Many sportswear products and goods are made in developing countries like Indonesia, Cambodia and Sri Lanka. Some will end up in our shops. Millions of young women and men work in factories to produce these products. Here are some of their stories...

I worked from early in the morning until 2 a.m. the next day... I was so exhausted, but I was still required to go to work as usual the next day.

13-year-old girl making stationery for the Beijing Olympics in China

None of us have time to go to the toilet or drink water. Even so, we are working without rest and are always afraid of not working fast enough to supply soles to the next production line. The supervisors are pressuring and nagging us all the time.

Worker making New Balance shoes, Dongguan, China

Sheran works as a dispatch operator for a Nike supplier in Sri Lanka. His job is to check the cutting of the fabric and quantities are accurate.

Sheran is employed on a permanent contract and his employer has provided training on health and safety.

I get 14 days paid leave in a year, but no paid sick leave. I definitely can’t survive on my basic wage of Rs.11,000 (£64) a month. I have to work overtime. I work about 60 hours a week. Accommodation, excluding bills, and childcare alone costs Rs.4,500 (£25) a month.

Garment worker on a temporary contract in a factory supplying Nike, Adidas and Fila in Indonesia

My wage is conditional. If I don’t complete my daily target within the regular working hours, I have to work overtime without pay to finish my target.

Clean Clothes Campaign
I work in a factory producing a famous brand of sports shoes in an industrial district of Indonesia, not far from the capital Jakarta. To begin with I was working in the sewing section, I found my work manageable. But since the time I participated in a small demonstration to ask for better wages I have been treated harshly by factory management.

My boss treats me like I’m of no value. Every day I am moved between work stations and if opportunities for better work arise I am never offered the chance to take them. It makes me feel tired and depressed. As a worker on a low wage, sometimes I get scared when I imagine my future.

Sewani, aged 24, Indonesia

Sandamalee, aged 26, works as a machine operator in Sri Lanka. She makes Adidas t-shirts and trousers.

Sandamalee works from 7 a.m. to 6 p.m. She is allowed a 10 minute tea break in the morning and afternoon, and half an hour for lunch. She says that she spends a lot of time standing in her job. In the factory there is air-conditioning, but dust from the fabric circulates and she ends up breathing this in.

When Sandamalee gets home she washes some clothes, cleans her room and cooks herself dinner. She usually eats rice with vegetables. Once a week she treats herself to fish or meat.

Sandamalee cannot afford to live on her basic wage so she works overtime to make ends meet. Even so, she is not able to see her family often. They live in a village over 300km from her boarding house. Her father is a farmer and she has three sisters and three brothers. Every month she sends home Rs.5,000 (£28) to support them.

Sandamalee has a written contract with her employer, which has been explained to her and which she has signed.

I am always alone. Not a single worker or any of the union members dares to talk to me either in the workplace or in the canteen.

Waraporn Rakthai, union president in a sportswear factory, Thailand