



# Bine ați venit în România! Welcome to Romania! Ласкаво просимо до Румунії!

*Leaving your country in a crisis situation can be extremely daunting! We want you to feel safe and welcome in Romania. Here are some key tips.*

## What can you do to make your migration safer?



**Know your rights and where you can access services, help and support.**






**Try and maintain possession of your documents.**




**Try to stay in contact with people who may support you (if possible those from your community, family, friends, other support structures).**

**Develop a secret 'safeword' or phrase that you have given to trusted person(s) that you can use later so they know you are in trouble.**

**Try to ensure that you have enough information about who you are travelling with, what route you will take, the address you will be staying and anyone else who may be there too, any workplace or employer you may be going to and share that information with other trusted persons.**



## Useful contacts if you are seeking help:

**National Emergency Number - 112**

**National Toll-Free Counter-Trafficking and Migrant Advice Hotline 527** (Calls from Ukraine)

**National Agency Against Trafficking in Persons (Romania) - 0800 800 678 / +40 21 313 3100**

**IOM Romania - +40 21 210 30 50**

 **For information on asylum procedures in Ukrainian call +40765861888 - LOGS Timisoara**