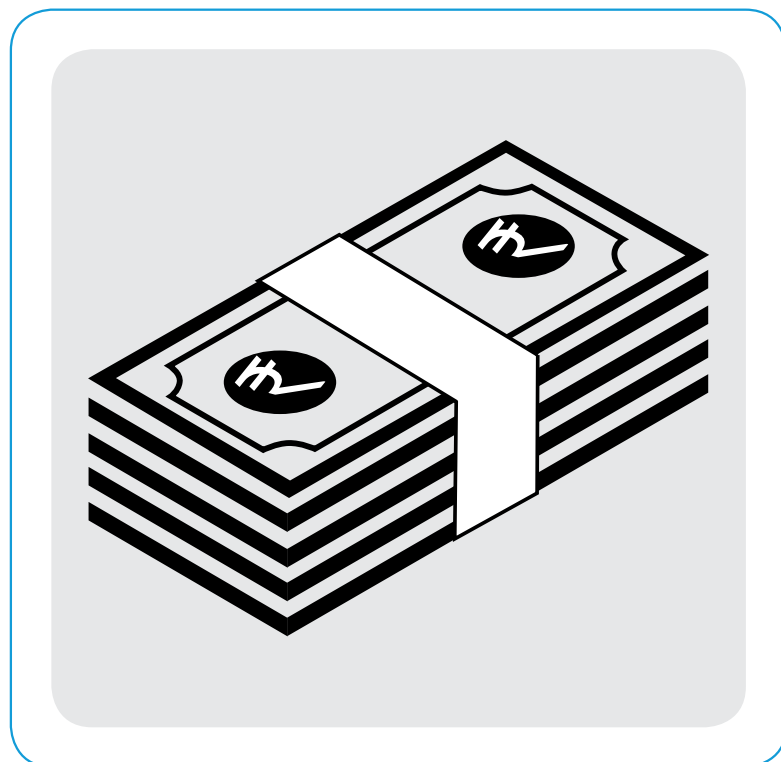


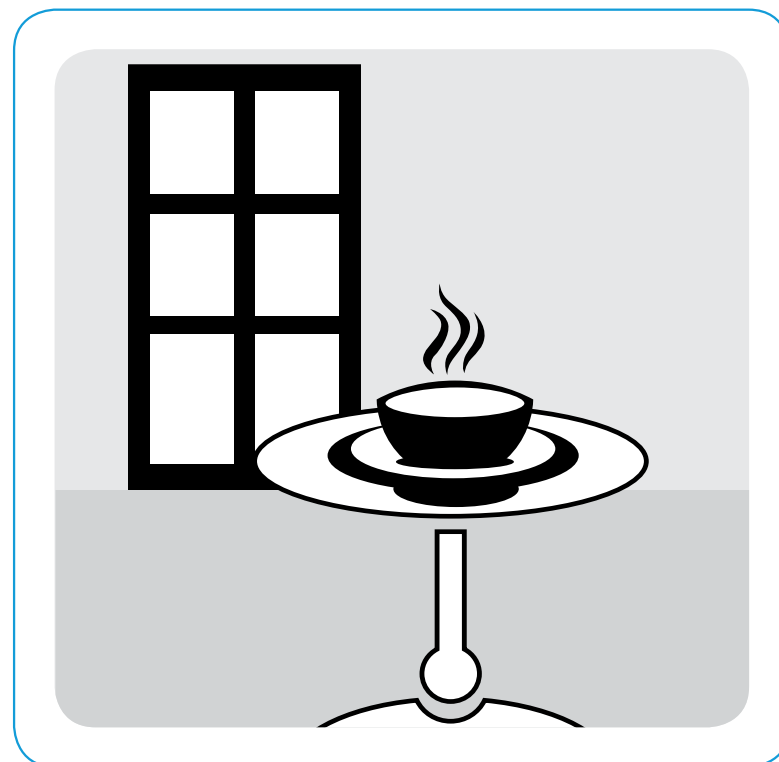
ARE YOU THINKING OF MIGRATING ABROAD FOR EMPLOYMENT AS A DOMESTIC WORKER?



MY RIGHTS



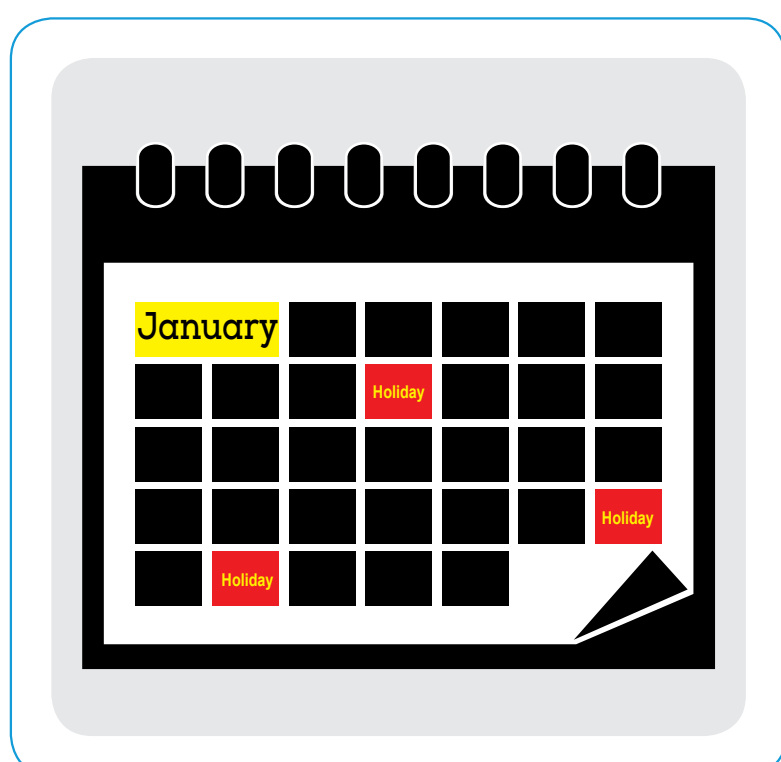
Fair wages as per contract



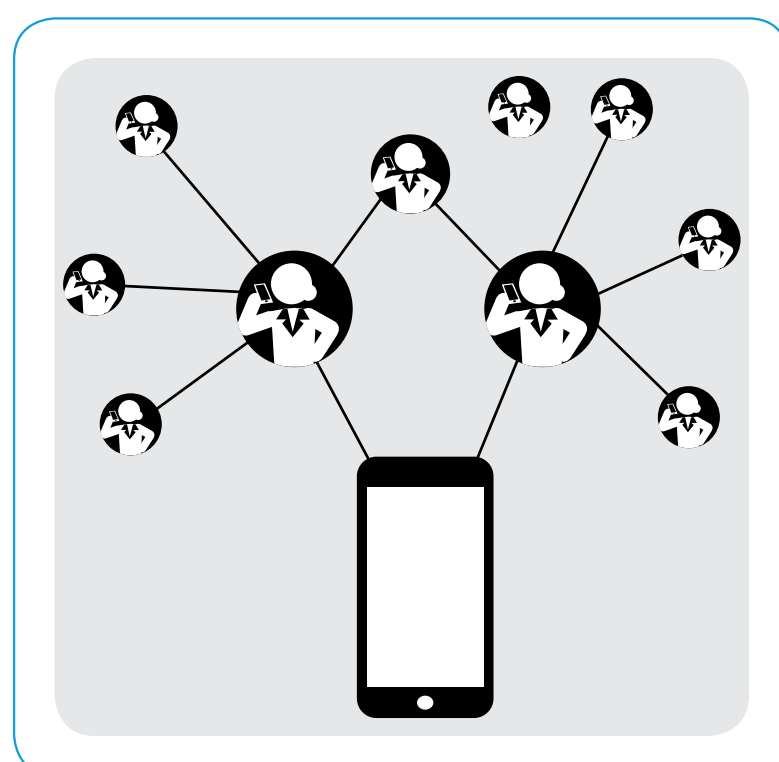
Decent food and accommodation



Sick leave and income during illness



Free time for recreation and holidays



Contact with relatives and friends; mobile phone to be provided by foreign employer



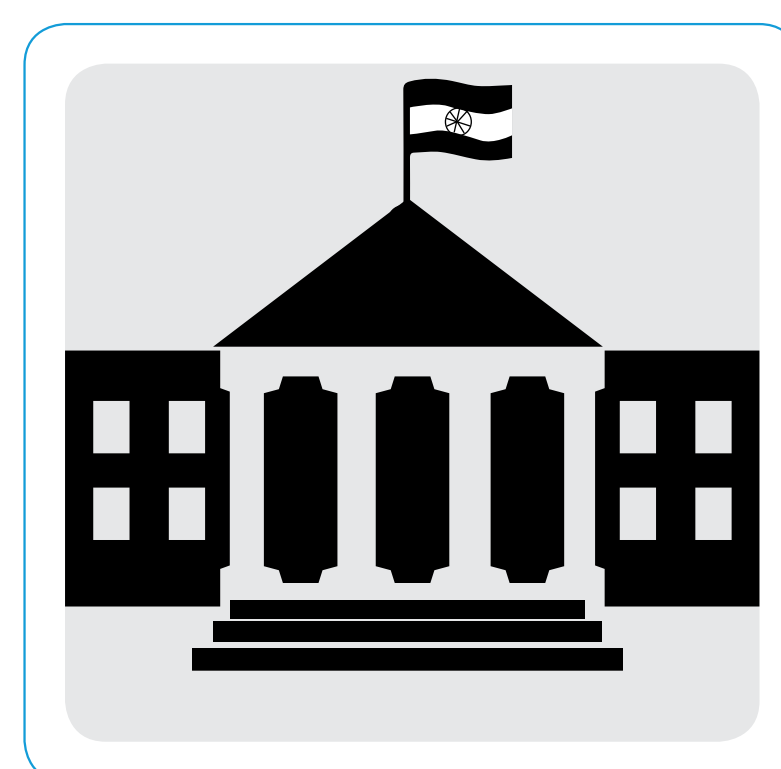
Safety from verbal, physical and sexual harassment and violence



MY RESPONSIBILITIES



Make sure you have the necessary skills



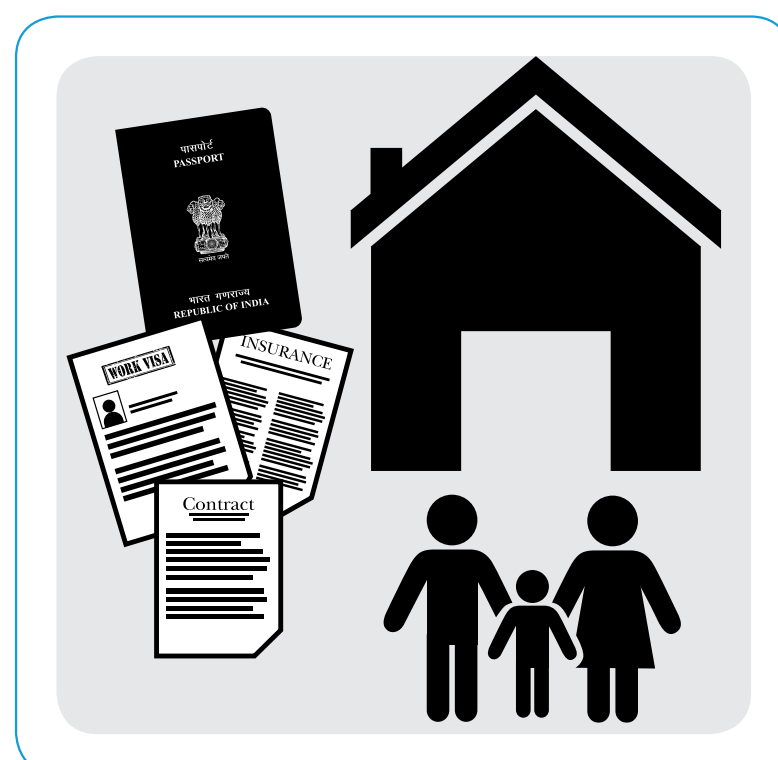
Contact only a state government-run recruitment agency



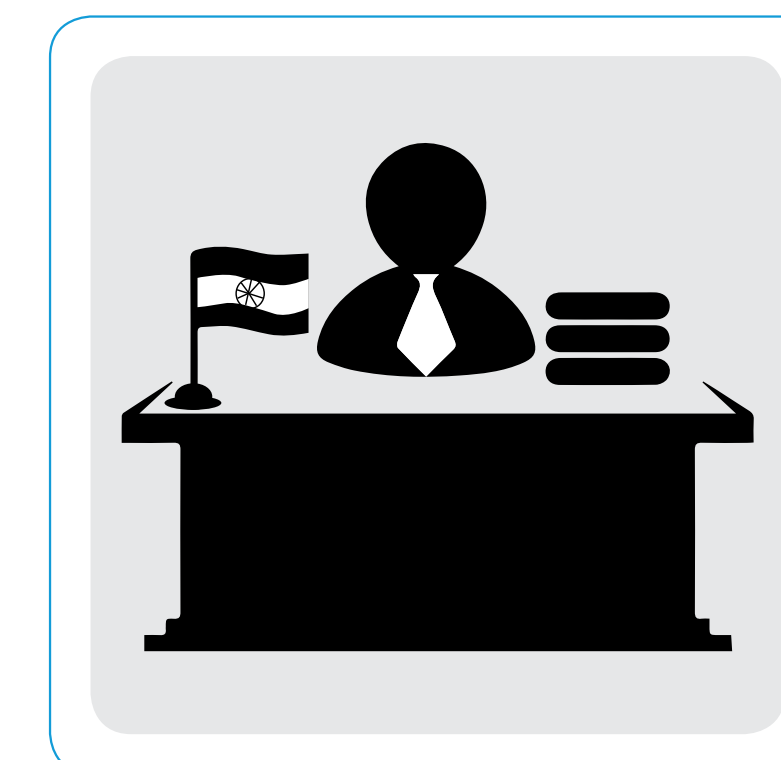
Respect local laws, customs & your contract



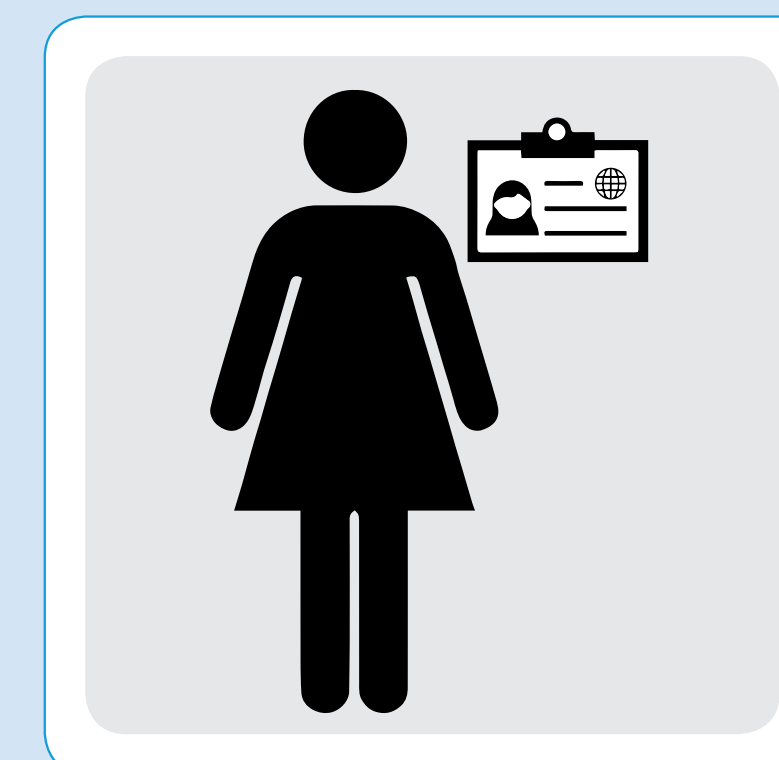
Get all necessary documents and keep them safe



Leave copies of all documents with your family



Register at the Indian Embassy and always report abuse



Always carry Employment/ID card on you



OWRC (OVERSEAS WORKERS RESOURCE CENTRE): 1800-11-3090
MADAD (CONSULAR SERVICE): 1800-258-0222
EMIGRATE (EMIGRATION CLEARANCE): 011-26887772

Surakshit Jaayein; Prashikshit Jaayein; Vishwas Ke Saath Jaayein