



# CASTLE

CHILDREN LEFT BEHIND BY  
LABOUR MIGRATION ●●●●

**Children left behind  
by labour migration**

## **USEFUL TIPS AND TRICKS FOR CHILDREN AND YOUTH**



# BROCHURE FOR PARENTS INVOLVED IN LABOR MIGRATION IN THE EU COUNTRIES

The project "CASTLE:  
Children out of sight: supporting Moldovan and Ukrainian  
transnational families in the EU",  
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## Web:

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[tdh-ukraine.org/CASTLE](http://tdh-ukraine.org/CASTLE)



# INTRODUCTION

## Hello!

This brochure is designed to provide guidance to children and youth whose parents have moved abroad.

This material contains information that will explain the concept of «labor migration» and the difficulties that children and youth may face when their parents go abroad, and provides recommendations on how to maintain relationships with parents and whom to turn to for support and assistance.

## SIMPLE WORDS ABOUT COMPLEXITY

**Labor migration** is the movement of an able-bodied person for the purpose of employment for a certain period of time.

**Internal migration** is movement within Ukraine with crossing the borders of regions, cities, districts, etc.

**External migration is the** movement of Ukrainian citizens related to crossing the state border.

**It should be understood that migration is a phenomenon that takes place in any society.**



## REASONS FOR LABOR MIGRATION

There are a number of reasons why parents migrate abroad. Of course, the reasons vary. Here are the main reasons for labor migration:

- Work loss in Ukraine;
- Because of the security situation in Ukraine;
- Better pay in the EU, the UK, and the US;
- Low wages;
- Education of children abroad.

## DIFFICULTIES THAT YOUNG PEOPLE MAY FACE WHEN THEIR PARENTS GO ABROAD

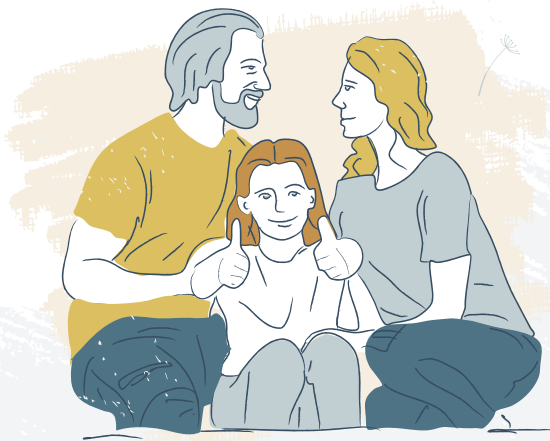
- Inability to communicate with parents when needed;
- Violation of family traditions;
- Lack of parental support during important events in life;
- Difficulties in communicating with adults who act as caregivers while parents work abroad.



## RECOMMENDATIONS ON HOW TO OVERCOME DIFFICULTIES IN COMMUNICATING WITH PARENTS

Of course, there are no universal recommendations, because we are all different and communication in such conditions can be different. But we've put together a few recommendations that will be useful to you:

- Try to communicate with parents through various resources;
- If necessary, teach yourself and your parents different types of digital communication (Skype, WhatsApp, Zoom, Teams, Telegram, etc.);
- Together with your parents, determine the time and day you plan to meet, and make your online meetings regular;
- Find time to talk when there are no distractions;
- Try to find common interests and start with less awkward topics, such as school, friends, etc.



## CONFLICT SITUATIONS WITH PARENTS

Be prepared for the fact that your parents' opinions on any given issue may differ from yours. Their perceptions are based on their own experiences, just as yours are based on your own experiences.

- Don't take it all in stride and don't get angry that «no one understands me.»;
- Listen and try to understand them;
- You will definitely learn something useful for yourself if you don't react negatively to everything;
- If you and your parents have categorically different views, try to prove your opinion with facts and confirmed information, not quarrels.

**Remember: it's never too late to start building a relationship with your parents, regardless of your current situation. Don't be afraid - parents don't bite, and even if they do, these «wounds» will hurt much less than cold family relationships.**



## LIFE HACKS ON HOW TO GET SUPPORT FROM LIKE-MINDED PEOPLE AND CREATE YOUR OWN CIRCLE OF FRIENDS

As a teenager, it is often easier to communicate with your peers than with your parents. That's why it's important to find your own "circle" where your opinions are accepted and where there is respect for each other. We would like to offer you some life hacks that may be useful for you:

- Ask if there are young people in your environment who have at least one migrant parent. This will help you gain support and acceptance;
- Look for a mentor in your school, club, or community who can help you find like-minded people and create some common ideas;
- Unite teams based on interests;
- Participate in communities that match your preferences, creative circles, etc;
- Participate in volunteer activities and youth movements (e.g., UPSHIFT, ACTIVE Generation, Plan.Action, etc.);
- Find out from information sources what youth initiatives and projects exist (an example of such information resources is the GURT Portal).

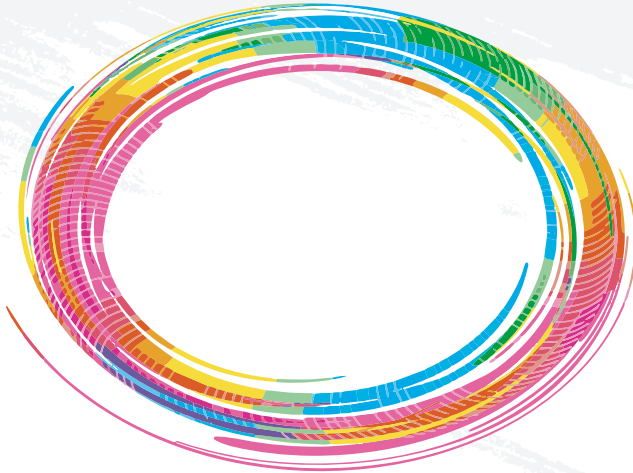
**Of course, no community can compensate for the absence of a parent, but you need to strengthen your self-respect and sense of involvement in the lives of others.**

## WHO YOU CAN CONTACT FOR HELP AND SUPPORT

The first and perhaps the most important person who can support you is YOU. Remember that you are capable of being a strong support for yourself. This little exercise will help you remember what supports you in difficult times.

### Exercise "Circle of support"

Draw a circle, and inside it, something that always supports you, even in the most difficult times. What nourishes you, gives you strength, makes you happy. It can be people, games, songs, cartoons, friends...



You can also get support from your family and friends. To help you think of those who can support you, we offer a short exercise called Circles of Support.

When a person is stressed, they are very lonely, and in this state they often forget that they can ask for help. The people you list below form an important circle of support.



Who can hug you in the most difficult moments?

Who can explain the unexplainable?

Who can help you do what you don't have the strength or ability to do?

Who can be silent next to you?

Who can make you laugh?

We hope that even now you have people who can hug you, explain, help, support and make you laugh. Who are they?

Five overlapping circles arranged horizontally, each containing a dotted line for writing.

For help and support, either on your own or through a mentor or a person who is currently taking care of you, you can turn to your class teacher, school administration, local authorities (social workers, psychologists, school principals, etc.).



## USEFUL AND EMERGENCY PHONE NUMBERS TO CONTACT:

- Report cases of offenses to the police by calling **102**.
- The unified number of Ukrainian emergency services **112** is in operation.
- Additional emergency numbers in Ukraine: **101** – rescue service, rescuers; **103** – ambulance; **104** – gas service.
- Government contact center (consultations on combating human trafficking, preventing and combating domestic violence, gender-based violence and violence against children – **1547**).
- You can also get counseling and psychological support by phone:
- National hotline for children and youth (counseling children and youth on problems in personal relationships, misunderstandings with parents, violence or abuse, consultations with psychologists, lawyers and social workers on cases of violation of children's rights) – **0 800 500 225** (from a mobile or landline) or **116 111** (from a mobile);
- The National Hotline for Prevention of Domestic Violence, Human Trafficking and Gender Discrimination is **0 800 500 335** (from a mobile or landline) or **116 123** (from a mobile).
- At the initiative of the Office of the President of Ukraine, together with the United Nations Children's Fund (UNICEF) in Ukraine and the Ministry of Social Policy of Ukraine, a chatbot called «A Child is Not Alone» (@dytyna\_ne\_sama\_bot) was created on Telegram to help children in difficult situations during martial law.



## ABOUT THE CASTLE PROJECT

Labor migration from Eastern Europe to the European Union has been steadily increasing over the past decade. Economic hardship and the desire for a better standard of living have led many Moldovan and Ukrainian citizens to seek permanent or seasonal work in the European Union. While some families migrate as a single unit, many children are left without the supervision of one or both parents/caregivers, leading to the growing phenomenon of transnational families.

The project “CASTLE: Children left behind by labour migration: supporting Moldovan and Ukrainian transnational families in the EU” is co-funded by the European Union contracted by the International Center for Migration Policy Development (ICMPD) through the Migration Partnership Facility (MPF). The main objective of the project is to support Moldova and Ukraine in improving their child protection systems, as well as their migration and mobility policies, with a focus on the social and legal impact of labor migration on transnational families.

The project is being implemented by the Babeş-Bolyai University of Cluj-Napoca, in partnership with Terre des Hommes Romania, Terre des Hommes Moldova, Terre des Hommes Ukraine, the Ukrainian Institute for Social Research named after Olexandr Yaremenko and the Academy of Economic Studies of Moldova.

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