

SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES

The Migrant Resource Centre (MRC) is a place where you can get information about how to legally work or study abroad, how to migrate in a safe manner and how to protect yourself from the dangers and consequences of irregular migration.





Information about documents you need for legal travel, work and study abroad.



Information about the services and protection provided by the

Pakistani authorities for overseas

Information and procedures for migrating safely.



Information about centres providing technical skills, testing services and medical examination centres.



Pakistanis and their families.



Awareness on the dangers and consequences of irregular migration.



Information about working environment and living conditions in foreign countries.

Help with formal complaints against fraudulent recruitment or employment abroad.



Guidance in job search and selection abroad according to qualifications, skills and technical aptitude as well as market needs.



SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES

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.

Lahore:



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



Skype: mrcislamabad



Skype: mrc.lahore



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



Email: help@mrc.org.pk

www.mrc.org.pk

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