

ADVICE FOR UKRAINIAN REFUGEES: LIFE IN THE UK AND MODERN SLAVERY

As you may be far away from your community or loved ones, we want you to be safe – which is why we want you to know that not everyone is honest. Some people may pretend to want to help you but their intentions may not be good. Human traffickers hide behind a ‘friendly face’ and will target people in challenging situations. They will often offer false promises of things like transport, accommodation and work. Here are some practical tips for staying safe:

Travel

- If you travel with someone you do not know, take precautions. Note the vehicle registration number, driver details and ask for the exact destination. If you can, inform someone you trust about your journey details.
- Use only trusted transport if you can.
- Look out for official organisations and people with official security identification. If in doubt, ask to see ID.
- Wherever you stay, register with the local authority or local organisation databases.
- If you chose to stay somewhere other than the accommodation provided for you by an organisation and/or local authority, please notify the organisation supporting you and/or the local authority where you will be staying.
- For assistance with rail travel on arrival in the UK, including information in Ukrainian and Russian, visit:
nationalrail.co.uk/ukr-travel.aspx

Your Belongings

- Do not give your personal identification documents (passports, ID cards) to anyone else, even for safekeeping.
- Keep your personal documents with you at all times. Only show them to officials when you need to.
- Don't give your personal phone to anyone. Save emergency numbers in your phone's address book.

Work and Rights

- Be careful with new and attractive job offers online or in person. Carefully check and research the job offer.
- For information on your rights as a worker, in Ukrainian:
www.hopeforjustice.org/glaa-ukraine
- For advice on your rights as a worker and for access to immigration advice:
www.workrightscentre.org/solidarity-with-ukraine

Medical

- Medical treatment for Ukrainian refugees in the UK is free including GP and nurse consultations, hospital services, and urgent care centres.
- For details about this, visit:
www.hopeforjustice.org/ukraine-free-healthcare

Rely on your intuition! If something feels and seems to be wrong, avoid this situation. Ask for help from official organisations

- **If you are in a dangerous situation call 999**
- If you have any suspicions or concerns about human trafficking and exploitation that are not an emergency, call **101** or the Modern Slavery Helpline on **08000 121 700**
- For help from Hope for Justice, email help@hopeforjustice.org or call **0300 008 8000**