

working abroad

practical guidance checklist

YOUNG ADULTS



Do your research

When navigating third-party agencies, understand what the standard should be and question whether points like cost, available work, and requirements from you upon arrival align with your expectations.



Ensure legal routes for work are being taken

British citizens now must obtain a visa or permit to work abroad in EU countries. If you're not being advised to look into this, it may indicate that the work you're travelling for isn't being offered legally.



Recognise early warning signs

By learning more about the signs and risks of modern slavery, you may be in a better position to identify and tackle it. You can start your journey by using our website guide [here](#).



Know when to walk away

It can feel difficult to walk away from a situation of exploitation. Make sure you understand your worker protections and rights, including how to access support should this be needed.



Treat this like any big decision!

It can be easy to get swept-up in the excitement of working abroad. Whilst there will be lots for you to look forward to there, make sure you're doing your due diligence before travelling to ensure your safety.