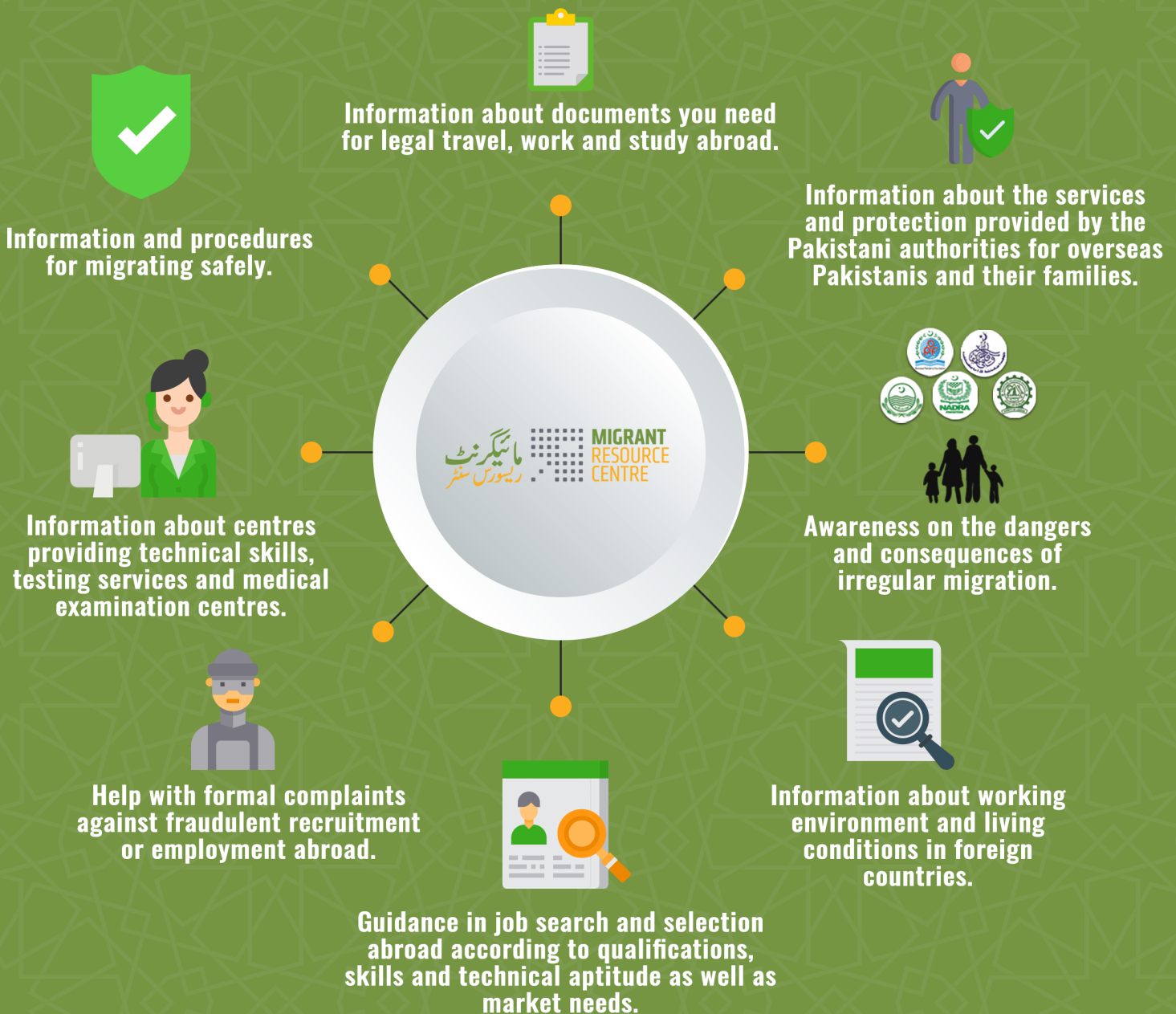


SERVICES PROVIDED AT THE MIGRANT RESOURCE CENTRES

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.



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.



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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