

# DO'S AND DON'TS FOR SAFE MIGRATION

## DO'S



**Ask questions and find out about the employer or educational institute to which you are going?**

**1**

**3**



**Make sure to sign your employment contract, and check all relevant details.**

**2**



**Get a valid visa or work/residence permit yourself, and prepare all other documents necessary for your travel.**

## DONT'S



**Do not give your passport, personal documents or valuables to anyone!**

**1**

**3**



**Do not travel without a valid visa, work permit and/or other documents you need!**

**2**



**Do not travel across borders irregularly or through illegal means!**

# SAY NO TO IRREGULAR MIGRATION !

When apprehended by the authorities, irregular migrants will be asked to return back to Pakistan.

Without legal documentation, an irregular migrant in Europe cannot get legal employment, state benefits, education, healthcare services or satisfactory accommodation.

If anyone restricts your freedom by taking away your passport, or if you become a victim of violence or exploitation, contact the Pakistani diplomatic mission or the authorities of your host country.

With enforced controls, it is getting increasingly difficult to remain in an irregular situation in the EU.

## Checklist for safe migration

- ✓ Do not rush.
- ✓ Ask questions.
- ✓ Do not trust everyone.
- ✓ Do not hand in your ID card, passport and/or any other valuables



## THE DANGERS OF TRAVELLING ABROAD IRREGULARLY, MIGRANT SMUGGLING AND HUMAN TRAFFICKING



**Travelling without a visa, work permit or other legal documents, or crossing the borders in an irregular way is a very bad decision. If you do not have all the legal documents you need for traveling abroad, you are putting yourself under big risks. If you cross borders irregularly, you are breaking the law.**

**Be careful! There are criminal groups operating and taking advantage of people who decide to travel illegally.**



**Be vigilant! These criminal groups can charge you a lot of money for your travel and may put you under life threatening risks during the journey abroad. You may also not arrive at the agreed destination.**

**Even if you travel legally to another country, but then overstay your visa or work permit, this makes you an irregular migrant. Remember that you will always be in a vulnerable situation without proper documentation and/or legal permit to stay in a foreign country.**



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

**Criminal groups may also promise a job or another opportunity abroad and then may force their victims to do hard work without pay, or coerce them into other types of exploitation including servitude or forced prostitution.**



# THE DANGERS OF TRAVELLING ABROAD IRREGULARLY, MIGRANT SMUGGLING AND HUMAN TRAFFICKING

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



## Islamabad

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- Ph: + 92 51 9219617
- E-mail: [help@mrc.org.pk](mailto:help@mrc.org.pk)
- Working hours: 9AM - 5PM
- Working days: (Mon- Fri)
- Skype: mrcislamabad



## Lahore

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- Ph: + 92 42 99262132
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