

Guidelines

Safe & Informed Migration for Afghans Residing in Pakistan



RIGHT TO LIFE WITH DIGNITY

Safe & informed migration refers to the process of relocating individuals or groups from one country or region to another in a manner that prioritises their safety, dignity, and human rights.

CAN AN AFGHAN NATIONAL TRAVEL TO ANOTHER COUNTRY ON THE BASIS OF POR CARD?

(The POR Card is not a travel document and does not allow you to cross international borders including Pakistan and Afghanistan.)

BE AWARE!

Travelling without a visa or work permit or other legal documents or crossing the borders in an irregular way is an unwise decision. If you do not have all the legal documents for travelling abroad, you are putting yourself under big risk. If you cross borders without having a visa for the country you are entering, you are breaking the law.

BE CAREFUL OF HUMAN SMUGGLERS & TRAFFICKERS

There are criminal groups or intermediaries/agents operating and taking advantage of people who decide to travel irregularly. If you seek help from such intermediaries or agents who sell information, services and documents to go abroad, you may not only go into debt as well as very harsh conditions. Furthermore, not being honest may result in encountering violent or exploitative situations.

Criminal groups or intermediaries may also promise a job or another good opportunity abroad. If this looks too good to be true, then it is not true. Migrants and refugees are especially vulnerable to traffickers, a crime that exploits women, children and men for numerous purposes including forced labor and sexual exploitation.

BE VIGILANT!

These criminal groups may demand substantial fees for your travel and could expose you to life-threatening risks during your journey abroad. Additionally, there is a chance that you may not reach the intended destination.

OTHER SITUATIONS THAT CAN PUT YOU AT RISK

Even if you enter another country legally, overstaying your visa or work permit turns you into an irregular migrant. Be aware that without proper documentation or legal authorization, you will remain in a vulnerable position while in a foreign country.

Without legal permits, the authorities of the foreign country will expel you and return you to Afghanistan.

BE SAFE!

Are you planning to leave Pakistan? Maybe for work, your education or to join your family abroad? If you do, please follow the below points in order to stay safe!

01. Be Informed

Before deciding to migrate, find out as much as you can about the place where you want to go, living and working conditions there, if you already have a job offer 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.

02. Migrate legally

Travelling without visa and other legal documents is a bad decision. Migrate only if you have all the documents you need for this travel, including your visa and work permit. Irregular migration puts you under many risks, for instance exploitation for work without pay.

03. If you are offered or promised a job abroad, 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?

04. Sign a Contract before you accept an employment offer

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.

05. 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.

06. 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.

07. Keep in touch with other people

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 migrants. This way you can help and support one another.

08. Protect Yourself

If you have problems, talk with trusted persons. Seek help from NGOs or authorities for advice and protection.

THE RISKS OF IRREGULAR MIGRATION

Irregular migration refers to the movement of people across international borders without proper documentation, visas, or permission from the destination country. This can include:



Undocumented Migration

Entering a country without proper documentation or visas.



Human Smuggling

Paying individuals or groups to facilitate irregular border crossings.



Overstaying

Remaining in a country beyond the allowed duration of a visa or permit.



Human Trafficking

Being forced or coerced into migrating for exploitation or abuse.



Forged Documentation

Using fake or fraudulent documents to gain entry or residency.



Physical Harm Or Death

During journeys, Afghans may face dangerous terrain, harsh weather conditions, and exploitation by smugglers.



Arrest & Detention

Irregular migrants may be arrested and detained in transit or destination countries.



Deportation

Afghans may be deported back to Afghanistan, where they may face persecution or violence.



Trafficking & Exploitation

Afghans may be vulnerable to human trafficking, forced labor, and sexual exploitation.



Separation From Family

Irregular migration can lead to family separation, causing emotional distress and trauma.



Exposure To Extremism

In some cases, irregular migrants may be recruited by extremist groups.



Lack Of Access To Basic Rights

Irregular migrants may be denied access to healthcare, education, and legal protection.



Mental Health Issues

The trauma and stress of irregular migration can lead to mental health problems, such as depression and anxiety.



Limited Job Opportunities

Irregular migrants may face limited job opportunities and exploitation in the labor market.



Stigma & Social Exclusion

Irregular migrants may face social exclusion and stigma in their host communities.



For more detailed information, please contact us at the numbers provided below

Migrant Resource Centre Pakistan

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