



Cruz Roja Colombiana



Cruz Roja
Ecuatoriana

+CIFRC

BE CAREFUL... BE PREPARED...

BE SAFE!



TIPS FOR A SAFE MIGRATION

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest volunteer-based humanitarian network. With our 190-member National Red Cross and Red Crescent Societies worldwide, we are in every community reaching 160.7 million people annually through long-term services and development programmes, as well as 110 million people through disaster response and early recovery programmes. We act before, during and after disasters and health emergencies to meet the needs and improve the lives of vulnerable people. We do so with impartiality as to nationality, ethnicity, gender, religious beliefs, class and political opinions.

Guided by Strategy 2030—our collective plan of action to tackle the major humanitarian and development challenges of this decade—we are committed to saving lives and changing minds.

Our strength lies in our volunteer network, our community-based expertise and our independence and neutrality. We work to improve humanitarian standards, as partners in development, and in response to disasters. We persuade decision-makers to act at all times in the interests of vulnerable people. The result: we enable healthy and safe communities, reduce vulnerabilities, strengthen resilience and foster a culture of peace around the world.

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Be Careful, Be Prepared, Be Safe: Tips For A Safe Migration

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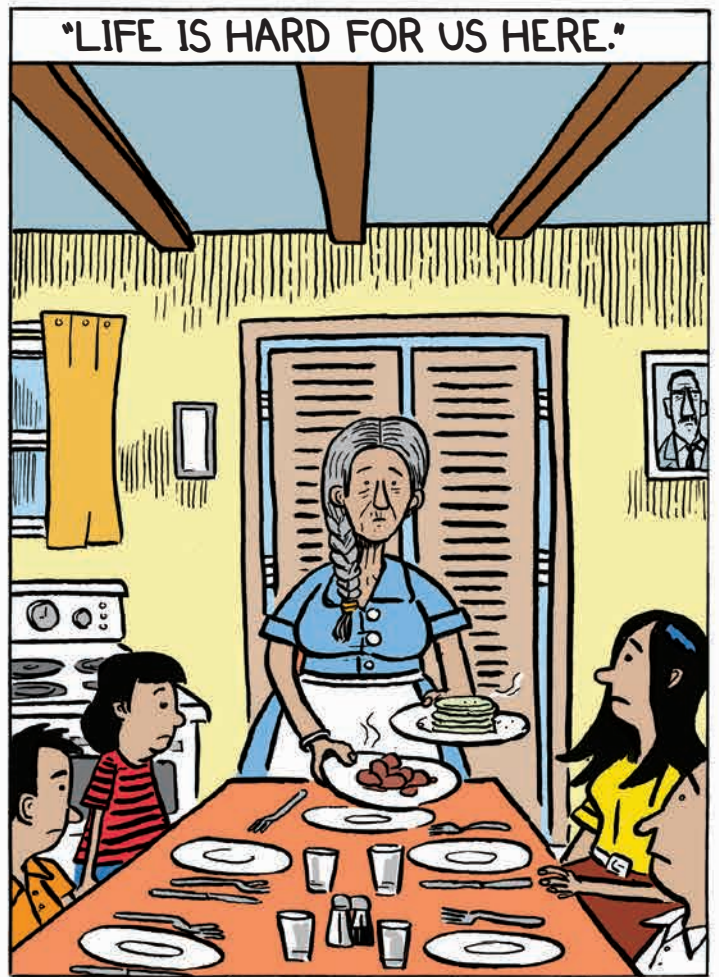


I HAD TO LEAVE
AND HAVE TRAVELLED
VERY FAR.



I CAN'T TELL YOU
HOW MUCH I HAVE
MISSED MY HOME AND
MY FAMILY.







"I WISH I WAS BETTER PREPARED BEFORE I LEFT. IT WOULD HAVE MADE LIFE A LITTLE EASIER AND MUCH SAFER!"



CONSEJOS DE SEGURIDAD



TALK WITH YOUR FAMILY ABOUT THE BEST OPTIONS FOR SAFE AND LEGAL TRAVEL.



MEMORIZE YOUR FAMILY'S PHONE NUMBERS INCLUDING THE COUNTRY CODE. WHILE TRAVELLING, CALL HOME OFTEN AND GIVE DETAILS OF WHERE YOU ARE AND ARE GOING.



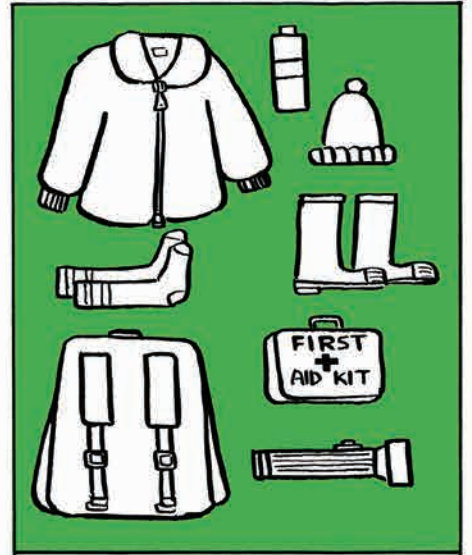
CARRY IMPORTANT DOCUMENTS WITH YOU LIKE PERSONAL IDENTIFICATION, VACCINATION CARDS, AND KEEP PHOTOCOPIES OF THEM IN A DRY AND HIDDEN PLACE.



TRAVEL WITH OTHERS YOU KNOW. TRAVEL WITH OTHERS YOU KNOW AND TRUST.



DRINK WATER AND STAY HYDRATED. MAKE SURE TO ALWAYS HAVE WATER WITH YOU.



PACK ESSENTIALS CLOTHES FOR WARM + COLD DAYS, EXTRA SHOES, SOCKS, HAT, FLASHLIGHT, BASIC MEDICAL SUPPLIES LIKE REHYDRATION SALTS AND BAND AIDS.



BE CAREFUL AROUND STRANGERS AND SEEK HELP FROM ORGANIZATIONS THAT YOU TRUST AND THAT ARE RECOMMENDED BY OFFICIAL AGENCIES.



IF YOU NEED TO CROSS WATER, USE A LIFEJACKET AND DO NOT CROSS ALONE OR AT NIGHT.



LOOK FOR A SAFE PLACE TO SPEND THE NIGHT. DO NOT STAY IN THE STREET.

I'VE HEARD THAT MANY CHILDREN ARE RETURNING HOME.



YEAH, IT IS GOOD THAT SERVICES ARE AVAILABLE LIKE REGISTRATION...



...HEALTH CARE, AND SAFE PLACES TO HELP US TALK AND THINK ABOUT OUR EXPERIENCES.



HELLO, HOLA!





IT'S ALMOST TIME FOR THE ACTIVITIES AT THE CHILD FRIENDLY SPACE TO START.



THOSE ARE THE BEST! I ALWAYS LEARN NEW THINGS ABOUT HOW TO BE SAFE AND HEALTHY.



LET'S GO!





THE COLOMBIAN INSTITUTE OF FAMILY WELFARE (ICBF)

CALL: 141 (National Line) or the toll-free number 01 8000 91 80 80

The line operates 24 hours a day, every day of the year.

FAMILY POLICE STATIONS/COMISARÍAS

Family police stations can be found in almost every municipality in the country, most of which are located within or connected to the mayor's office of each municipality.

ATTORNEY GENERAL'S OFFICE

CALL: 57(1) 5702000 (#7) in Bogotá, 018000919748 at the national level, or with cell phone 122 for the rest of the country.

VISIT:

<https://fiscaliagn.maps.arcgis.com/apps/webappviewer/index.html?id=5a01fb2c742f4e3395985fd96b0eff84>

OTHER INSTITUTIONS THAT CAN HELP

Other institutions where you can get help are the Law Courts / Justice Houses or the local Police Stations. You can also go for guidance to the personerías, which have a presence in all the country's municipalities and also to the regional offices of the Ombudsman's Office.



ECU – 911

CALL: 911

This is the line for reporting emergencies and aggressions of all kinds. If necessary, the personnel that attends to 911 may ask for the exact location of the place where the aggression or mistreatment is taking place in order to send a police unit to rescue the child or adolescent victim. The service is available 24 hours a day nationwide.

THE NATIONAL DIRECTORATE OF SPECIALIZED POLICE FOR CHILDREN AND ADOLESCENTS (DINAPEN):

DINAPEN has offices at the national level and can be consulted locally through the National Police in your canton. Provides support to cases such as: physical, psychological and institutional abuse or violence, sexual offences, trafficking, child labour, among others.

OMBUDSMAN'S OFFICE:

VISIT: <https://www.dpe.gob.ec/>

In each province there is a provincial office of the Ombudsman and they promote and protect peoples' human rights.

OFFICE OF THE ATTORNEY GENERAL OF THE STATE:

VISIT: <https://www.fiscalia.gob.ec>

Every province has an office of the Attorney General, where complaints can be filed directly. They act in situations where a crime against children has been committed.

CANTONAL BOARDS FOR THE PROTECTION OF HUMAN RIGHTS:

Identify the board in your jurisdiction through the Decentralized Municipal Autonomous Government of the canton in which you are located. One of these Board's function is to protect the individual and collective rights of children and adolescents, including: acknowledging cases, providing protection measures and following up the decisions made.

ALL BOYS AND GIRLS THAT ARE TRAVELING OR RETURNING DESERVE TO BE SAFE AND HEALTHY...

IF YOU ARE TRAVELING,
BE PREPARED AND USE
A SAFETY CHECKLIST

LEARN MORE FROM
OFFICIAL AGENCIES
AND ORGANIZATIONS
YOU TRUST



THERE ARE PEOPLE WHO CAN ASSIST YOU
IF YOU NEED HELP