



# CHECKLIST

## DO YOU FEEL EXPLOITED AT WORK?

### Labour exploitation

Unfortunately, in the Netherlands there are employers and employment agencies that do not follow the rules. They try to make people work for less than the minimum wage. There are even human traffickers who are active and attempt to exploit other people. Be prepared when looking for a job and try to get for help in case of problems

### Contact FairWork in case of possible labour exploitation:

[Ukraine@fairwork.nu](mailto:Ukraine@fairwork.nu)

WhatsApp: +31 6 2193 8364

Or call 112 – in case of immediate danger

### If you answer yes to some of the questions, maybe you have become a victim of labour exploitation

- 1 This job does not meet your expectations?
- 1 Has your passport been taken away?
- 1 Do you owe money to your employer?
- 1 Is your salary below minimum wage?
- 1 Can't you visit a doctor when you're not feeling well?
- 1 Does your employer force you to work?
- 1 Is your employer threatening you?
- 1 Are you forced to work in an unsafe or unhealthy environment?
- 1 Does your employer limit your freedom?

## For legal questions about your contract and/or employment relationship:

- 1 Fill out [the form](#) of the Legal Support Team of the Opora Foundation
- 1 Contact [www.juridischloket.nl](http://www.juridischloket.nl) (free of charge)
- 1 Find information about free legal help in the Netherlands at [the website](#) of the Ukrainian embassy

## It is always important to inform the labour authority about violations of your labor rights

You can also do this anonymously.  
Contact [the Dutch Labour Authority](#)



**FAIRWORK**



FairWork is an independent non-governmental organisation (NGO) that supports women and men that are being exploited by their employer in the Netherlands. Any information that you share with us will be kept confidential. The support that FairWork offers is free of charge.



Fairwork can be reached (often in your native language) through **WhatsApp: +31 6 21 93 88 64**



You can also send an e-mail to: [\*\*ukraine@fairwork.nu\*\*](mailto:ukraine@fairwork.nu)

Visit our website: [\*\*www.fairwork.nu/en\*\*](http://www.fairwork.nu/en)

All the information you share with us will remain private. And all the support we offer is free of charge.