

8 POINTS ON SAFE MIGRATION



Be informed:

Before deciding to migrate, find out as much as you can about the place where you will stay, about the work you will do, about other people who will go with you. Talk to your friends and family, local authorities, NGOs and to the Migrant Resource Centre.

Migrate legally:
Travelling without visa is a bad decision. Migrate only if you have all the documents you need for this travel, including your visa and work permit. Illegal migration puts you under many risks.



Know the recruiter:

Do not trust everyone! Find out as much as you can about the recruitment agency that is assisting you in finding work abroad. What is their reputation? Do they have a license for their work? Are they asking you to lie about your age or to work without a contract?

Sign a contract:
Contracts are important! Ask to have a contract signed with the recruitment agency. When you find work, ask to have a contract signed with your employer. Without a contract your work is not legal.



Protect your documents:

Keep your personal documents safe. Make photocopies of your passport, visa, work contract etc. Keep the originals in a safe place and keep photocopies with yourself. Do not give your documents to other people and do not let anyone else keep them.

In emergencies:
Be prepared! Always carry with you a list of important telephone numbers including local police, ambulance, fire department, your friends and family, your embassy or consulate department, NGOs, trade unions, migrants associations and of the Migrant Resource Centre.



Keep contact with other people:

Do not be alone! Keep regular contact with your friends and family back in your home country. Let them know that you are well and safe. Befriend and interact with other migrants. This way you can help and support one another.

Protect yourself:
If you have problems, talk to your supervisor at work first. If that does not help, reach out to the trade unions and NGOs to seek their advice and protection. Finally, you can always report the problem to the authorities and ask for their protection.



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FOR MORE INFORMATION CONTACT THE MIGRANT RESOURCE CENTRES
ALL SERVICES ARE PROVIDED FREE OF COST

Hotline Number: 0304 111 2 123

Islamabad:



Mezzanine Floor,
Shaheed-e-Millat
Secretariat, Blue Area,
Islamabad.



Skype:
mrcislamabad



Working hours:
9AM - 5PM
(Mon- Fri)

Lahore:



Industrial Relations
Institute, Adjacent to
Rescue 1122, Near Chandni
Chowk, Town Ship, Lahore.



Skype:
mrc.lahore



Email:
help@mrc.org.pk

www.mrc.org.pk

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