

If you notice that somebody...



is forcing another person to work against their will or in dangerous or undignified conditions,



has confiscated their documents,



is scamming them,



is not paying them for their work,



is restricting their freedom,



is controlling where they go and whom they meet,



is pressuring them into intimate contact or sexual services,



is threatening them,



is harming them,



... this person may be a victim of exploitation, abuse or trafficking.



Ombudsman

Public Defender of Rights



When to seek help:



Are you being forced to do work you don't want to do?



Do you work in undignified or dangerous conditions?



Were your documents taken away from you?



Did you not get paid for your work?



Were you scammed?



Do they check where you go and who you spend time with?



Are you being pressured into intimate or sexual contact?



Are they threatening you?



Are they harming you?



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Trust only official information.



False or misleading information is being spread on the internet and in communities. For example, it is not true that registering will prevent you from returning to Ukraine, or that you need to pay for a special permit to enter the labour market.



Beware of unofficial intermediaries and unverified agencies offering to 'help' you get a job or housing.



The accommodation provider, whether paid or unpaid, must not ask you for any 'quid pro quo' (e.g. informal work or sexual services).



Don't sign anything you don't understand. Don't give your documents to anyone.

MOST IMPORTANTLY: Don't be afraid to ask for help.

