

# MAKING YOUR TRAVEL SAFE

## TIPS ON SAFE MIGRATION PRACTICES FOR YOUTH



International Organization for Migration (IOM)  
Organisation Internationale pour les Migrations (OIM)  
Organización Internacional para las Migraciones (OIM)



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Published within the framework of the Solidifying Awareness on Trafficking in Persons in Armenia, Azerbaijan and Georgia through Education project implemented by International Organization for Migration with funding from the Swiss Agency for Development and Cooperation.

The opinions expressed in this publication do not necessarily reflect the views and official policies of the Swiss Agency for Development and Cooperation.

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IOM is committed to the principle that humane and orderly migration benefits migrants and society. As an intergovernmental organization, IOM acts with its partners in the international community to: assist in meeting the operational challenges of migration; advance understanding of migration issues; encourage social and economic development through migration; and uphold the human dignity and well-being of migrants.



Publisher:

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Prepared for publication by the Project Development and Implementation Unit of IOM Armenia

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# **MAKING YOUR TRAVEL SAFE**

**TIPS ON SAFE MIGRATION  
PRACTICES FOR YOUTH**

Yerevan 2013

# Read **this brochure**

Millions of people around the world live outside their own country for study, work or other purposes. Perhaps you also would like to follow them and go abroad. However, before you decide, think carefully and gain access to thorough information from reliable sources, as often you will hear fabricated and even fictitious stories.

Migrants can face many difficulties in foreign countries, particularly when they live there illegally. Hastily made decisions have often been the reason for regret among unsuccessful migrants: "...If I had known this beforehand..."

Therefore, to prevent this from happening, you should fully understand what to do before leaving and after arriving in a foreign country. This brochure was developed to address these issues. It will help you to stay safe and prosper abroad.

**The International Organization for Migration wishes  
you success!**

"...Thanks to established working relations with the Armenian Diaspora community and employers of Lipetsk region [Russia] I found a job in a Russian construction organization and got legally employed there..."

"... I am a medical doctor. I moved to Kuwait legally and worked in Kuwait City for three years in a private medical centre as a dermatologist. I returned to Armenia and established my own clinic..."

Perhaps you, like many of our compatriots, are lucky and can find employment, improve your financial condition, and then return home.

# However, **things could happen very differently**

"...I shared a small room which lacked basic amenities with six other persons. Nearly all the time we were starving: there were days when we had nothing to eat but some dry bread or cabbage stumps and sometimes we simply had to go without. After working some eight months in such harsh conditions we learned that Mr. A. had not sent a single penny to our families..."

"...Upon arriving at the place I found no children there. 'We played a joke on you. I am the only child in this house you should care for,' said the false 'father' and declared that I was to engage in prostitution..."

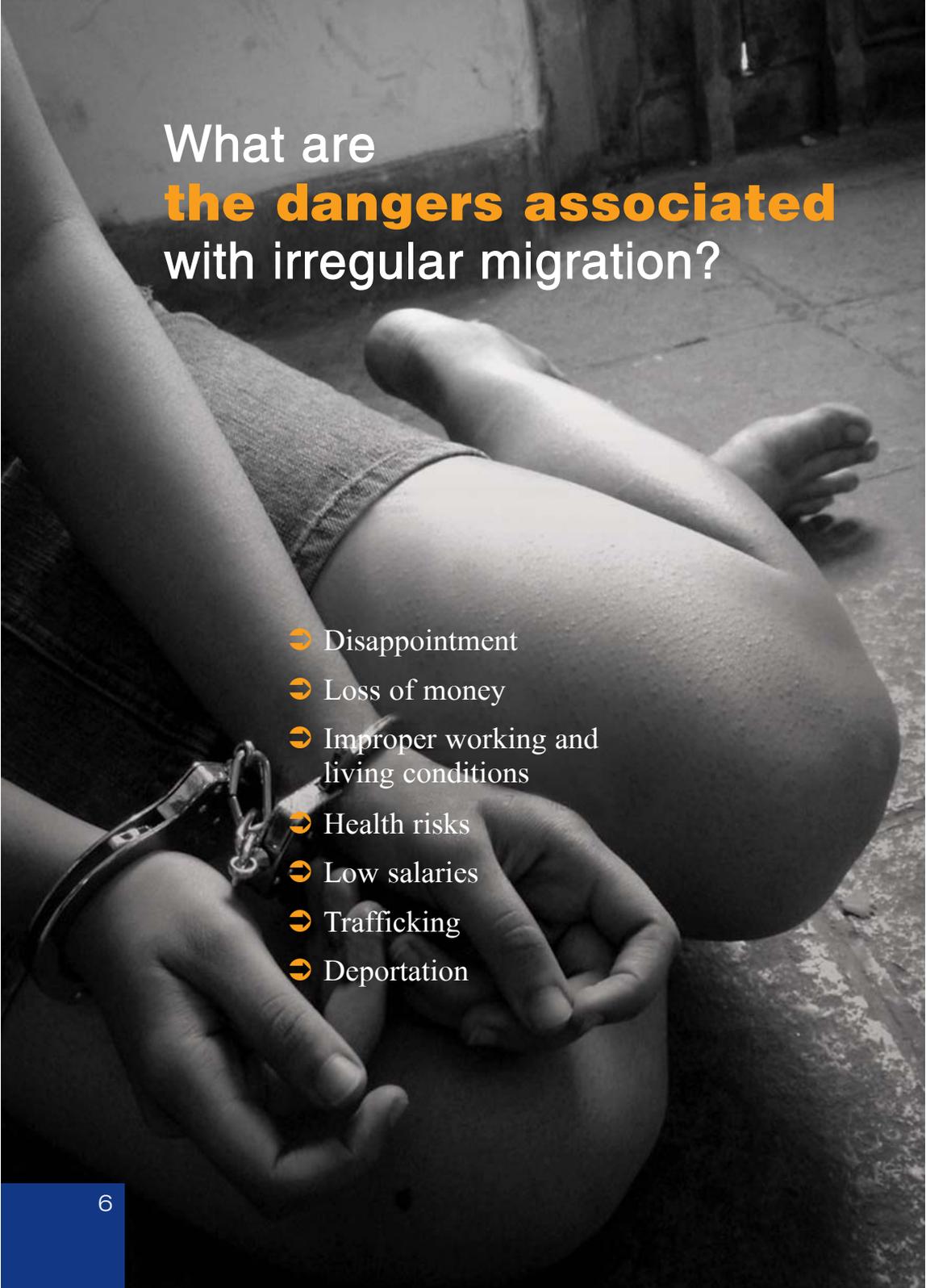
"...After paying 2000 USD to the agency, we left for Spain where we were given accommodation without electricity, water or furniture. Every morning at six we went to pick fruit and returned from work only at midnight. The money we earned was only enough to buy some food and water..."



# Who is **considered to be an irregular migrant?**

All states define the terms and conditions of arrival and stay for foreign nationals. Irregular migrants are those who do not follow the rules, for example:

- ➔ Those who enter the country by illegally crossing the state border
- ➔ Those who enter the country and stay there without legal papers
- ➔ Those who enter the country legally, but exceeded the legal terms allowed, thus remaining without a legal permit
- ➔ Those who are employed without a work permit or work visa



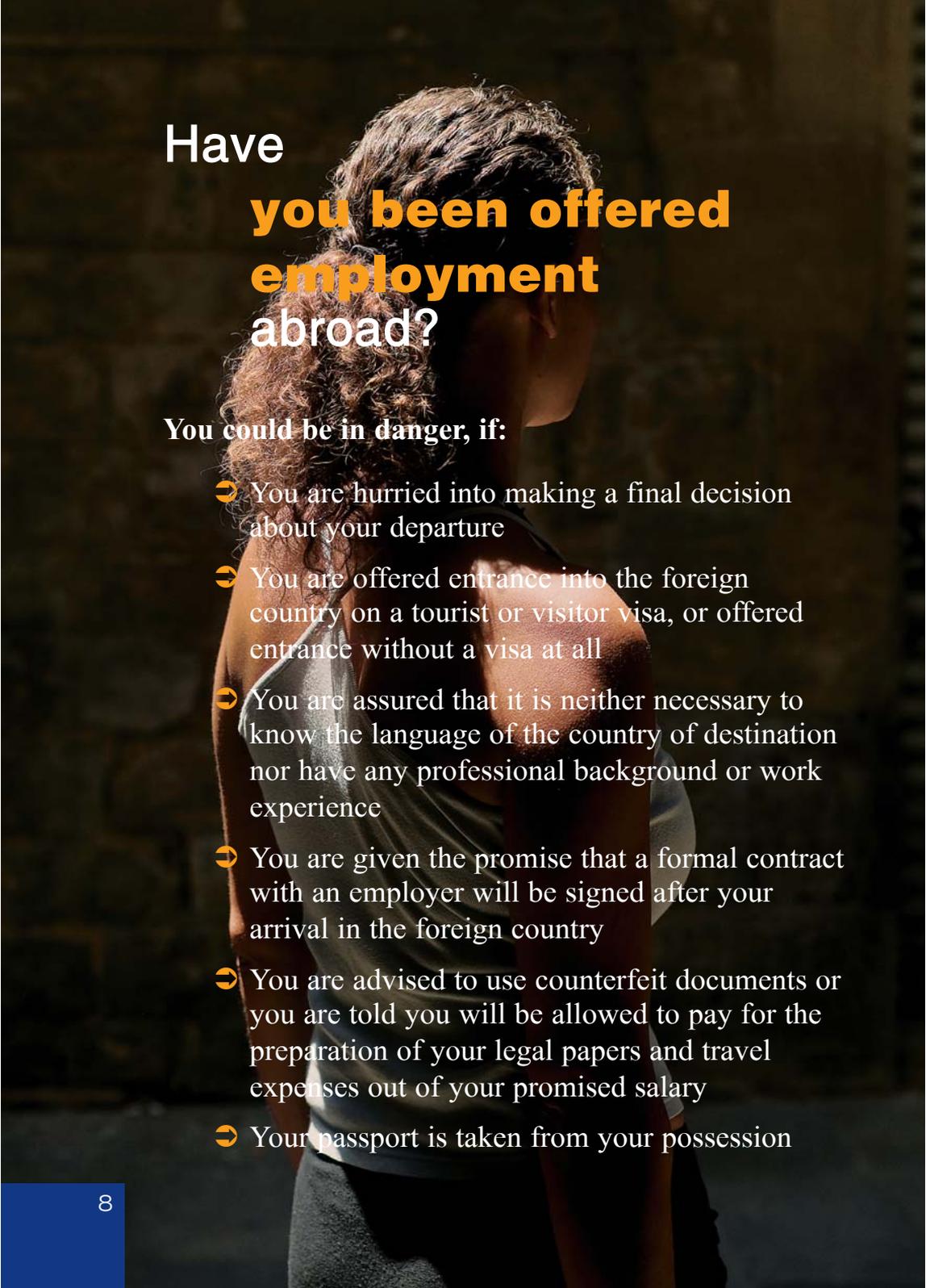
# What are **the dangers associated** with irregular migration?

- ➔ Disappointment
- ➔ Loss of money
- ➔ Improper working and living conditions
- ➔ Health risks
- ➔ Low salaries
- ➔ Trafficking
- ➔ Deportation

# Consider

Migrant women and children are much more vulnerable than male labour migrants; they can become the victims of different forms of discrimination.

Women are not protected, as they are mostly employed in the private sector as houseworkers, carers and babysitters, and work in conditions isolated from society. Sometimes this isolation can create dangerous conditions which can lead to labour and sexual discrimination, and pose greater physical and psychological risks.



# Have

# **you been offered employment abroad?**

**You could be in danger, if:**

- ➔ You are hurried into making a final decision about your departure
- ➔ You are offered entrance into the foreign country on a tourist or visitor visa, or offered entrance without a visa at all
- ➔ You are assured that it is neither necessary to know the language of the country of destination nor have any professional background or work experience
- ➔ You are given the promise that a formal contract with an employer will be signed after your arrival in the foreign country
- ➔ You are advised to use counterfeit documents or you are told you will be allowed to pay for the preparation of your legal papers and travel expenses out of your promised salary
- ➔ Your passport is taken from your possession

# **Avoid danger -** **establish the credibility of the proposed offer**

- ➔ Check whether the firm's or intermediary agency's activity is legitimate
- ➔ Check whether there is a partner agency abroad. Obtain its contact information and double check whether they are expecting your arrival
- ➔ Before departure, make sure you possess a signed contract/agreement with or an official invitation from the employer
- ➔ Do not sign a contract written in a language unknown to you - request a translation
- ➔ Consult with a lawyer before signing a contract

# Remember

- ➔ To obtain a work visa, a foreign employer should obtain a work permit from the relevant agency in his/her own country and send it to you beforehand
- ➔ As a rule, you can work abroad legally if you enter a country on a work visa
- ➔ The procedure for obtaining a work visa is a lengthy process. To obtain a work visa you need to visit/appear at the Consulate of the country of destination
- ➔ Entering a country on a tourist or visitor visa does not permit you access to legal employment. In this case, you will be totally dependent on the employer: you might lack medical insurance, be denied salary, and face greater risks of arrest and deportation
- ➔ You should leave copies of your passport and all legal papers at home. It is strongly advised that you stay in touch with your family and tell them about where you are. Always carry your passport and sufficient money



# Consider

A work visa is also required for employment in countries with which Armenia has a visa-free movement regime (e.g. The Russian Federation, Georgia, Ukraine, Belarus, Kazakhstan, etc.).

**Do not become an irregular immigrant - irregular migrants are not welcomed anywhere!**

For citizens of Armenia there are some, albeit limited, legal opportunities for living and working abroad, for example, within the territory of the European Union, you can:

- ➔ Get seasonal employment
- ➔ Participate in highly skilled workers' programmes
- ➔ Study and participate in youth programmes



Before opting to pursue illegitimate means for establishing yourself abroad, please review the information on the following websites:

- Migration Resource Centre at the "State Employment Service" Agency of the Ministry of Labour and Social Issues  
<http://employment.am/am/75/free.html>
- State Migration Service of the Ministry of Territorial Administration  
[www.smsmta.am](http://www.smsmta.am) or  
<http://www.backtoarmenia.am/?l=eng>
- Ministry of Foreign Affairs  
[www.mfa.am](http://www.mfa.am)

### **Seek out and obtain the following information:**

- Useful information for those willing to work abroad
- Useful information for returnees
- Armenian embassies/consulates abroad
- Foreign embassies/consulates in Armenia

Information about destination countries can be found at the Migration Resource Centre (MRC).

#### MRC Yerevan

Located in Yerevan Erebuni and Nubarashen District Employment Centre, 213A Khorentashi Avenue, Yerevan  
(+374) 0 (10) 574680; 574780

#### MRC Ashtarak

Located in Ashtarak City Employment Centre, 7 Nerses Ashtaraketsu Street, Ashtarak, 0201, Aragatsotn Region  
(+374) 0 (232) 35233; 35293

#### MRC Ijevan

Located in Ijevan City Employment Centre, 2 Vasilian Street, Ijevan, Tavush Region  
(+374) 0 (263) 31567; 31139

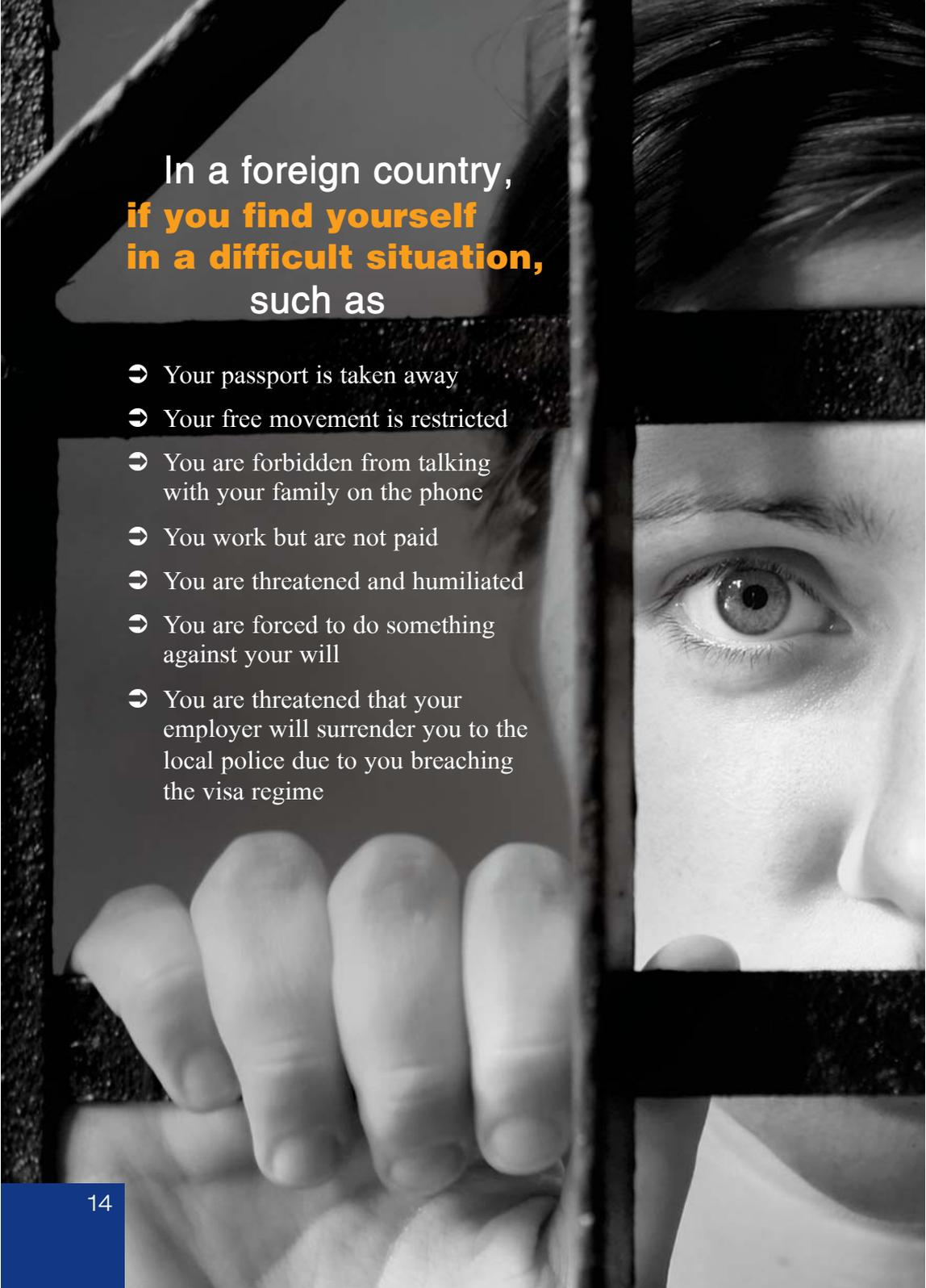
MRCs inform, orientate, and train labour migrants in preparation for employment, their stay abroad, and their reintegration upon their return home.

#### **MRCs provide information about:**

- (i) destination countries and their migration and labour legislation;**
- (ii) the procedures required to depart and then reside abroad;**
- (iii) the possibilities for legal migration and the dangers of irregular migration.**

MRCs also provide information about job vacancies both in Armenia and in foreign states with which the Armenian Ministry of Labour has working arrangements or bilateral/multilateral labour agreements.

The first MRC in Armenia was established by IOM and transferred to the State Employment Service.



In a foreign country,  
**if you find yourself  
in a difficult situation,**  
such as

- Your passport is taken away
- Your free movement is restricted
- You are forbidden from talking with your family on the phone
- You work but are not paid
- You are threatened and humiliated
- You are forced to do something against your will
- You are threatened that your employer will surrender you to the local police due to you breaching the visa regime

# Remember

- ➔ Do not put up with conditions which degrade your dignity
- ➔ For help, first of all apply to your country's embassy/consulate
- ➔ If necessary, apply to the local authority, police, church or non-governmental organizations

Your country's embassies abroad, as well as intergovernmental and non-governmental organizations, can protect your rights. In many countries, the International Organization for Migration assists migrants to return to their countries voluntarily.



If you become a victim of human trafficking, do not trust those who threaten you and tell you that you are a culprit and that nobody will help you. Be brave and step forward for help!

Many organizations in your country and abroad are ready to help you.

**Make your voice heard!**

In Armenia, the entire process of victim identification and referral is regulated by the **National Referral Mechanisms for the Victims of Trafficking (NRM)**. NRM offers services including housing, professional medical and psychological assistance, counselling, and educational and training opportunities to victims of trafficking by referring them to competent authorities.

# GOVERNMENT ENTITIES AND COOPERATING NGOS AUTHORIZED TO REFER VICTIMS OF TRAFFICKING IN THE REPUBLIC OF ARMENIA

## I. GOVERNMENT AGENCIES

### **Ministry of Labour and Social Issues**

Government Building 3, Republic Square, Yerevan 0010

Tel.: (37410) 52 68 31

URL: <http://www.mss.am>

E-mail: [hasmik.khachatryan@mss.am](mailto:hasmik.khachatryan@mss.am)

### **Ministry of Foreign Affairs**

Government Building 2, Republic Square, Yerevan 0010

Tel.: (060) 62 00 00; (37410) 54 40 41; (37410) 52 35 31

Fax: (060) 62 00 62

URL: <http://www.mfa.am>

E-mail: [info@mfa.am](mailto:info@mfa.am)

### **Ministry of Healthcare**

Government Building 3, Republic Square, Yerevan 0010

Tel.: (37410) 58 24 13

URL: <http://www.moh.am>

E-mail: [info@moh.am](mailto:info@moh.am)

### **Ministry of Territorial Administration**

Government Building 2, Republic Square, Yerevan 0010

Tel.: (37410) 52-52-74; (37410) 51-13-02

URL: <http://www.mta.gov.am/>

E-mail: [mta@mta.gov.am](mailto:mta@mta.gov.am)

### **National Security Service**

104 Nalbandyan, Yerevan 0010

Tel.: (37410) 54 81 33

URL: <http://www.sns.am>

E-mail: [sns@sns.am](mailto:sns@sns.am)

### **Police**

130 Nalbandyan, Yerevan 0025

Tel.: (37410) 52 43 02; (37410) 52 16 82

URL: <http://www.police.am>

E-mail: [press@police.am](mailto:press@police.am)

## **II. NON-GOVERNMENTAL ORGANIZATIONS**

### **UMCOR Armenia**

14 Karapet Ulnetsu Street, Yerevan

Tel.: +374 (10) 24 81 41; 28 29 77

Fax: +374 (10) 24 92 15

URL: <http://www.umcor.am>

E-mail: [umcor@umcor.am](mailto:umcor@umcor.am)

### **"Hope and Help" NGO**

Apt. 5, 37 Pushkin Street, Yerevan 0002

Tel.: (374 10) 53-48-34

Fax: (374 10) 53-17-70

URL: <http://hopehelp.am>

E-mail: [info@hopehelp.am](mailto:info@hopehelp.am)

## **III. HOTLINES**

### **For free calls in Armenia**

(+374 10) 800 50 550 Armenian Police

(+374 10) 800 80 801 "Hope and Help" NGO

(+374 10) 800 50 558 "UMCOR" NGO

### **For paid calls from abroad**

(+374 10) 538 511 "Hope and Help" NGO

(+374 10) 286 879 "UMCOR" NGO

## **What do you need to know to stay healthy both at home and abroad?**

When travelling abroad and returning home, remember to take care of your health and the health of those around you.

Since the 1980s the world has been fighting HIV (Human Immunodeficiency Virus), often referred to as HIV/AIDS.

HIV can remain in the human body for a long period before it develops into AIDS (Acquired Immune Deficiency Syndrome). HIV can be transmitted sexually, by sharing used needles, through a transfusion of infected blood, and can be transferred from mother to child during pregnancy, delivery or breast feeding.

"Body fluids", such as saliva, tears, sweat, faeces and urine, are not infectious. Therefore, HIV cannot be transmitted as a result of daily routine activities or casual contact. Touching, hand shaking, kissing, hugging, sharing a bathroom, toilet or swimming pool, eating together or sharing utensils with a HIV-positive person is not contagious. HIV cannot be transmitted through animal bites (pets, snakes, mosquitoes, other insects) or through caring for a HIV patient.

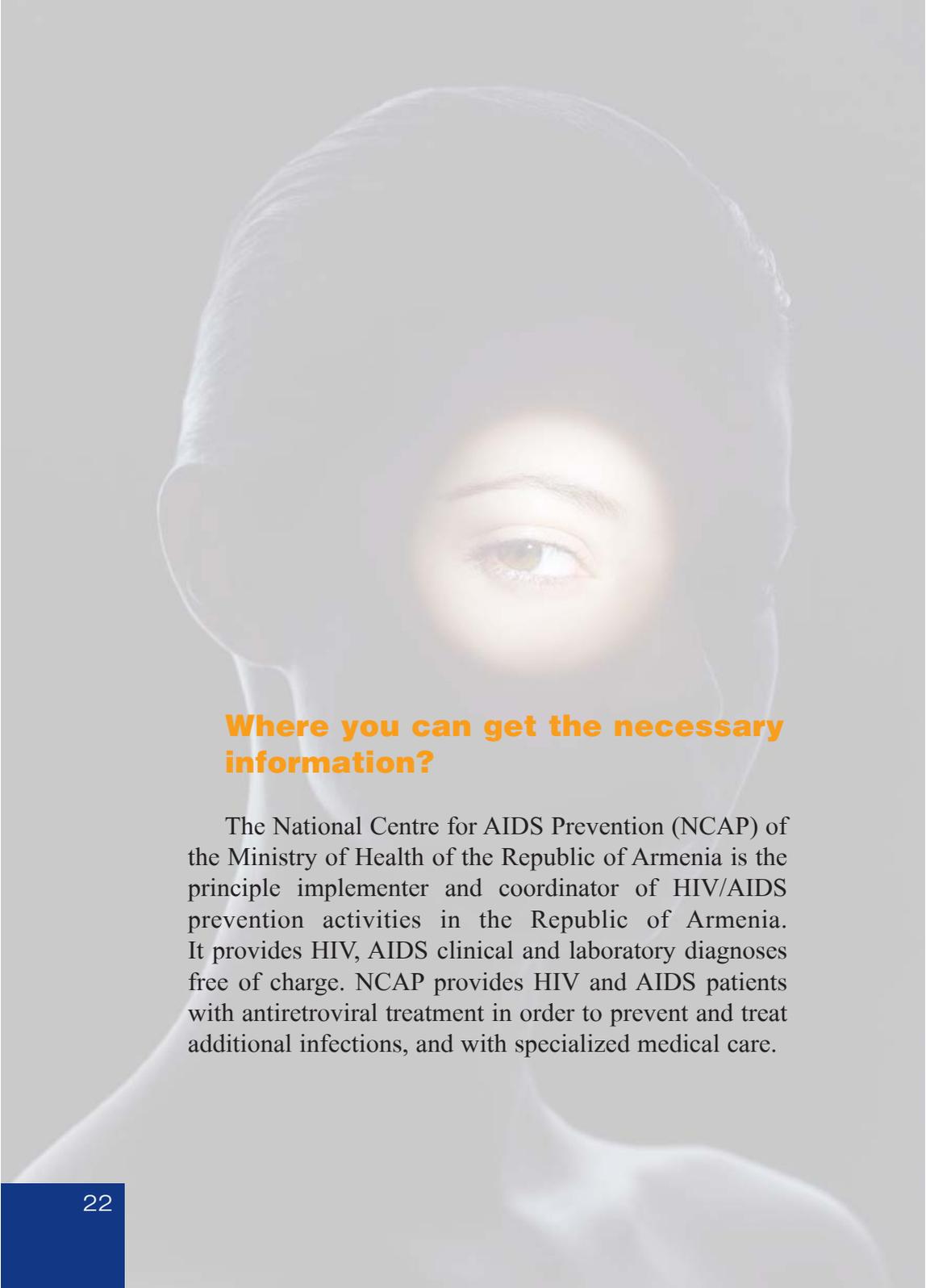
This also applies to sexually transmitted infections, such as gonorrhoea, chlamydia and trichomoniasis.

## How AIDS is transmitted

AIDS is caused by HIV. HIV is spread in the following ways:

- ➔ through unprotected sexual intercourse;
- ➔ by sharing needles with someone infected with HIV;
- ➔ from an infected mother to a child during pregnancy or during birth;
- ➔ during breast feeding from a woman infected with HIV.

If you think that you may have a sexually transmitted infection or HIV/AIDS, there are medical institutions in Armenia and abroad where you can get a consultation and tests to protect yourself and others. With proper treatment, sexually transmitted infections can be cured. Unfortunately, still there is no vaccine to protect you against HIV; only a cautious approach can protect your health. However, medications exist which can prolong human life despite an AIDS infection.



## **Where you can get the necessary information?**

The National Centre for AIDS Prevention (NCAP) of the Ministry of Health of the Republic of Armenia is the principle implementer and coordinator of HIV/AIDS prevention activities in the Republic of Armenia. It provides HIV, AIDS clinical and laboratory diagnoses free of charge. NCAP provides HIV and AIDS patients with antiretroviral treatment in order to prevent and treat additional infections, and with specialized medical care.

**"National Center for AIDS Prevention"  
State Non-commercial Organization**

Address: 2 Acharyan Street, Yerevan 0040

Telephone: (+374 10) 61 07 30; 61 71 07

Fax: (+374 10) 61 57 46

URL: <http://www.armaids.am>

E-mail: [armaids@armaids.am](mailto:armaids@armaids.am)

**For medical and psychological counseling on HIV / AIDS you can also apply to:**

**"Mission East"** humanitarian aid organization, Armenian branch

Address: Apt. 4, Building 8, Saryan Street, Yerevan 0002

Telephone: (+374 10) 52 45 10; (+374 10) 58 55 82;

(+374 10) 54 09 20

Fax: (+374 10) 54 56 28

URL: <http://www.misceast.org>

E-Mail: [missioneast@missioneast.am](mailto:missioneast@missioneast.am)

**World Vision Armenia**

Address: 1 Romanos Melikian Street, Malatia-Sebastia, Yerevan 0065

Telephone: (+374 10) 74 91 18; 749119

Fax: (+374 10) 74 91 48

URL: <http://www.wvarmenia.am>

E-Mail: [wvarmenia@wvi.org](mailto:wvarmenia@wvi.org)

*Be cautious!*

Design: Aram Urutyan

Printed in Armenia by Tigran Mets Publishing House.

Pictures on the page 18 and on the 4<sup>th</sup> page of the cover were provided by IOM. The rest of pictures were provided by the designer.

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