



KNOW BEFORE YOU GO!

How to stay safe and healthy when going abroad





This booklet contains information to help migrants and those considering travelling stay safe and healthy.

Millions of people work overseas. Migration has benefits and risks which can affect both migrants and their families.

These are some practical steps that can be taken to minimise risks and stay safe:

Be prepared!

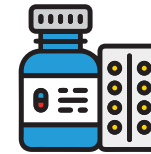
Before you go

- Talk to other people who have travelled to and worked in your intended destination. Ask them to share their experiences and advice.
- Inform someone you trust that you are planning to travel. Tell them your intended route and destination. Ask them to alert the Red Cross or Red Crescent National Society in your country if they do not hear from you by a specific date
- Memorise the phone number or email address of someone you trust and can contact in case you lose or do not have access to your mobile phone
- Note down or memorise important contact details that you might need, for example:
 - Your country's embassy or consulate in the country/ies you are travelling to
 - Telephone numbers for emergency services (police, ambulance) in the country/ies you are travelling to
 - The Red Cross or Red Crescent National Society in the country/ies you are travelling to
- [Create an email address](#) or [make a Facebook account](#) to stay in touch with your family and friends. Digital accounts can be accessed from anywhere, using your own device or with someone else's.

What to pack

- **Employment documents:** Check what other documents you might need for employment e.g. employment letter or contract, birth certificate, school certificates, skill or training certificates
- **Travel documents** e.g. passport, visa, personal ID card, health insurance documents
- **Travel tickets** e.g. flight, bus, ferry, train etc.
- **Paper photocopies** of all travel documents in a plastic folder. Take one copy with you, and leave another copy with your family
- **Digital copy of important documents:** Scan or photograph all documents and save on a USB memory stick or in a 'cloud' storage space like [GoogleDrive](#) or [DropBox](#)
- **Emergency contact details:** Write down the full name, phone number and address of someone who could be contacted in case of an emergency and keep this somewhere safe.
- **Cash** in the currency of your destination country/ies or in US dollars, and a **credit card** if you have one.
- Download a [translation app](#) on your mobile phone.
- A **guidebook, language phrase book or dictionary, and map** of the country/ies you are going to.
- **Medication** in original packaging, including a written prescription from a doctor if needed. If you are living with **HIV/AIDS**, talk to a doctor or the Red Cross or Red Crescent National Society about where and how to access to HIV/AIDS treatment and services in the country/ies you are going to.

WHAT YOU SHOULD PACK



PRESCRIPTIONS IN
ORIGINAL PACKAGING



PASSPORT
AND ID



AIR
TICKET



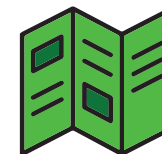
CASH AND
CREDIT CARDS



EMERGENCY CONTACT
AND IMPORTANT
ADDRESSES



EMPLOYMENT
CERTIFICATE



TRAVELGUIDE
AND MAPS



EXTRA PHONE
AND SIM CARD

Know Your Passport

- When does your passport expire?
- Make sure it is valid for at least six months from the date you plan to leave your country.
- Keep hold of your passport and personal documents. Have photocopies available but do not give your passport away for any reason.



While away from home

- Keep in regular contact with your family. Inform your family that you have arrived safely and tell them how they can contact you.
- Make sure you always know where you are. If you find yourself in danger and have a 'smart' mobile phone, share your GPS location with someone you trust.
- If you need help, contact your Embassy, the local Red Cross or Red Crescent National Society, or another organisation that assists migrants.

Tips for healthy living

Exercise and Deep Breathing

Regular exercise is one of the best ways to relax your body and mind and improve your mood. A 30-minute walk is often enough! Taking a few deep breaths can help release stress and pressure right away. You'll be surprised how much better you might feel.

Try to eat healthily

A well-balanced diet is important and will help you feel better. Include vegetables, fruit, whole grains, and protein in your diet, and never skip meals. Drinking water regularly is also important to avoid dehydration.

Take a break

Rest and relaxation will help release stress. Try to do something you enjoy like listening to music, stretching, dancing, reading a book or walking in fresh air.



Talk with someone

- If things are bothering you, talking about it can help. You can talk to family, friends, a trusted community leader, a doctor, or a therapist.
- Pay attention to what you think or say when you're stressed. Try to stay positive. For example, don't tell yourself "I can't do this." Tell yourself instead: "I'm doing the best I can."

4 HABITS TO FEEL BETTER IMMEDIATELY



EXERCISE AND
DEEP BREATHING



EAT WELL IF
YOU CAN



TAKE A
BREAK



TALK WITH SOMEONE
IF YOU FEEL DOWN



The Thai Red Cross Society

Human Trafficking

What is Human Trafficking?

- Human trafficking is the recruitment or movement of people by deception, coercion, abduction, false promises or abuse of a position of power, for the purpose of exploitation.
- It is a global issue which can occur within a country or across international borders.
- Someone can be trafficked within their own country, whilst travelling to another country, or when in another country.
- Trafficked people may be recruited or transported somewhere against their will, but they may also voluntarily choose to accept a job offer or move to a new place. In fact, traffickers may use various means to get a person to agree (consent) to a situation including force, threat or coercion, as well as fraudulent means such as false employment contracts, or deceptive promises like a good salary or marriage. Consent obtained in these ways is therefore considered invalid.
- People can be trafficked into many forms of exploitation. Each case can be very different from another, however some of the most common forms of trafficking include sexual exploitation, domestic servitude, labour exploitation, forced marriage, forced criminality, and organ harvesting.
- People of any nationality (and no nationality), gender and age, and working in a variety of jobs and other situations may be trafficked.

How to recognise warning signs and reduce risks

- Be aware that human trafficking exists:
 1. Be cautious of trusting someone who offers to arrange a job or a good deal, even if they seem well-intentioned.
 2. Know that traffickers can be men, women, young or old. They can also be friends, acquaintances, relatives or complete strangers.
- When travelling, stay with others whom you trust, keep your family together and always supervise children.
- Undertake research to know where and how to seek help if you need to leave a dangerous situation.
- Before accepting a job:
 1. Ask about payment arrangements, and the working and living conditions.
 2. Consider asking if you can talk to a current employee before you start. If you know someone who is working for the same employer, ask them about their job and what the average salary is, tell them about your job offer and ask if they consider it to be a genuine offer.
 3. Remember: if a job offer sounds too good to be true, it might be!
- Watch out for signs that other people, especially unaccompanied or separated children, may be targeted by traffickers.
- Share information within your community and tell others to be careful of human trafficking.

What to do if you are being exploited

If you see something suspicious or you feel you are in danger, the local Red Cross or Red Crescent National Society may be able to help or refer you to another organisation that can.

Restoring Family Link services



Every year, thousands of people are separated from their loved ones by conflicts, disasters or migration. People suffer terribly when they lose contact with their family and don't know where they are or whether they are safe.

Red Cross and Red Crescent National Societies work in every country in the world and can help look for people even if they are separated from their relatives by borders.

If you lose contact with your family as a result of a humanitarian crisis such as a conflict, a natural disaster or migration, please contact the Restoring Family Links Network via our website www.familylinks.icrc.org or the nearest Red Cross or Red Crescent branch in whatever country you are in. It does not matter if you're not in your own country.

The International Red Cross and Red Crescent Movement work at the community level to find missing people. Each case is different, but these are some of the services we provide:

- Looking for missing people
- Restoring contact between family members and helping relatives keep in touch through phone calls and messages
- Reuniting families when that is possible and is in the best interests of all those concerned
- Seeking to clarify the fate of those who remain missing

All these services are free, and all your information will be kept safe and private.





Stephen Ryan/IFRC

Understanding HIV and AIDS

AIDS is an illness caused by the human immunodeficiency virus (HIV)

HIV can be transmitted during unprotected sex; through sharing injecting equipment; from a mother to her baby during pregnancy, birth and breastfeeding; and through transfusions of contaminated blood transfusions.

Risk of transmission can be reduced by:

- Practicing safe sex (e.g. using condoms correctly and consistently during sex) or taking pre-exposure prophylaxis if you are at risk of HIV infection
- Using a new and sterile syringe or clean tattoo needle. Never re-use or share syringes or needles, water or drug-preparation equipment.
- Taking HIV treatment if you are a new or expectant mother living with HIV, as this will dramatically reduce the risk of passing HIV to your baby during pregnancy, childbirth and breastfeeding

AIDS is not transmitted by being close to or talking with an infected person. People living with HIV can live long, healthy and productive lives. Discrimination against people living with HIV/AIDS is unacceptable. It is important to treat everyone with courtesy and respect.

Voluntary Counselling and Testing for HIV

Counselling about HIV/AIDS can help you make an informed decision about whether to be tested for HIV. Pre-test counselling includes a private session with a counsellor, who explains the testing procedure and how the results will be given. You will have the chance to ask questions about the test, and share any fears or worries. You can then decide if you are ready for the test.

In post-test counselling, the counsellor will support you as they give you the result of your test. The counsellor will make sure you understand the result and allow you to express how you feel. They will help you make immediate plans and provide referrals for medical care, ongoing counselling and opportunities to talk to people who can help you understand more about HIV and AIDS, as needed.

You should have an HIV test at least every 6 months.

HIV testing is available at the Thai Red Cross Society's Anonymous Clinic in Bangkok and all public hospitals in Thailand. The cost of testing for foreigners is between THB 200-400 (around USD 6-12).

Cambodian Red Cross and Lao Red Cross do not provide HIV testing services, but testing is available in all public hospitals and clinics in both Cambodia and Laos. In Cambodia, testing is free for all – both Cambodians and foreigners.

If your test is negative, you can get more information on how to stay safe. If your test is positive, you should start treatment immediately to make sure that you stay healthy. Early diagnosis and starting treatment as soon as possible can help you live a healthy life.

With the right treatment and care, people living with HIV can expect to have a long and productive life, so it is important that you take control of your health by getting an HIV test.



For further information and help, please contact your local Red Cross National Society

Cambodia

Cambodian Red Cross

Address:

Lot 16A, Street 652@271,
O Bek Kaam, Sangkat Toek Laak 3,
Khan Tuol Kork, Phnom Penh

Tel:

+855(0)23 881 511

Email:

info@redcross.org.kh

Website:

www.redcross.org.kh

Facebook:

www.facebook.com/crcnhq



Lao PDR

Lao Red Cross

Address:

Setthathirath Avenue,
Xiang Gnun Village, Ruelle 01,
P.O. Box: 560, Vientiane, Lao P.D.R

Tel/Fax:

(856-21) 21253014

Email:

info@laoredcross.org.la

Website:

<https://www.laoredcross.org.la/>

Facebook:

<https://www.facebook.com/LaoRedCrossSociety>



Myanmar

Myanmar Red Cross Society

Address:

Razathingaha Road,
Dekhinathiri, Nay Pyi Taw

Tel:

+95 67 3419041

+95 67 3419046

Email:

tintunaung@redcross.org.mm

Website:

<https://www.redcross.org.mm/>



Thailand

The Thai Red Cross AIDS Research Centre

Address:

104 Ratchadamri Road,
Pathumwan, Bangkok

Tel:

+66(0)2-251-6711-5

Email:

aids@trcarc.org

Website:

www.trcarc.org

Facebook:

<https://www.facebook.com/ByTrcarc/>



