health services. The current government programme plans more eye health promotion and better eye services.

IS IT FOR ME?

You are good at: Exact measuring, Basic maths, Talking with older people, Careful hand work, Patience.

You like: Helping people see well again, Science, Meeting people, Practical work.

Maths and science at secondary school help with measuring lenses.

TRAIN FOR IT IN TIMOR-LESTE

- **Certificate III in Essential Eye Care** · INDMO national certificate
- **Certificate IV in Refraction** · INDMO national certificate

Which centres teach these certificates, course length and fees: to confirm with INDMO. The directory never shows a number without a source.

WHERE IT LEADS

- **Eye-care worker** · Certificate III in Essential Eye Care
- **Refraction technician** · Certificate IV in Refraction
- **Optometrist** · Higher qualification (ISCO 2267); where to study: to confirm
- **Your own optical shop** · Startups of Timor helps you start one

WORK ABROAD, SAFELY

- **Australia: Pacific Engagement Visa** · No official programme recruits Timorese eye-care workers for work abroad yet. Australia's Pacific Engagement Visa allows any occupation, but you need a job offer from an Australian employer first.

Never pay a fixer. Join only through SEFOPE, the Timor-Leste government office for work abroad. No one can sell you a place, and a real overseas job never asks you for a recruitment fee.

SOURCES

1. ILO, ISCO-08 unit groups 3254 Dispensing opticians and 2267 Optometrists and ophthalmic opticians https://www.ilo.org/public/english/bureau/stat/isco/isco08/
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4. Programme of the IX Constitutional Government 2023–2028 (18 Jul 2023), §2.2.2 primary health care https://timor-leste.gov.tl/wp-content/uploads/2023/07/EN-Programa-IX-Governo.pdf
5. Pacific Engagement Visa: any occupation, job offer needed (employer fact sheet 2025) https://pev.gov.au/sites/default/files/2025-02/PEV%20for%20Employers%20Fact%20Sheet_2025.pdf
6. Labour Force Survey 2021, Table 29: average monthly wage of employees by occupation group https://www.ilo.org/sites/default/files/wcmsp5/groups/public/%40asia/%40ro-bangkok/%40ilo-jakarta/documents/publication/wcms_863064.pdf

From the Servisu jobs directory. Every figure has a source; "to confirm" means none yet. http://servisu.oftimor.com/jobs-directory/eye-care-refraction-technician/?lang=en