

MIGRANT RESOURCE CENTRES

in the Silk Routes and Central Asian countries

May 2025- April 2026

Where are the MRCs located?

Iraq

Baghdad, Basrah, Erbil and Sulaymaniyah - Ministry of Labour and Social Affairs*, Ministry of Migration and Displaced and Joint Crisis Coordination Centre, Ministry of Interior



MRC in Baghdad under MOLSA is now managed by the Government, since May 2025

Uzbekistan

Tashkent - Migration Agency under the Cabinet of Ministers



Tajikistan

Dushanbe - Ministry of Labour, Migration and Employment of Population of Tajikistan



Kyrgyzstan

Osh and Bishkek - Ministry of Labour, Social Security and Migration and Centre for Employment of Citizens Abroad of the Kyrgyz Republic



Afghanistan

Online



Pakistan

Islamabad, Lahore and Peshawar – Ministry of Overseas Pakistanis and Human Resource Development, Bureau of Emigration and Overseas Employment and Labour and Human Resource Department Punjab

Sri Lanka

Batticaloa - Ministry of Foreign Affairs, Foreign Employment and Tourism and Sri Lanka Bureau of Foreign Employment



13 operational MRCs with **54** staff and **2** upcoming ones in 2026 (Bishkek, Kyrgyzstan and Karachi, Pakistan)

176 million
Reach of people since 2016 through media campaigns

1,494,048
Number of people reached through counselling, pre departure sessions, skills trainings, capacity building and community outreach since 2016

Afghanistan

Over 18,000 virtual counselling and 13 million + reach over social media in one year

Iraq

Two new MRCs are established in Baghdad and Basra

Kyrgyzstan

Successful launch of safe migration caravan with CECA; a mobile outreach and awareness initiative delivering to communities to promote safe and informed migration decisions

Pakistan

3,100 returning migrants have received assistance through the Airport Reception Desks located at Islamabad, Lahore and Peshawar International Airports

Sri Lanka

Successfully conducted over 70 pre-departure sessions with 2,446 outgoing migrant workers

Tajikistan

Live Broadcast on Radio reached 1.2 million listeners

Uzbekistan

Inaugurated in August 2025, with community outreach, counselling and soft skills trainings pacing up

WHAT ARE MRCS? WHY ARE MRCS ESTABLISHED? WHO SUPPORTS AND FUNDS MRCS?

MRCS are government-embedded service centres that support safe, orderly and regular migration by: providing reliable information and raising awareness on migration processes, risks and opportunities. facilitating access to legal migration pathways, including labour migration and skills development. delivering counselling, referral and reintegration support throughout the migration cycle.

What are MRCS?



MRCS are physical structures located within the premises of partner governments and jointly supervised by the International Centre for Migration Policy Development (ICMPD) and national governments.

Why are MRCS established?



To promote safe and regular migration, reduce irregular migration through awareness raising, information campaigns, and community education, and to provide reintegration support and referral, while also facilitating access to employment opportunities, labour markets, and skills development.

Who supports and funds MRCS?



The EU has been the main donor since 2016. Since then, several other donors have supported MRCS, including Austria, Bulgaria, Denmark, Finland, Germany, Greece, the Netherlands, Norway, New Zealand, Sweden, and Switzerland.



Who do MRCS target?

MRCS engage with a range of audiences to effectively promote safe and regular migration and provide support services:



Primary audience:

potential, aspiring, returning, and outgoing migrants in countries of origin, transit, and destination, seasonal workers as well as youth, job seekers and their social networks (family and friends)



Secondary audience:

Local community influencers, community leaders, civil society organizations, community/youth groups, educators, religious leaders, private sector actors (e.g., recruiters and employers), returnee associations, and social media influencers who help disseminate information and raise awareness



Tertiary (strategic) audience:

policy-level stakeholders at national and international level such as government ministries, local authorities, border management /law enforcement agencies, international organizations, development partners, academic and research institutions, media and diaspora organizations

REACHING PEOPLE, CHANGING LIVES: THE MRCS THREE - PRONGED APPROACH

1 OUTREACH: *Mass communication and community*



MRCs use a combination of digital, media, and face-to-face channels to disseminate accurate migration information and raise awareness:



Social media campaigns
(e.g. Facebook and other platforms)



SMS services and dedicated
hotlines/helplines



Mobile outreach campaigns
(e.g. rickshaw campaigns)



Billboard and public
advertisement campaigns



Community-based activities (e.g.
courtyard meetings, local events, theatres)



Pre-departure and
post-arrival briefings



Educational and awareness
raisings seminars/ sessions



Engagement with media
and local stakeholders

2 INDIVIDUAL SUPPORT: *Counselling and referral services*



MRCs provide tailored, accessible support to individuals across all countries through multiple channels i.e. Walk-in services, online platforms, group session, and individual counselling sessions via:



Dedicated hotlines



Social media platforms



Email



Messaging applications (e.g. WhatsApp)



After-session counselling

Core services include counselling, psychosocial support, skills development, and referrals to relevant services to support informed decision-making and reintegration.

3 PARTNERSHIPS: *Capacity building and stakeholder engagement*



MRCs use a combination of digital, media, and face-to-face channels to disseminate accurate migration information and raise awareness:



Capacity-building activities with national and local government institutions (Government, civil society organizations (CSOs), media actors, private sector entities (including recruiters), faith-based organizations and youth groups and community volunteers)



Strengthen coordination
and referral mechanisms



Facilitate multi-stakeholder
dialogue and cooperation



Support development of
SOPs and joint approaches



Promote ethical recruitment and
private sector engagement



Publish migration trends and analysis from MRC data to support
policy development, programming or pre-emptive action



Support non confidential data sharing
and evidence-based interventions

In some contexts, such as Pakistan, this support is further expanded to include airport reception services as well as immediate, mid-, and long-term reintegration assistance. This encompasses reintegration counselling, psychosocial counselling, legal counselling, business counselling, bespoke (case-specific) assistance, and business seed funding, delivered through individualized case management, referrals, and capacity-building initiatives such as training, mentorship, and financial assistance to promote sustainable reintegration.

MRC: 360° APPROACH TO MIGRATION & RELATED SERVICES

What do MRCs do?



The MRC services are free of cost and are offered across all phases of migration (pre-decision, pre-departure, on-site, post-arrival, return & reintegration)



MRC COUNTRY PROFILES HIGHLIGHTS | STORIES | DATA INSIGHTS



AFGHANISTAN



MRC AFGHANISTAN - KEY ACTIVITIES DATA

MRC Afghanistan activities		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to online clients	23,814	21,219
	Social media reach (Facebook, Instagram, YouTube)	7,806,807	16,007,814
	Number of Social media posts	388,859	664,936
	Number of attendees for soft skills training	522	1,821
	Number of referrals made to other services/ service providers	126	393

MRC Afghanistan co-chair EUAA on education and labour migration for Afghans

On 19 June 2025, the 21st Expert Platform on Safe Pathways for Afghans convened stakeholders to strengthen education and labour migration as safe and legal pathways. Since its launch in October 2021, the Platform has supported cooperation among EU+ countries and international partners. A key highlight was the co-chairing role of ICMPD MRC Afghanistan, recognised for facilitating dialogue and providing reliable information on legal migration pathways, contributing to expanded safe and sustainable mobility options for Afghans.



MRC Afghanistan, Co-Chairing EUAA meeting

Soft skills development for Afghan students and job seekers

This initiative supports Afghan students and job seekers in building soft skills for education and labour migration pathways, in partnership with institutions such as Ghalib University. A total of 114 students were registered and 89 attended. Knowledge levels showed a modest increase from 52% to 55% pre- and post-training. Satisfaction was high, with 68% rating the training as excellent and 32% as good. More than half (58%) found the content highly useful, particularly for CV writing, scholarship applications, and migration-related information.



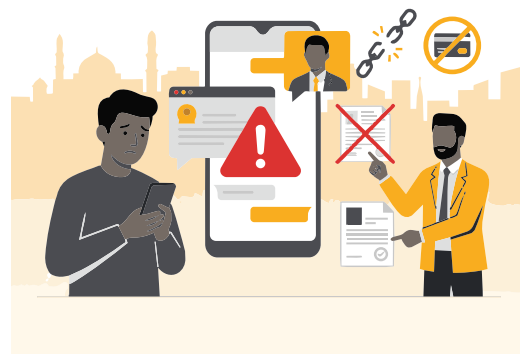
Soft skills session at Ghalib University

“MRC Afghanistan, together with MRC Uzbekistan and the Yaran Foundation in Spain, made our transition to Spain possible and well-prepared. Through pre-departure orientation, we gained essential knowledge on travel safety, programme expectations, and integration. The soft skills training also helped us understand education and migration pathways better, giving us confidence for our studies and future opportunities in Spain.”

— MRC Client (Afghan student participant)

Protecting Clients and Supporting Safe Migration Decisions

MRC Afghanistan continues to play a critical role in helping clients navigate complex and often misleading migration information, ensuring they make safe and informed decisions. In one case (August 2025), a client approached MRC via WhatsApp after being misled by fraudulent communication claiming a French humanitarian visa approval. The client had been directed to a fake link and asked to pay 5,000 AFN. MRC advisors quickly identified the scam, confirmed the information was false, and



prevented financial loss by providing accurate guidance on the official visa process. In another case, a media professional seeking humanitarian protection consulted MRC while weighing options between France and Spain. Based on MRC's counselling, he proceeded with the Spanish application instead of waiting for an uncertain appeal in France. This timely advice proved life-changing, as he was later granted a Spanish humanitarian visa and successfully relocated. He later expressed appreciation for the guidance received.

Together, these cases highlight MRC Afghanistan's dual impact: protecting vulnerable clients from fraud and enabling informed decisions that lead to safe and legal migration outcomes.

Currently, the MRCs in Dhaka and Cumilla are temporarily closed due to end of project. They were operational from 2020-2023 with funding from EU, Germany and Switzerland. Over a period of 3.5 years, they have a reach of over 90 million through counselling, pre-departure training, community outreach, social and traditional media campaigns, and engagement with training institutes, CSOs, faith-based groups and private sector.



IRAQ



MRCs in Baghdad, Erbil, Sulaymaniyah, and Basra take a comprehensive approach to empowering migrants by raising awareness on migration processes, safe migration, the protection of migrants' rights, and the prevention of irregular migration. They also provide reintegration support and psychosocial counselling. MRCs help migrants to better adapt to their destination countries by providing realistic information and connecting them with relevant government services. They offer referral and psychosocial support tailored to migrants' needs, including linking them to available reintegration services, skills development opportunities, and job-matching services, as well as assisting clients in identifying suitable employment opportunities. Additionally, MRCs engage in capacity building activities for stakeholders involved in migration, return, and reintegration processes, thereby strengthening the overall migration governance framework.

“MRC Baghdad is a trusted and professional partner supporting efforts to reduce irregular migration and improve return and reintegration outcomes. Its skilled team and strong coordination have contributed to effective implementation of joint initiatives. The Ministry looks forward to further strengthening cooperation on impactful programmes.”

— Head of the Division of Neighbouring Countries, Department of Migration Affairs, MoMD

MRC IRAQ - KEY ACTIVITIES DATA

MRC Iraq activities		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to the walk-in-clients and online clients	2,240	2,188
	Number of participants attending community outreach, post arrival, awareness raising sessions at educational institutes and job fairs	30,992	20,727
	Number of returnees provided with counselling, referrals and skill development trainings	1,196	1,041
	Dissemination of MRC content through poster pasting, volunteer groups, in the community and job fairs	42,800	69,000
	Social and mass media reach and engagement	12.5 million	4,603,862

✖ Since February 2026, due to the geo-political and security situation in the region, MRC outreach activities were reduced and shifted to an online mode.

MRC Baghdad, Erbil and Sulaymaniyah - Job fairs, outreach engagement, and career counselling initiatives

MRC Erbil and Sulaymaniyah strengthened its outreach through university engagement sessions and active participation in major job fairs across the region. The MRCs took part in five job fairs, reaching approximately 5,000 individuals and providing counselling, registrations, and on-the-spot CV reviews to around 750 participants. In addition, more than 800 informational leaflets with QR codes were distributed to improve access to MRC services and information. These outreach efforts generated strong interest in CV development and other support services, reinforcing the MRCs' role in connecting job seekers with practical employment guidance and opportunities.



MRC informational desk at a university job fair

Strengthening institutional partnerships and expanding MRC outreach in Iraq

In the scope of the Memorandum of Understanding signed with the Ministry of Migration and Displaced (MoMD) in May 2025, an MRC was established within MoMD, strengthening institutional coordination to enhance service delivery and outreach. A comprehensive outreach and capacity-building initiative was implemented in collaboration with MoMD, including seven awareness sessions for government officials (reaching 153 participants) on irregular migration risks, return and reintegration, and MRC services.



Signing of Cooperation Agreement between ICMPD and JCC, MOI

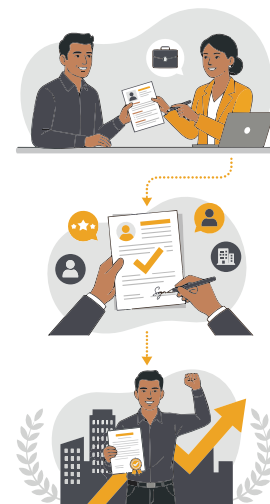
This was complemented by a large-scale visibility campaign, which distributed over 3,000 stickers, 1,000 flyers, 100 roll-ups/posters, and 800 additional materials across government institutions to further expand awareness and engagement with MRC services.

An additional Memorandum of Understanding was signed between ICMPD and the Directorate of Labour and Social Affairs in November 2025, as well as a Cooperation Agreement with ICMPD and the Joint Coordination Center (JCC) under the Ministry of Interior in January 2026.

Supporting Employment through CV Review Services at MRC Sulaymaniyah

Through its regular CV review sessions, the Migrant Resource Centre (MRC) in Sulaymaniyah continues to play a key role in enhancing employability and connecting clients to job opportunities. In one notable case, the MRC supported a client by reviewing and strengthening his CV, ensuring it better reflected his skills and experience and aligned with employer expectations. Following the tailored guidance provided during the CV review session, the client successfully secured employment. This case highlights the practical impact of the MRC's ongoing career support services and its commitment to improving access to decent work opportunities for beneficiaries.

Strengthening job readiness through CV review sessions directly contributed to successful employment



KYRGYZSTAN

In collaboration with the Ministry of Labour, Social Security, and Migration and the Centre for Employment of Citizens Abroad of the Kyrgyz Republic, the MRC in Osh employs a comprehensive strategy across its services and initiatives. This strategy encompasses three main pillars: community engagement, personalized support and counselling, and fostering partnerships. During its second year of operation, the MRC's outreach has been largely concentrated in southern Kyrgyzstan; however, all 7 major regions were covered (Osh, Jalalabad/Manas, Batken, Talas, Naryn, Issyk-kul and Bishkek, Chuy) through safe migration caravan with CECA. In 2026, the MRC will further expand its presence in the north with the establishment of an MRC in Bishkek.

“Soft skills are more than abilities—they are the key to shaping one's future and unlocking opportunities. These trainings empower young people to become confident leaders who drive positive change in their communities, whether at home or abroad. A generation equipped with strong soft skills doesn't wait for change—they create it.”

— Gulnara Akyzbekova, Soft Skills Trainer and Lecturer, Osh State Pedagogical Institute

MRC KYRGYZSTAN - KEY ACTIVITIES DATA

MRC Kyrgyzstan activities		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to the walk-in and online clients	807	827
	Number of participants attending community outreach and awareness raising sessions conducted by MRC/ with community partners	5,237	6,752
	Number of participants attending community session conducted by MRC and partner organisations	-	3,862

	Number of participants from skills training programmes	-	380
	Social and mass media engagement and reach	965,490	940,711
	Local media reach (TV, radio, news agencies, newspapers, YouTube channel)	724 000	91,525
	Development of thematic brochures and dissemination of IEC material	6 IEC materials on 6 topics – 9,640	8,025
	Capacity building sessions for government/non-government stakeholders	25	14 (480 staff trained)

Safe migration caravan outreach campaign

The Safe Migration Caravan 2025, implemented by MRC Kyrgyzstan with Centre for Employment of Citizens Abroad (CECA), reached 2,586 participants across Jalal-Abad, Osh, Issyk-Kul, Naryn, Talas, and Batken. Sessions covered safe and legal migration, fraud prevention, and risks of irregular migration. The campaign enabled direct community engagement, including migrant families, and was covered by local TV at Naryn State University. Expanding nationwide in 2025, it extended beyond its 2024 southern focus to both northern and southern regions.

In addition, outreach were conducted for foreign students and migrants (mostly Bangladeshis, Indians and Pakistanis) in Osh to guide them in their life, work or studies in Kyrgyzstan.



Safe migration caravan outreach session

From training to transformation: Strengthening soft skills for migration success

Strengthened national training capacity by certifying 51 soft skills trainers through ToT sessions (29 in Bishkek and 22 in Osh), who now deliver training nationwide to students, potential migrants, and returnees. The sessions focus on communication, leadership, teamwork, socio-cultural awareness, social responsibility, and financial literacy. These skills complement technical qualifications, supporting migrants' adaptation, successful reintegration, and sustainable labour market inclusion.



Safe migration caravan outreach session

Rescue and Safe Repatriation of Exploited Migrant Workers

In two closely linked cases (September 2025 and February–March 2026), MRC Kyrgyzstan, in coordination with MRC Pakistan (Lahore), successfully intervened to rescue two Pakistani labour migrants subjected to exploitative working conditions at a Chinese railway company site in Ak-Talaa, Naryn region.

Both workers had their passports confiscated and were reportedly threatened and held against their will. Following swift cross-border coordination, MRC Kyrgyzstan engaged local authorities, leading to the opening of criminal cases, and worked closely with the Embassy of Pakistan in Bishkek to ensure urgent protection measures.

As a result, both migrants were safely repatriated to Pakistan. The first worker received his full outstanding wages, while the second was rescued promptly after the alert and returned home safely on 13 March 2026. These cases highlight the critical importance of rapid regional cooperation and multi-stakeholder action in protecting migrant workers' rights and ensuring their safe return home.

MRC's joint response protects migrant workers and restores dignity across borders.



PAKISTAN



MRCs in Pakistan play a key role in supporting national institutions and ministries to develop a coordinated and inclusive (whole of route and whole of migration cycle) approach to addressing irregular migration and promoting safe and orderly migration. Drawing on strong experience in migration management, awareness-raising, and reintegration support, they have become an integral part of the government's migration governance framework. Their work now contributes directly to national awareness campaigns and includes essential reintegration assistance such as dignified return support, airport reception and facilitation, and sustainable reintegration planning for returning migrants.

This reflects strong institutional trust in MRCs to deliver impactful interventions aligned with national priorities. Importantly, 2026 marks the 10th anniversary of the first MRC established in Pakistan (Lahore), highlighting a decade of sustained support to safe migration and migrant protection.

“MRC Pakistan gave my family the right guidance at the right time! When my wife decided to pursue nursing abroad, we had very little information and no clear direction. After attending an MRC awareness session in Gujrat, we reached out to the centre and received clear, step-by-step counselling. Today, my wife is working as a nurse in Qatar, and we remain deeply grateful to MRC Pakistan for their support and guidance.”

— Mr. Arshad Gill, MRC Client

MRC PAKISTAN - KEY ACTIVITIES DATA

MRC Pakistan's activities		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to the walk-in-clients, and online clients (migrants and returnees)	8,367	14,562
	Orientation sessions on safe and informed migration in educational institutions/private TVET institutes	29,371	48,816
	Pre-departure orientation sessions for outgoing migrants	87,069	119,954
	Community outreach and awareness raising sessions with community partners/ volunteer groups	20,963	30,712
	Social and mass media reach	3,618,795	7,365,349
	Dissemination of MRC content through poster pasting, and IEC / flyer	270,743	209,665
	Number of participants attending MRC stalls (job fairs, universities)	2,993	15,830

Connecting youth to opportunities: Job fairs in Peshawar & Haripur

MRC Pakistan successfully organized two major Job Fairs in Peshawar and Haripur in 2025, bringing together over 14,800 participants and 140+ organisations. The events resulted in 850 job and internship offers, 350 shortlisted candidates, and more than 2,000 CV reviews and interviews, alongside multiple direct recruitments and paid internship placements with leading employers. These initiatives further strengthened MRC Pakistan's role in linking skills development with employment opportunities and safe migration pathways.



MRC Pakistan participating in a job fair

Reaching millions with life-saving messages: Nationwide radio campaign on safe migration

MRC Pakistan also launched a nationwide mass media campaign through radio broadcasts promoting safe and legal migration, highlighting the risks of irregular migration, and informing audiences about return and reintegration support services. With radio reaching over 30 million listeners across the country, the campaign served as a powerful platform to extend MRC messaging beyond direct outreach. It enhanced public awareness of safe migration options and strengthened visibility of MRC services, supporting informed decision-making at scale.



International Migrant Day podcast by MRC Pakistan

Activity Spotlight – MRC Peshawar Student Ambassador's initiative

MRC Peshawar successfully launched a new initiative through a two-day capacity-building training for selected university students across Khyber Pakhtunkhwa to strengthen safe migration awareness. Through interactive sessions and practical exercises, participants gained essential knowledge on migration issues and developed the skills to conduct peer-led awareness activities.

Following the training, students were designated as MRC Student Ambassadors, equipped with certificates and tools to lead awareness sessions within their universities. The initiative has established a growing network of young peer educators promoting safe migration, legal pathways, and awareness of the risks associated with irregular migration.

Building youth champions for safe and informed migration.



The MRC in Sri Lanka, implemented with the Ministry of Foreign Affairs, Ministry of Labour and Foreign Employment, and the Sri Lanka Bureau of Foreign Employment (SLBFE), provides information, counselling, and referral services to potential migrants, migrant workers, and returnees. Based in Batticaloa, it prioritises outreach in the Eastern Provinces—Ampara, Trincomalee, and Batticaloa—key migration areas vulnerable to trafficking and smuggling and will expand in Vavuniya and Anuradhapura. The Centre promotes safe and informed migration by raising awareness on legal pathways, preventing exploitation, and supporting reintegration. It works closely with SLBFE on pre-migration and pre-departure orientation, training, counselling, and case referral services, alongside community outreach with local partners.

“The series of three-day training programmes conducted by MIC has significantly strengthened our capacity at the district level. It has improved our ability to identify migration trends and high-risk areas, strengthen referrals for counselling, and provide more effective support to vulnerable individuals. The coordination with MIC has also enhanced our response to migration-related issues in a more structured and timely manner.”

— Ramanaprasanth Kurukulasingam Foreign Employment Development Officer (FEDO), District Coordinator, Batticaloa District, Eastern Province

MRC SRI LANKA - KEY ACTIVITIES DATA

MRC Sri Lanka - key data highlights		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to the walk-in-clients and online clients	157	215
	Number of participants attending orientation sessions on safe and informed migration in educational institutions/private TVET institutes	941	1,675
	Number of out-going migrants attending the pre-departure orientation sessions	1,710	2,446
	Number of participants attending community outreach sessions with community partners/ volunteer groups	1,546	1,393
	Dissemination of MRC content through poster pasting, volunteer groups, in the community during community mobilization by partner, and at POE offices	5,850	N/A
	Social media reach	26,417	591,557



MRC session in an educational institute

Expansion of MIC services across the Eastern Province

MIC Sri Lanka significantly expanded its service delivery beyond Batticaloa to cover all three districts of the Eastern Province (Batticaloa, Trincomalee, and Ampara), while also extending its outreach to additional regions including Anuradhapura District in the North Central Province and Vavuniya District in the Northern Province. This expansion enhanced access to safe migration information, counselling, and outreach services, strengthening MIC's presence at both district and inter-provincial levels.

Strengthening institutional capacity through structured training programmes

Over 250 government officers across five districts were trained under the Integrated Systematic Approach (InSA) for migration and reintegration and a three-part capacity-building programme on safe migration, ethical recruitment, and reintegration. These initiatives enhanced inter-agency coordination and strengthened local-level migration governance systems.



Engagement with Government counterparts

MRC Sri Lanka Strengthens Local Capacity for Migrant Protection and Referral Systems

MIC Sri Lanka, with MOFAFET and SLBFE, conducted a three-part training programme for government officers and key stakeholders on safe migration, prevention of irregular migration, and sustainable reintegration. The training strengthened their capacity to identify risks, prevent illegal recruitment, and support vulnerable migrants.

Following the training, referrals of migration-related cases to MIC increased, reflecting stronger awareness, trust, and coordination at district level. This enabled MIC to provide timely counselling and protection support to at-risk individuals.

Turning training into action for stronger migrant protection systems.



TAJIKISTAN



The Migrant Resource Centre in Dushanbe continues to play a key role in supporting safe and regular migration in close cooperation with the Ministry of Labour, Migration and Employment of Population (MoLMEP), the Centre for Counselling and Pre-departure Preparation of Labour Migrants, the Agency for Employment Abroad, and the Adult Training Centre. The MRC provides counselling and outreach through both in-person and hybrid formats, focusing on safe migration, labour rights, and pre-departure preparedness.

The Centre further strengthens partnerships with local NGOs, academic institutions, and private sector actors to support skills development, employability, and sustainable reintegration of migrants. It also delivers individualized case management, including referrals, accompaniment to relevant institutions, and guidance through administrative procedures, ensuring tailored support across all stages of the migration journey.

“After attending the MRC session, we reviewed the job offer my daughter received from Dubai and realized it was a scam. I can’t imagine what could have happened if she had gone. Thank you, MRC, for opening our eyes.”

— Bibioisha, participant, women’s session at the Modular Centre

MRC TAJIKISTAN - KEY ACTIVITIES DATA

MRC Tajikistan: key data highlights		Jun 2024 – Apr 2025	May 2025 – Apr 2026
	Counselling services provided to online clients	3,117	2,821
	Number of participants attending orientation sessions in educational institutions	577	1,034
	Number of participants attending community session conducted by MRC and partner organisations	5,844	12,540
	Number of out-going migrants receiving pre-departure briefings	1,419	2,027
	Social media engagement and reach	709,593	1.8M
	Local media reach (TV, radio, news agencies, newspapers, YouTube channel)	864,848	10.4M
	Provision of information materials to ministerial structures	61,400	17,066

	Capacity building sessions for government/non-government	15	17
	Capacity building sessions for government/non-government	-	(117 attended)

Young ambassadors: Leading change across Tajikistan

The Young Ambassadors programme is one of the MRC's most unique and high-impact initiatives, uniting youth from across Tajikistan to lead community outreach, peer education, and digital storytelling campaigns. With activities timed around special occasions like International Migrants Day, Ambassadors gain first-hand exposure to institutions and migration governance, while reaching hundreds of peers with critical messages on safe migration. Their dedication is celebrated through certificates of achievement, empowering them as leaders, role models and change makers in their communities.



MRC Outreach and one to one counselling in a local bazar



MRC information and counseling desk at a job-fair

Job fair and new opportunities: Connecting people to real pathways

Job Fair and New Opportunities is one of the MRC's most impactful outreach initiatives, connecting participants with employers, government institutions, international organisations, and embassies. It provides access to job opportunities, trainings, and support services, along with guidance on legal migration, visas, and employment pathways.

The active participation of local companies through vacancies and on-site engagement creates a practical and dynamic experience. By offering free visibility through its platforms, the MRC ensures strong exposure for both participants and partners, empowering informed decisions and promoting safe migration pathways in Tajikistan

Sometimes, the strongest impact comes from sharing difficult truths

During an MRC session, a woman shared her experience of traveling abroad for work based on a promising offer that turned into exploitation and unsafe conditions. With courage, she managed to return home. Her story revealed the hidden risks behind "too good to be true" offers and deeply resonated with others—especially young women considering similar paths. That same session became a turning point. One participant reconsidered her plan to travel abroad after hearing the story and receiving guidance from the MRC.

This is the power of shared experience—when one story becomes protection for others.

At MRCs, stories become guidance, awareness, and protection.

UZBEKISTAN

The Migrant Resource Centre in Uzbekistan was established in 2025 under the Migration Agency of Uzbekistan and located within the Monocentre in Tashkent.

The MRC provides reliable information and counselling to prospective migrants, returnees, and their families, promoting safe and regular migration. Its services include pre-departure guidance, awareness on risks such as trafficking and exploitation, and support for reintegration. The centre contributes to stronger migration governance and improved protection of migrants in Uzbekistan and the wider Central Asia region.

“ Before attending the pre-departure information session, I relied mainly on friends and social media for information. Here, I received clear explanations about documents, procedures, and possible risks. Now I feel much better prepared for my trip. ”

An outgoing migrant after attending the MRC predeparture briefing

MRC UZBEKISTAN - KEY ACTIVITIES DATA

MRC Uzbekistan: key data highlights		May 2025 – Apr 2026
	Counselling services provided to the walk-in and online clients	325
	Number of participants attending orientation sessions in educational institutions	1,068
	Number of participants attending community session conducted by MRC and partner organisations	1,017
	Number of out-going migrants receiving pre-departure briefings	220
	Social media engagement and reach	321,641
	Number of IEC material disseminated	5,565

Expanding reach through information and services

In its first six months, the MRC in Uzbekistan has provided practical guidance to individuals considering travel, study, or work abroad. Over 300 enquiries were handled through in-person and online consultations, while more than 120 people attended pre-departure sessions on safe and informed mobility. Additionally, over 3,500 information materials were distributed, helping raise awareness about migration procedures, required documents, and potential risks.



Pre-departure orientation for outgoing migrants



MRC Outreach Session at Samarkand University

Strengthening outreach through universities and communities

The MRC has actively expanded its outreach through partnerships with universities and local mahalla communities. Information sessions have been conducted in cities including Tashkent, Andijan, Fergana, and Samarkand, helping young people better understand migration processes early on. Collaboration with mahalla committees and national media further ensures that reliable migration information reaches local communities across the country.

A decision that made a difference

A citizen approached the MRC after receiving an online job offer abroad that promised high pay and a quick departure. While the opportunity seemed attractive, something felt uncertain, and the person sought advice before making a decision. During the consultation, the MRC team carefully reviewed the offer and explained the risks often linked to unverified recruitment channels and misleading advertisements. Safer, more transparent alternatives were also discussed.

Based on this guidance, the individual decided not to proceed with the offer. This case highlights how timely access to reliable information can help people pause, assess risks, and make safer choices before travelling abroad.

When information is clear and timely, choices become safer

MRC REX 2025: Regional exchange meetings of MRCs with government partners

The Regional Exchange Meetings of Migrant Resource Centres (MRC REX) bring together government counterparts from across Asia and Central Asia every six months in both in-person and virtual formats. The platform aims to strengthen cooperation on safe and regular migration, improve the functioning of MRCs, and enhance government ownership of migration governance.

It also serves as a space for regional dialogue, knowledge exchange, and coordination under the Budapest and Prague Processes. The 3rd MRC REX was held in Astana, Kazakhstan in May 2025 and the 4th was conducted online in February 2026. The 5th MRC REX is planned to take place in Pakistan in the second half of 2026, together with the commemoration of the 10th anniversary of MRCs in Lahore and Islamabad.



FOR MORE INFORMATION

<https://www.migrantresources.org>

www.mrc.afghanistan.af

www.mrc-bangladesh.org

www.mrciraq.iq

www.mrc.org.pk

www.mrc-tajikistan.org

www.budapestprocess.org

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