

HOW CAN I PROTECT MYSELF?

If an individual or company is making plans for you to travel and work away from home:

- Know the address and telephone number of your country's embassy or consulate closest to where you will be staying. www.embassyworld.com
- Learn the name, address and telephone number of where you are going. If possible, call or write to that employer to verify that you will be working there, and ask about your work, pay and living conditions.
- Check with a non-governmental organization (especially those who specialize in women's issues) in your country to help you determine if the person or company is legitimate or trustworthy.
 - www.facetoface.bg - Face to Face Bulgaria
 - www.az.government.bg - Bulgarian National Employment Agency

Most legitimate employers will provide a contract. Do not sign any contracts right away. Read through the document. If there is something you do not understand, take the contract to an attorney, non-governmental organization, or someone you trust. Watch out for language that says the employer will:

- "hold all money in trust until your contract is completed;"
- "subtract your cash allowance from the sum held in trust;" or
- "retain a percentage of your money."

Be suspicious if your prospective employer obtains a tourist visa for you to work.

Tell your family and friends when you are leaving and give them the address where you will be staying.



When you arrive at your destination:

- Do not give your passport to anyone to keep for you! Regardless of your legal status, your employer does not need your passport and has no right to hold it.
- Keep a copy of your passport information in a safe place where only you can find it.
- Learn basic survival phrases in the local language.
- If you are in a foreign country, register with the embassy or consulate of your home country. www.embassyworld.gov
- Contact a family member or friend at home once you have reached your destination. Keep in contact with that person!

CONTACT



SOURCES

Survivor stories courtesy of Protection Project
School of Advanced International Studies
Johns Hopkins University
www.usinfo.state.gov
U.S. Department of State Bureau for International Narcotics
Law Enforcement Affairs
Face to Face Bulgaria
International Organization of Migration
Novinar
Risk Monitor

For more information visit:
www.facetoface.bg
www.antitrafic.government.bg/m/2/cal/19/id/29/lang/en/



BE SMART, BE SAFE

Protecting Yourself from
Becoming a Human Trafficking Victim



Young female interested in becoming part of a thriving \$9.5 billion sex trade.

What are your qualifications for this position? How do you feel about the work? What are your expectations? What are your requirements? What are your interests? What are your hobbies? What are your skills? What are your strengths? What are your weaknesses? What are your goals? What are your dreams? What are your aspirations? What are your values? What are your beliefs? What are your opinions? What are your attitudes? What are your behaviors? What are your actions? What are your results? What are your achievements? What are your accomplishments? What are your successes? What are your failures? What are your lessons? What are your insights? What are your discoveries? What are your inventions? What are your creations? What are your contributions? What are your impacts? What are your legacies? What are your legacies? What are your legacies?

Young female to be sold, exploited, and forced into the \$9.5 billion sex trade.

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BREAKING CHAINS NETWORK

Working together to offer hope and healing



WHAT IS TRAFFICKING?

Trafficking is when someone moves you from one place to another with the promise of giving you a job, schooling, or offering you marriage by using deception, coercion, fraud, or force. It is modern-day slavery and traffickers will not hesitate to harm you or your family.

WHO ARE THE VICTIMS OF TRAFFICKING?

Trafficking is a worldwide problem. You may think "This cannot happen to me..." but it happens to people just like you all over the world every day, and it has become one of the biggest criminal activities in Bulgaria. Bulgaria is ranked as one of the highest risk countries for activities involving human trafficking in Eastern Europe, with an annual profit for the Bulgarian mafia at over one billion euros. With an average age of 21, 10,000 Bulgarian girls are forced into prostitution every year.



We want you to be safe. Young women and children are trafficked worldwide, into neighboring countries, or within their home countries.

I had heard stories about women being bought and sold like merchandise but I didn't believe them- and I never dreamt it would happen to me.
— Trafficking Survivor

HAVE YOU HAD AN INTERESTING OFFER TO WORK ABROAD?

Every scenario is different. You may or may not know what you will be doing once you reach your destination. Traffickers play on the dreams and ambitions of young people with promises that they have no intention of fulfilling.

The woman suggested that she could help me to get work somewhere abroad. She told me she had an acquaintance in Germany, for whom I could be a housemaid." Upon arrival... "She said I owed her 2,000 euros and that I would earn that money by providing sexual services to men
— Marsha, a trafficking survivor

Often women will answer newspaper advertisements for jobs without knowing that criminals are posing as legitimate businesses such as:

- Model agencies
- Travel agencies
- Employment companies
 - Au pair babysitting services
- International matchmaking services (mail order bride services)

These are only a few examples of the types of false businesses used by criminals.

However, traffickers are not always strangers, oftentimes women and children are trafficked by someone they know:

- A relative
- A neighbor
- An acquaintance/friend
 - A boyfriend

My situation at home was very difficult and there is no work in my area. I was offered work abroad by a man I had known for a long time and when he promised me a better life I believed him. But it was just a lie. He took me to Serbia and sold me and I ended up in Macedonia.
— Trafficking Survivor

Traffickers, who may be either criminal groups or individuals, will promise employment, schooling, or marriage and will offer to handle and pay for the costs of a passport, work permit, and transportation for these women and children.

WHAT HAPPENS NEXT?

Victims of trafficking are often placed in unsafe or illegal living or working conditions. And once a victim is in a trafficking situation, it is difficult to get out. Often it is a matter of life and death.



You cannot refuse any man. (My owners) will kill me if I say no.
— Trafficking Victim

Far from home, traffickers or employers force women and children into prostitution, sweatshop labor or other illegal activities by:

- taking away documents
- debt bondage: once a person has signed a contract and reached their destination, the employer or individual will keep the person's salary to pay for the costs of travel and purchase.
- physical abuse

They beat me, but only across the back, so it would not hurt my appearance.
— Olga

- emotional and psychological abuse: threatening to hurt the family or take children away, threatening to turn the person over to police or immigration officers, destroying the person's property, humiliating and demeaning the person, forcing the person to commit illegal acts.
- isolation: being kept in a room or house with no contact with friends or social or religious groups.

While some women know before they go that they will be exotic dancers, domestic workers, farm workers or prostitutes, they may find when they arrive they will also suffer isolation and abuse, and be forced to hand over most, if not all, of their earnings to their employers or sponsors.

RESCUE

BREAKING
CHAINS
NETWORK

for more information:
www.breakingchainsnetwork.com

