



Rode
Kruis

Did you have to leave your home country?

Working together on your health and future

Workshops offered by the Netherlands Red Cross

Know what you can do yourself!

Imagine: you get sick, you have problems at work, or you feel anxious, unsafe, or worried. If you've fled to or migrated to the Netherlands, you might be hesitant to ask for help. Perhaps you don't speak the language, you don't know which healthcare provider can assist you, you wonder if it's safe, or you're unsure how to pay for healthcare.

In these situations, it's important to know what to do and who can help you so that you can take care of yourself and/or others effectively.

What can the Red Cross offer you?

The Red Cross provides workshops specifically for people who have fled to or migrated to the Netherlands and could use extra support, such as undocumented migrants, people in reception centers, or EU labor migrants. In these workshops, you learn about health, your rights, and who can help you in difficult situations.

After completing the workshops, you receive a certificate of participation. The workshops take place at a Red Cross office or at a location near you and are offered in various languages.

Workshops Life Skills

During these workshops, you learn how to approach your health and future in a positive way. Each workshop lasts about 2 hours. You can attend one or more workshops.



1. Access to healthcare

In this workshop, you will be trained to make effective use of healthcare in the Netherlands. Through various activities, you will find answers to common questions such as, 'Where can I find a doctor who can help me?', 'What are my rights with or without health insurance?', and 'How can I prepare for a doctor's visit?'



2. Everything you need to know about stress

What is stress and what does it do to your body? You will learn to recognize the signals that your body and mind give as a result of stress. You gain insight into what influences your health and well-being and how you can reduce stress yourself.



**“Now I
know where
to find a
doctor.”**





3. Healthy habits

How can you take good care of yourself?

What can you do to worry a little less? What is healthy eating, and how important are habits like exercise and sleep? You will learn what you can do to experience less stress in daily life so that you feel better and stronger.



4. Looking ahead: use your talents

Where were you good at in the past? And are you still using these talents? What do you really enjoy doing? Do you want to discover which talents and qualities you have? In this workshop, you will get creative. This way, you'll get an idea of how to use your talents well, now and in the future.



5. Clear communication

Do you find it difficult to express yourself clearly, or do you feel unsure about saying things out loud even if they are important to you? In this workshop, we explore different ways of communicating and practice how you can convey your message clearly.



Workshop Know your rights!

Did you know that everyone in the Netherlands has rights when they work? Even if you are not officially allowed to work or don't have a valid residence permit, these rights apply to you. In this interactive workshop, you will learn about your labor rights in the Netherlands, the risks that may arise when working or looking for work, and how you can protect yourself against these potential risks. This workshop lasts 1.5 hours.



The Red Cross

The Red Cross is part of the largest independent aid network in the world: the International Red Cross and Red Crescent Movement.

Everyone has the right to a dignified existence

The Red Cross is a humanitarian organization which works with volunteers. Our purpose is to prevent and relieve human suffering, to protect lives and health and to safeguard respect for everyone.

Independent and confidential

The Red Cross works independently and confidentially. We provide our assistance independently and are not part of the government. We will never provide the authorities or other organizations with your personal information without your permission.

What does the Red Cross not do?

The volunteers of the Red Cross help where they can. However, they are not doctors. Therefore, they will not conduct medical examinations, perform treatments, or prescribe medication. Additionally, the Red Cross cannot assist in obtaining a residence permit or finding employment.



Visit helpfulinformation.redcross.nl for practical regional information on shelter, rights, medical care, legal advice, food and help in searching for missing relatives.

Or contact us via the WhatsApp Helpline: **+3197010286964**



Would you like more information?

Contact one of the project leaders via migratie@redcross.nl.