

## La Strada helplines

La Strada offices run helplines, which are often operational for 24 hours and in some cases toll free. Consultants provide information on destination countries, including information about the national situation and legislation, useful telephone numbers, safety tips and possibilities for help in case of emergencies. If needed, referrals can be made via the helpline to other services, including searches for missing persons. Several offices offer consultation for migrants, also in foreign languages.

### La Strada International

De Wittenstraat 25 1052 AK Amsterdam,  
The Netherlands. Tel: + 31 (0) 20 688 1414  
Fax: + 31 (0) 20 688 1013.  
e-mail: [info@lastradainternational.org](mailto:info@lastradainternational.org)  
[www.lastradainternational.org](http://www.lastradainternational.org)

### La Strada Ukraine

International Women's Rights Center  
P.O. Box 26 03113 Kyiv Ukraine  
Tel/Fax: + 38 044 205 36 95.  
e-mail: [info@lastrada.org.ua](mailto:info@lastrada.org.ua) [www.lastrada.org.ua](http://www.lastrada.org.ua).  
Hotline: 8-800 500 22 50 or + 380 44 205 36 94 or  
+ 380 44 205 37 36 or + 8-800 500 33 50 and 386  
for calls from Kyivstar and MTC mobile operator  
users.

### La Strada Bosnia & Herzegovina

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Hotline: 1261 (within BiH) or + 387 36 557 190 or  
+ 387 61 209 603

### La Strada Bulgaria

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Tel/Fax.: + 359 2 983 5205 ; + 359 2 983 5405.  
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[www.animusassociation.org](http://www.animusassociation.org).  
Hotline: + 359 2 981 76 86 or +35980018676 Toll  
free inside Bulgaria.

### La Strada Czech Republic

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e-mail: [lastrada@strada.cz](mailto:lastrada@strada.cz) [www.strada.cz](http://www.strada.cz).  
Hotline: + 420 2 22 71 7171

### La Strada Moldova

International Women's Rights Protection and  
Promotion Center "La Strada"  
P.O. Box 259 Chisinau Moldova 2012  
Tel: + 373 22 23 49 06/21, Fax: + 373 22 23 49 07.  
e-mail: [office@lastrada.md](mailto:office@lastrada.md) [www.lastrada.md](http://www.lastrada.md).  
Hotline: 0 800 77777 or + 373 22 23 33 09

### La Strada Macedonia

Open Gate  
P.O. Box 110 1000 Skopje Macedonia  
Tel: + 389 2 2700 107 Fax: + 389 2 2700 367.  
e-mail: [lastrada@on.net.mk](mailto:lastrada@on.net.mk) [www.lastrada.org.mk](http://www.lastrada.org.mk).  
Hotline: national calls 0800 11111 or international  
calls and mobile + 389 2 2777 070

### La Strada Netherlands

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Hotline: + 31 33 448 11 86

### La Strada Poland

Foundation against Trafficking in Persons and  
Slavery  
P.O. Box 5 00-956 Warsaw 10 Poland  
Tel/Fax: + 48 22 622 19 85.  
e-mail: [strada@pol.pl](mailto:strada@pol.pl) [www.strada.org.pl](http://www.strada.org.pl).  
Hotline: + 48 22 628 9999

### La Strada Belarus

Young Women's Christian Association of Belarus  
P.O. Box 74, Minsk 220088, Belarus  
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Hotline: 8 801 100 8 801 or + 375 17 295 31 67

La Strada International and the member organi-  
sations are fully dependent on grants and dona-  
tions.

### Donations can be made to:

The International La Strada Association Bank:  
ING Bank Account number: 230 40 26  
IBAN: NL72 INGB 0002304026  
BIC (SWIFT CODE): INGBNL2A

In case you wish for the specific use of a donation,  
please contact [info@lastradainternational.org](mailto:info@lastradainternational.org)

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La Strada International is a European anti-trafficking network of human rights NGOs based in Belarus, Bosnia and Herzegovina, Bulgaria, the Czech Republic, Macedonia, Moldova, the Netherlands, Poland and Ukraine. Trafficking is a severe human rights abuse whereby persons are recruited or forced into sexual exploitation, forced labour, servitude or the removal of organs.

La Strada International works from a human rights perspective in support of all trafficked persons, but with a focus on women in Central, East and South East Europe. La Strada's primary goal is to improve the position of women and to promote their universal rights, including the right to choose to emigrate and work abroad and to be protected from violence and abuse.

## Trafficking in Human Beings

Trafficking in human beings is a global phenomenon and occurs in all economic sectors, but especially in those where labour protection is weak (construction, agriculture, restaurants, manufacturing) or even non-existent (domestic labour and prostitution). Trafficked persons are exploited for their labour, experiencing a series of rights violations, ranging from restriction of movement and confiscation of pay, to violence and abuse. Factors that cause trafficking (so-called root causes) occur in all stages of the trafficking process. Next to root causes in countries of origin (e.g. poverty, unequal gender relations, traditional social structures), root causes also exist in the migration process (e.g. lack of safe and legal migration opportunities) and in countries of destination, such as the demand for cheap and exploitative (irregular) labour in combination with strict and repressive policies on immigration and undocumented migrants.

## The La Strada International network

La Strada International (LSI) is registered in Amsterdam, the Netherlands, as a non-profit association, and acts as the international secretariat of the La Strada network. All La Strada members are registered as independent non-governmental organisations and work at the grassroots level. On behalf of the member organisations, LSI focuses on international networking, lobbying and public relations, targeting national and international organisations, national governments, European institutions and UN bodies. The network develops common policies and action plans, harmonises its ongoing activities and is supported by the secretariat, which supports capacity building and organises a forum for NGOs on the issue of trafficking. LSI also houses an international archive and documentation centre and manages the international La Strada website.

## Mission

La Strada believes that the protection of human rights, especially of (irregular) migrant workers, domestic workers and sex workers, is a precondition for preventing trafficking. La Strada therefore aims to influence decision-makers, practitioners, the media and public opinion to address human trafficking as a severe human rights violation. On a practical level, La Strada develops and offers protection and prevention activities for trafficked persons, people vulnerable to trafficking and other affected groups.

## The La Strada method

La Strada has developed a programme that is offered by all La Strada members and is based on the active participation and empowerment of trafficked persons and others affected. La Strada informs people about safe migration, possible risks and how to protect themselves; offers long-term assistance; works for social inclusion of trafficked persons both in countries of origin and destination; and advocates for trafficked persons as victims of a serious human rights abuse.

The basis of all activities is the contact with trafficked persons and it is their concerns, needs and views that guide all La Strada activities and future action. This multi-disciplinary and rights-based approach is followed by all La Strada members. Although the exact services offered differ, depending on the national situation, all La Strada members implement the following activities:

## Information, Lobby & Advocacy

The goal of the Information and Lobby programme is to advocate for the rights of trafficked persons and at-risk groups by presenting the problem of trafficking as a serious human rights violation for which states are accountable. It aims to stimulate governments to put the issue high on their political agenda and to take action. LSI advocates for a human rights approach to ensure that anti-trafficking measures do not violate the human rights of trafficked persons or other affected groups.

This approach requires that human rights are at the core of any anti-trafficking strategy. It integrates the norms, standards and principles of the international human rights system into legislation, policies, programmes and processes. La Strada monitors both national and international developments regarding trafficking, including the development of laws, action plans and conventions against trafficking in human beings.

La Strada activities in the area of Information and Lobby include media campaigning, offering workshops to practitioners, lobbying members of parliament, critically assessing proposed legislation and contributing to the development of National Action Plans and National Referral Mechanisms.

## Prevention & Education

The goal of the Prevention and Education programme is to empower persons to make independent decisions focused on protecting their rights. In addition to targeting risk groups directly, the campaign focuses on the environment of groups at risk by educating professionals on how to prevent potential vulnerable groups from falling prey to trafficking. These educational activities can target sectors as diverse as the judiciary, law enforcement, educational staff, peer educators, social workers, medical staff or outreach workers.

La Strada activities in the area of Prevention and Education include producing information materials for the general public and risk groups, developing methodological and training materials for professionals, providing training for relevant agencies and practitioners and running helplines that offer advice on employment opportunities abroad, risks of trafficking, safe migration and prevention methods.

## Assistance & Support

The aim of the Assistance and Support programme is to provide the social, legal and emotional support trafficked persons need in order to regain control over their lives. La Strada has set up and contributes to national and international networks for safe return and social inclusion, and has developed its own policies and strategies for meeting the needs of trafficked persons.

La Strada activities in the area of Assistance and Support include accommodation at La Strada crisis units and shelters, emergency psychological consultation, psychotherapeutic services and counselling, social and legal support, empowerment programmes, as well as more long-term reintegration measures, such as educational and vocational training.