

For your own safety abroad:

- leave photocopies of your ID document and contracts with the agency, as well as the details of your future employer and place of work, with your loved ones,
- don't give your own passport or any other ID document to anyone (keep them in a safe place)
- provide your employer with copies of your documents, allowing the originals to be viewed only
- before you reach your place of work, contact your loved ones as often as possible, sending them information on where you currently are
- prepare useful phrases in English and the language of the country you are going to; you can also use your smartphone translator app
- don't keep all your documents at a single location; try to keep at least one of them secure
- take and secure cash which will enable you to return home in case of emergency (e.g. keep it in a special belt)
- note down the registration plates of the vehicle in which you are going to travel
- prepare useful contact details, including the phone number of the nearest Polish consulate; learn the number you will need to call to block your debit card if it is stolen
- if you are cheated by your employer, or if your employer uses physical or mental coercion on you, or you are exploited at work (slave labour), or you are sexually exploited, report it to the police; all disputes with a foreign employer should be considered in accordance with the local law before a court of the country in which you have taken up employment

Learn more about working conditions in Poland and abroad:

- **psz.praca.gov.pl**
An employment office website with job offers and information for jobseekers
- **eures.praca.gov.pl**
A website where you can find European job offers and information about working abroad
- **zielonalinia.gov.pl/nasza-misja**
The Information and Consultation Centre of Employment Services, consultants can be reached at any time of day and night
- **pracawpolsce.gov.pl**
A free-of-charge portal for Ukrainian nationals

Contact details worth keeping "just in case"

- **Anti-human trafficking portal**
gov.pl/web/handel-ludzmi
Helpline +48 22 628 01 20, +48 22 628 99 99
- **National Consulting and Intervention Centre for the Victims of Trafficking**
kcik.pl/k1 | tel. +48 22 628 01 20
- **Department for Combating Human Trafficking, Criminal Office of the National Police Headquarters**
policja.pl | tel. 47 72-148-33
- **Border Guard Headquarters**
strazgraniczna.pl | tel. +48 800 422 322
- **Ministry of the Interior and Administration**
archiwum.mswia.gov.pl | tel. +48 222 500 112
- **Ministry of Foreign Affairs**
gov.pl/dyplomacja



Ministerstwo Rodziny,
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SAFE WORK IN POLAND AND ABROAD

