COMING TO THE UK TO WORK?

Learn more about your UK employment rights.

For more information see: https://www.gla.gov.uk/i-am-a/i-am-a-worker/your-rights/

The UK minimum wage is determined by your age:*

16-17: £8 | **18-20**: £10.85 | **21+**: £12.71

- **You are allowed to see your job contract in your first-language.**
- **It is illegal in the UK for a recruiter or agency to ask for you to pay money to find a job.**
- **Keep your identity documents and passports with you; do not give them to anyone.**
- **You should not have to work more than 48 hours per week, unless you want to.**
- **You are supposed to have at least one day off from work each week. If you work more than 6-hours at a time, you should also be allowed to take a break during your shift.**
- **It is unlikely that you will live and work in the same place unless you work as a nanny.**

LABOUR EXPLOITATION **is any form of work where someone receives little to no pay, or is forced or tricked to work against their will.**

**The minimum wage represents 2026 UK Legislation.*

USEFUL CONTACTS:

- For free legal advice about your UK work status contact Advisory, Conciliation and Arbitration Service (ACAS) for information regarding UK employment rights. Phone: 0300 123 1100 (Personal details not required).
- If someone is forcing you to work or you are being treated unfairly contact the Gangmasters and Labour Abuse Authority (GLAA) on 0800 432 0804 to report your concerns anonymously.
- Want to learn more about UK Rights to Work? Download the 'Just Good Work' app for more information.
- Do you have a National Insurance (NI) number? It is a requirement to secure an NI number to work in the UK, as it is a part of the tax system. You can apply for an NI at UK.gov.

EMERGENCY HELP:

- If you need help call the Police on 999.
- For medical advice you can call the National Health Service (NHS) on 111.
- If you have been a victim of a crime you can call CrimeStoppers for free anonymously and your call cannot be traced. Call 0800 555 111.
- If someone is forcing you to do something you don't want to do. You can call the Modern Slavery Helpline on 08000 700 121. The Helpline is a confidential service with interpreter services that can provide information, referrals for accommodation, legal assistance and general support.

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