



Is everything right?

Do you recognise yourself in one or more of these situations?

- You have ended up in a different situation from what you were promised.
- You had to pay a lot of money to get to the Netherlands.
- You have to work a long time to pay off your employment agency's charges.
- You keep less of your salary than was promised.
- You suffer violence from your employer, landlord or employment agency.
- You had to give your documents and/or bank card to your employer, employment agency or landlord.
- You have to work very long days. You have no or few days off and don't know what to do if you are ill.
- You have to follow strict rules at work or in your home. If you don't, you are fined.
- You don't feel you can get away from the situation you are in now.

If that is the case, someone may be exploiting you. You are in a situation that is not good for you, and someone else is making money as a result.

We would encourage you to contact the care coordinator for victims of human trafficking for the Amstelland region: **Simone Postma**
telephone number **06 2119 7161** - email: **simone.postma@hvoquerido.nl**

What we can do:

- We provide information and advice on your rights and the possibility of stopping this situation
- We explain the conditions for help and support
- We help find a safe place if you are being exploited
- We call in assistance if there is labour exploitation

This flyer is available in several languages via

<https://hvoquerido.nl/locaties/acm/>

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