What you need to know about life at a reception centre



This information is for you if:

- ✓ You are under the age of 18
- **✓** You arrived with your parents
- You and your family applied for international protection (asylum)



WELCOME TO THE RECEPTION CENTRE

You and your family

- have applied for international protection (asylum) in this country
- might live at a reception centre while you wait to find out if you can stay in the country

Ask an adult to help you if you do not understand parts of this brochure.



A reception centre is the place where you and your family will stay together with other adults and children who also applied for international protection.

Life in the centre will differ from your past life. There are many people living here.

It is normal if you will feel that everything is new.

All children have the same rights, no matter where they are from or what happened to them in the past.

Children need to receive help and support based on their needs.

The authorities are here to **protect you**.

Remember, you can always express your opinion and thoughts!

LIFE AT THE RECEPTION **CENTRE**



You and your family will get:

As a child you have many rights, but there are also many rules you must respect.

Rules are meant to keep you safe.



Hygiene products



A place to sleep



Clothes



A place to wash yourself

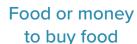


Medical help



A place to wash your clothes

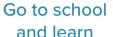






You have the right to:







Play





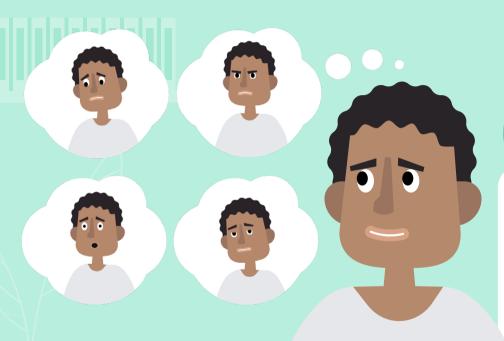


Join in other educational and recreational activities to help you learn and develop

- These activities might take place inside or outside the centre.
- Remember to make good use of your time here at the reception centre!
- Have fun, but also study and attend school.
- Remember! In addition to your family, you can always ask the adults working here for help!



Remember you can express your needs and feelings





If you ever feel alone, sad, angry, scared or find it hard to sleep you can talk to the adults who work here anytime.

NOBODY IS ALLOWED TO











- No matter who they are a stranger or a person you know.
- If someone tries to do so, reach out and ask for help. Contact immediately a social worker, an adult you trust or the police.

 You have the right to be protected from physical hurt, emotional hurt and any kind of abuse.



We are many living and working here! When we follow the same rules - we are all safe:



Be kind to others



Do not fight



Keep the centre clean



Do not smoke



Respect the rules of the reception centre.
There are consequences if you break the rules.





Collaborate with those working at the centre and always tell the truth



Leave the centre only between the hours allowed

Respect the daily schedule of activities



NOTES BOX

WHO CAN I TALK TO?

Many adults work at a reception centre or can be contacted in their offices outside the centre. They are here to help you and your family to make decisions about your future.

Do not be afraid to talk to them if you have any questions or problems. Try to be open with them so they can help you more easily. All information you share with them will be handled with discretion.

WHO DOES WHAT?



A social worker will help you in your everyday needs or contact other adults who can help in a specific problem.



A **doctor** or a **nurse** will help you if you feel sick, you are injured or you need any kind of medical assistance.



A psychologist will help you if you feel sad, angry, afraid or you find it hard to sleep.



A legal counsellor will help you and your family understand what will happen during the asylum procedure and can help you present your story correctly.



You can ask for an **interpreter** if you need to talk in your language. Their role is to translate exactly what you and the others say.

Remember!

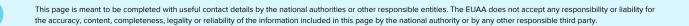
- Do you have any problems, or you feel sick or scared? You can always ask adults working in the centre for help and support.
- Do not be afraid, problems can be solved together!

USEFUL INFO

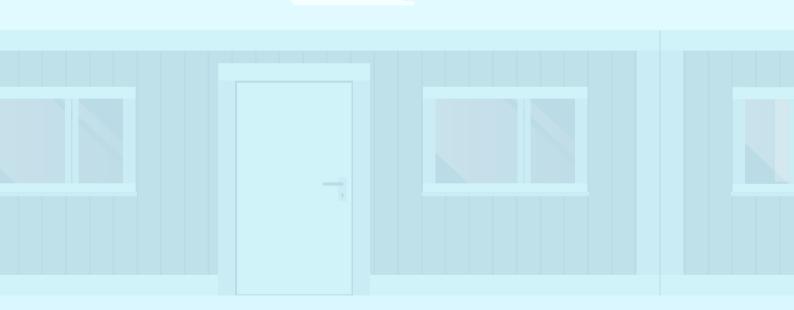




CONTACT DETAILS









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