

EB Legal - Government Forms & Downloads

Safe Exit Guide

A calm practical checklist for workers who feel trapped, threatened or tied to an agency.

Use this first

This guide is designed to help migrant workers understand practical next steps in Romania. Rules and processes can change, so always check official sources or get qualified advice for your own case.

Do not panic - prepare safely

If you feel tied to an agency or employer, the safest first step is to understand your documents and protect evidence.

Safe exit preparation checklist

☐	Copy passport and residency card.
☐	Copy work contract and payslips.
☐	Save messages about threats, salary, accommodation or documents.
☐	Identify where you can safely stay if housing is linked to work.
☐	Check official immigration/labour routes before resigning.
☐	Speak to trusted support before confrontation.

Myths vs reality

- Myth: An agency can always block you forever. Reality: Your options depend on documents, contract and immigration status.
- Myth: Asking questions is illegal. Reality: Workers should understand their own documents and rights.
- Myth: You should leave immediately in every dispute. Reality: Sudden action can create housing, income or immigration risk. Prepare first unless there is immediate danger.

Official source	Link
IGI	https://igi.mai.gov.ro
Labour Inspectorate	https://www.inspectiamuncii.ro
ANITP	https://anitp.mai.gov.ro
CNCD	https://www.cncd.ro

Important warning

If you are in immediate danger, call 112. This guide is for preparation and does not replace emergency services or legal advice.

Need help?

Message EuroBridge Workforce on WhatsApp: +40 730 662 575

<https://wa.me/40730662575> | eurobridgeworkforce.com

Disclaimer: EB Legal provides practical informational guidance only. It does not replace independent legal advice. Immigration, employment, healthcare and tax situations can vary. For case-specific advice, consult qualified professionals or official Romanian authorities.

Need practical help?

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