

Safety rules

1 Check the offer.

Find information about the employer or intermediary from independent sources. Learn the exact work address, duties, pay and living conditions. If you are rushed into a decision or details are hidden, stop and check everything again.

2 Read the contract before signing.

It must clearly state your duties, working hours, pay, days off and, where applicable, living conditions. Ask for your copy of the contract. Do not sign a document that has not been explained to you or that you do not understand.

3 Keep your passport and phone with you.

Do not hand them over to an employer, intermediary or someone promising to "arrange everything". If someone demands to keep your original passport, it is a serious danger signal.

4 Prepare copies of documents.

Take photos of your passport, contract and other important documents. Store them in a secure place you can access even if you lose your phone.

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5 Tell your loved ones about your travel plans before you leave.

Leave them the work and accommodation addresses, the employer's contacts and the details of the people you travel with. Agree when you will check in, and come up with a code word for the case of danger.

6 Know who you are travelling with and where you are going.

Check the route and transport. Beware of a sudden change of workplace or accommodation, especially when you are asked not to tell anyone.

7 Check the rules of the country you are going to.

Find out in advance which documents give the right to work, and save the contacts of the Ukrainian consulate and local help services.

8 Be careful online.

Do not send strangers photos of your documents and do not rely solely on information from an ad or private messages. Also be mindful of publishing your location on social media.

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9 Watch for warning signs.

You are not paid what was promised, forbidden to leave, your calls are controlled, you are threatened, a “debt” for travel or housing is imposed? Find a way to contact someone you trust or a support service. You do not need to determine yourself whether it is human trafficking to ask for support.

10 Where to get help in Ukraine:

Contacts of Caritas Counter-Trafficking Centres: caritas.ua; 1547 - government counter-trafficking hotline; 102 - police, if there is immediate danger.

If a person has fallen into exploitation, the responsibility lies with those who used them. Help is available even if the person initially agreed to the job or the trip.

Important! Do not erase or delete conversations, photos, videos or other evidence that may help document the offender's actions.

Help contacts in Ukraine

102 / 112

15-47

16-78

safemigration@caritas.ua

caritas.ua