

# BE SAFE ON THE RUN!

Because of the war in Ukraine, women, children and men are fleeing. They are vulnerable to becoming victims of human trafficking and exploitation. Many people offer help, but unfortunately not everyone can be trusted.

Are you on the run?  
Pay attention to the information below:



## IDENTITY DOCUMENTS:

Never give a passport or ID to anyone other than a border guard. Carry it close to your body. Take a picture of your identity documents with your phone so you have a backup in case of loss or theft. Send a copy to friends/family and to yourself. Do not share information and details about your identity online.



## TRAVEL:

Refugees from Ukraine can use public transport in the Netherlands free of charge under certain conditions. For current conditions, visit [www.ov.nl](http://www.ov.nl) and [www.ns.nl](http://www.ns.nl). If you are traveling by taxis/buses/other means of transportation, inform a family member or friend of your location as soon as possible. If something seems suspicious, get out immediately. Take a picture of the cab driver's license and send it to friends/family. Avoid getting into cars of drivers who do not allow photos to be taken.



## MONEY:

Carry cash somewhere hidden with you, perhaps even in multiple places. Assume that any bag or luggage you have with you must be left behind at some point. Memorize your credit card/debit card number. Memorize phone numbers of multiple reliable people who can transfer/help with money if you really need it and you lose your phone. Never share your banking credentials, passwords, or authorization codes. Never open a bank account at the request of somebody you just met.



## CONTACTS:

Develop a code word with your friends and family so that if you are in danger and can't say so, they know you are in danger. They should know with whom and where you are staying.



## ACCOMMODATION:

Are you staying at a location where you feel unsafe? Seek help from the following agencies. If you do not have a place to sleep with friends or family, the Dutch government will make sure you are accommodated. You are entitled to basic services such as a bed, food and medical care. The Dutch Council for Refugees provides information and has an intermediary role. For more information from the Dutch Refugee Council: [www.forrefugees.nl](http://www.forrefugees.nl). You can also visit [www.rodekruis.nl](http://www.rodekruis.nl) for more information.



## PROBLEMS AT WORK:

For work-related problems and labor exploitation, contact FairWork by calling +3120 760 0809 or <https://www.fairwork.nu/uk/домашню-сторінку/>. Contact in your own language is possible. You can report a suspicion of labour exploitation to the Dutch Labour Inspectorate via +3170 3334444.



## COERCION AND EXPLOITATION:

In case of immediate danger call the emergency number in the Netherlands: 112. A suspicion of coercion and exploitation can be reported by telephone to the local police via +3134 357 8844. CoMensha, the National Coordination Centre against Human Trafficking, acts as a mediator for victims in finding shelter and assistance and offers information and advice. For more information call +3133 448 1186 (available from Monday to Friday between 09:00 and 17:00) or [info@comensha.nl](mailto:info@comensha.nl) or visit the website <https://www.comensha.nl/en/>. For organizations outside the Netherlands that provide assistance to victims of human trafficking, see: <https://www.lastradainternational.org/members/>  
Be cautious when someone offers you a job. Never provide your bank account to anyone unless you know and trust them. Decline any easy money offers.