

Know Your Rights Guide for migrant workers in the UK

More people these days are working abroad, on both a short and longer-term basis. A period spent working in another country can be rewarding but it also brings challenges. As a migrant worker in the UK, how do you cope with day-to-day issues at work and in your community?

Migrants' Rights Network has produced a Know Your Rights guide for migrants in the UK, to help you understand your rights in a situation where immigration rules are changing regularly. We hope that it will help you to understand how the law affects you and what you can do.

About

The KYR guide explains:

1. What your rights are
2. How changes in the law may affect you
3. What you can do if you face challenges
4. Where you can go for support and advice

The guide is a collaboration between several organisations who work to defend and promote the rights of migrants, and who routinely witness the brutal impact of harsh policies on migrants' lived experiences. MRN has worked with organisations who have authored specific sections relating to rights in 12 key areas of everyday life: banking, digital rights, driving, education, employment, exploitation, hate crime, health, housing, mental health, no recourse to public funds, and social services.

The guide has been written for all migrants living in the UK. It will be particularly useful for people without documents and those trying to regularise their immigration status, as well as asylum seekers. MRN has aimed to make this guide comprehensive, informative and easy to use. We have moved away from the dry and hostile language of immigration rules, and instead we aim to communicate in a way that marks respect and solidarity, in addition to being readable by people for whom English is a second language.

The logo for Migrants' Rights Network is a dark blue hexagon with the text "Migrants' Rights Network" in white, stacked vertically.

Migrants'
Rights
Network

we stand up for all migrants

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Accessing this guide

We have made this guide available online as well as in PDF format, in English, French, Russian, Turkish and Ukrainian. Many more languages will be available soon : see all the available languages here.

With special thanks to

1. Open Rights Group
2. Project 17
3. Doctors Of The World
4. Focus On Labour Exploitation
5. Migrants At Work
6. Against Borders for Children
7. Liberty
8. Victim Support
9. The Unity Project
10. Welsh Refugee Council



AGAINST BORDERS FOR CHILDREN



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