

# BULGARIA

NATIONAL HUMAN TRAFFICKING RESOURCE LINE



## WORK SAFE

Here are a few things you can do to make sure you don't become a victim of labour trafficking when you plan to apply for a job abroad.

- + Confirm that the organisation offering the job is licensed.
- + Have a working visa - tourist and other types of visas do not allow you to work abroad.
- + The work contract should always be bilingual - in a language you speak fluently, as well as in the official language of the country where you plan to work.
- + Never sign a contract written in a language you don't know well. Check the contract carefully for all the details about the working conditions. Don't sign a contract that has unclear or really general statements.
- + Keep contact details with you of the organization that handles foreign national issues, as well as the embassy/consulate in the country you are going to.
- + Give your family/friends detailed information on where you are going and staying, as well as a recent photo of you and the people you are travelling with.
- + Prepare all documents you will need and make copies.
- + Never give your ID to anyone. Always carry it with you.
- + Set an emergency signal with your relatives/friends, which you can use in case of emergencies.
- + Keep a small amount of money with you at all times in case of emergencies.
- + Learn some phrases in the language of the country you are visiting. Make sure you know how to ask for directions, and know where to find the closest hospital or police station.
- + Make sure you know the emergency code in the country.

## TRAVEL SAFE

Travels are usually a source of positive emotions, especially when you are going on vacation, but at the same time it is a risky situation because you leave your home and go to a foreign territory with people you don't know. Often, because of this vulnerability, travellers become victim of crimes, and sometimes trafficking.

+ Always keep contacts of organizations that handle foreign nationals issues, as well as the Embassy/Consulate within the country you are visiting.

+ Provide your family/friends with:

- Detailed information on your travel itinerary.
- Copies of your travelling documents and passport.
- Recent photo of yourself and the people you are travelling with.

+ Set an emergency signal with your relatives/friends, which you can use in case of emergencies.

+ Prepare all documents you will need and make copies.

+ Never give your ID to anyone. Always carry it with you.

+ Be careful and keep your eyes open for suspicious activities near you. Inform your relatives/friends in case you see or hear something.

+ Keep a small amount of money with you at all times in case of emergencies.

+ Learn some phrases in the language of the country you are visiting. Make sure you know how to ask for directions, and know where to find the closest hospital or police station. Memorize the telephone number of at least one relative/friend.

+ Make sure you know the emergency code in the country.

+ Be careful and cautious when talking to strangers. Never share your whole name or where you are staying. If you think someone is following you, immediately head to a more populated area and don't hesitate to call the police.

+ Avoid:

- Travelling alone, at night or in dark alleys.
- Getting into cars with people you don't know.
- Accepting food or drinks from people you don't know.
- Risky situations.

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## ONLINE SAFETY

Very often, traffickers find their victims on the internet. Because everyone is free to create his/her profile, the identity of the users and the credibility of the information they publish is rarely guaranteed. Children and teenagers are specifically in danger of becoming victims of trafficking over the internet, since they are more vulnerable and less experienced. This is why we prepared a list of good advice for safe online activity:

- + If you decide to go on a date with someone you met online, remember that this is a high-risk situation, so you need to take some precautions. This might mean meeting with the person at daylight in a busy, central place, where nobody can abduct or hurt you. If the other person wants to meet in an apartment, at a dark or secluded place, or a park, this is a red flag that the person might be very dangerous.
- + When meeting someone off the internet, tell a friend, a relative, a colleague or someone who you can trust. It's a good idea to have a safety plan in mind in case something goes wrong - for example, have the one you trust call you and come up with a code word if you need him/her to come pick you up (or insinuate that you have to leave right away).
- + Never give your personal ID, address, phone number, name, address of your school/university, or information about your relatives and family members to strangers or people you met online and don't know very well.
- + Do not open messages with vulgar, inappropriate, dangerous or insulting content. Block users who send messages like these.
- + Never send pictures to people you just met online. Restrict the visibility options of your photos and the information you publish online to only close friends.