

IMPORTANT TIPS FOR MIGRANTS WORKERS

PROTECT YOUR SAFETY, WELLBEING, AND RIGHTS



Whether you're planning to migrate or are already on your journey, these essential steps can make a significant difference in ensuring your protection.

Know your rights: Familiarise yourself with the legal rights in your destination country.



Seek advice: Consult the Migrant Resource Centre to understand your legal status and rights.



Stay informed: Keep up-to-date with local news, safety alerts, migration procedures, regulations and security measures.



Access healthcare: Learn how to access, the services offered and locations of the near by health services and seek help if you feel unwell.

Hello

Learn the Language: Start learning basic words and phrases of the local language to improve communication. This will help you better to integrate in the community.



Carry important documentation: Always keep important documents with you, like ID, visas, and work permits.



Avoid dangerous routes: Use legal and safe migration pathways possible and avoid irregular routes/actions.



Emergency contacts: Keep a list of emergency contacts, including authorities, embassies, and trusted organisations with you always.



Maintain hygiene and good mental health: Ensure access to good living conditions. If you're feeling stressed or traumatised, seek psychosocial or counselling support from MRC.



Seek Education and Employment: Take advantage of learning opportunities that could be available to you and pursue regular employment.



Report Issues: If you experience problems or discrimination, report them to the relevant authorities or organisations.



Seek Special Services: Know more about the organisations that offer specialised support for vulnerable groups like women and children.



Raise Awareness: Share your experiences of migration/migrant worker with MRC to help raise awareness about migrant issues.



Engage with the Community: Join local groups that support migrants.



Understand Local Laws: Be aware of local laws to avoid unintended violations.



Stay Connected: Keep in touch with family, your support network, and MRC.



Plan for Reunification: If separated from family, reach out to relevant organisations that assist with reunification or contact MRC that may support you in refer to the right authorities/organisation.



Get Involved: Participate in community events and MRC initiatives that promote migrant rights and integration.

By following these steps, you can better protect yourself and navigate the challenges of living in a new country. Remember, staying informed and seeking support are key to a safe and successful migration experience. Stay safe, stay connected!

For more information, please feel free to contact MRC Iraq via



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