

8 POINTS ON SAFE MIGRATION

For more information, contact the
Migrant Resource Centres

INFO@MRC.ORG.PK

**ALL SERVICES
ARE PROVIDED
FREE OF COST**



ISLAMABAD	LAHORE	PESHAWAR
Mezzanine Floor, Shaheed e Millat Secretariat Building, Blue Area, Islamabad	Industrial Relations Institute (Adjacent to Rescue 1122 Building) Near Chandini Chowk) Town Ship, Lahore	Protectorate of Emigrants, Canal Road, Sikandar town (Opposite Gulbahar Police Station) GT road, Peshawar
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**9AM-5PM
MON-FRI**

SAFE MIGRATION



Be Informed

Understand the available legal pathways for migration, including visa requirements, application processes, and available support/referral services.

Rely only on credible sources for information for migration, such as government agencies, reputed NGOs, and the Migrant Resource Centres.

01



Migrate Legally

Only migrate when you are in possession of all the necessary travel documents, including your visa and work/study permits.

Never be lured by facilitators of irregular migration, as such routes expose individuals to exploitation, human trafficking, and dangerous situations. **One may even lose their life during an irregular migration journey.**

02



Know Your Recruiter

Do research on the recruitment agency that is assisting you in finding work abroad. Check their reputation, ensure they have the necessary licenses.

Seek assistance from relevant government departments or the Migrant Resource Centres on verifying their authenticity.

03



Understand Your Rights

Familiarise yourself with your rights as a migrant, including labour rights, legal protections, rights and duties, ethical considerations, emergency contact points, and access to health and social services in the country of destination.

Must attend MRC organised Pre-Departure Orientation Session (PDOS) at Protectorate of Emigrants Offices (POE) on the rights and responsibilities of migrants, as well as cultural norms in the destination country.

04



Sign a contract

Contracts are essential!

Always ask to have a contract signed with the recruitment agency.

When you find work, ask to have a contract signed with your employer. Working without a contract is not legal and can result in strong consequences.

05



Seek Assistance

If you face problems at work, talk to your supervisor immediately.

If that does not result in a useful conclusion, reach out to the Community Welfare Attache', trade unions, MRC and reliable NGOs to seek their advice and protection. Finally, you can always report the problem to the concerned authorities and ask for their protection.

06



Protect your documents

Keep your personal documents safe. Make photocopies of your passport, visa, work contract, and other important travel/work document.

Keep the originals in a safe place and maintain photocopies with yourself. Leave one complete set of documents back home with your family. Do not give your documents to other people and do not let anyone else keep them.

07



Stay Connected

Maintain regular communication with family and friends during your migration journey and share your travel plans and contact information with them ahead of your journey.

Make use of travel and instant messaging apps and flight trackers to keep your friends and family informed. Establish your social support networks in destination country.

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This informational material has been developed by the Migrant Resource Centre Pakistan. The European Commission does not accept any responsibility for use that may be made of the information it contains.

Funded by the European Union

Implemented by

Co-funded and implemented by Austria, Bulgaria, Finland, Germany and Greece

