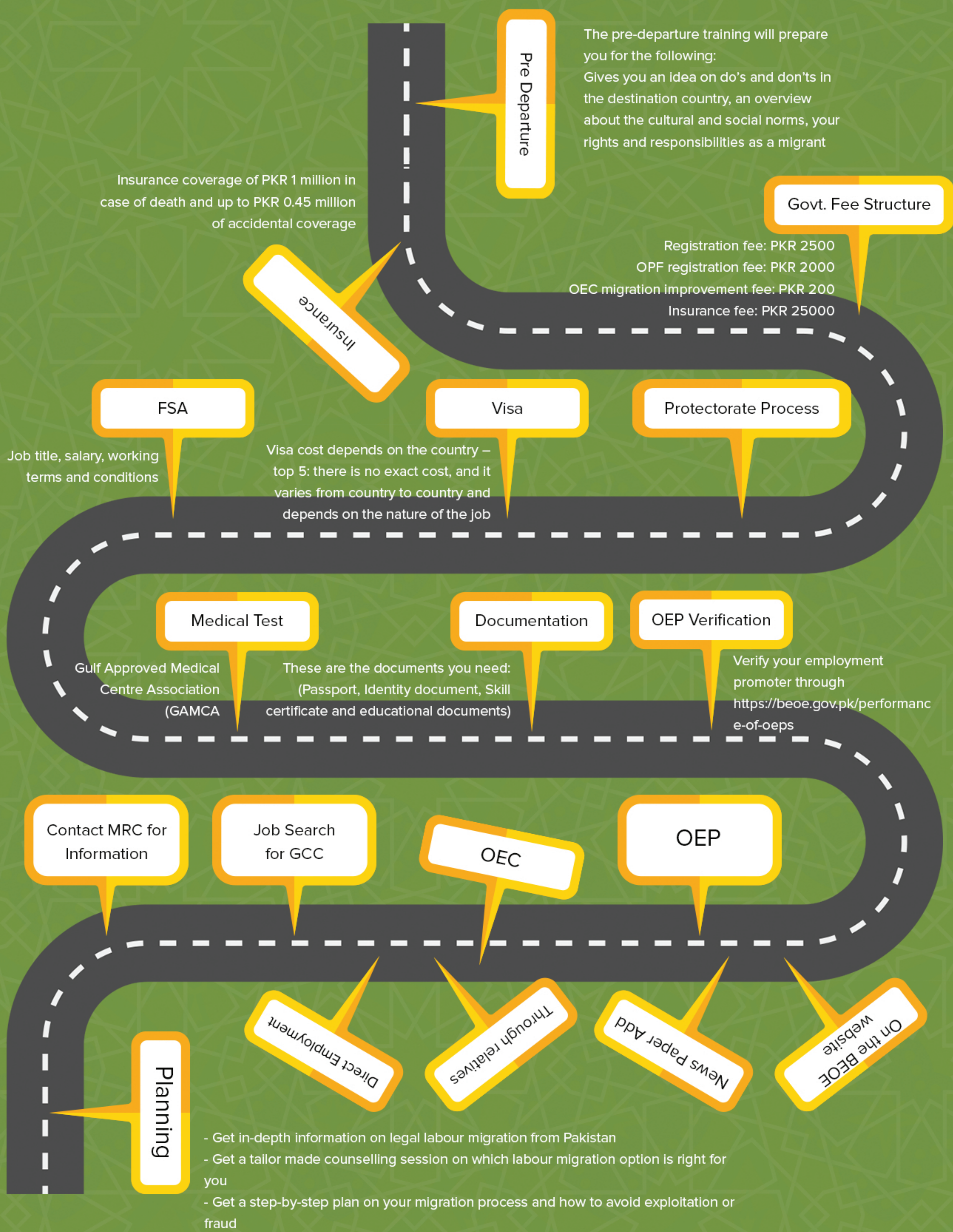


OVERSEAS EMPLOYMENT PROCESS (THROUGH OEPS)

You can contact the Migrant Resource Centre at each step of your migration process – if you need help with your contract, visa or OEP costs, next steps or pre-departure preparation

Abroad- who can I contact if I need help: CWA's in Pakistani Embassies

Return to Pakistan - these are the support mechanisms: Facilitation and reintegration centre (FRC-OPF)



OVERSEAS EMPLOYMENT PROCESS (THROUGH OEPS)

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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IMPROVING MIGRATION
MANAGEMENT IN THE SILK ROUTES

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