

If you need urgent help, you might want to reach out to the police:

 (+34) 091 (Policía Nacional)
or (+34) 062 (Guardia civil)

In case your situation is identified as one of human trafficking (for labour exploitation or for sexual exploitation or both), you will have two special rights:

1. You will benefit from a reflection period of 90 days, to recover from the exploitation settings and reflect if you wish to collaborate with law enforcement authorities, such as by filing a complaint or testifying.
2. If you decide to collaborate with law enforcement authorities, you can be granted a residence permit for 5 years.



INSTITUTE FOR ADVANCED STUDIES (IAS)



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Know your rights PROTEX

Spain



You are a participant to the sociology study of PROTEX. After the interview and the different topics discussed, you might want to take further actions depending on your situation.

As a researcher, I cannot provide you with legal advice as a lawyer, nor assist you in protecting your safety and integrity. However, it is my moral duty to provide you with information on where to find help if needed be.

1) If you want to verify that your work complies with labour standards and ensure labour law enforcement:

- Do you have a question about your work situation?
- Whether you are an employee or an independent contractor?
- Whether the format of your working contract is legal?
- Whether your salary is conforming to the minimal salary?
- Whether your working hours are conforming to the legal standards?
- Whether you wonder if your company is respecting safety at work standards?
- Whether you think you suffer harassment at work?

Feel free to reach out to the Inspección de Trabajo y Seguridad Social (**Labour inspectorate**).

List of offices: https://www.mites.gob.es/itss/web/Quienes_somos/Estamos_muy_cerca/index.html

You might also want to reach out to a **trade union**:

Confederación Sindical de Comisiones Obreras (Trade Union Confederation of Workers' Commissions)

<https://www.ccoo.es/>

List of Offices: https://www.ccoo.es/Aqui_estamos

Unión General de Trabajadoras y Trabajadores (General Workers' Union)

<https://www.ugt.es/>

+34) 915 897 100

List of Offices: <https://www.ugt.es/uniones-territoriales>

Unión nacional de trabajadores (National Union of Workers)

<http://www.sindicatount.es/>

+34) 634 524 222 (WhatsApp / Telegram)

sindicatount@yahoo.es

List of Offices: <http://www.sindicatount.es/territoriales.htm>

2) If you need assistance to leave an exploitative and/or violent situation:

You might want to reach out to non-governmental organisations supporting potential victims of exploitative situations:

Proyecto Esperanza

+34 607 542 515 (24/7)

info@proyectoesperanza.org

<https://www.proyectoesperanza.org/>

Fundación Solidaridad Amaranta

<https://www.fundacionamaranta.org/>

+34) 681 202 080 (24/7) or +34) 915 196 749

info@fundacionamaranta.org

List of Offices: <https://www.fundacionamaranta.org/donde-estamos/>

Cruz Roja

<https://www2.cruzroja.es/>

+34 610 559 600

trata@cruzroja.es

Médicos del Mundo

<https://www.medicosdelmundo.org/>

+34) 637 199 598

amaya.fernandez@medicosdelmundo.org

APRAMP

<https://apramp.org/>

+34 609 589 479 (24/7)

apramp@apramp.org

Full list of NGOs: https://www.policia.es/_es/colabora_trata_guia_recursos.php#li_CA or <https://www.interior.gob.es/opencms/gl/servicios-al-ciudadano/trata/recursos-asistenciales/>

Or directly reach out to the police:

+34) 900 10 50 90 (24/7)

trata@policia.es or trata@guardiacivil.es

Local contacts: https://www.policia.es/_es/colabora_trata_guia_recursos.php#li_CP

If you prefer to reach out to a non-governmental organisation dedicated to supporting migrant persons, you can reach out to:

ACCEM

+34 678 057 843

accem@accem.es

<https://www.accem.es/>

CONVIVE Fundación Cepaim

<http://www.cepaim.org/>

List of Offices: <http://www.cepaim.org/nuestros-centros>

RedAcoge

<https://redacoge.org/>

acoge@redacoge.org

+34 91 563 37 79 (Mondays, Wednesdays and Fridays: 8:30 am to 3:30 pm; Tuesdays and Thursdays: 8:30 am to 6:00 pm)

List of Offices: <https://redacoge.org/la-federacion/organizaciones-federadas/>