



Eight Points on Safe Migration

Our counselors provide all services
free of charge!

For more information, please contact the Migrant Resource Centre in Baghdad

Migrant Resource Centre (MRC)
Ministry of Labour and Social Affairs -
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Please follow these **points** in order to **stay safe**
when travelling abroad for work, education or to
join a family member

1

Be informed

Before deciding to migrate, find out as much as you can about the place where you will stay, living and working conditions there, 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.

2

Migrate legally

Travelling without visa and other legal documents is dangerous. 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. Seeking asylum in another country is not considered legal migration. There is a high risk that your case gets dismissed and you will be returned to Iraq.

3

If you are offered or promised a job abroad, verify it before you plan ahead

Do not trust everyone. Find out as much as you can about the employer and the job that is offered to you abroad. You can confirm the employer and the job offer from the respective embassy of that country in Iraq. When you find work, ask to have a contract signed with your employer.

4

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 and with your family. Do not give your documents to other people and do not let anyone else keep them.

5

Do not overstay your visa

When you travel on a study or work visa, make sure that you extend your visa or return to Iraq before it expires. If you overstay your visa, you will be expelled from the country and, in many cases, not allowed to return for a long time.

6

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 and the Migrant Resource Centre.

7

Keep contact with other people

Do not stay alone. 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 other migrants. This way you can help and support one another.

8

Protect yourself

If you have problems, talk to a trusted person. Seek help from NGOs or authorities such as your embassy for advice and protection.