Working abroad from Bangladesh

Your rights under the law of Bangladesh, and where to get free help

What the law of Bangladesh says

Agency fees — PARTIAL

The law limits fees, or bans them only for some jobs or countries.

Written contract — STRONG

You must get a written contract, checked by the government, before you leave.

Training before you go — PARTIAL

Training is required, but you may have to pay, or it is only for some workers.

Insurance or welfare fund — STRONG

A government fund or insurance covers death, injury and the trip home.

Help line — PARTIAL

There is an official help line, but not 24 hours, or not in every country.

A lawyer abroad — STRONG

By law, the government pays for legal help abroad, also in court.

Safe place to stay — PARTIAL

Some embassies have a safe place to stay.

Complaint at home — STRONG

A special office at home can order the agency or employer to pay you.

This is what the law says. What happens in practice can be different.

MAIN LAWS

- Overseas Employment and Migrants Act 2013
- Wage Earners' Welfare Board Act 2018
- Prevention and Suppression of Human Trafficking Act 2012

Before you go

1. Keep a photo of your passport, visa and contract on your phone. Give copies to your family.
2. Ask for a receipt for every payment to an agency.
3. Save the numbers on this page before you leave.

Free help

OKUP (Ovibashi Karmi Unnayan Program)
+880 1842 773300
okup.org.bd/contact
Organization of returnee migrant workers.

Probash Bondhu call center 16135
16135
wewb.gov.bd
Free 24-hour government hotline for Bangladeshi migrant workers and their families, run by the Wage Earners' Welfare Board.

Justice Without Borders
justicewithoutborders.org
Helps migrant workers bring claims in the country where they worked, even after returning home, with pro bono lawyers.

We list a phone number only when we have checked it.

Court decisions that helped workers

We are still collecting court decisions from Bangladesh.

Help in the country where you work
theimr.org/legal-help

More detail and sources
theimr.org/countries-of-origin

New court decisions and laws, once a month, free
theimr.org/updates

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