



# MRC BANGLADESH

Helping you make informed  
decisions on migration.

## What are MRCs?

Migrant Resource Centres (MRC) are physical structures with multiple roles and functions. They offer programmes and services for outgoing, intending and potential migrants. They provide pre-departure briefings and one-on-one counselling, conduct information campaigns, and develop knowledge materials.

MRCs also develop modules and provide capacity building training for various stakeholders (governments, academia, civil society, migrants/families, etc.). They partner with academic institutions on research, conferences and fora to mainstream migration and conduct activities for the International Migrants Day and other relevant events or occasions related to migration.

MRCs are under supervision of the Ministry of Expatriates' Welfare and Overseas Employment (MEWOE) and integrated with Bureau of Manpower, Employment and Training (BMET) and District Employment and Manpower Office (DEMO).



## What can MRCs do for you?

- Help improve the management of migration, through enhanced transparency of rules and regulations on recruitment, deployment, pre-departure, community education, etc.
- Provide clear, understandable, timely, accessible and reliable information to potential migrants that will enable them to make informed decisions on migration
- Raise awareness on the risks and dangers associated with irregular migration, trafficking of human beings, smuggling, etc.
- Establish procedures and reinforce administrative capacities to ensure that migrants have access to sufficient information on their rights, obligations and opportunities
- Explore good practices on skills matching and facilitating the recognition of migrants' professional and educational qualifications and upscaling their skills and competencies.

## Vision

The MRC will be a one-stop information and referral hub to promote safe, regular, orderly and responsible migration for the welfare and protection of the migrants and their families and to ensure good migration governance from national to union level in Bangladesh.

## Mission

The MRCs are fully functional, effective, responsive, reliable and trusted information provider within the government of Bangladesh, able to provide accurate, timely and comprehensive information and advice to aspiring migrants and their families.

## Functions

1. Serve as a one-stop information hub on migration-related matters
2. Act as referral platform or structure for other needs and services of migrants and their families
3. Provide counselling and guidance to prospective and departing migrants
4. Conduct capacity building and training both for government officers and for prospective migrants
5. Conduct research and develop information, education and knowledge materials
6. Engage with various stakeholders at the national and local level
7. Ensure regular monitoring and evaluation of related activities

## How can you access the MRCs?

- Visit the MRC offices at the DEMOs in Dhaka and Cumilla
- Approach our counsellors for face-to-face individual consultations or group counselling at the MRC offices
- Call our hotline numbers
- Visit our web-based information and online services; check our Facebook, Twitter, Instagram and website
- Attend our outreach activities in targeted locations such as colleges, schools or community centres
- Participate in the pre-migration and pre-departure orientation and seminars at the TTCs and other areas
- View our videos posted online and materials published and distributed



# How do MRCs promote safe migration?



## Be informed

Before deciding to migrate, find out as much as you can about the place where you will work or stay, the nature of your employment, the living and working conditions there and the cultural and environmental situations.



## Migrate legally

Travelling without visa and other legal documents is a bad decision. Migrate only if you have all the documents you need for this travel, including your visa and work permit. Irregular migration puts you under many risks, such as exploitation or work without pay.



## If you are offered or promised a job abroad, know the recruiter

Do not trust everyone. Find out as much as you can about the recruitment agency that is assisting you in finding work abroad. What is their reputation? Do they have a license for their work? Are they asking you to lie about your age or to work without a contract? Are they offering tourist visas instead of work permits?



## Sign a contract before you accept an employment offer

Contracts are important! Ask to have a contract signed with the recruitment agency or employer. Without a contract, your work is not secure. Understand the details of your contract. It should be written in a language that is clear to you and signed by you and your employer.

## In emergencies

Be prepared. Always carry with you a list of important telephone numbers including local police, ambulance, fire department, your friends and family, the Bangladesh embassy or consulate, NGOs, trade unions, migrants' associations and the Migrant Resource Centres in Dhaka and Cumilla.

## Protect your documents

Keep your personal documents safe. Make photocopies of your passport, visa, work contract, etc. Keep the original copies in a safe place and keep photocopies with yourself and your family. Do not allow your employer or recruitment agency to keep your personal documents even if they demand for it.

## Keep contact with other people

Do not be alone. Keep regular contact with your friends and family in Bangladesh. Let them know that you are well and safe. Befriend and interact with other migrants in your place of work. Get regular feedback from your employer and colleagues. This way, you can help and support one another.

## Protect yourself

If you have problems, talk with a trusted person. Seek help from NGOs or authorities for advice and protection, such as the Bangladesh embassy or consulate. Use your income wisely. Maintain your remittance to your family but also save something for yourself. Use only the legitimate remittance companies in sending your money back to Bangladesh.



Visit MRC offices in Dhaka and Cumilla from Sunday to Thursday, 9 a.m. to 5 p.m. All services are free of cost.

## MIGRANT RESOURCE CENTRE

Dhaka: DEMO Dhaka, Ground Floor  
Probashi Kallayan Bhaban  
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📘 Migrant Resource Centre Bangladesh  
📷 [mrc\\_bangladesh](https://www.facebook.com/mrc_bangladesh)  
🐦 [mrc\\_bangladesh](https://twitter.com/mrc_bangladesh)

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