

EB Legal - Government Forms & Downloads

Urgent Help Checklist

What to record, copy and ask for if you feel unsafe, pressured or unable to leave.

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.

Immediate safety

- If you are in immediate danger, call 112.
- Move to a safer place if possible.
- Tell a trusted person where you are.
- Do not confront people alone if you feel unsafe.

Evidence checklist

☐	Threat messages/screenshots.
☐	Photos of unsafe housing if relevant.
☐	Salary records.
☐	Contract and payslips.
☐	Passport/residency copies.
☐	Names, dates, locations and witness details.

Support sources

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

Important warning

This guide is for safety and preparation. For urgent danger, use official emergency services.

Need help?

Message EuroBridge Workforce on WhatsApp: +40 730 662 575

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

Need practical help?

WhatsApp EuroBridge Workforce: +40 730 662 575

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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.