

YOU DESERVE TO BE **PROTECTED FROM VIOLENCE** AND HAVE THE RIGHT TO **SHARE YOUR OPINION** AND **BE HEARD**. IT'S OKAY AND NORMAL IF YOU FEEL SAD, ANGRY, OR SCARED. IT'S OKAY AND NORMAL IF YOU DON'T KNOW HOW YOU FEEL TOO. **YOU CAN ASK FOR HELP**. YOU ARE NOT ALONE, THERE ARE PEOPLE WHO CAN HELP YOU.

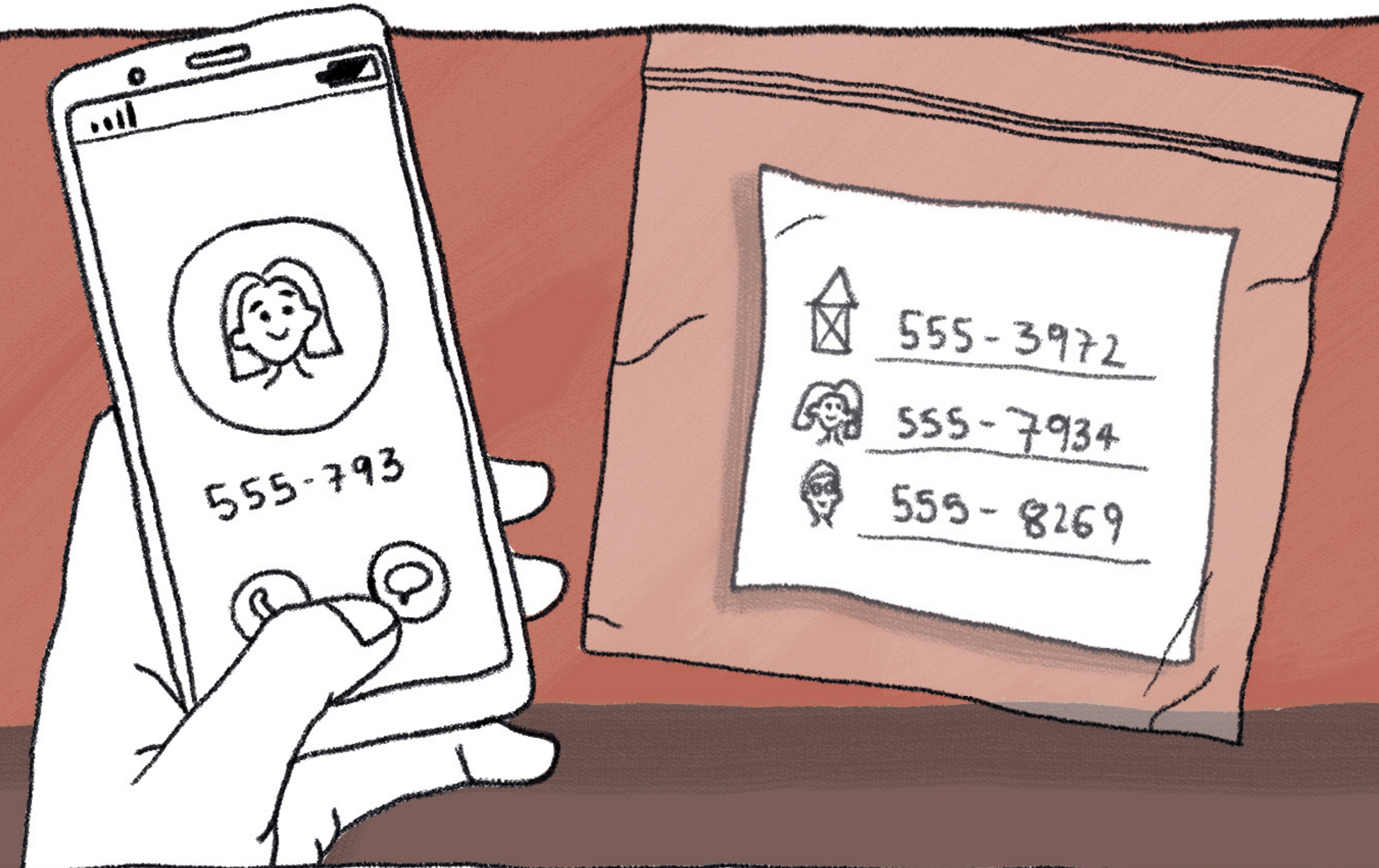


BE SAFE - MIGRATION

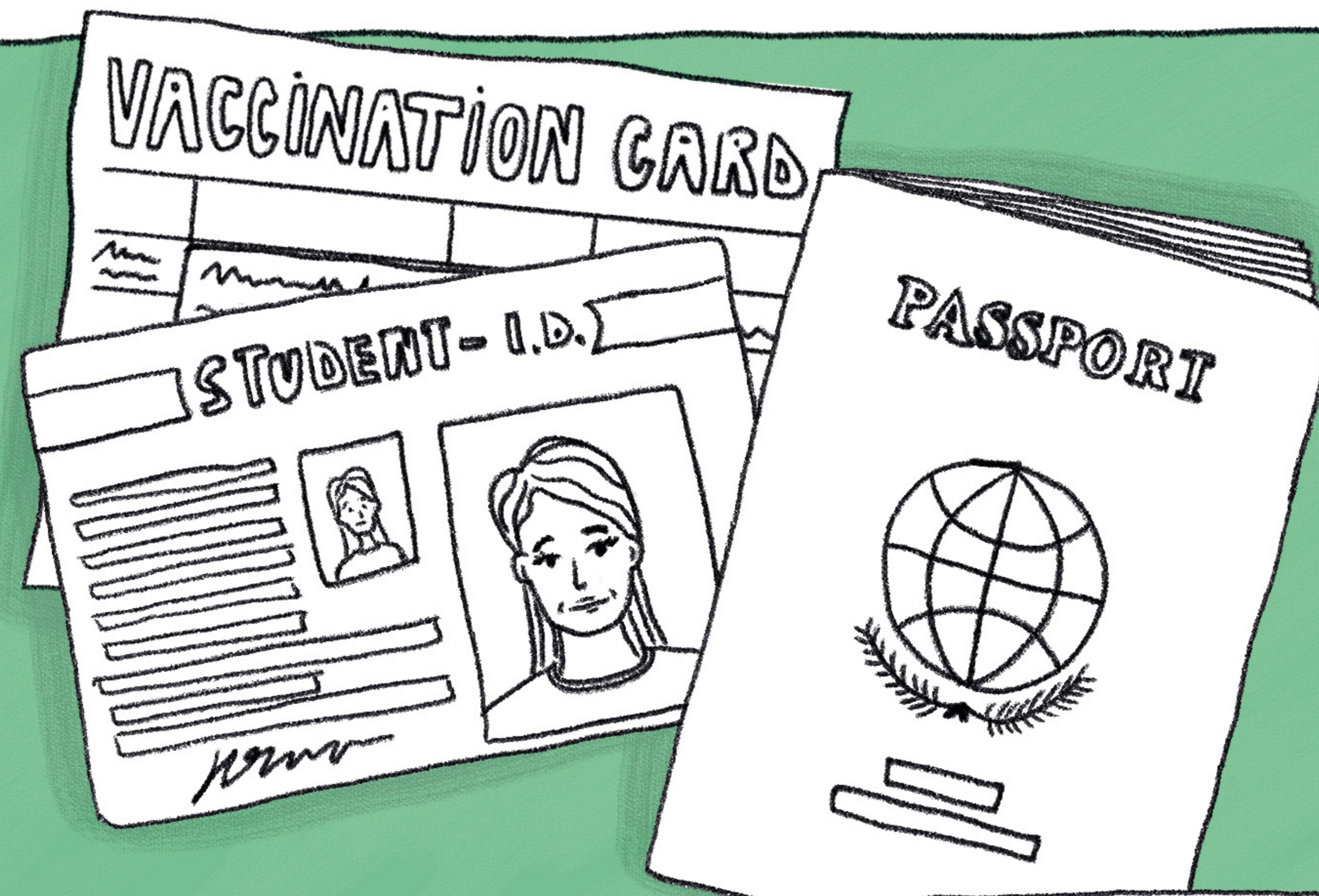
TALK WITH YOUR FAMILY ABOUT THE BEST OPTIONS FOR SAFE AND LEGAL TRAVEL. WHILE TRAVELLING, CONTACT YOUR FAMILY OFTEN AND GIVE DETAILS OF WHERE YOU ARE.



MEMORIZE YOUR PERSONAL DETAILS AND THOSE OF YOUR FAMILY MEMBERS: FULL NAME, DATE AND PLACE OF BIRTH, ADDRESS, PHONE NUMBER INCLUDING THE COUNTRY CODE, EMAIL ADDRESS, SOCIAL MEDIA OR SIMILAR DETAILS THAT COULD EASILY BE RETRIEVED IN CASE THEY GET LOST OR FORGOTTEN.



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



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

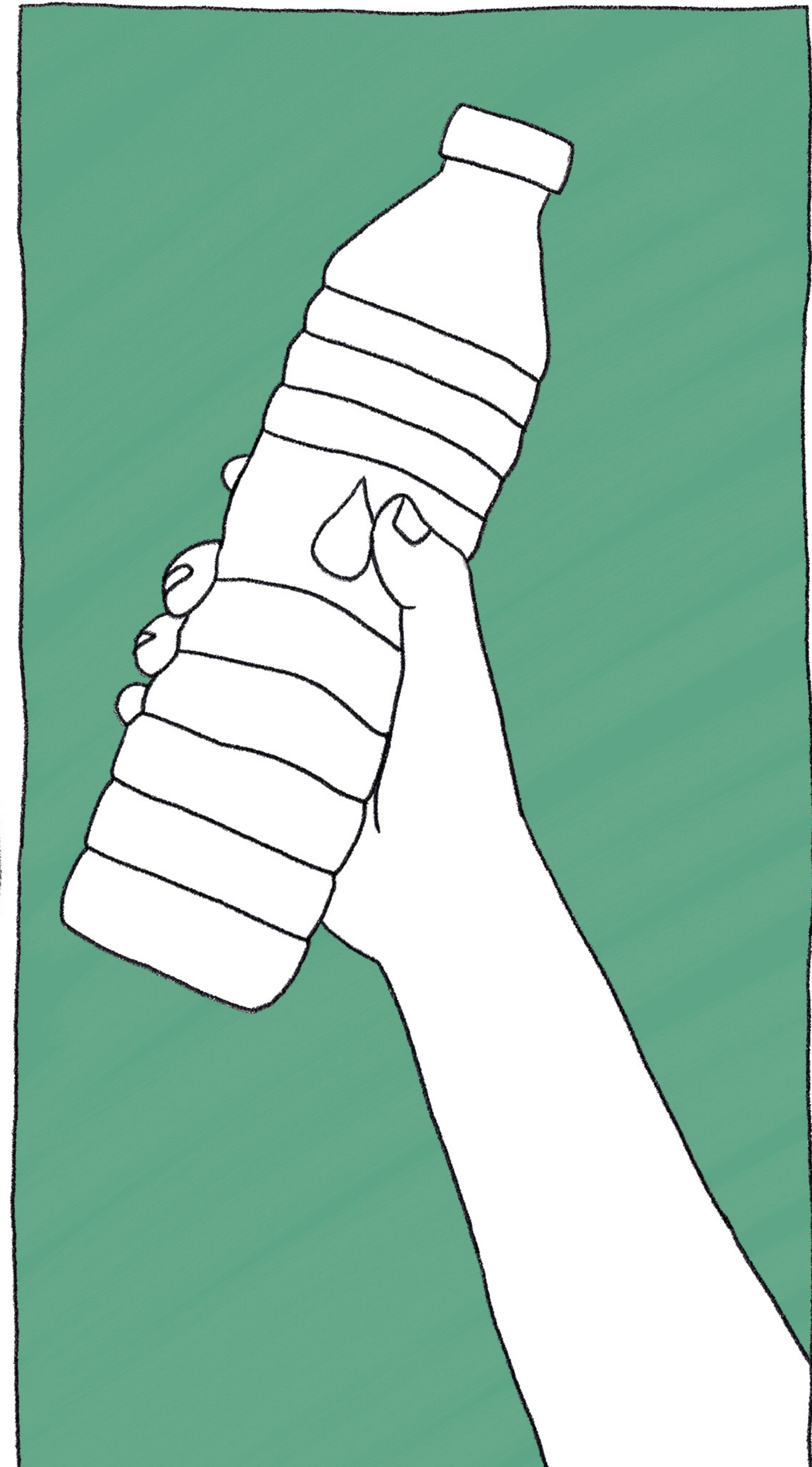




TRAVEL WITH OTHERS YOU KNOW. TRAVEL WITH OTHERS YOU KNOW AND TRUST.



BE CAREFUL AROUND STRANGERS LOOK OUT FOR FAKE JOBS, WORK OR ACCOMMODATIONS THAT ARE TOO GOOD TO BE TRUE, SITUATIONS WHERE YOU GIVE UP YOUR PASSPORT, OR WHERE YOU ARE PRESSURED TO MAKE FAST DECISIONS.



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



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.



YOU ARE NOT ALONE. THERE ARE PEOPLE WHO CAN HELP YOU. IF YOU NEED HELP, LOOK FOR SOMEONE WEARING A RED CROSS OR RED CRESCENT, OR SOMEONE FROM ANOTHER AGENCY YOU TRUST, OR CALL A LOCAL HELPLINE.