Working abroad from Pakistan

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

What the law of Pakistan says

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

Written contract — PARTIAL
A contract is required, but not for every worker, or the government does not check it.

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 — PARTIAL
The government may pay for legal help abroad, case by case.

Safe place to stay — PARTIAL
Some embassies have a safe place to stay.

Complaint at home — PARTIAL
A complaint can punish the agency or get your fees back. For other money owed, you go to court.

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

MAIN LAWS

- Emigration Ordinance 1979
- Prevention of Trafficking in Persons Act 2018

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

We have no checked phone number for Pakistan yet. Use the link below to find help.

Justice Project Pakistan
jpp.org.pk/prisoners-abroad
Free legal help for Pakistanis held in prisons abroad, many of them migrant workers in the Gulf, and for their families.

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 Pakistan.

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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