

Human Trafficking and Forced Labour

Finding Safe Help in Korea and Japan

Practical communication and referral guide | English · Japanese · Korean

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Start here: choose the safest next step

- If there is immediate physical danger, contact emergency services when it is safe: Korea police 112 / ambulance 119; Japan police 110 / ambulance 119.
- If another person monitors your phone, browsing, messages or movements, consider using a device or location they cannot access.
- If it is not safe to speak openly, show one of the short phrases below to a professional you trust. Avoid asking an alleged controller to translate or relay the conversation.
- You do not need to decide for yourself whether a situation legally qualifies as trafficking before asking a specialist for confidential advice.

What may indicate coercion—and what does not prove it

Possible warning signs include threats of harm or deportation, limits on leaving or communicating, retention of identity documents, manipulated recruitment debt, withheld wages, sexual coercion, deception about the work, and threats against family members. Several may overlap. An indicator is a reason to seek assessment, not a diagnosis or legal finding. Poverty, migration status or unpaid wages alone do not establish trafficking. The ILO distinguishes indicators from formal identification and emphasizes threats and involuntary work in its forced-labour framework.

A situation	Why the detail matters
Passport stored by another person	Can the worker retrieve it immediately and leave freely?
Debt to recruiter	How was the debt calculated? Are threats or restrictions used to compel work?
Missed wages	Was payment delayed, withheld as punishment or tied to an inability to leave?
Threat about immigration	A threat may be used to stop someone seeking help, but outcomes depend on individual law and facts.

Support routes: Korea and Japan

Republic of Korea

- Immediate danger: police 112; emergency medical/fire 119.
- Danuri Call Center 1577-1366 provides multilingual counselling, interpreting and referral for migrant women and families, including violence-related support. Scope and language arrangements should be confirmed; it is not a universal trafficking hotline for every person.
- Violence-related emergency counselling: 1366. For labour grievances, seek official labour advice from the Ministry of Employment and Labor (1350) or its Labour Portal. Immigration-related questions can be directed to 1345, with independent legal advice sought where necessary.

- If an individual is a minor or has urgent protection needs, say that explicitly when contacting an appropriate child protection or emergency service. Do not assume that an ordinary employment complaint is sufficient to arrange immediate safe accommodation.

Japan

- Immediate danger: police 110; ambulance/fire 119. Non-emergency police consultation: #9110.
- Japan's Immigration Services Agency maintains an official human trafficking referral page, including police, foreign-resident consultation, labour support, and multilingual human-rights consultation channels.
- Foreign-language Human Rights Consultation Dial: 0570-090911. Immigration Information Center: 0570-013904 (and overseas/IP alternative published on the official page). Check availability, hours and languages on the current official page.
- FRESC and labour-condition consultation services may help identify the right office; they are not substitutes for urgent police protection. For specialised status, criminal and compensation questions request an independent qualified legal consultation.

30 ready-to-use phrases

These expressions are original model wording. Choose only what is accurate and safe in your circumstances. Japanese readings are supplied for selected difficult expressions.

A • Private access and interpretation

1 Ask for help discreetly

I need to speak to someone privately, away from the person accompanying me.

同行者（どうこうしゃ）から離（はな）れて、個別（こべつ）に相談（そうだん）したいです。

동행인과 떨어져서 따로 상담하고 싶습니다.

2 Safe way to contact

Please do not call or leave a voicemail. I will tell you a safe way to contact me.

電話（でんわ）や留守番電話（るすばんでんわ）は避（さ）けてください。安全（あんぜん）な連絡方法（れんらくほうほう）をお伝（つた）えします。

전화하거나 음성메시지를 남기지 말아 주세요. 안전한 연락 방법을 알려 드리겠습니다.

3 Language help

I need an interpreter who is independent of my employer or the person involved.

雇用主（こようぬし）や関係者（かんけいしゃ）とは無関係（むかんけい）の通訳者（つうやくしゃ）が必要（ひつよう）です。

고용주나 관련 당사자와 관계없는 통역사가 필요합니다.

4 Unsure what is happening

I am not sure whether this is trafficking or forced labour, but I need advice about my safety.

人身取引（じんしんとりひき）や強制労働（きょうせいろうどう）に当（あ）たるか分（わ）かりませんが、安全（あんぜん）について相談（そうだん）したいです。

인신매매나 강제노동에 해당하는지 모르겠지만 안전 문제를 상담하고 싶습니다.

5 Passport withheld

Someone is keeping my passport and will not return it when I ask.

パスポートを預（あず）けた相手（あいて）が、返却（へんきゃく）を求（もと）めても返（かえ）してくれません。

누군가 제 여권을 보관하고 있고, 돌려달라고 해도 돌려주지 않습니다.

B • Restriction, coercion and exploitation

6 Cannot leave freely

I am being prevented from leaving my workplace or accommodation freely.

職場（しょくば）や宿泊先（しゅくはくさき）から自由（じゆう）に出（で）られない状態（じょうたい）です。

직장이나 숙소에서 자유롭게 나갈 수 없도록 통제받고 있습니다.

7 Threats

I have been threatened if I stop working or seek help.

仕事（しごと）を辞（や）めたり助（たす）けを求（もと）めたりすると脅（おど）されます。

일을 그만두거나 도움을 요청하면 해를 입히겠다는 협박을 받습니다.

8 Debt pressure

I was told I must work to repay a recruitment or travel debt.

紹介料（しょうかいりょう）や渡航費（とうこうひ）の借金（しゃっきん）を返（かえ）すまで働（はたら）くよう言（い）われています。

알선비나 이동비 채무를 갚을 때까지 일해야 한다고 들었습니다.

9 Wages withheld

My wages have been withheld and I cannot access my money.

賃金（ちんぎん）が支払（しはら）われず、自分（じぶん）のお金（かね）を使（つか）えません。

임금이 지급되지 않아 제 돈을 사용할 수 없습니다.

10 Sexual coercion

I am being pressured or forced to provide sexual services.

性的（せいてき）な서비스를 하도록 강요（きょうよう）されています。

성적 서비스를 제공하도록 강요받고 있습니다.

11 Child at risk

A child may be at risk and needs a safe assessment.

子（こ）どもが危険（きけん）な状況（じょうきょう）にある可能性（かのうせい）があります。安全確認（あんぜんかくにん）をお願い（ねが）いします。

아동이 위험에 처해 있을 수 있습니다. 안전 확인을 요청합니다.

C • Health, shelter and documents

12 Medical attention

I need medical attention, including assessment of injuries.

けがの確認（かくにん）を含（ふく）め、診察（しんさつ）を受（う）けたいです。

부상 상태 확인을 포함해 진료를 받고 싶습니다.

13 Medication needs

I need regular medication and cannot obtain it safely.

定期的（ていきてき）に必要な（ひつよう）な薬（くすり）を、安全（あんぜん）に入手（にゅうしゅ）できません。

정기적으로 필요한 약을 안전하게 구할 수 없습니다.

14 Safe accommodation

I need somewhere safe to stay tonight; can you connect me to a specialist service?

今夜（こんや）、安全（あんぜん）に泊（と）まれる場所（ばしょ）が必要（ひつよう）です。専門機関（せんもんきかん）につないでもらえますか。

오늘 밤 안전하게 머물 곳이 필요합니다. 전문 지원기관에 연결해 주실 수 있나요?

15 Immigration concerns

I am worried that asking for help may affect my residence status. Can I receive specialist advice?

相談（そうだん）すると在留資格（ざいりゅうしかく）に影響（えいきょう）が出（で）るのではないかと不安（ふあん）です。専門相談（せんもんそうだん）は可能（かのう）ですか。

도움을 요청하면 체류자격에 영향이 있을까 걱정됩니다. 전문 상담을 받을 수 있나요?

16 No documents

I cannot access my identity documents. Can I still receive an initial consultation?

身分証明書（みぶんしょうめいしょ）が手元（てもと）にありません。それでも最初（さいしょ）の相談（そうだん）はできますか。

신분증을 가지고 있지 않습니다. 그래도 초기 상담을 받을 수 있나요?

D • Privacy, reporting and safe communication

17 Ask about information sharing

Before I give details, please explain who may receive this information.

詳（くわ）しく話（はな）す前（まえ）に、この情報（じょうほう）が誰（だれ）に共有（きょうゆう）されるか教（おし）えてください。

자세한 내용을 말하기 전에 이 정보가 누구에게 공유되는지 알려 주세요.

18 Ask about police referral

Can you explain whether you must contact the police, and what happens next?

警察（けいさつ）への連絡（れんらく）が必要（ひつよう）か、次（つぎ）に何（なに）が起（お）こるか説明（せつめい）してください。

경찰에 반드시 연락해야 하는지, 이후 어떤 절차가 진행되는지 설명해 주세요.

19 Decline unsafe contact

Please do not contact my employer or the person I fear without discussing safety with me first.

安全（あんぜん）について話（はな）し合（あ）う前（まえ）に、雇用主（こようぬし）や恐（おそ）れている相手（あいて）に連絡（れんらく）しないでください。

안전 문제를 먼저 상의하기 전에는 고용주나 두려운 상대방에게 연락하지 말아 주세요.

20 Evidence without risk

What information would help you assess my situation, and how can I provide it safely?

状況（じょうきょう）の確認（かくにん）に必要（ひつよう）な情報（じょうほう）と、安全（あんぜん）な提出方法（ていしゅつほうほう）を教（おし）えてください。

상황 판단에 필요한 정보와 안전하게 제출할 방법을 알려 주세요.

21 Immediate danger

I am in immediate danger. Please send emergency assistance to my location.

今（いま）、身（み）の危険（きけん）があります。ここに緊急（きんきゅう）の助（たす）けを送（おく）ってください。

지금 신변에 급박한 위험이 있습니다. 제 위치로 긴급 지원을 보내 주세요.

22 Inability to talk

It is not safe for me to speak aloud. Is there another way to communicate?

声（こえ）を出（だ）して話（はな）すのは危険（きけん）です。別（べつ）の連絡方法（れんらくほうほう）はありますか。

소리 내어 말하면 위험합니다. 다른 의사소통 방법이 있나요?

23 Transport safety

I cannot travel to the office safely. Is remote consultation or safe transport available?

安全（あんぜん）に窓口（まどぐち）へ行（い）けません。遠隔相談（えんかくそうだん）や安全（あんぜん）な移動支援（いどうしえん）はありますか。

상담소까지 안전하게 갈 수 없습니다. 비대면 상담이나 안전한 이동 지원이 있나요?

E • Family, decisions and follow-up

24 Support for dependents

I need to consider the safety of a child or family member who depends on me.

子（こ）どもや扶養家族（ふようかぞく）の安全（あんぜん）も考（かんが）える必要（ひつよう）があります。

저에게 의존하는 아동이나 가족의 안전도 고려해야 합니다.

25 Follow-up

Can you tell me which agency will contact me, when, and through what safe channel?

どの機関（きかん）が、いつ、どの安全（あんぜん）な方法（ほうほう）で連絡（れんらく）するか教（おし）えてください。

어느 기관에서 언제 어떤 안전한 방법으로 연락하는지 알려 주세요.

26 No disclosure to group

I need to speak without my employer, recruiter or accompanying person present.

雇用主（こようぬし）や仲介者（ちゅうかいしゃ）、同行者（どうこうしゃ）がいない場所（ばしょ）で話（はな）したいです。

고용주, 알선자, 동행인이 없는 곳에서 이야기하고 싶습니다.

27 Do not understand document

Please explain the purpose and consequences of this document before I sign.

署名（しよめい）の前（まえ）に、この書類（しよるい）の目的（もくてき）と影響（えいきょう）を説明（せつめい）してください。

서명하기 전에 이 서류의 목적과 결과를 설명해 주세요.

28 Need legal help

Can you connect me with a lawyer or a qualified support organisation?

弁護士（べんごし）または専門（せんもん）の支援団体（しえんだんたい）につないでもらえますか。

변호사나 전문 지원단체에 연결해 주실 수 있나요?

29 Need time to decide

I need an explanation in a language I understand before deciding what to do.

どうするか決（き）める前（まえ）に、理解（りかい）できる言語（げんご）で説明（せつめい）を受（う）けたいです。

어떻게 할지 결정하기 전에 이해할 수 있는 언어로 설명을 듣고 싶습니다.

30 Ask about costs

Is this consultation free? Are interpretation, transport or shelter costs covered?

相談（そうだん）は無料（むりょう）ですか。通訳費（つうやくひ）や交通費（こうつうひ）、避難先（ひなんさき）の費用（ひよう）は支援（しえん）されますか。

상담은 무료인가요? 통역비·교통비·보호시설 비용 지원이 가능한가요?

Reference sources and publication notes

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Editorial note: Names of services are provided for referral, without any claim of institutional endorsement. Access, costs, languages, hours and legal eligibility must be checked at the time of use.