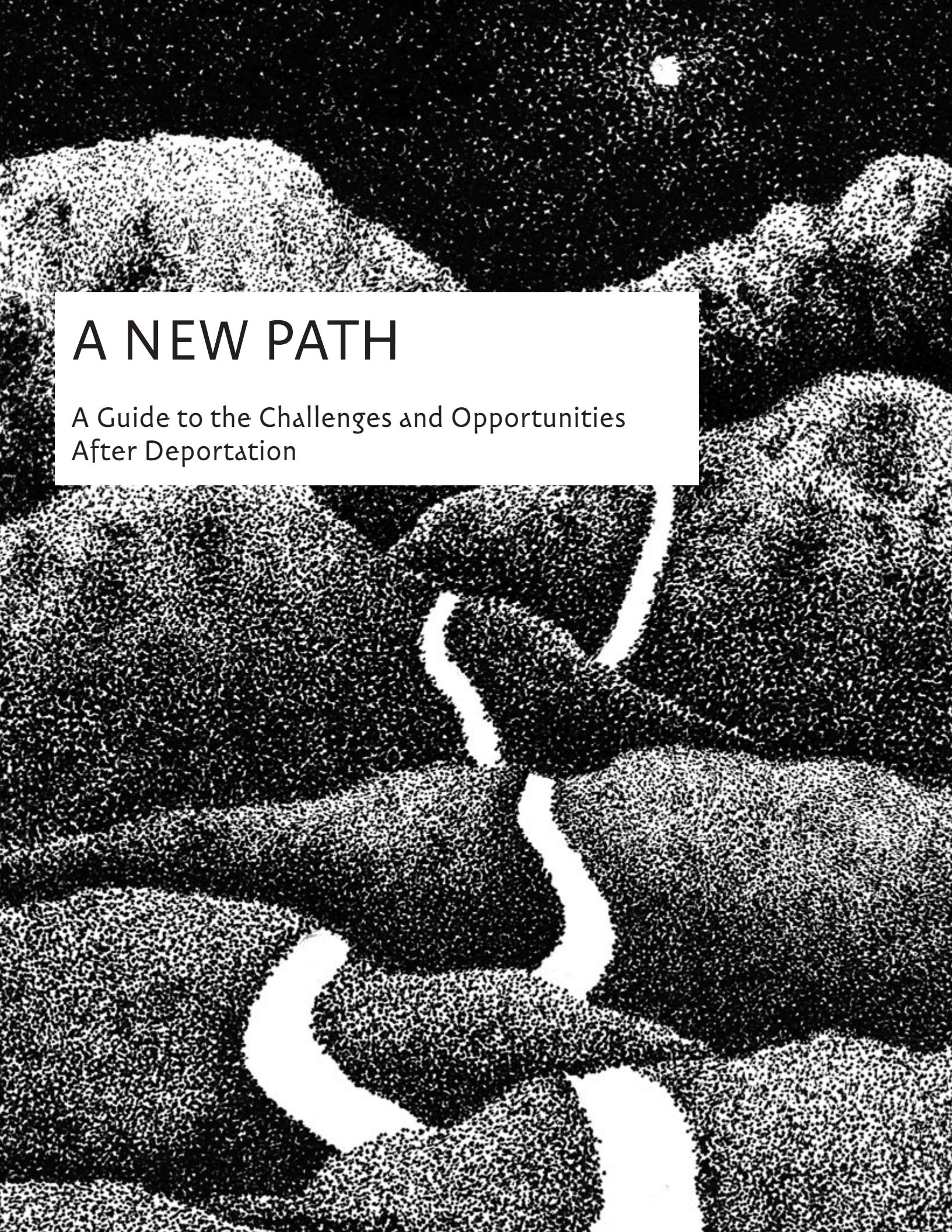


A NEW PATH

A Guide to the Challenges and Opportunities After Deportation

Introduction

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If you or someone you love is facing the threat of deportation or has been deported, you may feel scared. If you're undocumented in the US, you may be worried about your future and wondering what options you have. You may even be considering leaving the US on your own accord. We understand that the situation you find yourself in is challenging. And we're glad you have this copy of ***A New Path: A Guide to the Challenges and Opportunities After Deportation.*** This guide can help.

About A New Path

This guide can help you to know your rights and how to assert them. If you are detained, it can help you understand and navigate the process. If you are being deported, returning, or if you have been deported, it can help you to build a new life by giving you advice on employment, government programs, meeting your basic needs, and more. It can help you meet the challenges of deportation and use advantages you may not have realized you have. It also offers information on many organizations that can help you.

A New Path is organized into four main parts:

- **Preparing for Possible Deportation** (p.9): Information that will help you fight and/or prepare for possible deportation or return. This includes "know your rights" information and where to get legal help.

- **Life After Deportation**
  - A broad overview of what to expect from deportation to any country and advice on how to prepare for it (p.67)
  - Detailed information for people who have returned or been deported to Mexico on meeting basic needs, finding a job, pursuing education, and more (p.69)
  - Information for people who have returned or been deported to Guatemala (p.120), Honduras (p.144), or El Salvador (p.174), including national resource directories

- **Healing and Moving Forward** (p.197): Advice and resources for healing, mindfulness, and healthy relationships.

- **Directory and Resources** (p.**205**)**:** Contact information for useful resources in the US and other countries, including "red cards" other useful resources.

Take the time to read this guide, and don't wait to reach out to the people who can help. You may find this is an extremely difficult situation, but knowledge is power. Educate yourself on the resources that can empower you during this time. Others have successfully handled deportation or return—you can, too. We wish you the best on this new journey.

★ While this book primarily refers to people who have been deported, we recognize that many undocumented people are choosing to return to their country of origin or even to leave the US for a third country. The information in this guide applies to returnees as well as deportees and, to a lesser extent, new arrivals. For more information on "self-deportation" and voluntary departure, see that section in the Plan for Possible Deportation chapter (on p.23).

About Us

We're glad you've picked up ***A New Path***. This guide is produced by the Education Justice Project (EJP) at the University of Illinois, Urbana-Champaign. We're a college-in-prison program, and we produce prison reentry guides. ***A New Path*** was written by a group of committed EJP members called the Reentry Resource Program (RRP). After seeing a number of our students deported after prison, we decided to create a "reentry" guide of a different sort for them and others who might be deported from the US. ***A New Path*** features helpful words from people who've experienced deportation, some of whom graduated from EJP's college-in-prison program at Danville Correctional Center.

We don't believe that people should be detained and deported. ***The publication of this book should not be seen as an endorsement of deportation.*** We believe it is essential that anyone threatened with deportation understand their rights and know how to assert them. We also believe that if and when the time comes, you should have the resources you need for a successful transition to a life of dignity in your country of origin or wherever you land.

Please keep in touch. We want to know about your experience, and hear your ideas about how we can improve the guide. Please write to us at reentry@educationjustice.net.

In solidarity,
the Education Justice Project

TINYURLS
You will see many URLs throughout this guide that begin with "tinyurl." We use these shortened URLs in place of long or complicated addresses to save you time and frustration. All shortened URLs lead to the resources described in the text, and, at the time of publication, all are housed at safe and reliable websites.

REQUEST OUR GUIDES!

The Education Justice Project also produces ***Mapping Your Future: A Guide to Successful Reentry***, a guide for people returning to live in the United States after release from prison or jail. ***Mapping Your Future*** and ***A New Path*** are both available in English and Spanish and can be ordered here:

reentryillinois.net
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Champaign, IL 61820

COST

Each copy of ***A New Path*** costs around $12 to print and send. We can share only a small number of copies for free for those who cannot pay. If you or your organization are able to pay for copies of this guide, this will allow us to provide more guides for those who are unable to purchase them. Email us for online payment instructions at reentry@education-justice.net.

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This guide is for informational purposes only. It offers information about programs, services, and businesses that may benefit people facing deportation and those who have had to return to their nations of origin under duress. Inclusion does not imply endorsement by the authors or affiliated institutions.

While we aim to provide accurate and current information, we cannot guarantee its completeness or reliability. Please confirm details independently and consult professionals when appropriate. This guide does not constitute legal advice. For legal matters, consult a qualified attorney.

The views expressed do not necessarily reflect those of the University of Illinois Board of Trustees or the University of Illinois Urbana-Champaign. We hope this guide serves as a helpful starting point, but it should not be relied upon as a definitive source of legal or professional guidance.

DISCLAIMER

At its time of publication, this guide included the most up-to-date and trustworthy information available, but things are changing fast. We can't be sure that all of the legal and policy information here is still current. We have also listed many programs, services, and businesses throughout this guide as resources for people returning to their nations of origin. We don't endorse any of these organizations. We also don't guarantee that these resources will be helpful (although we certainly hope they are). If you discover anything we should update, change, or remove, please let us know at unnuevocamino@educationjustice.net. The online version of this book (available at reentryillinois.net/a-new-path-individual-chapters) may contain updates.

MYTHS

Frequently Asked Questions

The US immigration system and deportation process are confusing. Moving your family to your country of origin or restarting your own life there may feel impossible. We hope this guide will help you find both answers to your questions and new possibilities.

After each of the questions below, find the pages in this guide where you can learn more.

If ICE comes to my door, what should I do?

First, ask to see a warrant **signed by a judge** (see an example on p.21). If they don't have one, don't let them in. After that, use your right to remain silent. Sign nothing. All individuals in the US still have constitutional rights, like the right to remain silent and the right to legal representation. The best thing you can do is to know your rights and how they apply in different places. Learn more in the Know Your Rights chapter on p.17. Know-your-rights "red cards" tell you how to assert your rights to protect yourself and your family.

What if knowing my rights isn't enough? How can I reduce the harm that detention or deportation might cause me and my family?

Every individual and especially every family should make a plan to help stay safe and to increase their chances of avoiding arrest. Know who you can call if you need legal help or help from your community. Know what to do if ICE knocks at your door, pulls you over, or comes to your place of work. Help everyone in your family, community, or workplace to understand their roles and responsibilities. Put it in writing, if that helps you.

The Plan for Possible Deportation chapter (on p.23) can help you make this plan. It covers the documents you may need and how to gather them, family plans and emergency caregiving for your children, and much more.

If possible, **talk to a trusted immigration attorney**. For more information on legal help, including free or low-cost resources, check out the directory on p.205.

Do I really need a lawyer? What if I can't find one I can afford?

This book is not a substitute for an immigration attorney. If you can talk to an experienced immigration, you absolutely should. There may be a legal route for you to stay in the US. Even if there isn't, a lawyer can help you understand your particular risks and choices.

But if talking to a lawyer is just not possible, this guide offers a general explanation of how the system works and some ways to advocate for yourself within it. After the Know Your Rights chapter (on p.17), the Detention and Deportation chapter (on p.40) discusses asylum, cancellation of removal, DACA, TPS, and other protections available to specific groups. You may also want to contact local or national immigrant advocacy organizations to seek their advice. For a list of national organizations, see the directory on p.205.

We want to help you understand your options and empower you to prevent a deportation order, but if you are vulnerable to deportation (see Who Can Be Deported on p.10) and you can talk to an immigration lawyer, we strongly recommend it. A good immigration lawyer can represent

you in court and advise you on the **best path forward for you**. Because the system is so complex and has so many rules and possibilities that affect only certain people in certain situations, this is something this guide cannot do.

If I do return or get deported to my country of origin, how do I begin to restart my life? Where can I find the resources I will need?

Learn about your country of origin before you depart, and try to build your network of family and friends. This guide has country-specific information on meeting basic needs, housing, employment, healthcare, education, culture, and more for people who may be deported or voluntarily return to Mexico (p.69), Guatemala (p.120), Honduras (p.144), El Salvador (p.174), and Venezuela (p.).

If your country of origin is not one of these five nations, you can still benefit from the information in this book. The Plan for Possible Deportation chapter (p.23) includes ideas on how to prepare for deportation to any country. You may also want to read through the section on deportation to Mexico (the guide's largest country-specific section) to get an idea of the reintegration process and the kinds of resources you could look for in the country you will be living in.

What if I want to leave the US on my own, before I can get deported? Is there anything I should know?

Whatever you decide, **don't rush into this decision based on fear**. Ask questions like, *Will self-deportation make it easier or harder for me to return to the US one day? Is it safe to use the CBP Home App to self-deport? Is returning to my country of origin really safer than staying here? If not, is there a third, safer country I could go to?*

The Decision to Return section (on p.37) can help you answer these important questions. It explains the difference between "self-deportation" and voluntary departure—and why it matters. And if you do choose to leave, it can help you find non-CBP resources that could help.

If I have a criminal record in the US will it follow me to my country of origin?

Every country is different, but in Mexico and much of Central America, US background checks aren't very common. In Mexico, if you apply to work at an international company or a factory near the border, a background check may be required. But most employers don't ask for one. If you are deported after a US prison sentence, you won't be required to go through a parole period or mandatory supervision in the country you get deported to. You'll have a fresh start. Learn more in the Non-Citizens and the Criminal Justice System chapter on p.63.

What will life be like after deportation? How will my family and I heal?

It will not be easy, but building connections, fostering wellness, finding purpose, and embracing healthy thoughts can help you and your loved ones to build resilience and eventually move on. The final chapter of this guide (Beginning to Heal, on p.198) explores what that might look like for you. It points you toward resources and practices that can help you begin to recover from the traumas of detention and deportation.

Because this journey will look different for every individual and family, we built this section around in-depth interviews with people who have recently experienced deportation. Their experiences shaped this guide, and their words and insights are featured throughout it.

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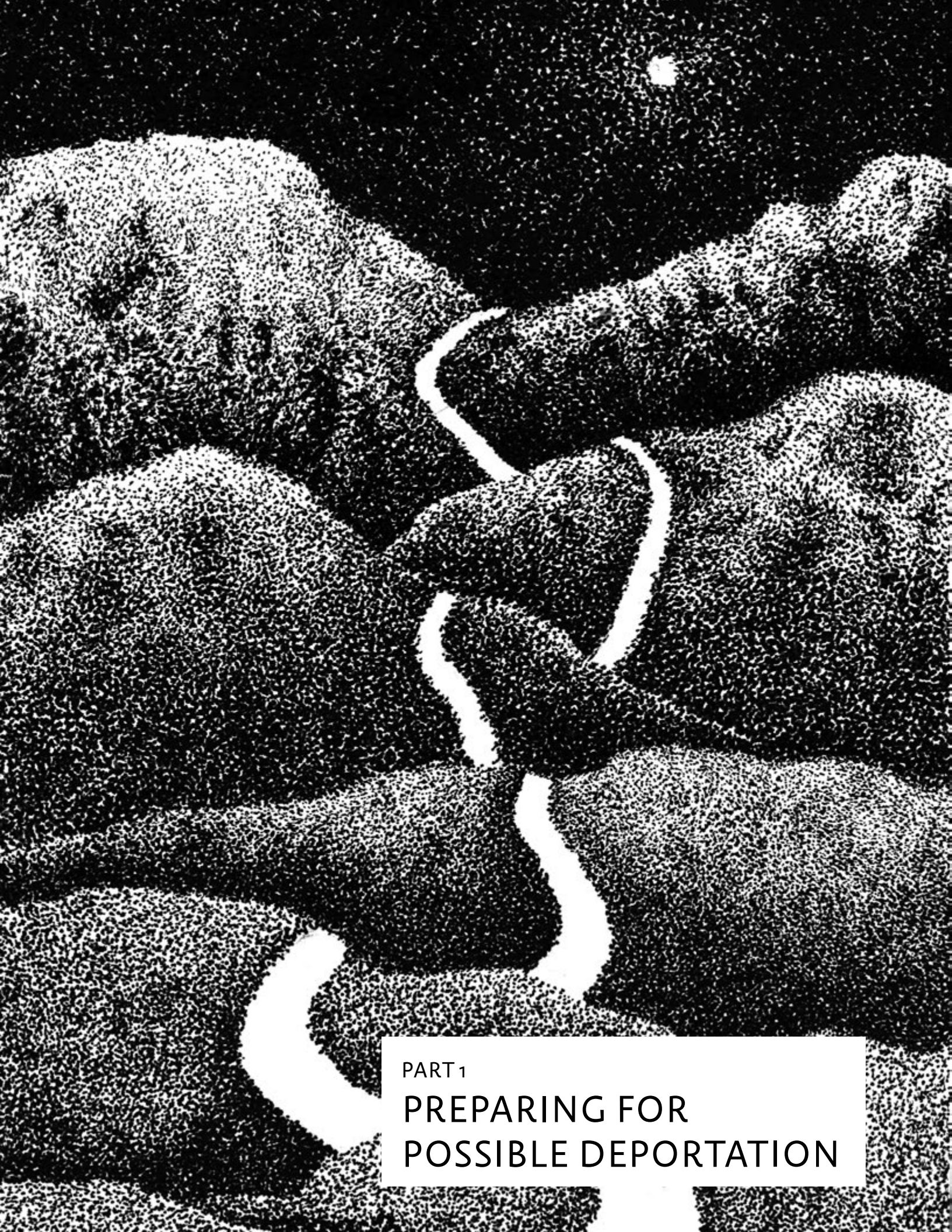
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PART 1

PREPARING FOR POSSIBLE DEPORTATION

Living with the Threat of Deportation

IN THIS SECTION

- Who Can Be Deported
- Make a Plan
- Patience and Mindfulness
- Driving While Undocumented
- Getting Medical Care
- If You Are a Victim of Abuse, Trafficking, or Neglect
- Housing and Employment Protections
- Other Resources

Living in the US under the threat of deportation can cause a great deal of anxiety and fear. Part of that anxiety comes from uncertainty. You don't know when or if you will encounter ICE or police. You don't know what might happen to your children if you are detained. You don't know what life might be like if you're forced to leave.

This chapter identifies the groups of people who are currently threatened by deportation, and it offers some ways to cope with the stress of that threat. It answers some of the questions you may have around what rights and resources are available to you as an undocumented person. It talks about how you can safely find health care or housing, for instance, and how to get a driver's license. There's also information on getting protection if you've been the victim of abuse.

See the Know Your Rights (p.17)chapter to learn more about how to interact with ICE and what rights may protect you during detention and deportation.

Who Can Be Deported



This list identifies groups that may be vulnerable to deportation, but please understand that not everyone in these groups will be deported. There may be opportunities to assert your rights and stop your removal. If you think one of these groups may include you or your family, contact an immigration attorney to learn about your options. Ask them what you can do to keep you and your family safe.

GROUPS WHO ARE AT RISK

- **Undocumented immigrants.** This includes people who entered the US illegally, people who were paroled into the US, and those who were placed in removal proceedings at the border and have pending immigration applications.
- **Immigrants with active deportation orders.** An immigration judge can issue deportation orders "in absentia," which means you don't need to be present in court to be given deportation orders. In fact, people who do not show up for their immigration court hearing almost always get deportation orders.
- **Immigrants who have overstayed temporary visas or whose visas have been cancelled**, including those whose temporary visas have been cancelled based on political expression.
- **Lawful immigrants, including Legal Permanent Residents (“green card” holders), asylees, and refugees, with criminal records.** This includes certain felonies and misdemeanors, both new and old. For more information, see the chapter for system-impacted immigrants (p.63).
- **Immigrants whose temporary permissions to be here have expired or been revoked**, including certain TPS recipients and individuals who entered the US via certain humanitarian parole programs. For information on the current status of each of these programs. Search at USCIS.gov for current information.

Even if you have a lawful immigration status, ICE agents may still demand you prove it. In case that happens, you should carry one of the following documents (the original or a copy) with you at all times:

- ❑ A printout of your I-94
- ❑ A printout of your I-55
- ❑ An Employment Authorization Document (EAD) card issued to you or a printout of your I-766
- ❑ A printout of your I-862, which is the Notice to Appear given to noncitizens in removal proceedings
- ❑ A valid, unexpired nonimmigrant DHS admission or parole stamp in a foreign passport
- ❑ A Nonresident Alien Mexican Border Crossing Card, (I-186)

Are you a non-US citizen veteran who is vulnerable to deportation or who has been deported? The military produces a guide to their veterans' immigration resources here: tinyurl.com/Mil-Imm-Resource-Guide. You can also find an overview of DHS (Department of Homeland Security) veterans' immigration resources at immvets.dhs.gov. At the DHS page, you can request information on returning to the US after deportation.

These additional resources may also be helpful:

RESOURCES FOR NON-US CITIZEN VETERANS

RESOURCE	WHAT IT PROVIDES	WHERE TO LEARN MORE
Foreign Medical Program (FMP)	Medical care outside the U.S. for a service-connected condition	va.gov/health-care/foreign-medical-program
Veterans Naturalization Assistance Program (VNAP)	Legal aid for veterans applying for citizenship through military service	vetsprobono.org/legal-help/vnap vnap@vetsprobono.org
AILA Military Assistance Program (MAP)	Immigration assistance for veterans and their families	aila.org/library/military-assistance-program probono@aila.org
Deported Veteran Legal Services Project	Legal aid for deported veterans seeking repatriation; provided by Immigrant Defenders Law Center	immdef.org/deported-veterans deportedvets@immdef.org

The NILC (**National Immigration Law Center**) recently shared two documents explaining immigrants' access to public benefits like Medicaid and SNAP. Because the documents were written for lawyers, they may be difficult to read. But the information they offer could be helpful:

- "A Guide for Practitioners on Immigrant Eligibility for Public Benefits" has eligibility rules for key public programs (tinyurl.com/NILC-benefit-access).
- "What New Federal SNAP Restrictions Mean for Immigrant Communities" outlines how recent changes to immigrants' access to SNAP benefits (tinyurl.com/NILC-SNAP-access).

"Take a breath. You're going to be in for a ride, and you better pack your patience."

—Pablo M.



Make a Plan

It's important to have a plan in case of an emergency, especially if you have a family. A plan can guide you, help you remain calm, and help you make informed decisions under stress. Thinking ahead this way can also help you keep yourself and your loved ones safe, increasing your chances of avoiding detention or deportation. It will help to bring you some much-needed peace of mind.

Know your rights. Know who you can call if you need legal help or help from your community. Know what you will do if ICE knocks at your door, pulls you over, or comes to your place of work. Help everyone in your family to understand their roles and responsibilities. Put it in writing, if that helps you. Role-play and practice saying what you will need to say in order to assert your rights.

In the Know Your Rights chapter, we discuss how to be prepared for an encounter with ICE (p.17). In the Plan for Possible Deportation chapter, you can learn about what your emergency plan should include (p.23).



Patience and Mindfulness

If you or your loved ones could be deported, you are under a lot of stress. Give yourself permission to accept that things may not be ideal or easy. It will be useful to practice patience. Go slow. Breathe. It's natural to feel stressed sometimes, but there are ways of managing your stress and preventing it from getting out of hand.

If you have a daily meditation, mindfulness, or exercise routine, maintain it. If not, think about starting one. Make this time for yourself, even if (especially if) things start to feel out of control. It will help calm you and allow you to reduce your stress and maintain focus. The Beginning to Heal chapter provides guidance on starting a meditation practice (p.198). Sports, walking, and gardening—or any recreational activity that you enjoy—are also good ways to stay balanced and process stress.



Driving While Undocumented

As you are likely aware, driving while undocumented is risky. If you are pulled over, you may be arrested. Some states allow police to arrest undocumented people or turn people over to ICE after traffic stops. Others, like Illinois, generally do not. Search online for the ILRC (Immigrant Legal Resource Center) **"State Map on Immigration Enforcement"** for specific

states' policies around immigration enforcement. But be aware that policies are changing quickly, and sometimes they are ignored. If you must drive, do so cautiously and be prepared for an encounter with police or ICE (see the Know Your Rights chapter on p.17).

If you can, get a driver's license. Along with Washington D.C. and Puerto Rico, the following states currently allow people to get a driver's license regardless of their immigration status: California, Colorado, Connecticut, Delaware, Hawaii, Illinois, Maryland, Massachusetts, Minnesota, Nevada, New Jersey, New Mexico, New York, Oregon, Rhode Island, Utah, Vermont, Virginia, and Washington.

Proof of residency and identity will usually be required. Check with your state's Department of Motor Vehicles (DMV) for their requirements.

You have the right to ask for ID

It's not just police and ICE now that can carry out arrests. New partnerships have increased the number and type of agents that can arrest non-citizens. This includes sheriffs, deputies, and even US postal inspectors. Agents may wear masks and approach you without showing their IDs.



Getting Medical Care

If you or a family member are undocumented, you may be afraid to get medical care. Current federal guidelines significantly restrict the use of healthcare records in immigration enforcement. You have the right to get medical care without worrying about being deported. Healthcare workers should not ask you questions about your immigration status, nor should they report you to ICE.

You can safely get medical care at these places:

- Community health centers that provide low-cost health care: healthcare.gov/community-health-centers
- Federally-qualified health centers: findahealthcenter.hrsa.gov
- Urgent care clinics
- Public hospitals
- Emergency rooms
- Safety-net hospitals

If you are undocumented, you cannot enroll in Medicaid, Medicare, or the Children's Health Insurance Program (CHIP) or get insurance through the Affordable Care Act (ACA) marketplace.

There are some other options:

- **Insurance through your employer.** Your employer may be able to offer you insurance.
- **State programs.** Some states have insurance options for people who are undocumented. Illinois' All Kids program, for instance, provides affordable health care for children of low-income families, regardless of immigration status.
- **Emergency Medicaid.** If you don't have insurance and don't qualify for Medicaid because of your citizenship or immigration status, Emergency Medicaid may cover your healthcare costs for medical emergencies. The application process varies depending on what state you live in, so you may want to ask a healthcare professional or social worker for help applying. If you go to a hospital for emergency care, the hospital staff may be able to help you apply.

MENTAL HEALTH

If mental health challenges or substance abuse are preventing you from functioning well or feeling good, get help. Mental health professionals can help you:

- Feel stronger as you face challenges
- Make goals and plans to solve your problems
- Change harmful behaviors
- Ease depression and anxiety
- Understand how your ways of thinking influence how you feel
- Recover from addiction

To find therapists who work with the undocumented community, visit informedimmigrant.com/resources/mental-health.

If you are feeling especially bad or like you might be a danger to yourself or someone else, get help right away. Call the suicide and crisis hotline at 988 or anonymously contact the Crisis Text Line. The Crisis Text Line provides free, 24/7, confidential support (in English and Spanish) by text message for people in crisis when they text the word HOME to 741741.

You can also call 911 or visit the emergency room at a hospital if you are in crisis.

If You Are a Victim of Abuse, Trafficking, or Neglect

Many immigrants worry that if they report a crime, they may be deported. But there are laws that can protect you.

- **The Violence Against Women Act** protects immigrants who are the victims of domestic violence. Specifically, it helps the children, parents, or current or former spouses of abusive US citizens or legal permanent residents (green card holders). If this applies to you, you may be eligible to apply for a green card yourself without needing help from the person who abused you.

- **T and U nonimmigrant visas** provide legal protection, work authorization, and a path to permanent residency for victims of human trafficking (T visa) and victims of certain serious crimes (U visa) who assist law enforcement in their investigations.

- **Special Immigrant Juvenile Status** is a US law that helps protect immigrant kids from being deported if one or both of their parents have abused, abandoned, or neglected them. It applies to people under 18 or 21, depending on what US state they live in. Learn more at sijsbacklog.com/youthresources.

If you think these protections could help you, contact an immigration attorney or legal aid organization (see Immigration Resources in the US on p.206) to learn more and find help.

★ Are you afraid of harm or persecution in your country of origin? If so, you may be eligible to apply for asylum or other protections. Learn more in the Detention and Deportation: Opposing Your Removal chapter (p.47).

Employment and Housing Protections



EMPLOYMENT PROTECTIONS

All workers, regardless of their immigration status, have certain rights and protections from unfair treatment and unsafe conditions:

- **No Discrimination:** Employers cannot fire you, mistreat you, or treat you unfairly because of your race, nationality, or gender. You can file complaints with the US Equal Employment Opportunity Commission (EEOC) at tinyurl.com/eeoc-file-here.
- **Fair Pay:** All workers must be paid at least the local minimum wage. While the Federal minimum wage is $7.25 per hour, some states have higher minimum wages. In addition, if you work more than 40 hours in a week, you must be paid overtime. In some states, you must be paid overtime if you work more than 8 hours in a day. You can file complaints with the Department of Labor's Wage and Hour Division. Start here: dol.gov/agencies/whd.
- **Workplace Safety:** Workplaces must be safe, and you can report dangerous conditions without being punished. You can do so online through the OSHA Online Complaint Form: osha.gov/form/osha7.
- **Injury Compensation:** Depending on what state you live in, you may be entitled to medical care and lost wages if you get hurt at work. Check with your state's worker's compensation board for more information.
- **Protection from Retaliation:** Employers can't punish you for reporting problems or for joining a union. File complaints with the National Labor Relations Board (NLRB). Find local NLRB offices or file charges online at nlrb.gov/filing-a-charge.



HOUSING PROTECTIONS

As an undocumented person, you may face housing discrimination, but there are laws to protect you.

The Federal Housing Act states that landlords **cannot** refuse to rent to you or discriminate in any way based on your language, race, national origin, sex, religion, color, disability, or family status. And, unless your landlord asks all their tenants about their immigration status or citizenship, they can't ask you to provide this information. In other words, they can't single you out for special treatment because of how you look, talk, or dress.

Some—but not all—states forbid landlords from evicting tenants or increasing their rent based on their immigration status. Certain states also forbid landlords from contacting ICE or disclosing information about your immigration status. The only time they may is when there is a court order. For specific guidance, consult a housing rights organization or legal professional.

If you believe you are being mistreated by a landlord, consider filing a complaint with the Office of Fair Housing and Equal Opportunity. They do not ask about immigration status when people file a complaint. Call (800) 669-9777 (English and Spanish) to file a complaint. Learn more at tinyurl.com/HUD-equal-housing.

We understand that trying to assert these rights may feel dangerous or unwise right now.

If you are undocumented and you report unfair treatment at your workplace, Federal immigration law will not completely protect you from being deported. However, some states (including California, New York, Illinois, Oregon, and others) have strong laws that protect undocumented workers who stand up for their rights. The intent of these laws is to make sure all workers are not punished for speaking up, receive fair pay, and are treated fairly.

To find out more about reporting problems, housing complaints, and what kind of housing and employment protections your state and local laws offer, contact a legal services clinic (see Immigration Resources in the US on p.206).

Other Resources

There is strength in numbers. Connect with community organizations, especially those that advocate for immigrants. The nonprofit Informed Immigrant lets you search for immigrant-serving organizations by location: informedimmigrant.com/help.

The migrant-rights organization Justice in Motion helps migrants after they have left the US. They offer help to people whose rights were violated during the detention or deportation process, people who are seeking safety from violence or persecution and have an immigration case pending, and people who faced labor exploitation or civil rights abuses while working in the US. Learn more at justiceinmotion.org/defender-network.



Know Your Rights

IN THIS SECTION

- Your Legal Rights
- Asserting Your Rights
- Administrative vs. Judicial Warrants
- Getting Help
- Other "Know Your Rights" Resources

The threat of deportation is frightening, but remember that all people in the US, including non-citizens, have rights under the US Constitution and other laws. This chapter will help you understand your rights. It will also help you know what to do if you are stopped by the police or ICE.

Note: We provide the information in this chapter to help you understand and assert your Constitutional rights. But we are not attorneys, and this is not legal advice. If you are vulnerable to deportation, please consult a legal professional. (For resources, see "Legal Representation" in the "Detention and Deportation: Opposing Removal" chapter on p.47.)

Your Legal Rights

In case you run into ICE or the police, know your rights and be ready to assert them:

- You have the **right to remain silent.**
- You have the **right to a lawyer.**
- You have the **right to refuse to open the door to your home,** unless the officer or agent has a judicial warrant signed by a judge (see below).
- You have the **right to refuse to allow a search** of your home, your car, or your body, unless the officer or agent has a judicial warrant.
- You have a **right to film or record an ICE encounter** as long as you do not interfere (see below).
- You may have the **right to a hearing** to defend yourself against deportation.
- You have the **right to call the consulate** of your home country (see below).
- You **do not have to sign anything** you do not understand.

★ **Know Your Rights Red Cards** or "red cards" tell you how to assert your rights to protect yourself and your family. They even provide specific language that you can use when talking to ICE. You can use the Spanish and English-language red cards at the end of this book (on p.278). For more free printable red cards in many languages, see ilrc.org/red-cards-tarjetas-rojas.

The SEIU's iAmerica KYR app offers know-your-rights in English, Spanish, Haitian Creole, and many other languages. It also has **English recordings of what you should say** to ICE agents to assert your rights. See iamerica.org/know-your-rights.

Asserting Your Rights

If ICE becomes aware that you are deportable, they may try to arrest you at your home, place of work, or somewhere else. Here are a few ways ICE may become aware that you are deportable:

- If you are in jail or prison, you may be arrested by ICE when you are released (see the Non-Citizens and the Criminal Justice System on p.63).
- If you have filed an immigration application and it has been denied, ICE may be notified.
- If you have overstayed a temporary visa, ICE may be notified.
- In many states, the police can give your information to ICE following an arrest. Some people have been arrested when they arrive or leave the courthouse to argue their case or even to pay a parking ticket.

If ICE is looking for somebody else and you are nearby, ICE may arrest you as well, even though you were not the intended target.

★ To learn about your state's immigration enforcement policies, search online for the ILRC (Immigrant Legal Resource Center) **"State Map on Immigration Enforcement"** or visit the Marshall Project's policy tracker at tinyurl.com/MP-state-policy. But be aware that policies are changing quickly, and sometimes they are ignored.

Below we describe what you should and should not do during an ICE encounter to assert your rights:

DO

- Stay calm.
- Say, "I am choosing to exercise my legal right to remain silent," or give them a know- your-rights red card.
- Call a lawyer right away. See the "Getting Help" section of this chapter (on p.22)for more information on free or low-cost legal options.
- Let the officer know you have children if you are worried about arrest. People with kids are often allowed to stay with their families instead of being arrested.
- Record everything on a phone or camera, if it seems safe.
- Take notes on everything that happens. Note the officer's badge number, who they work for, and their name.
- If you have evidence of your immigration status, carry it with you at all times.
- If you are undocumented but have been in the US for longer than two years, carry evidence of your continuous residence (Learn more in "Expedited Removal," on p.48.)

DO NOT

- Do not run or argue.
- Do not physically resist. If you are undocumented and even touch an ICE agent or police officer, you could be accused of assaulting a law enforcement officer, and that could trigger mandatory detention in ICE custody. For more information, read about the Laken Riley Act in the Non-Citizens and the Criminal Justice System chapter on p.63.
- Do not open your door for an administrative warrant (see further in this chapter).
- Do not answer any questions.
- Do not sign anything without advice from a lawyer.
- Do not carry any unnecessary documents from your country of origin, such as a foreign passport.
- Do not lie or give fake documents.
- Do not share any information about your immigration status, where you were born, or how you came to the US.

TIPS FOR ICE ENCOUNTERS IN SPECIFIC PLACES



HOME

How to prepare	• Instruct the people you live with to never open the door without knowing who is on the other side. • Choose someone you live with to be a witness and document what happens. • Keep copies of all your immigration documents readily available. • Make sure the people you live with know what to do and say. • Learn the difference between a judicial warrant and an administrative warrant (see below).
What to say	"You do not have my permission to enter or search this home."
What to do	• Document everything that happens. • Do not open the door without a judicial warrant.

★ An ICE ruse is when ICE Agents pretend to be someone else to trick you into letting them in. Learn more about how to defend yourself from an ICE ruse here: immigrantdefenseproject.org/ice-ruses.



WORK, SCHOOL, PLACE OF WORSHIP, OR HOSPITAL

How to prepare	• Put up signs that label an area or room as "Employees Only," "Staff Only," or "Private." ICE cannot enter these areas without a judicial warrant or your permission. • Train staff to understand ICE policies and name a specific person to speak to ICE, review warrants, and document the encounter. Make sure they know what to say and do.
What to say	• "I can't give you permission to enter. You must speak with my [boss, employer, supervisor, director, etc.]" OR • "Only [staff, students, patients, patients' family, congregation members] can enter. You do not have permission to enter or search this area."
What to do	• Go to the "Private," "Employees Only," or "Staff Only" area and close the door. • Do not open the door for anyone but coworkers, staff, or community members.

PUBLIC PLACE

How to prepare	• If you have lawful immigration status, carry copies of your immigration documents.
What to say	"Am I free to leave?"
What to do	• If the agent or officer confirms you are not being detained, walk away.



CAR

How to prepare	• If you have lawful immigration status, carry copies of your immigration documents.
What to say	"I do not consent to a search."
What to do	• Turn off the engine, turn on the internal light, **partially** open the window, and place your hands on the wheel.

SHOULD I TAKE A VIDEO?

It is your right to film an ICE interaction as long as you do not interfere. ICE may not respect that right, and they may target the person filming. If you're not comfortable filming, that's okay. You can also document the arrest by making an audio recording or taking careful notes. This YouTube video offers good advice on how to safely make a recording that could be helpful later in court: tinyurl.com/Right-to-film.

PREPARING YOUR FAMILY

Take steps to prepare your family for possible ICE encounters. Does everyone in your family know where to find immigration documents if they need them? Who will be responsible for recording everything that happens during an encounter? Has everyone practiced saying what they will need to say? In the next chapter (Plan for Possible Deportation), we discuss how to prepare yourself and your family for the possibilities of detention and deportation. We hope that knowing your rights and making a plan in case of an ICE encounter will help you to avoid those possibilities, but having a good plan can only help.

Administrative vs. Judicial Warrants

If an agent comes to your home, workplace, or other private area with a warrant, you need to be able to tell whether it's an administrative warrant or a judicial warrant.

An administrative warrant is issued by a government agency official, such as ICE, Department of Homeland Security, or USCIS. This kind of warrant is usually issued for immigration violations and other civil matters. **You do not need to open your door for an administrative warrant.** These warrants are based on agency regulations and have no legal authority over you.

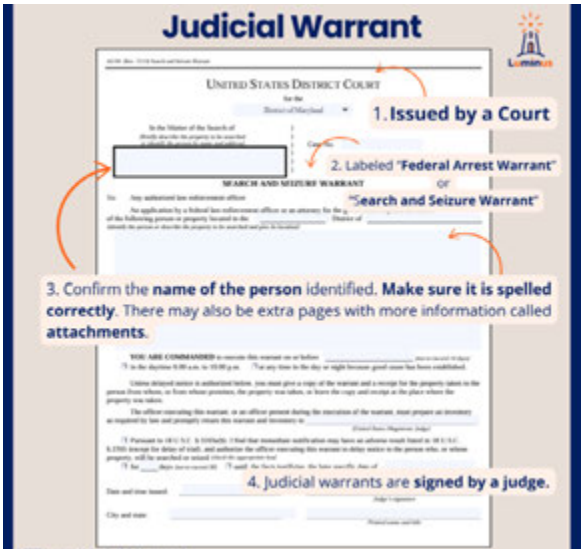
A judicial warrant is issued and signed by a judge or magistrate of a state or federal court, based on their authority from the US constitution or state constitution. It's usually issued for criminal investigations. If you are presented with a judicial warrant, you may need to open your door, but know that:

- Judicial warrants only allow access to the places specifically stated on the warrant.
- Judicial warrants must be dated within 14 days of the encounter or they are no longer valid.

ICE agents may not reveal all details about the warrants they carry. Look carefully at the title or heading and the signature. This will let you know what type of warrant it is. If it's a judicial warrant, check the date—if it's older than 14 days, the warrant is no longer valid.

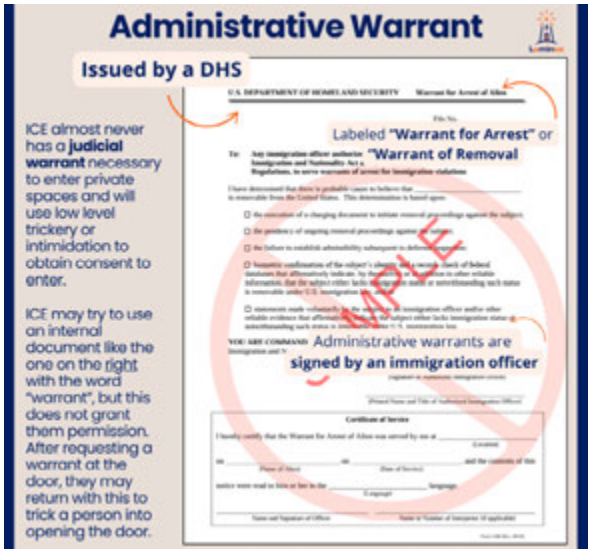
JUDICIAL WARRANTS

- **Heading or Title:** Says something like "United States District Court" at the top or has the name of a state or federal court
- **Signature:** Signed by a judge or magistrate

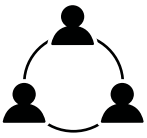


ADMINISTRATIVE WARRANTS

- **Heading or Title:** Says "Department of Homeland Security" or ICE or USCIS.
- **Signature:** Signed by an ICE or DHS officer or supervisor



★ **Expedited Removal** is a process that gives CBP and ICE officers the power to quickly deport undocumented noncitizens without giving them a full hearing before an immigration judge. To learn more about the process—and how to avoid or challenge it—see the "Expedited Removal" section of the "Detention and Deportation: Opposing Removal" chapter on p.48.



Getting Help

Help from your Consulate. You have the right to call your consulate during an ICE encounter or detention. Consulates can report abuses, help you get your passport, help people with special needs during the deportation process, and help you understand your rights. See the Directory on p.205 for a list of consulates.

Some consulates have apps or hotlines:

- Mexican Consulate app: **ConsulApp Contigo**, available in the Apple App Store and at Google Play. 24-hour hotline: 1-520-623-7874.
- Guatemalan Consulate app: **ConsulApp Guate**. Learn more: tinyurl.com/ConsulApp-Guate.

Legal help. We recommend you get legal help if you or someone in your family has encountered ICE or is arrested. In immigration court, you have the right to a lawyer, but you won't be provided with one. In some places, such as Chicago and New York, there are programs that provide free representation or legal help. Check to see if there is a local program in your area.

Immigration policy and enforcement are changing fast. You can represent yourself, but a good lawyer will understand changing policies and legal practices and be able to help you.

Find low-cost or free (*pro bono*) legal help here:

- immigrationlawhelp.org
- www.immigrationadvocates.org/nonprofit/legaldirectory
- uscis.gov/avoid-scams/find-legal-services
- ailalawyer.com
- justice.gov/eoir/list-pro-bono-legal-service-providers
- immigrantsrising.org/legalintake

Once you have a lawyer, make sure everyone in your family knows how to contact them. If you are arrested and detained, you may not be able to reach out to your lawyer yourself. If someone recorded or took notes on what happened when you were arrested, make sure your lawyer has that record.

★ **If you have been detained,** your family or community can use the ICE detainee locator to find you: tinyurl.com/ICE-tracker. A list of detention facilities, their addresses, and phone numbers can be found at ice.gov/detention-facilities.

Other "Know Your Rights" Resources

We have done our best to include a clear, simple summary of what you can do in case of an ICE encounter. But things are changing fast, and there is more to know. To learn more about your rights and what you should do when you run into ICE or police, check out these resources:

- tinyurl.com/NIP-resources
- unitedwedream.org/our-work/deportation-defense
- aclu.org/know-your-rights/immigrants-rights
- informedimmigrant.com/guides/know-your-rights
- iamerica.org/know-your-rights
- illinoislegalaid.org/legal-information/fighting-deportation-or-removal-case

Plan for Possible Deportation

IN THIS SECTION

- Gather Important Documents and Information
- Apostille Process
- Build Your Network and Collect Contacts
- Relocating US Citizens in Your Family
- Create a Family Plan
- Assess Your Finances
- Plan for Health Care
- Plan for Employment
- Learn About Your Country of Origin
- The Decision to Return

Knowing your rights can help you and your family be safe, but it does not guarantee that you will avoid arrest, detention, or deportation. That is why you need to have a plan and be prepared. It can reduce the stress of living with the threat of deportation, connect you to legal resources, potentially reduce the harm caused by the removal process, and help to empower you after it has begun.

In this chapter, we discuss:

- Creating a single file to contain all of your and your family's important information and documents (your "Be Prepared" file).
- Other things you'll want to consider after your deportation or return, like health care, money, and work.
- The choice of "self-deportation" or voluntary return.

★ **Third Country Deportations.** The US has recently started deporting people to "third countries," or countries other than their country of origin. Learn more about this practice and who is vulnerable to it in the "Detention and Deportation: What to Expect" chapter (on p.40)

Create a Be Prepared File

If you are arrested, the things you put into your "Be Prepared" will:

- Help your family members and friends (or your lawyer, if you have one) support you
- Help keep your family safe and taken care of
- Be an important part of re-building your life if you are deported

Your **Be Prepared** file should contain the following:

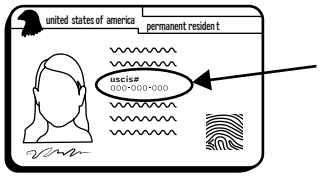
- **All your family's important documents.** We outline which documents you should gather in the first section of this chapter (see below). You may need to apostille some of these documents to be able to use them outside the US. See the "Apostille Process" section on p.27 to learn more.
- **Emergency contact information.** This information will be useful for you and your family if you are detained. It will also be helpful for you if you get deported. Learn more in "Build Your Network and Collect Contacts" on p.28.
- **Your family plan folder.** This will contain a written outline of your plan and important contacts and documents for your family's caregivers. Learn more in the "Create a Family Plan" section of this chapter on p.31.

Gather Important Documents and Information

In Know Your Rights (on p.17), we encouraged you to gather the documents you might need in case of an encounter with ICE. In this section, you will learn what information and documents you will need if you are detained or deported. If you are deported, these documents will help you build a life in your country of origin.

As you gather these items, check them off on the list below and place them in your Be Prepared file. Put that file in a safe place. Make sure everyone in your family knows where it is. You may also want to share the location (or pictures of its contents) with a lawyer or your children's caregiver.

☐ ALIEN REGISTRATION NUMBER (A NUMBER)



The letter A followed by 7 or 9 numbers. This is the number that ICE will use to identify you during removal proceedings. Your loved ones can use it to find where you are (Learn more in "Locating Detainees" on p.27).

How to Get It
Find it on a work permit, green card, immigrant visa, immigrant fee handout, notice of action, or other official immigration document.

☐ BIRTH CERTIFICATES
(your own or your children's)



In your country of origin, this will help you get other important IDs. Do not show non-US birth certificates to ICE agents while still in the US.

How to Get It
Contact the nearest consulate for your nation of origin (see directory on p.205). Some governments may have online services where you can order your birth certificate directly.

★ **If your children were born in the US,** this chart shows how to order their birth certificates and get them apostilled in every US state: tinyurl.com/BC-Apostille

NOTE: To avoid problems getting dual citizenship or other services in your nation of origin, make sure the parents' names and places of birth on your children's birth certificates match the names and places of birth on your own birth certificates exactly. This is an especially hard problem to solve after deportation to Mexico.

☐ IMMIGRATION DOCUMENTS
(for you and family members)

These include work permits, green cards, visas, or other documents showing your residence in the US.

How to Get It
See Know Your Rights (on p.17) for a list of documents that may be accepted as proof of residence in the US.

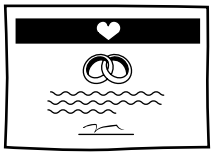
☐ SOCIAL SECURITY CARDS OR INDIVIDUAL TAXPAYER IDENTIFICATION NUMBERS (ITIN)
(for yourself or any family members)



Social Security cards state your Social Security number (SSN). SSNs are issued to individuals authorized to work in the US. ITINs are given to people who need to file US taxes but are not eligible for an SSN.

How to Get It
To get a lost ITIN, call the IRS ITIN Hotline at (800) 908-9982. To ask for a replacement Social Security card, go to ssa.gov/myaccount/replacement-card.html or call (800) 772-1213.

☐ MARRIAGE CERTIFICATE OR DIVORCE DECREE



If you got married in the US, you may want or need evidence of your marriage after deportation.

How to Get It
You can get a marriage certificate from the county clerk's office where you were married or divorced. This may need to be apostilled. (If you were married in Mexico, contact the Civil Registry in the county where you were married.)

☐ PASSPORT



Note: We do not advise carrying or displaying a foreign passport unless you must.

Gathering travel documents—for everyone in your family—will give you more options, before and after deportation.

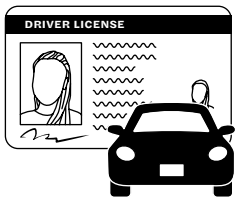
How to Get It
Learn how to get a US passport at travel.state.gov/content/travel/en/passports.html. Get a passport from your country of origin by contacting your local consulate.

☐ MILITARY DISCHARGE PAPERS

If you served in the US military or have a family member who has served, speak with an immigration lawyer. It is possible that your service could be a factor in stopping your deportation.

How to Get It
Contact the branch of the armed services where you served. Learn more about veterans' immigration resources in the Living with the Threat of Deportation chapter on (p.10).

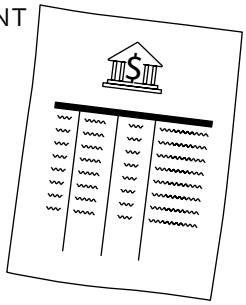
☐ DRIVER'S LICENSE



Some states allow people who are undocumented to get a driver's license (see "Driving While Undocumented"on p.12). While you can use your US license for a limited period of time after deportation to Mexico, Guatemala, Honduras, El Salvador and Venezuela, it's best to get a local license.

How to Get It
If you can get a US driver's license, get it. If it's expired, consider getting it renewed.

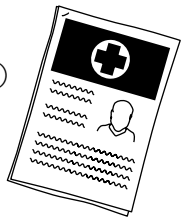
☐ BANK ACCOUNT INFORMATION



Gather information such as account numbers, routing numbers, and contact information.

How to Get It
This information can be found on your monthly statements or in your online account.

☐ HEALTH RECORDS
(for you and your family)



Gather a list of medications and allergies, medical conditions, and any other important health records for you and your family. Also gather your insurance information and your doctors' contact information.

How to Get It
Get this information from your medical providers or an online health-care portal.

☐ EDUCATION RECORDS
(for yourself and your children)



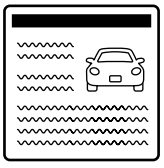
School records, degrees, diplomas, and transcripts.

How to Get It
These can be requested from the schools. To be recognized in your country of origin, they may need to be notarized, apostilled, and/or translated.

Learn more: For the Apostille process, see p.27. For transferring credits and enrolling in school, see the Education chapter of the Life After Deportation: Mexico section (p.98).

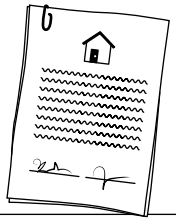
★ Don't have all your ID documents? You can get some of these documents after your deportation. Learn more in the "Life After Deportation" sections of the guide (on p.67).

☐ CAR RECORDS



Car titles, license plate number, VIN/ID number, car loan and insurance information

How to Get It
Your vehicle's VIN should be on its title.

☐	HOUSING RECORDS 	Make a copy of your lease or sublease agreement, mortgage, or ownership documents.
☐	GOVERNMENT ASSISTANCE DOCUMENTS	Documents for programs such as TANF, Link, WIC, or Medicaid

MEXICO DOCUMENTS

If you will be deported to Mexico and want to get your CURP code, RFC, or birth certificate before leaving the US, you can:

- Look up your CURP at gob.mx/curp
- Use your CURP to find your RFC at www54.sat.gob.mx/curp/Consult
- Order your birth certificate at miregistrocivil.gob.mx or by talking to your local Mexican consulate (see directory on p.213).

CHILDREN BORN IN US

Do you have children who were born in the US? If you haven't already registered them with your local consulate, you may want to. Doing this now, while you're living in the US, can save you time and trouble if you get deported. For more information, see "Getting Your IDs and Documents" (on p.78) in the "Life After Deportation" (on p.67)sections of this guide.

LOCATING DETAINEES

If you have been detained, your family or community can use the ICE detainee locator to find you: tinyurl.com/ICE-tracker. Make sure they have your A-number (your "alien registration" number found on your immigration documents from ICE; if you didn't have one previously, you will be assigned one when you are detained). It will help them to locate you. A list of detention facilities, their addresses, and phone numbers can be found at ice.gov/detention-facilities. Although you will have the right to a lawyer, you may not be able to reach one while you're detained. Providing your A-number will also help an attorney locate you and figure out the status of your case.

Apostille Process

An apostille is a special certificate that makes a document legally valid in another country. It proves that a US document is authentic. You might think of it as a passport for your documents.

DOCUMENTS THAT MAY NEED TO BE APOSTILLED

State and county-issued documents	Birth, marriage, divorce, death certificates, court documents, powers of attorney, adoption papers
Education documents	School reports, transcripts, certificates, diplomas
Personal and business document	Affidavits, business agreements

Start the apostille process while you are still in the US. Most important official documents will need to be apostilled. To get more detailed information on which documents need to be apostilled, see the "Life After Deportation" sections (on p.67) of this guide or speak with your local consulate.

Do you need a notary? Some documents need to be taken to a notary public and notarized before they can be apostilled. These include most personal and business documents (like contracts and affidavits) and some education documents. To find out if your education documents need to be notarized before they can be apostilled, speak with the school that issued your documents. You can also ask at the Secretary of State's office in your state (see "How to Apostille" below). You can often find a notary public at a UPS store or a larger bank.

★ Schools and universities in many countries will require the diploma, not the transcript, as proof of your degree.

Government-issued documents (like those listed above) can be apostilled **without** being notarized first. But in some cases, if your document was issued a long time ago, you may need to request an updated copy before it can be apostilled.

Ask the Secretary of State about which documents need to be notarized and which don't.

How to Apostille: Once your documents are ready, you can mail them or take them in person to a Secretary of State's office in your state. They will charge a fee, finish the process, and send you your document with an apostille certificate attached to it. Use this state-by-state chart to learn more about how this works in your state: tinyurl.com/BC-Apostille.

★ **Translators:** If your country of origin requires that a document be translated, you will need to hire a certified translator. Other translations will not be accepted. In some cases, local state agencies in your country of origin may require that you use a **specific certified translator.** For more information, see "Getting Your IDs and Documents" (on p.78) in the "Life After Deportation" (on p.67) sections of this guide.

SHIPPING DOCUMENTS

If you get deported, you may need someone to send you the documents you have collected. Mailing documents to your country of origin through the post office can be expensive and can take a long time, and the postal service in some countries is unreliable. Send important documents by FedEx, DHL, or UPS. Consider sending copies to a family member or friend in your country of origin now, in advance of your possible removal or return. Scanning or carefully photographing your documents may also be helpful. You can keep them online and retrieve them later.

Note: Mexico now asks that people shipping packages to Mexico include the RFC or CURP of the person they're shipping to. That person would then need to show their RFC or CURP in order to pick up the package.

★ The Mexican government runs a program called Héroes Paisanos (gob.mx/heroespaisanos). It protects the rights of Mexican citizens as they enter, travel through, and leave the country. They publish a guide that's useful for planning your return to Mexico. Access it here: tinyurl.com/Heroes-Pais.



Build Your Network and Collect Contacts

GATHER IMPORTANT CONTACT INFORMATION

Whether or not you reach out now, write down the contact information for your family and friends in the US and in your country of origin—don't just keep it in your phone. Memorize the most important numbers.

In addition to friends and family, think about what other sources of support you may want to call on. **Write down their contact information and keep it in your Be Prepared file**. You can use a copy of the chart on the next page to get started.

Contact friends and family.

If you are at risk of getting deported, don't wait to reach out to people who can support you. Contact family members and friends in the US and in your country of origin. Be honest about what you may need from them. Let them know if you need housing, money, advice, or support. Think about how you might be able to contribute to their household as well.

SUPPORT	CONTACT INFORMATION (Name, email, phone, WhatsApp, etc.)
☐ Emergency caregivers for your children	
☐ Consulate of your country of origin	
☐ Lawyer/legal service providers (See the Opposing Your Removal chapter on p.47 and the directory on p.205.)	
☐ Someone who can get your children from school or daycare if their emergency caregiver isn't immediately available	
☐ Employer or union rep	
☐ Doctors, dentists, therapists	
☐ Religious center (Church, mosque, etc.)	
☐ Banks and financial advisors	
☐ Insurance companies (health, car, home)	
☐ Nonprofit immigration organizations (See our lists in the country-specific sections of the guide or the directory on p.205.)	

You may also want to reach out to organizations in your country of origin that help people after they have been deported. Doing this from the US will help you land on your feet. Learn more in the "Life After Deportation" sections of this guide (on p.67).

★ If you are a Mexican or Guatemalan national living in the US, your country of origin has created an app for you to use in case of emergency. See the "Help from Your Country of Origin" section of the "Know Your Rights" chapter (on p.17) for more information.



Relocating US Citizens in Your Family

For the families of people at risk of deportation, the decision to relocate from the US is not easy. Plan ahead and talk openly with your loved ones.

If your spouse and children are US citizens and they decide to relocate with you, your spouse will have to find new friends and work. Your children will have to change schools. But if your family stays behind, they will miss you and be without your support. Both situations are very hard.

★ For information on **continuing your family's education** in your country of origin, see the Education chapter of "Life after Deportation: Mexico" on p.98. You may be able to make the transition easier while you're still living in the US.

Many family members who have moved to Mexico with their deported loved ones say they wish they had spoken more Spanish at home. Sadly, children who don't speak Spanish can get bullied in Mexican schools. Enrolling your children in Spanish classes while you're in the US may help.

Also, be aware that your relationships with your family in your country of origin may change after deportation. Maybe you used to send money home to support them. Now you may be the one who needs help. Talk to your US family about how these changes might affect them.

If you are a Mexican national and your US-citizen spouse or children plan to move with you if you get deported, see the "Getting Your IDs and Documents" chapter on p.78. to learn what they should do before and after they leave the country.

Be prepared for shifting roles with your partner and kids, too. Maybe your partner didn't work in the US. But if your partner is a US citizen, they may be able to earn a higher income by working online for a US-based company. Your family will need to be open to change.

Working remote for US dollars. If there is a US citizen in your family who is of working age—and they decide to relocate with you to your country of origin—**one of the most important things they can do is find online work with a US company**. Many people have found online work doing customer service for US companies. Your family members might even be allowed to do their current job remotely from your country of origin. Earning US dollars abroad could make all the difference for your family's financial stability.

Documents for US Citizen Families: If you have US-citizen family members who will be moving with you to your country of origin, collect the documents in the chart below. They will help your family to stay together, go to school, and restart their lives in your country of origin.

IMPORTANT DOCUMENTS AND INFORMATION FOR MIGRATING US CITIZENS

DOCUMENT	CHILDREN	SPOUSE OR OTHER ADULT
BIRTH CERTIFICATE	X	X
SCHOOL RECORDS	X	
DIPLOMAS/TRANSCRIPTS		X
MEDICAL RECORDS	X	X
MARRIAGE CERTIFICATE OR DIVORCE DECREES		X
STATE IDS OR DRIVERS LICENSE	**If possible**	X
PASSPORTS	X	X

NOTE: It is very important that the parents' names and places of birth on children's birth certificates match exactly with the parents' birth certificates. Especially in Mexico, it is very hard to get this fixed after you arrive. (See Getting Your IDs and Documents on p.78 to learn more)

All of the documents listed above have already been listed elsewhere in this chapter—there's nothing extra for you to do here. This chart is just here to help you keep track.

Create a Family Plan

Do you have young kids or elderly parents? Do you take care of other relatives or pets? A family plan can help keep them safe if you are detained or deported. It will help you arrange for your children's care and education.

Your plan should include:
- A written outline describing what will happen if you are detained or deported
- A folder with important contacts and documents for your caregiver(s)

Keep these things together in your Be Prepared file, even if your family plan is not complete.

These websites will help you to create a family plan:
- ilrc.org/family-preparedness-plan
- informedimmigrant.com/guides/steps-take-prepare-family

"Moving is not easy but if it's what's best for your family, it's worth it to rebuild a life together that's yours."

—Katerina B.



FAMILY PLAN OUTLINE

Decide who will take care of your children if you are detained or deported. Find an adult you and your children trust and know. If your children are old enough, you can include them in this decision.

Talk to the caregiver about your plans. Decide what should happen if you are detained or deported. How will they help to keep your children safe and secure? If your family plans to rejoin you in your country of origin, how can your children's caretaker help them reach you safely? (To read more about this choice, see "Relocating US Citizens in Your Family" on p.30.)

Write down the caretaker's contact information and the plan you've decided on.

Do the same for caregivers for pets and anyone else who depends on you.

★ Make sure to list your caregiver as an emergency contact at your children's schools or daycares. Make sure they're on a list of approved caregivers who can pick them up.

TALK TO YOUR CHILDREN

If your children are old enough, make sure they:

- Understand they will be taken care of if you are detained
- Know who will care for them until you can care for them again
- Have contact information for their temporary caregiver and
    - other nearby friends and family who they get in touch with if you are detained
    - friends and family who live in your country of origin, in case you are deported

If they're older, you should also make sure they understand what actions they should take in case of an ICE encounter at your home, your arrest, or your deportation.

IMPORTANT CONTACTS AND DOCUMENTS FOR CAREGIVERS

Collect important documents and contacts for your children's (or other dependants') caregiver. Put them together in a folder for the caregiver. You can use a copy of the chart on the next page to help you. Check off important documents as you gather them, and fill in contact information as you collect it.

Some of these documents are also on the Be Prepared Checklist on p.34. Make copies of these documents. You should have one for yourself and one to put in your caregiver folder.

DOCUMENTS FOR YOUR CHILD'S CAREGIVER

CAREGIVER AUTHORIZATION DOCUMENTS

- ❑ Caregiver Affidavit (See "Legal Documents" below)
- ❑ Power of Attorney, if needed (See "Legal Documents" below)
- ❑ Legal Guardianship, if needed (See "Legal Documents" below)

EMERGENCY CONTACT INFORMATION

Doctor(s):

Daycare:

Babysitter(s):

School(s) and/or teacher(s):

Attorney:

Family and friends in the US:

Family and friends in your country of origin:

Other important contacts:

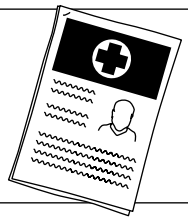
★ If you have a pet, include health information and veterinarian

YOUR CHILDREN'S IDENTIFICATION DOCUMENTS (ORIGINALS AND COPIES)



- ❑ Birth certificate(s)
- ❑ Social Security cards
- ❑ _____(other official ID)

MEDICAL INFORMATION



- ❑ Insurance cards
- ❑ Vaccination records
- ❑ Dental records
- ❑ Health records

SCHOOL INFO AND RECORDS

School portal or online access information:

- ❑ Report cards
- ❑ Transcripts
- ❑ Schedule

MONEY TO CARE FOR YOUR CHILD, IF POSSIBLE

You can use the table on the next page to help you think about costs and include what you can afford in the caregiver's folder.

LIST OF EXPENSES	COST PER MONTH
•	$
•	$
•	$
•	$
•	$
Total Expenses per Month:	$

Include these documents and contacts in your caregiver folder.

Put that in your Family Plan folder. Keep that safe in your Be Prepared file.

Here's what your completed Be Prepared file should include:

- Your family's important documents
- Emergency contact information
- Your Family Plan folder, including:
    - Description of your plan
    - A caregiver's folder with important contacts and documents

LEGAL DOCUMENTS ("CAREGIVER AUTHORIZATION DOCUMENTS")

The legal documents below give your children's caregivers the legal right to make important decisions on their behalf. Learn about each and decide what is right for your family. A lawyer can help you understand these choices. Here are a few options:

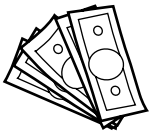
- **Caregiver Authorization Affidavit**. If you want your kids to have a caregiver in case you are detained or deported, **this form is necessary**. It will allow the caregiver to take your kids to the doctor and bring them to school. Each US state has its own form.

- **Power of Attorney.** This form gives a caregiver power to make most decisions that a parent would make for their child. This gives them more power than a caregiver authorization affidavit.

- **Legal Guardianship**. This option also gives your children's caregiver more power, and it is more permanent than giving your caregiver power of attorney. It would mean you have fewer rights to make decisions about your kids. Ask a lawyer if you decide to let someone else be your children's legal guardian.

For more information on how to find a lawyer, see the Know Your Rights chapter (on p.17).

★ **Emancipation Petition.** If your children are 16 or 17, they may be mature enough to manage things on their own. An emancipation petition would let them stay in the US without you and without a legal caregiver or guardian. If you choose to do this, keep the paperwork in your Be Prepared file.



Assess Your Finances

Save as much money as you can. Detention and deportation can be expensive. Save for:

- Legal fees
- Travel expenses
- Childcare expenses
- Living expenses while you look for work after your return or deportation

If you don't have a lot of money but know you will be deported, see if family or friends can help. If you're being detained, a friend or family member can go to the detention center and drop off a bag for you that includes cash (US dollars or your country's currency). For more information on what your family or friends may want to bring, see "Detention" in the "Detention and Deportation: What to Expect" chapter (on p.40).

If you don't have savings, think about how you will get money after your return or deportation. Will someone lend you money? Will you rely on wire transfers from loved ones in the US?

Charles Schwab is a US bank that does not charge ATM fees or foreign transaction fees anywhere in the world when you use its debit card. They even reimburse fees charged by other banks. Open an account and ask for two debit cards. Keep one for yourself and give one to a loved one in the US. Your loved one can put money in the account. Then, you can withdraw it for free in your country of origin. This way you won't have to rely on wire transfers which have fees.

Wise is a smartphone app and website for global money transfers that has very low transaction fees. This could help you move money from your US bank account into a bank account in your home country (a family members' or your own).



Plan for Health Care

If you are at risk of deportation, it's a good idea to address any health concerns now. If you can, get a dental exam, an eye exam, and a physical exam. Search for local free and low-cost health clinics in your area.

Next, get your medications ready. If you take prescription medication, get at least a 30-day supply. If you keep them in the original bottle and bring your prescription, you may be able to take them with you if you are detained and deported. Gather your medical records as well (for more on what documents and information to collect, see the checklists above).

Finally, learn about how you can apply for government health care or private health insurance in your country of origin. Learn more about health care in your country of origin in the "Life After Deportation" sections of this book.



Plan for Employment

You may be worried about finding a job after deportation. Think about the skills you have as someone who has lived in the US. English language skills will take you far. So will an understanding of culture in the US. The Mexican government, for instance, has a program to fill many English-teaching positions. These jobs have good salaries and benefits. The Employment chapter in the Mexico section (on p.91) has good general information on how to get started teaching English.

Learn more about employment opportunities in the country-specific sections of this book.

There are some things you can do while in the US to make your job search easier after your return or deportation:

- **Education:** Improve your education and learn new skills. Get your GED, take college classes, or get vocational training or certifications.
- **Volunteer:** Gain work experience while supporting a cause you believe in.
- **Language:** If your English could be better, work on it. Take a class, talk to native speakers, and read in English. If your Spanish (or other language of your

country of origin) is rusty or non-existent, try to improve it while you are in the US.
- **Update Your Resume:** Write, translate, or update your resume or currículum for your country of origin. There are some differences between what should be included on a resume in the US and in other countries. The resources section in the back of the guide (on p.) includes sample resumes.
- **Network:** Talk with family and friends about your plans. They can help you get information, connect with new people, and find work after deportation. Ask friends and family in your country of origin to share your resume with employers.
- **Research:** Learn about what fair pay is in your country of origin. Find out what people in your field can make, if there is a minimum wage, and what the average wage is in different parts of the country. Consider researching job boards and other job-hunting resources beyond your immediate network.

"Be ready to pivot. Be patient with yourself. You're eager to ... do all of those things. Be realistic with yourself, what you can really do, what is within your control. You're going to be facing a lot of things."

—Roberto L.

Be hopeful. Many people have found jobs after deportation. With the right preparation and attitude, you can, too.

★ **Can you do your work online?** Spain has a visa program for "digital nomads" that may allow you to live in Spain while working online for your current employer or clients (if you freelance). If you are from certain Latin American countries, you would also be eligible for citizenship after two years. That would allow you to live not only in Spain, but in any EU country. Learn more at wisar.pro/visa-nomada-digital-espana-2025-freelancers. Learn about other countries offering digital nomad visas here: tinyurl.com/investopedia-nomad-visas.

Prepare Before You Leave: If you're a Mexican national living in the US, you can take online classes through Mexican institutions. These classes range from basic to university-level education. Learn more about these programs and other educational resources for Mexican nationals here: tinyurl.com/Guia-IMA.

Learn About Your Country of Origin

You may have culture shock when you arrive in your country of origin. Things may have changed a lot since you were last there, or you may not remember being there at all. Learning about the culture may help you adjust. Read and watch the news. Pick up a history book or even a novel from a writer from your country of origin.

To get an idea of what to expect in your country of origin, read the "Culture and Connections" sections in the "Life After Deportation: Mexico" part of this guide on p.114.

"When I got [to Mexico], I couldn't get a job because I wasn't fluent in Spanish, I wasn't up to date with current events, with the culture. Study up on the history, culture, politics. You need to know all that to move around and not stick out like a sore thumb."

—Israel G.

The Decision to Return

Some people are considering returning to their country of origin rather than staying in the US. The US government is encouraging this—by making people's lives very difficult in the US, and then by making it easier for them to "self-deport."

This has also been called "forced return" and "departure under duress." We consistently use the term "self-deport" because we want to be clear. We also acknowledge that "self-deport" fails to convey the harm that is often caused by forcing people, under duress, to make this painful choice.

If you are trying to decide if you should "self-deport," here are a few things to consider:

- Will "self-deportation" make it easier or harder to return to the US later?
- Would returning to your country of origin be dangerous? Would it be more dangerous than staying in the US?
- What resources do you have to make the trip and get established in your country of origin? What other resources are available?
- If you do choose to "self-deport," should you use the CBP Home App?

This guide can't tell you what's best for you and your loved ones. But it can help you better understand your options.

Don't rush into a decision based on fear. Talk to a licensed and experienced immigration attorney who can help you explore all your options. Don't give up hope! You may still qualify for asylum or other protections (learn more in the opposing your removal chapter on p.47).

"Self-deportation" through the CBP Home App: If you decide on "self-deportation," the US Customs and Border Patrol (CBP) Home app is one option that can make some parts of your return easier, but it also has some risks.

★ **What's the difference between CBP One and CBP Home?** The CBP One app helped people apply for asylum. The US government shut it down in 2025. Two months later, they launched the CBP Home app. The CBP Home app helps people "self-deport" by allowing them to tell the government that they plan to return to their country of origin. People who use the CBP Home app to do this may be eligible for financial and travel assistance. You can learn more here: dhs.gov/cbphome.

BENEFITS AND RISKS OF USING CBP HOME

POTENTIAL BENEFITS	RISKS
• Less stress and trauma than detention and deportation • Financial assistance	• No guarantees of future reentry • Limited protection from detention • Personal information shared • Penalties if you stay

For an up-to-date and in-depth explanation of the pros and cons of using the CBP Home app, check out the National Immigration Law Center explainer, "Know Your Rights: CBP Home," at nilc.org/resources/know-your-rights-cbp-home.

★ **NOTE: If you decide to "self-deport," you are not required to use the CBP Home app to do so.** Talk to a licensed and experienced immigration attorney before you decide on anything.

"SELF-DEPORTATION" VS. VOLUNTARY DEPARTURE

"Self-deportation" is *not* the same as voluntary departure. Voluntary departure is a legal process where an immigration judge decides if a person can leave the US without a formal deportation order. A voluntary-departure grant occurs in court.

Voluntary departure can help you avoid the legal penalties of formal deportation. It can also make it easier to get a family, work, or humanitarian visa, and you may be able to apply for waivers to lift lengthy re-entry bans. This means you might be able to return to the US sooner if you choose voluntary departure instead of "self-deportation." But not everyone qualifies for voluntary departure. For more information on voluntary departure, see p. in the "Detention and Deportation: Opposing Your Removal" chapter.

"Self-deportation," on the other hand, is an independent decision, not a court process. The National Immigration Project publishes an "explainer" on the risks of "self-deportation." Check it out here: nipnlg.org/work/resources/costs-self-deportation.

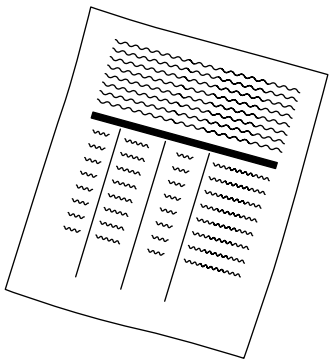
We highly encourage you to speak with an experienced immigration attorney to help you understand your options.



OTHER RESOURCES: THE ASSISTED VOLUNTARY RETURN PROGRAM

The International Organization for Migration (IOM) Assisted Voluntary Return (AVR) Program is a free program that helps people make informed decisions about whether to return to their countries of origin. The program serves people from 11 countries in Central and South America as well as Mexico. People receive help to prepare for departure and support when they return to their country of origin. The program assists with lodging, food, medical care, documents, travel tickets, and more. Check out their website to learn more: tinyurl.com/AVR-Program.

Detention and Deportation: Reference Sheet



The next two chapters take a step-by-step look at the removal process. "What to Expect" describes what will usually happen after you are arrested if nothing is done to stop your removal. "Opposing Removal" discusses what you can do during the removal process to try to stop it.

We provide this information to help you understand the process you're going through, know your options, and get due process. We want to empower you to make meaningful choices if you're at risk of expedited removal, have received a Notice to Appear, or are facing a removal order. **But we are not attorneys, and this is not legal advice**. If you are vulnerable to deportation and you can talk to an immigration attorney, we strongly recommend it. A good immigration lawyer can represent you in court and advise you on the best path forward for you.

The resources and definitions below may be helpful as you read these chapters. For more resources like these, see the directory on p.205.

What we mean by "immigration attorney": We mean a licensed immigration attorney with experience in detention and deportation defense. Not all experienced immigration attorneys have worked in these areas of the law, so look for one who has.

Finding legal help: You have the right to have a lawyer with you in Immigration Court, but you must find your own lawyer and pay any legal costs. Some organizations offer low-cost or free (pro bono) legal help. **To find pro bono help**, consult the US Department of Justice's listings at tinyurl.com/DOJ-pro-bono or the Immigration Advocates Network at tinyurl.com/IA-Legal-Services.

Find detained family and friends by searching for their A-Number at locator.ice.gov/odls. For more information, see the "Create a Family Plan" section of the Plan for Possible Deportation chapter (on p.31)or visit tinyurl.com/NIJC-Find-Family.

Get information to help you prepare your own case while detained:

- The Florence Immigrant & Refugee Rights Project's "How to Defend Your Own Case"; firrp.org/resources/prose
- The American Bar Association (ABA) Commission on Immigration's "How to Prepare Information to Support Your Request for Release from Detention"; tinyurl.com/ABA-for-detainees
- The PAIR Project's "Self-Help Manual For Noncitizens Detained by Immigration (ICE)"; tinyurl.com/PAIR-2024

Find your next court date using the EOIR Automated Case Information System, at acis.eoir.justice.gov.

Download immigration forms, including the I-589, EOIR 42A, EOIR 42B, Notice of Appeal, Fee Waiver Request, and other forms, at justice.gov/eoir/eoir-forms. Some of these forms are also provided in a public Google Drive for easy access: tinyurl.com/FormsImmigration.

Who can be an "agent": ICE (Immigration and Customs Enforcement) and CBP (Customs and Border Patrol) are both part of the Department of Homeland Security (DHS). ICE generally arrests people inside of the country, while CBP operates at or near the border. Local and federal agreements may let other agencies make immigration arrests as well. These chapters focus on arrests that occur inside of the country, but "agent" refers to anyone with the authority to make an immigration arrest.

What we mean by "arrest": In these chapters, "arrest" refers to an immigration arrest. Please know that being arrested by ICE or CBP is ***not*** the same as being arrested for committing a crime. ICE takes people into custody based on civil law, not criminal law. Unlike immigration arrests, criminal arrests require "probable cause" and ensure certain rights, like getting a speedy trial and access to affordable legal help. These same rights and requirements do not apply in the immigration system.

Learn more about third country removals: Although most people are deported to their country of origin, the US is deporting people to third countries, that is, a country you are not from. Examples include Venezuelans being sent to Mexico, and Mexicans being sent to Honduras. See "Detention and Deportation: What to Expect" (p.40) for more information and "Detention and Deportation: Opposing Removal" (p.47) for information on how to oppose deportation to a third country.

Detention and Deportation: What to Expect

IN THIS SECTION

› Arrest and Detention
› Immigration Court
› Deportation
› Hope

Note:

This chapter includes many quotes from recently deported people. Each person's words describe only their own experiences, but we hope they can still help you know and prepare for what could happen during detention and deportation.

DISCLAIMER: This guide is for informational purposes only and does not constitute legal advice. For legal guidance, please consult a qualified attorney.

★ The Detention and Deportation Reference Sheet (on p.39) offers important resources that are related to this chapter.

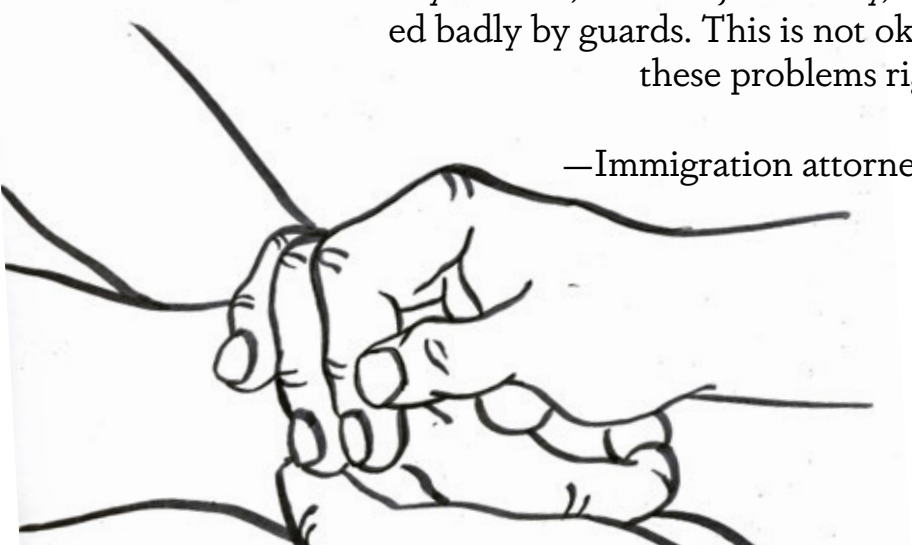
The removal process begins with an arrest, but what happens next—and how the process ends—can change for each person. The next chapter outlines the most common flow of events for those arrested in the US by ICE.

If CBP detains you at the border and you fear return to your home country, you may be able to request asylum, withholding of removal, or Conventions Against Torture (CAT) protections. To learn more about these protections, see "Detention and Deportation: Opposing Removal" (p.47).

★ If you are currently incarcerated for a criminal conviction and are worried you might be detained or deported by ICE after your release, see the "Non-Citizens and the Criminal Justice System" chapter (p.63).

"Even though immigration detention is not supposed to be a form of punishment, it can feel that way. People are subject to the same rules and conditions as those in criminal custody, such as lockdowns and being sent to solitary confinement. A lot of the time we hear from clients that they are not getting medication they need or are not able to see a doctor when they need to, that the jail is dirty, or that they are being treated badly by guards. This is not okay, and you should report these problems right away."

—Immigration attorney, Chicago, IL



Arrest and Detention

ARREST AND PROCESSING

If you are arrested, you will be taken to an ICE processing facility, holding facility, or a field office. An agent will give you a Notice to Appear, which tells you what you are being charged with.

"I hadn't been to my country since I was a small child, and I was being processed at a detention center with other men and women, hundreds of them."

—Maria, deported to Mexico

RELEASE, BOND OR DETENTION

Next, the arresting agents will decide whether to detain or release you while you wait for a court date. Generally, you are more likely to be detained if ICE can claim you are dangerous or that you might not show up for court. ICE will almost certainly detain you if:

- you already have a deportation order
- you are targeted for expedited removal
- you have been convicted of certain crimes

★ Learn more about legal concerns affecting non-citizens in the Non-Citizens and the Criminal Justice System chapter on p.63.

"Be super patient during the deportation process. There's a lot of waiting, sitting around, and you won't know what's happening next. Prepare yourself mentally for this. There is a lot of uncertainty. "

—Ramon C., deported to Mexico

If the agents release you, they may require that you wear an ankle monitor or have regular check-ins. If they set a bond, you will need to pay it in full before you can be released, and you may still be given a monitor or cell phone app that tracks your movements.

If the agents decide not to release you, you will probably be detained in a privately run detention center, county jail, or ICE-run facility. You may be detained in a different state. You may be moved from one facility to another, and that could happen more than once.

"These detention centers, they're ... like a daycare for adults, a lot of people there, it's a melting pot of people coming from different parts of the country."

—Ivan R., deported to Mexico

IMMIGRATION COURT TIMELINE

The courts have goals that should move you quickly through the system. But because of court backlogs and judge shortages, they often fail to meet their goals, and wait times can vary by a lot. For this reason, the following times are only general, and you may have to wait much longer than expected:

- If you have been detained and are waiting for your initial court date (called a **Master Calendar Hearing**), you should only need to wait two weeks. If you haven't been detained, it often takes longer.
- The time between your initial court date and either your release or a final order of removal depends on your legal strategy. It could take anywhere from a few days to months or years. You can learn more about legal strategies in the next chapter.
- If you are waiting to be deported after receiving your order of final removal, the time you need to wait may depend on the country you're being deported to. Mexico, for instance, provides travel documents for their citizens very quickly. Other countries can take months. If you are detained, things generally move faster.

You can find a useful summary of this information at tinyurl.com/dep-timeline (provided by EMP Law, a private law firm).

"...what I noticed about the detention center that I was at with other staff was they showed a lot of favoritism towards people that spoke English, even though we were all there for the same reason."

—Maria, deported to Mexico

"They took me to three different [facilities], right? I was almost a month in each one, until I got to Stewart [Detention Center]."

—Carlos, deported to Guatemala

DETENTION

Because so many different kinds of facilities are being used for detention, detention can look different depending on where you are. In many centers, people live in shared rooms or large dorms. Meals are provided on a set schedule, as are showers and time for outdoor recreation.

The conditions can be crowded, uncomfortable, and stressful. Some people have described terrible food, cold temperatures, and laundry services that barely clean your clothes and return them wet. For those who stay in custody for a longer time or have medical or mental health issues, detention can be very difficult.

"At the detention center where I was, the portions are often small and sometimes dinner is really early, like 4 or 5 pm, so I'd often go to bed hungry."

—Deybid A., deported to Honduras

★ **Are you experiencing abuse? Have your rights been violated?** To learn where to find help and how to report abuse and violations when you're detained, see the "Abuse and Rights Violations" section in the "Detention and Deportation: Opposing Removal" chapter on p.47.

"Since I had already been deported on other occasions, I already knew what to expect. The only thing was that I was always imprisoned in different places, and in some [facilities] the treatment is better than in others. This last time, I ended up in a tough place."

—Deybid A., deported to Honduras

"They gave me about 500 minutes a month to talk to my family. You could have visitors too.... I have my older sister there, but since she's illegal, she couldn't go."

—Carlos, deported to Guatemala

In-person visits from family and loved ones are sometimes allowed, but it depends on the facility. Some facilities allow only virtual visits. Your family should be able to deposit money in your commissary account so that you can buy things in detention. They should also be able to send you books through Amazon. Some facilities may allow you to call your family for free, but others will only allow emergency phone calls and calls to your lawyer. If family calls are not free, you may be able to pay for them from your commissary account.

"If you don't have money to talk to your family, it's really hard, really difficult."

—Deybid A., deported to Honduras



Immigration Court

If ICE arrests you, you should have the chance to defend yourself in front of an immigration judge with the help of a lawyer (if you have one). But the government may be allowed to deport you without a hearing if:

- You are undocumented and have been convicted of certain crimes
- You already have an order of removal
- You have been put into the **expedited removal** process by ICE.

★ Learn more about the expedited removal process in the next chapter, "Detention and Deportation: Opposing Removal" on p.47.

If you are given a hearing, you will receive a Notice of Hearing. This is different from the Notice to Appear. You get it later in the process. The Notice of Hearing tells you where and when your hearing will happen.

Working with your lawyer (if you have one), you can oppose your removal at your hearing. You can also do this without a lawyer, but it's harder. Learn more about how to oppose your removal and the different forms of "relief from removal" in the next chapter (p.47).

At this point, you could also request bond if you were not given bond before. The legal process that follows may involve many court dates. Asylum cases (one kind of relief from removal) can take many months or years. You may be detained, released, or released on bond in between hearings.

This process will either end with the judge allowing you to stay in the US or with a final order of removal. You will have your last opportunity to request voluntary departure when you receive your final order of removal (learn more about choosing **voluntary departure** in the next chapter on p.47). A final removal order can still be opposed in court, but it generally means your removal will happen very soon, especially if you are detained.



Deportation

Days before you are removed from the US, you may be transferred to a "staging area." You should be able to receive cash and other items from family members while you are there. You can learn more about receiving items from family in the next chapter.

"In my experience, there was no "staging area." We were not told we were being deported, nor was there any indication or forewarning we would be deported in the following days. In fact, ICE tried to conceal where and when we were going."

—Annie, deported to Mexico

"For me, the part of the experience that I remember the most was the last few days. It was when it was time to process and leave because it's almost 48 hours without sleeping. They grab you at 6 o'clock in the afternoon and they start processing you. ...that process is humiliating."

—Alex, deported to Honduras

When removal begins and they transport you away from the staging area, your hands and feet will be bound to restrict your movement. This usually means handcuffs or zip ties and ankle shackles. They may be connected to a chain around your waist. They will not be removed until shortly before you arrive, and sometimes they are removed only after you are in the custody of your receiving country.

"I was very confused, they treat you as if you were a big criminal. For example, that they don't take your shackles away from you until you're 20 minutes from your country."

—Elber, deported to Guatemala

Any personal belongings (purses, wallets, cell phones, etc.) that you have with you will be taken away before transit. Generally, they will be returned after deportation by the immigration authorities in the country you've been deported to. Your shoelaces may be removed before deportation, so you could arrive without laces in your shoes.

"On the plane, when we got there, they didn't take [off[our shackles ... until we were touching the ground."

—Carlos, deported to Guatemala

If you are from Mexico, Guatemala, Honduras, El Salvador, or Venezuela, see the first sections of the country-specific parts of this guide for information on what to expect when you arrive.

THIRD COUNTRY REMOVALS

Although this affects a relatively small number of deported people, the US is now deporting people to "third countries," or countries other than their country of origin.

Who may be deported to a third country? The US government deports non-citizens to third countries when it determines that returning them to their country of origin would be "impracticable, inadvisable, or impossible." The three groups at greatest risk are asylum seekers, certain non-citizens who have received their final orders for removal, and people who have been granted fear-based protections like **withholding of removal** or **CAT protection**. People in this last category have had courts recognize their fear and grant them protections from removal to their home country, but they remain vulnerable to removal to third countries.

Asylum seekers may be at risk for third-country deportation **at any stage** of their immigration case. This includes:

- People who came here for asylum but never began a formal immigration process
- People who have applied for asylum and are waiting for a decision
- People who are in the middle of their immigration court case
- People approved for refugee resettlement

Non-citizens with final orders of removal who may be at risk include anyone whose return to their country of origin is considered "impracticable, inadvisable, or impossible" (including, for example, when a country refuses to issue travel documents). This has recently included people from Venezuela, Cuba, Haiti, Honduras, Nicaragua, Guatemala, and El Salvador.

What third countries are people deported to? In early 2026, people deported to third countries were most often sent to Mexico, Honduras, Panama, and Costa Rica. Currently, **Mexico** receives the most third-country deportees. Most people sent there have been from Cuba, Venezuela, Guatemala, Honduras, El Salvador, Nicaragua, and Haiti (in descending order of frequency).

What can I expect in Mexico? Third-country deportees to Mexico are either deported directly at the US-Mexico border or are flown to **Tapachula** in Chiapas or **Villahermosa** in Tabasco. They may also be bussed from the border to those cities. In some cases, they are detained. After arriving, they can apply for asylum (see below) or they will have 10 days to leave the country.

The situation in **Tapachula** and **Villahermosa** is dire. The Mexican government aims to create more support for these individuals, but currently there are few resources. Emergency housing may be available, including the temporary government shelter "Siglo 21" in Tapachula, but there are many deported people living on the streets and transportation out of these cities can be dangerous. Avoid traveling at night, even on buses. There have been reports of robberies and kidnappings, and there is no government oversight of the transport of third-country nationals.

Individuals whose home governments are not providing any services (including Venezuelans, Cubans, and Nicaraguans) are at a particular disadvantage. Without access to a national ID service upon arrival, for instance, repatriation—or any travel at all—becomes very difficult.

You may be able to find emergency housing through REDODEM, a non-government association of migrant shelters in Mexico. Find them at redodem.org.

As a foreign national, you can request permission to work in Mexico. See help.unhcr.org/mexico/en/como-solicitar-la-condicion-de-refugiado-en-mexico/ for information on the asylum process in Mexico

Applying for asylum in Mexico: For information on how to apply for asylum in Mexico, visit tinyurl.com/asiloenmexico. This process can take a long time. Getting your initial appointment may take up to six months, and after that, you will have to wait (sometimes up to a year or more) for a decision. During that time you cannot leave the city where you applied.

For more information on opposing your removal to a third country while you are still in the US, see the "Detention and Deportation: Opposing Removal" chapter (on p.47).

You can learn more about third-country removals here:

- The American Immigration Council's fact sheet (tinyurl.com/AIC-3rd-Facts)
- The University of California's fact sheet (tinyurl.com/UC-TCR)
- The Zealous Immigration Lawyers' wikidoc (tinyurl.com/3rd-C-info)



Hope

"Deportation is very stressful. You get moved around a lot at all hours of the night. But once you get to your final destination things get better. You'll be with people from all parts of Mexico. You may even be able to make friends who live near you. They can help you plan your trip from the border to your hometown so you won't travel on your own."

—Erick N., deported to Mexico

This news in this chapter is bad, but you can oppose your removal. For information on what you can do to oppose removal, or to decrease the harm caused by the removal process, see the next chapter ("Detention and Deportation: Opposing Removal"). Some have also found ways to heal, even after deportation (see "Beginning to Heal," on p.198).

"It's going to be a pretty hard experience, but in the end, you're going to get through it. ... After being here for a while, you feel better. You feel at home."

—Elber, deported to Guatemala

Detention and Deportation: Opposing Your Removal

IN THIS SECTION

- Before Arrest
- Before and During Detention
- During Detention: Abuse and Rights Violations
- Immigration Court
- Final Removal

If you are currently incarcerated,

for a criminal conviction and are worried you might be detained or deported by ICE after your release, see the "Non-Citizens and the Criminal Justice System" chapter on p.63.

DISCLAIMER: This guide is for informational purposes only and does not constitute legal advice. For legal guidance, please consult a qualified attorney.

★ The Detention and Deportation Reference Sheet (on p.39) offers important resources that are related to this chapter.

If you have been detained, you may feel as if you are being punished. You may feel alone, scared, or even hopeless. Remember that you are not alone, and that even now there are things you can do that may improve your situation. Even now, there is hope.

Throughout the process, there are opportunities to oppose your detention and your removal. This chapter discusses opportunities to try to improve your situation from the beginning to the end of the process:

- **Before your Arrest**. This section covers **expedited removal** and protecting your right to due process. (For more general information on preventing an arrest and interacting with ICE, see the "Know Your Rights" chapter on p.17.)
- **Before and During Detention**. This section offers some strategies for pursuing your release from detention.
- **During Detention**: Abuse and Rights Violations. Find resources and learn how to report abuse, violations, and other problems that occur in detention.
- **Immigration Court**. This section covers different kinds of "relief from removal," like asylum or cancellation of removal, and how to advocate for relief in court.
- **Final Removal**. Even if you have received your final removal order, or you know that you will soon, it is still possible to influence what happens next. This section discusses a few options that may help you to prevent or reduce some of the harm caused by deportation.

Please know that even if you do everything right, *you will not necessarily be able to stop your removal*. Every case is different, and a strategy that works for one person may not work for another. But understanding what is possible can only help.

1. Before Arrest

Due process is the idea that the government acts fairly and follows rules that keep it from violating your fundamental rights. An individual's right to due process comes from the US Constitution. The US Supreme Court has found that non-citizens are entitled to due process. If ICE has arrested you, do everything you can to get due process.

If ICE arrests you, due process should give you the chance to defend yourself in front of an immigration judge with the help of a lawyer, although the government won't provide you one for free.

The government may be allowed to deport you without a hearing (without due process) if:

- You are undocumented and have been convicted of certain crimes
- You already have an order of removal
- You have been put into the **expedited removal** process by ICE

This section explains expedited removal and who it may apply to. It also offers strategies to prevent expedited removal and ways to challenge it if you are at risk.

EXPEDITED REMOVAL

Expedited removal is a process that gives CBP and ICE officers the power to quickly deport undocumented non-citizens without giving them a full hearing before an immigration judge ("due process"). If you have lived in the US for less than two years, and if ICE knows that you do not have a lawful immigration status, ICE can make an expedited removal order against you.

This process has existed for a long time, but it used to only apply to people who had arrived within the past 14 days and were near the border. In 2025, the process was expanded to apply to anyone who does not have proper entry documentation and has been in the US for less than two years.

Once the expedited removal process has begun, it **cannot** be appealed, it **can** be completed within a few days, **and** it comes with a 5-year ban on re-entry in addition to other possible bars on reentering the US. This may feel frightening; it is a scary development. However:

- The expedited removal process does not apply to everyone.
- There are things you can do to prevent it from happening.
- If you are targeted for expedited removal, you can challenge your removal at the time it is ordered.

Expedited removal should not apply to the following groups:

- Anyone who can prove they have been **continuously physically present** in the US for longer than two years
- Anyone who was inspected and admitted, including those who entered the US with a visa or parole, even if their immigration status has expired
- Anyone who entered as an unaccompanied child and was designated "an unaccompanied alien child" (or UAC)
- Anyone with a protected status, including legal permanent residents, asylees, refugees, and non-citizens with nonimmigrant visas, including U visa and T visas

Although the law is less clear on the following exceptions, expedited removal should not apply to these groups either:

- People with pending applications for asylum or adjustment of status
- People with pending applications for relief, such as petitions for U or T visas
- People who have deferred action (like Deferred Action for Childhood Arrivals [DACA] and Temporary Protected Status [TPS]) or parole
- People who are already in removal proceedings

Please keep in mind that pending applications do not change your immigration status, and these groups are not guaranteed protection from expedited removal. If you are in any of the groups listed above and have proof of your lawful entry, approved status, or pending status, **always carry documentation that proves your immigration status.**

PREVENTING EXPEDITED REMOVAL

The best way to resist expedited removal may be to prevent it: remain silent, follow the advice in the "Know Your Rights" chapter (on p.17), and **always carry** evidence that expedited removal should not apply to you. This includes evidence showing that you have continuously lived in the US for two or more years. Acceptable proof-of-residence documents include:

- School or medical records for you or children
- Birth certificates of children born in the US
- Leases
- Utility bills
- Mail or any other documentation with your name dating back two years or more
- Tax returns (if proper ITIN or legitimate Social Security number were used)
- Date-stamped photographs in clear US locations
- Social media posts with geotag (if your social media could not be used against you)

Create a file that includes as many of these items as possible. Make copies, keep them in a safe place, and carry some copies with you. If you need to show your proof of residence, do it without saying anything about your nationality, immigration status, or how you entered the US.

If your proof of continuous residence is accepted, you will be placed in regular court proceedings, where you should receive due process and be able to speak with an immigration lawyer. If you cannot provide acceptable proof of your protected status, assert your right to remain silent. Lying, giving misleading accounts, or presenting false documents will create additional problems.

The Immigrant Legal Resource Center (ILRC) has put together a helpful toolkit for anyone facing expedited removal. Find it here: tinyurl.com/Expedited-Toolkit. Find the ILRC's updated toolkit here: tinyurl.com/Expedited-Toolkit-2025. Both are useful.

CHALLENGING EXPEDITED REMOVAL

If you are afraid of returning to your country of origin and are facing expedited removal, you can still challenge removal by telling ICE or CBP that you fear persecution or torture in your country of origin, and that you intend to apply for asylum. Clearly state: "I am afraid to go back to my country." At that point, the agent should refer you to an asylum officer for a Credible Fear Interview.

The Credible Fear Interview (CFI) will be used to determine if you have a "significant possibility" of qualifying for asylum. If you do, you will be placed in regular removal proceedings in the Immigration Court system, where you can talk to an immigration lawyer and apply for asylum.

Interviews are usually conducted while you're being detained. They are often held over the phone. You will not be guaranteed a lawyer for your CFI, but you may be able to talk with an immigration lawyer before the interview. You should be allowed to have an interpreter for your interview, and you CFI should be in a confidential space where no one else can hear you. If you are not allowed to have these things, let the officer conducting your interview know.

People who are already in removal proceedings should not be at risk for expedited removal. However, ICE can ask an immigration judge to dismiss your case, and if the judge agrees to dismiss your case, ICE can then issue an expedited removal order. If you are in this situation, you may be able to stop the process by:

- Asking for time to respond to ICE's request
- Objecting to the judge's decision to dismiss your case
- Appealing the judge's decision to dismiss
- If you have already filed an asylum application with an immigration court, you can also tell the judge that you wish to have a hearing on your asylum claim.

2. Before and During Detention

This section discusses ways to improve your situation after you have been arrested. Specifically, it covers:

- Conditions of Release
- Getting Legal Help
- Preparing Your Case Without a Lawyer

OPPOSING THE CONDITIONS OF YOUR RELEASE

If you are arrested, the arresting officers will decide if you will be detained, released, given bond, or assigned an "alternative to detention," like electronic monitoring. If you are released or assigned an alternative to detention, ICE may place "**conditions on your release**." This means you might have to wear an ankle monitor, have regular check-ins, or install a phone app that lets them monitor you. ICE can also issue ankle monitors to those who have posted bond. You may be able to ask an immigration judge to remove or change the conditions of your release, but you must do it **within 7 days** of when the conditions were set.

★ For a more detailed timeline of the arrest and detention process, see the "What to Expect" chapter on p.40.)

BOND HEARINGS

If you are appearing in front of an immigration judge, you can **request a bond hearing** with the judge. Whether you are eligible for bond depends on many factors, including criminal convictions (see "Non-Citizens and the Criminal Justice System" on p. 63).

If you are eligible for bond and the judge determines that you are not a flight risk or dangerous, the judge will decide whether to set bond. The minimum ICE bond is $1,500, there is no maximum bond, and all immigration bonds must be paid in full before your release. When you are released, you will be able to continue pursuing your case from outside of detention.

You can learn more about bond—including how to request a bond hearing and how to prepare for your hearing—in The Florence Project's guide, "Getting a Bond: Your Keys to Release from Detention," available at tinyurl.com/How-to-Get-Bond-2013. You can find more information in the PAIR Project's guide for detained people at tinyurl.com/PAIR-2024.

If you are not granted bond or are not able to pay it, you can still oppose your removal from detention—read on to learn more.

GETTING LEGAL HELP

If you have been detained, we strongly recommend you speak with an experienced immigration attorney. If that's not possible for you, we discuss other options in the next section, "Preparing Your Case from Detention Without a Lawyer."

If you already have an immigration attorney: Good—you've planned for this possibility and you are prepared. Unfortunately, depending on the facility where you are detained, you may not be given the opportunity to call your lawyer. For this reason, it is best to share your lawyer's contact information with family or friends before you encounter ICE. Ask them to contact your lawyer if you are arrested. Your lawyer may need your A-number to find you if you've been detained, so make sure they have that, too. You can also contact the **ABA's Detainee Hotline at 2150#** if you haven't been able to call your lawyer.

If you don't have a lawyer yet: In Immigration Court, you have the right to legal representation, but the court will not provide you with a lawyer. You will need to get one on your own. If you can afford it, you should have family or friends contact a private attorney on your behalf.

If you can't afford it, there are still options. After you are detained, you should be given a list of lawyers who will work for free ("pro bono providers"). You should be able to call them from your facility (free of charge) to find out if they can take your case. If you cannot make free phone calls from your facility, a friend or family member can call on your behalf. They can find the pro bono list at the Department of Justice website (tinyurl.com/DOJ-pro-bono). For help finding an affordable immigration lawyer, see "Finding legal help" in the Reference Sheet (on p.39) or "Immigration Resources in the US" in the directory on p.205.

In some communities, the public defender's office works on immigration cases, like in Chicago, but this is not common. If you live in California, Washington, or Arizona and have a mental health diagnosis, you may be eligible for a court-appointed attorney. The DOJ describes this program here: tinyurl.com/Rep-Program.

★ **For friends and family members**: The American Bar Association's (ABA) "Navigating Immigration Detention: A Guide for Family and Friends of Individuals in Detention" provides important and helpful information on how to help a loved one who has been detained. Find it at tinyurl.com/ABA-for-family.

PREPARING YOUR CASE FROM DETENTION WITHOUT A LAWYER

Defending yourself without a lawyer is called "pro se representation." Preparing a case from detention, especially without an attorney, is challenging but not impossible. Depending on your situation, preparing your case might require you to write a request to an Immigration Judge asking for bond or asylum, or to prepare an application for another protection you qualify for. If you disagree with a Judge's decision, you may want to ask the Board of Immigration Appeals to review that decision by filing a "notice of appeal." In each case, you will be responsible for preparing the applications and presenting any required evidence.

Here are some common immigration forms and their uses:

- **I-589**: Applying for asylum and other fear-based forms of protection.
- **EOIR 42A and 42B**: Applying for cancellation of removal.
- **Notice of Appeal** (**EOIR 26**): Appealing an immigration judge's decision to the Board of Immigration Appeals (BIA)
- **Fee Waiver Request** (**EOIR 26A**): Asking the BIA to let accept your Notice of Appeal without a fee. This is only for the BIA, and it may not be useful for waiving fees in Immigration Court. Learn more about the EOIR 26 at tinyurl.com/NIPNLG-fee-waiver, and for information on waiving Immigration Court fees, see "Immigration Forms for Self-Representation," on p.278.

You can download these forms and others at justice.gov/eoir/eoir-forms, and you can find tear-out copies at the end of this guide (on p.278).

For more resources on preparing your case while you're detained, including those listed in the Detention and Deportation Reference Sheet (on p.39), look under "Resources for Self-Representation" in the directory on p.205. You can request a printed copy of the ABA's "How to Prepare Information to Support Your Request for Release from Detention" or any of the other documents listed in the directory through the ABA's Detainee Hotline at 2150# or by writing to them at:

American Bar Association,
Commission on Immigration
1050 Connecticut Avenue, NW
Suite 400
Washington, DC 20036

You can find the ABA Commission on Immigration online at americanbar.org/immigration. People calling on behalf of someone who is detained can reach the ABA's Detention Information Line at 202-442-3363.

3. Abuse and Rights Violations

If you experience abuse or feel that your rights have been violated during the detention process, remember that you are not alone. There are resources that may help and ways to report what has happened. There are laws and regulations that require facilities to investigate these reports.

REPORTING PROBLEMS THAT OCCUR IN DETENTION

If you have a lawyer, make sure to let them know what happened so they can try to help. If you don't, consider telling someone who is not detained so that they can find legal help for you. You can also make a report to the Department of Homeland Security (DHS) and to the immigration advocates at Freedom for Immigrants:

- **Free Hotline, Freedom for Immigrants**: Dial 9233# from any detention facility phone. The hotline is available from 11 AM to 11 PM, Eastern time from Monday to Friday. A loved one who is not detained could call their headquarters at 510-822-2722.
- **DHS Office of the Inspector General**: (800) 323-8603
- **Immigration Detention Ombudsman**: detention-ombudsman@hq.dhs.gov; myoido.dhs.gov
- **ICE OPR** (Office of Professional Responsibility): (833) 442-367; ICEOPRIntake@ice.dhs.gov; ice.gov/webform/opr-contact-form
- **EOIR** (Executive Office for Immigration Review): Complaints against immigration judges and staff: justice.gov/eoir/complaints-regarding-eoir-judges

Your **country's consulate** may also be able to help you. You should not contact them if you are asking for asylum, since claiming asylum means that you are saying that your country is unable to protect you.

REPORTING SEXUAL ASSAULT OR ABUSE

Tragically, sexual assault and abuse does happen in detention facilities. You, your attorney, or family members can report it to your detention facility as well as to the organizations listed above. Reports can be spoken or written, and they are confidential and can be made anonymously. If you experience neglect or retaliation because you reported abuse, you can also report that.

4. Immigration Court and Relief from Removal

After being detained, you may have the chance to defend yourself against deportation in Immigration Court. If you are eligible, you can apply for protections that allow you to stay in the US. These protections are known as **relief from removal**. This section covers the following forms of relief:

- Asylum
- Withholding of Removal
- Protection under the United Nations Convention Against Torture (CAT)
- Cancellation of Removal

★ **Legal Representation**. You have the right to have a lawyer with you in Immigration Court. If you can get one, we strongly recommend it. Please see the Detention and Deportation Reference Sheet on p.39 to learn more about finding legal representation.

ASYLUM

If you are afraid of being threatened, harmed, or persecuted in your home country, you may be able to apply for asylum. Asylum allows people to stay in the US instead of being deported. If you fear persecution but are not eligible for asylum, you may still qualify for **withholding of removal** (see p.55) or **CAT protection** (see p.55), which are requested using the same application.

Asylum cases are difficult to win and often take a long time. If you have been in the US for more than one year and have not already applied, a judge may decide that you are not eligible unless you can prove an exception. Recent reports show that asylum is granted infrequently, and outcomes can depend on the judge, your nationality, and whether you have a lawyer.

★ **Important note on CAT protection and Withholding of Removal**: Asylum allows you to live and work in the U.S. and provides a path to citizenship. Withholding of removal and CAT protection do not provide a path to residency or citizenship. They do allow work authorization in the US. They only prevent deportation to a specific country and **do not stop ICE from deporting you to a third country**.

Be careful.

If you have not been arrested and are eligible for asylum, speak with an attorney or immigrant advocacy group before seeking asylum. Applying for asylum will expose you to ICE and may result in your arrest. If your case is denied, this can lead to removal orders.

WHO CAN APPLY FOR ASYLUM?

To apply for asylum, you must:

- Be in the US or at a port of entry
- Show that you were persecuted or have a well-founded fear of future **persecution**
- Apply within one year of arriving in the US. However, if you must apply for asylum ***after*** one year has passed, you can argue that the delay should be forgiven based on changed circumstances in your life or "extraordinary circumstances" that explain the delay.

WHAT COUNTS AS PERSECUTION?

"Persecution" means serious harm or suffering caused by a government or by groups the government cannot or will not control. This includes threats against you. The persecution must be more severe than discrimination, and it must be connected to something about you that you cannot change, including any of the following:

- Race
- Religion
- Nationality
- Political opinion
- Membership in a particular social group (such as LGBTQ+ individuals, women, or members of a specific ethnic group)

APPLYING FOR ASYLUM

To apply, complete **Form I-589**, Application for Asylum and Withholding of Removal: uscis.gov/i-589. This form also allows you to apply for withholding of removal and CAT protection. In some cases, you may include your spouse and children if they are under 21, unmarried, and in the U.S. This form may be submitted online, by mail, or in person to the Judge. Read the instructions carefully, as the rules are very specific and change regularly.

If you already have a removal order, or receive one when arrested by ICE, act quickly. Tell ICE that you are afraid to return to your home country and try to find a lawyer immediately.

On the I-589 form, be specific about why you fear harm, who you believe will harm you, and what has happened or will happen if you return. It is important to answer all questions, even if just to say that you can't answer a question. If you do not provide enough detail, the court may not grant you a full hearing.

If you are scheduled for an **individual hearing**, this is your chance to tell your full story, present evidence, and call witnesses. (See the "Detention and Deportation: What to Expect" chapter on p.40 for a full timeline.)

★ Pending asylum applications do not protect you from deportation, but a scheduled individual hearing should. Many other factors may still put you at risk, though, including certain criminal convictions.

The asylum process can take months or years. However, once you appear before an immigration judge or have your asylum interview, decisions can be made quickly—even on the same day as the hearing. But this is not always the case.

If you win your asylum case in immigration court, the government has the right to appeal. That means your case will be reviewed by a higher court, even if the judge approved your application. Many people must remain in custody during the appeal process.

For a clear explanation of these protections and how to apply, see the Florence Immigrant & Refugee Rights Project guide: tinyurl.com/Apply-for-protection.

★ **Will I be able to work while I wait for asylum?** Requesting asylum alone does not allow you to legally work in the US. However, 150 days after applying for asylum, you may be able to file an application for a work permit and social security number. If you are granted asylum, you will immediately be allowed to work.

HOW TO PRESENT A STRONG CASE

At your individual hearing, you must prove that you were persecuted when you lived in your country, or that you have a well-founded fear of being persecuted there if you get sent back.

Meeting the standard for asylum can be difficult, and having an experienced immigration lawyer will help.

These tips may help you win your case:

- Give a **detailed and convincing** account of your persecution. Even if you do not have outside evidence, your credible, written testimony may be enough to get asylum.
- Provide supporting evidence when possible, such as police reports, medical records, and sworn statements from others. Publicly available evidence (like news articles or an NGO's report on the persecution of an ethnic minority) can also be convincing.
- The story of your persecution must be **completely consistent** at every step. The immigration judge may find that you are not credible and deny your application if your application form says one thing but you say something else in court.
- Always tell the truth. You will be under oath, and lying will have serious consequences, including losing the ability to seek immigration benefits in the future.
- If you are not fluent in English, you have the right to a court-provided interpreter in your preferred language.

IF YOUR APPLICATION IS DENIED

If your asylum application is denied, you can appeal to the Board of Immigration Appeals and possibly to a federal court. While your appeal is pending, ICE is not allowed to deport you. If ICE attempts to do so, make sure to tell them that your appeal is still pending.

If your appeals are denied, you may still be able to get other forms of relief, including withholding of removal, CAT protection (see below), and cancellation of removal.

★ You can learn more about asylum at USCIS's question-and-answer page (tinyurl.com/USCIS-Asylum-Page) and find up-to-date asylum resources through ASAP, a nonprofit collective of asylum seekers in the US: asaptogether.org/en.

UNITED NATIONS CONVENTION AGAINST TORTURE

The UN Convention Against Torture (CAT) provides a final legal defense against deportation to a nation where you might face serious harm. If you were deemed ineligible for asylum or withholding of removal, you might still be eligible for CAT protections. It does not lead to a green card or permanent legal status. **It does not prevent deportation to a third country**. But it will prevent deportation to a country where you will face torture.

WITHHOLDING OF REMOVAL

Withholding of removal prevents deportation to a country where you are likely to be persecuted. It is similar to asylum but more limited in a few key ways:

- Asylum offers more benefits and a path to permanent status; withholding does not.
- Withholding only stops deportation to one specific country and allows deportation to another.
- The legal standard is higher: you must show that you will probably ("more likely than not") be harmed, not just that harm is reasonably possible.
- There is no filing deadline for withholding of removal (or for CAT protection), unlike asylum.

NOTE

- If you do not qualify for asylum, you may still qualify for withholding of removal or CAT, but only asylum will protect you from being deported to a third country.
- All three can be requested using the same form (Form I-589).
- Immigration law is complicated. A lawyer can help, so try to find one.

★ If you have been the victim of a crime, abuse, or neglect, there may be other forms of protection that can help. To learn more, read about the **Violence Against Women Act** (**VAWA**), **T** and **U nonimmigrant visas**, and **Special Immigrant Juvenile Status** (**SIJS**) in the "If You Are a Victim of Abuse, Trafficking, or Neglect" section of the "Living with the Threat of Deportation" chapter (on p.10) and talk to an immigration lawyer.

DIFFERENCES BETWEEN CAT PROTECTIONS, WITHHOLDING OF REMOVAL, AND ASYLUM

	WHAT DOES THIS PROTECTION DO	HOW HARD IS IT TO QUALIFY?	IS THERE A DEADLINE?
Asylum	Lets you stay in the U.S., work legally, and apply for a green card in the future.	You must show a *reasonable chance* that you would be harmed if returned to your home country.	Yes. Generally, you usually must apply within **one year** of arriving in the US.
Withholding of Removal	Stops the government from sending you back to one specific country where you would be harmed. **Does not protect against third-country deportation** or offer a path to citizenship.	Harder than asylum. You must show that you would probably be harmed if returned.	No
Convention Against Torture (CAT) protections	Stops the government from sending you to a country where you would be tortured. **Does not protect against third-country deportation** or offer a path to citizenship.	Hardest to qualify for. You must show that you would *more likely than not* be tortured if returned.	No

CANCELLATION OF REMOVAL

Cancellation of removal is a form of relief granted by an immigration judge after your case has begun. It allows some people to stop their deportation and remain in the US.

There are three kinds of cancellation of removal:

- **10-year cancellation**: This is for people who do not have a legal immigration status (non-lawful residents). The section below focuses on this kind of cancellation.
- **Cancellation for legal permanent residents** (LPRs): This may help LPRs who face deportation because of certain criminal convictions. To learn more, see the "Non-Citizens and the Criminal Justice System" chapter on p.63.
- **Cancellation under VAWA**: This is an option for survivors of abuse who are in deportation court and meet additional legal requirements.

10-year cancellation is **very hard to qualify for**, but, in specific situations, it can lead to lawful permanent resident status (a "green card"). Unlike the forms of relief described above (asylum, etc.), cancellation is not based on fear of harm in another country. Instead, it is based on your time in the US, your family, and your conduct. The requirements generally include:

- Living in the US for **at least 10 years** prior to the start of the removal proceedings
- Having close family members who are US citizens or LPRs
- Showing **good moral character**
- Showing that deportation would cause **serious hardship** for your family

Cancellation of removal can only be requested in immigration court, and usually only after removal proceedings have started. There are no filing **deadlines** other than those assigned by an Immigration Judge at one of your hearings.

People **without** a legal immigration status who are seeking cancellation of removal and an adjustment of their legal status should use the EOIR-42B form. LPRs have different requirements and can use the EOIR-42A form. Both forms require a large fee or a fee-waiver application. To download either form and find current filing fees, visit justice.gov/eoir/eoir-forms or see page 278.

For more detailed information, see the Florence Immigration and Refugee Project's "Guide to 10-Year Cancellation of Removal" (tinyurl.com/FIRRP-Cancellation). Because the rules for cancellation of removal are complex and the standard to qualify is so high, we strongly recommend you work with a lawyer if you think you may qualify.

5. Receiving the Final Order of Removal

Once you receive your final order of removal, your deportation could happen at any moment—especially if you're being detained. This section looks at the limited opportunities you may have to oppose your removal and to reduce the harm that deportation can cause. It covers:

- Opportunities to Oppose Your Removal in Court
- Reducing the Harms of Deportation
- Voluntary Departure
- Opposing Deportation to a Third Country

OPPORTUNITIES TO OPPOSE YOUR REMOVAL IN COURT

If you have received your final removal order, you may still have some options to stop or delay deportation. You may still be able to:

- File an **emergency stay of removal**
- **Appeal the court's decision** to the Board of Immigration Appeals (BIA)
- Get a **credible fear interview** or file a **motion to reopen** for new fear-based claims. (This will let you request withholding of removal or CAT protection.)
- File a **motion to reconsider** for legal or factual errors in the judge's decision

If you have received your final removal order and you're detained, it's important that you act immediately. ICE can deport you at **any time**, and without warning.

Emergency stays of removal
If you are detained and want to appeal, request other protections, or file any motions, you may also want to file an emergency stay of removal. This can give you a little time to work on other options. Stays are granted when there is a strong legal or humanitarian reason to stop your removal. For instance, the court is considering your appeal, you risk serious harm if you are deported, or there was a clear error in the original decision. This action is not about winning the case yet; it is about stopping your removal while you try to move your case forward.

Appeals
If you have received a final order of removal and the appeal deadline has not passed, you can still appeal your case to the BIA. If your appeal is accepted, they will stop your removal while the case is pending. To be considered, **appeals** must be filed on time (usually within 30 days of the decision), using the correct form, and must raise a valid legal or factual issue. "Frivolous" or late appeals are rejected. Legal help is highly recommended.

Fear-Based Protections
If you fear harm in your country of origin, you can still request new fear-based protections, like withholding of removal or CAT protection. To do this, you will need a new hearing. If you are detained, there are two ways to get that hearing. You can express your fear of harm directly to ICE or an asylum officer to trigger a Credible Fear Interview (CFI), or you can file a motion to reopen your case. If the officer finds that your fear is credible, or if your motion to reopen is accepted, you will be given a hearing. If you do not get a positive response to your CFI, you can request that an immigration judge review that decision.

Motions to reopen
In addition to telling the court about **new-fear based claims**, you could also file a motion to reopen if:

- you have **new facts or evidence** or there are **new laws** that would affect your case
- you were ordered **removed in absentia** (which means you were ordered removed because you missed an immigration hearing)

Tips for opposing your removal after receiving a final removal order:

- **Stay calm, but act immediately**. Time is critical, and every day counts.
- **Do not agree to "self-deport" or sign any agreements** without understanding the consequences.
- **Get legal help if you can**. See "Getting Legal Help" or "Preparing Your Case Without a Lawyer," above, and the Detention and Deportation Reference Sheet on p.39.
- **File an emergency stay of removal** as soon as possible if you want to stop your removal, especially if you're detained. That will buy you time for other legal actions, like filing an appeal or a motion to reopen.

SEPARATION FROM YOUR FAMILY

Families can be separated at the border by CBP, but in the interior, ICE generally detains only adults. Although some children have been detained in the interior, and some those children were detained without their parents, this is against ICE's stated policy, and children are generally only detained with their families.

However, if you have been detained alone, without bond, and you plan to oppose your removal in immigration court, you may be separated from your family for several months or even years.

"That's the hardest experience, seeing your children crying."

—Elber, deported to Guatemala

Being prepared can help reduce the harm of separation:

- Learn how to create a family plan in the "Plan for Possible Deportation" chapter (on p.23).
- Consider setting up regular check-ins to let loved ones know when someone has been detained.
- Make sure that your family and friends share A-numbers. You can use an A-number to find someone who has been arrested (search at locator.ice.gov, and learn more at tinyurl.com/NIJC-Find-Family).

If you believe ICE has detained your child without you, find legal help. Have them contact the **ORR Hotline** (Office of Refugee Resettlement) for Unaccompanied Children or Separated Kids at 1-800-203-7001. Learn more about what keeping your family together during detention at tinyurl.com/NILC-Parent-KYR.

"Right now, because I got deported, our biggest issue is that we didn't get our youngest kids passports. And now that's a big thing because I'm not there, and [my wife's] not here."

—Ivan R., deported to Mexico

REDUCING THE HARMS OF DEPORTATION

Whether or not you choose to continue to oppose your removal, you may still have opportunities to reduce the harm it could cause. (If you're considering voluntary departure, see "Voluntary Departure," below.)

CAN I CONTROL HOW I TRAVEL OR WHERE I TRAVEL TO?

Deportation transportation (mostly air travel and buses) can be uncomfortable, dehumanizing, and very inconvenient, arriving in locations far from your home town or your desired location.

"I wish that ...I would have been able to buy a plane ticket, if that was possible, instead of walking across the bridge."

—Maria, deported to Mexico

If you are not detained, agreeing to **voluntary departure** may help you maintain some control over your transportation. Learn more under "Voluntary Departure" below.

If you are not applying for asylum protection from your nation of origin and you have special needs or a unique circumstance, your consulate may be able to help. For more information, see the "Help from Your Consulate" section in the "Know Your Rights" chapter on p.17.

WHAT ELSE CAN I DO TO MAKE MY ARRIVAL GO BETTER?

"You've got to have people to help you. Make contact with people in your home country and try to have someone waiting for you when you get there."

—Israel G.

ASK FAMILY OR FRIENDS FOR A TRAVEL BAG

Often, a few days before your deportation, someone can bring you a small bag of clothes (up to 40 pounds), toiletries (but no liquids), and money (US dollars or your home country's currency). Check to see if this can be dropped off where you are detained, or at a "staging" site or other location you might be at before deportation.

These things will make your deportation much easier because:

- You will not look like a deportee at the border.
- You will have money for transportation, food, and other things at the border.
- You may even be able to help others who are being deported with you.

"Be sure that the person that brings your things isn't undocumented. It's a detention center and it's possible that they may be asked about their migration status."

—Roberto L., deported to Mexico

"In my experience, not everyone was given an equal opportunity to have family members take them items or cash. My mother was able to negotiate with my ICE agent at the field office to take a 40-pound luggage with essentials that would be transported with me once deported. In 2018, this was a right owed to anyone being removed, but ICE agents didn't offer it. We were specifically told no cash in our belongings. My mother hid some in the pockets of some of the jeans she packed."

—Annie, deported to Mexico

REACH OUT BEFORE YOU GO

If you can, you may want to reach out to organizations in your country of origin that help people after they have been deported. Doing this from the US will help you land on your feet. You can find these organizations in the "Life After Deportation" sections of this guide and in the directory.

OTHER TIPS

Of the many tips we received from people who have been deported, two ideas came up often:

- **Make friends**. Find other people who are going to your destination and stick with them. Sharing resources may become important, and there is greater safety in numbers.
- **Be careful what you spend money on**. After being deported, when you need money to set up your new life, expensive legal fees may feel like wasted money. Think carefully about how much you want to invest in your court battles.

MORE OF THEIR ADVICE ON HOW TO PROTECT YOURSELF FROM SOME OF THE HARMS OF DEPORTATION

"I wish that I [knew] to keep, like, phone numbers, personal information, or money in my pockets rather than in a purse or something. Just keep anything and everything that you value or that's of value in your pockets."

—Maria, deported to Mexico

"Just be patient and just stay calm, and if you can, try to buddy up with someone during the process, the whole process, while you're detained and, you know, during your transport. Stick together with that person until you get to your next destination."

—Maria, deported to Mexico

"At the border stick together, help each other."

—Ramon C., deported to Mexico

"Once you get to your final destination, things get better. You may even be able to make friends who live near you. They can help you plan your trip from the border to your hometown so you won't travel on your own. When you get to ICE you will not have anything, but your countrymen will gladly share what they have until you can get your hands on some things yourself."

—Erick N., deported to Mexico

"There are groups and NGOs that can help. The Lutheran [World] Federation has helped us with psychological support, and it's done us a lot of good."

—Damaris G., deported to Honduras

VOLUNTARY DEPARTURE

During their hearings in immigration court, some people request **voluntary departure** instead of continuing to oppose their removal. Opposing your removal can take months or even years, and there is no guarantee that your efforts will be rewarded. And by agreeing to voluntary departure, you may avoid a formal deportation order.

★ **NOTE: Voluntary departure, "self-deportation,"** and **voluntary return** are very different. Learn about their differences in "The Decision to Return" (on p.37). Having the option of voluntary departure often depends on your criminal record.

PROS: Here are a few reasons why someone who was granted voluntary departure might choose it over formal deportation:

- **No automatic reentry bar**. You will not automatically be barred from re-entering the US for a set number of years. If you are deported, reentering the US is usually very difficult.
- **Time to prepare**. If you are not detained, you will have a set number of days to leave. That can give you valuable time to do things like close your bank account, end your lease, or find a place to live in your country of origin.
- **Control over transportation**. If you are not detained, you will have more control over your transportation out of the country. If ICE arranges your transportation, you may suffer poor treatment and end up somewhere far from where you live.
- **Saving legal fees**. If you are opposing your removal through an appeal or any of the options described above, you will probably need a lawyer. The cost for their service may be considerable. You may want to save this money for the next chapter in your life.

"I spent $15,000 on a lawyer and got deported anyway. That's money I could have used to start a life in my home country."

—Ivan R., deported to Mexico

★ **If you are detained**, agreeing to voluntary departure does not generally give you more control over your routing, destination, or date of departure. For detained people, eased reentry restrictions may be the most important reason to choose voluntary departure.

CONS: If you qualify for voluntary departure, here are some of the reasons **why you might not want** to agree to it:

- **Removal**: Even if there are still forms of relief that might help, once you accept voluntary departure, you **must stop opposing your removal**
- **Deadlines**: If you don't leave by the deadline you're given, the consequences are severe.
- **Money**: You will have to pay for all your travel expenses.
- **Reentry**: Although you may not be automatically barred from re-entering the US if you chose voluntary departure, you may still face immigration issues if you seek to return.

Requesting voluntary departure. You can only request voluntary departure when you're in Immigration Court, and you will have your last opportunity to request it when the judge issues your final order of removal. At that time, the judge may offer "**voluntary departure at the time of removal.**" If the judge does make this offer, you can sometimes request voluntary departure at the same hearing before your order for removal is finalized. Generally, you will not be able to request voluntary departure after you have received your final removal order.

★ People with certain criminal convictions may not be able to request voluntary departure. To learn more, see the "Non-Citizens and the Criminal Justice System" chapter on p.63.

If you qualify for voluntary departure and request it, the immigration judge could still choose to deny your request. To have your request approved, you may need to give the judge evidence proving:

- You have shown good moral character for the past 5 years.
- You have the money to leave at your own expense, and that you want to do so.
- You have valid travel documents (like a passport; see the "Help from Your Consulate" section in the "Know Your Rights" chapter on p.17.)
- You have not committed certain crimes.

Finally, you will need to agree to the terms the judge sets for your departure. This will include how long you have until you must leave the country (often 90 or 120 days), and the judge may assign you bond (which must be paid before you can be released).

Before agreeing to voluntary departure, make sure you understand its legal consequences. If you can, speak with a lawyer before agreeing to anything. You can learn more about voluntary departure in the NIJC Pro Se Manual for Detained Immigrants at tinyurl.com/NIJC-pro-se-guide or in their quickstart guide for attorneys, at tinyurl.com/NIJC-Vol-Dep.

OPPOSING DEPORTATION TO A THIRD COUNTRY

The US is using third country removals more often and in new ways. Because of this, people are challenging this practice in court, and the laws around third country removals could quickly change. We have tried to provide the most accurate information available on this topic, but if you are worried about a third country removal, please speak with an experienced immigration attorney.

Learn more about third country removals from the following resources:

- The "Detention and Deportation: What to Expect" chapter (on p.40)
- The American Immigration Council's fact sheet at tinyurl.com/AIC-3rd-Facts
- The University of California's fact sheet at tinyurl.com/UC-TCR

FEAR-BASED PROTECTIONS

Non-citizens can challenge third-country removals if they believe their life or freedom would be threatened or if they would face a substantial risk of torture in that third country. For instance, an LGBTQ+ person from Honduras who has been sent to South Sudan might be able to oppose their removal on these grounds. For information on how to oppose your removal after you have received your final order for removal, see "Opportunities to Oppose Your Removal in Court" under "Receiving the Final Order of Removal" above.

ALIEN ENEMIES ACT

If the US has invoked the Alien Enemies Act to remove someone to a third country, that person is entitled to due process, including the opportunity to challenge their "enemy aliens" status.

VOLUNTARY DEPARTURE

Under certain conditions, voluntary departure ***may*** decrease your chances of being removed to a third country, but **voluntary departure cannot prevent third-country removals**. Agreeing to voluntary departure can slow the removal process down, and that can give consular officials from your country of origin more time to provide you with missing travel documents. The extra time might also make a third-country removal less appealing to ICE. But agreeing to voluntary departure does not have any direct effect on a third country removal.

ABUSES

If you are abused or your rights are violated during the detention and deportation process, you can report it. Find resources in the "Abuse and Rights Violations" section of this chapter (p.52).

If you have already been deported and believe your rights were violated during the process, contact Justice in Motion [(646) 351-1160, info@justiceinmotion.org]. They help deported people take legal action in the US after their deportation. In some cases, this opens up a possibility of returning to the US. It's an important way to demand accountability.

Non-Citizens and the Criminal Justice System

IN THIS SECTION

- Incarcerated Non-Citizens
- Pending Criminal Charges
- US Conviction History
- Laken Riley Act
- Other Resources

If you are a non-citizen with a conviction history or pending criminal charges in the US, you may be worried about detention or deportation or even concerned for your safety. This chapter will try to address some of those concerns as well as issues affecting non-citizens who are currently incarcerated in US jails and prisons.



PRISON REENTRY GUIDE

In addition to this deportation guide, the Education Justice Project also publishes a reentry guide called ***Mapping Your Future: A Guide to Successful Reentry***. It helps people with the challenges they may encounter when they leave prison or jail. We have an Illinois-specific edition and a national one. Both can be downloaded at no cost in English or Spanish here: reentryillinois.net/reentry-guides/#myf-national.

Although ***Mapping Your Future*** assumes you will be living in the US after you get out, it discusses many topics that may still matter to you, like preparing mentally for reentry and reconnecting with your family. It also has practical information on topics like finances and technology. If you are currently incarcerated, you may want to read ***Mapping Your Future*** as well as ***A New Path***.

Incarcerated Non-Citizens

If you are reading this book while incarcerated in a US jail or prison, depending on your immigration status, the state you're in, and the nature of your charges, you may be handed over to ICE for detention and deportation after your release. Sometimes ICE arrests people on their way home after release.

If you are released from prison and transferred to ICE custody, you may be shuttled around the state as they pick up other people without access to a bathroom. You may also be moved frequently between prisons, jails, and detention facilities. Your friends or family should be able to see where you are by searching for your A Number (also called Alien Registration Number) at locator.ice.gov. (Learn more at tinyurl.com/NIJC-Find-Family.)

Some states have laws forbidding law enforcement and prison and jail staff from sharing your information with ICE. Sadly, not all states have these laws, and even in the states that do forbid information sharing, it can still happen.

To find out about information-sharing laws in your state, have a friend or family member search online for the ILRC (Immigrant Legal Resource Center) "**State Map on Immigration Enforcement**" for specific states' policies around immigration enforcement. But be aware that policies are changing quickly, and sometimes they are ignored. The best source of information will be an experienced immigration attorney. To learn about affordable legal resources, see the directory, on p.205.

A BLANK SLATE

If you have criminal convictions only in the US (and not in your country of origin), your record usually won't follow you across the border. You won't have to check in with a parole officer or wear an ankle monitor after your release. Unlike in the US, in your nation of origin, you won't be discriminated against in employment, housing, and more because of a US criminal record. But there may be exceptions. If you apply for work with an international company, for instance, they may do a background check. In Mexico, factory jobs near the border are often run by US companies. They may also do a US background check. But for the most part, your record won't follow you.

Pending Criminal Charges

PENDING CHARGES IN THE US

Certain criminal charges will make you deportable if you are convicted. Others charges might not.

If you have a pending criminal case in the US, be sure to have a frank conversation with your criminal defense attorney about your immigration status. Criminal defense attorneys **must** tell you if pleading guilty to certain crimes will make you deportable. They may be able to seek charges that would not make you deportable.

★ **Certain Crimes**: Throughout this section of the guide, we say that being convicted of "certain crimes" will make you deportable, vulnerable to expedited removal, or vulnerable to detention without bond. We also use this language ("certain crimes") when we discuss what legal options you may have in Immigration Court. We would like to be more specific, but laws change quickly and enforcement can vary. To learn more, speak with a lawyer. If that's not an option, see Nolo's Q&A on the topic: tinyurl.com/Nolo-convictions.

CANCELLATION OF REMOVAL FOR LAWFUL PERMANENT RESIDENTS

If you have legal permanent residence (LPR) status and you are facing deportation because of a criminal conviction, cancellation of removal may enable you to stop your deportation and stay in the US. You may qualify for this form of relief if:

- You have been a legal permanent resident for at least five years
- You have lived in the United States continuously for at least seven years without certain convictions

For more information on cancellation of removal, see that section of the "Detention and Deportation: Opposing Removal" chapter (on p.47).

PENDING CHARGES IN YOUR COUNTRY OF ORIGIN

If you have pending criminal charges in your country of origin it is likely that you will be arrested and detained when you arrive. It depends on the charge and the country, but many countries have a system of identifying you as you arrive. They check their national police database and sometimes INTERPOL and arrest those with outstanding warrants.

In some countries, even if your case is old and closed or perhaps you have already served your time, you may still be arrested upon arrival. There have been reports of this happening in El Salvador. You may be able to find out if there are pending charges against you by talking to representatives of your country's consulate. For instance, Mexican and Guatemalan consulate officials visit citizens of their countries in detention and during incarceration in state and federal prisons. They may be able to tell you if you have pending charges in your country of origin. Learn more under "Help from Your Country of Origin" in the Know Your Rights chapter on p.17.

US Conviction History

If you have ever been convicted of criminal charges in the US, you may be especially vulnerable to detention and deportation. ICE targets people with criminal records, including both undocumented people as well as visa holders and legal permanent residents. If you are undocumented and convicted of certain crimes, you may be deported without a hearing through the process of expedited removal. (To learn more, see the "Expedited Removal" section of the "Detention and Deportation: Opposing Removal" chapter on p.40; also see the Immigrant Legal Resource Center's expedited removal toolkit: tinyurl.com/Expedited-Toolkit).

Additionally, the US has started sending some non-citizens with criminal records in the US to third countries, such as El Salvador, South Sudan, Uganda, and others. This practice raises serious humanitarian concerns. For more information on deportation to third countries see the "Detention and Deportation: What to Expect" section on p.40.

We are not immigration attorneys, and we cannot provide legal advice. The best advice we have is to **talk to experienced criminal defense and immigration attorneys**; they can advise you on your particular case. They can help you learn more about your full range of options, including if you can apply for increased protection, asylum, or citizenship.

Laken Riley Act

In January of 2025, Congress passed the Laken Riley Act. The Act expands mandatory detention for undocumented immigrants who are charged with certain offenses, such as theft, assaulting a police officer, or crimes resulting in bodily injury. **Under this Act, the mere fact that you have been charged, not convicted, is enough to trigger your detention**. If you are detained under this new law, there is no bond permitted, and you generally must remain in detention until your immigration court case ends. Many lawyers believe the Act is unconstitutional because it violates due process.

★ If you are confronted by ICE agents or the police, do nothing that could give them any reason to say you were physically resisting or assaulting them. People have been charged with assaulting a police officer for simply moving quickly away from the officer or moving their arms. Under the Laken Riley Act, that is enough to result in your mandatory detention, even if you never assaulted anyone.

For more information (in Spanish and English) on what groups are now vulnerable to mandatory detention under the Laken Riley Act, what criminal charges can trigger detention under the Act, and what you can do to protect yourself, see the National Immigration Project's community explainer at tinyurl.com/NIP-Laken.

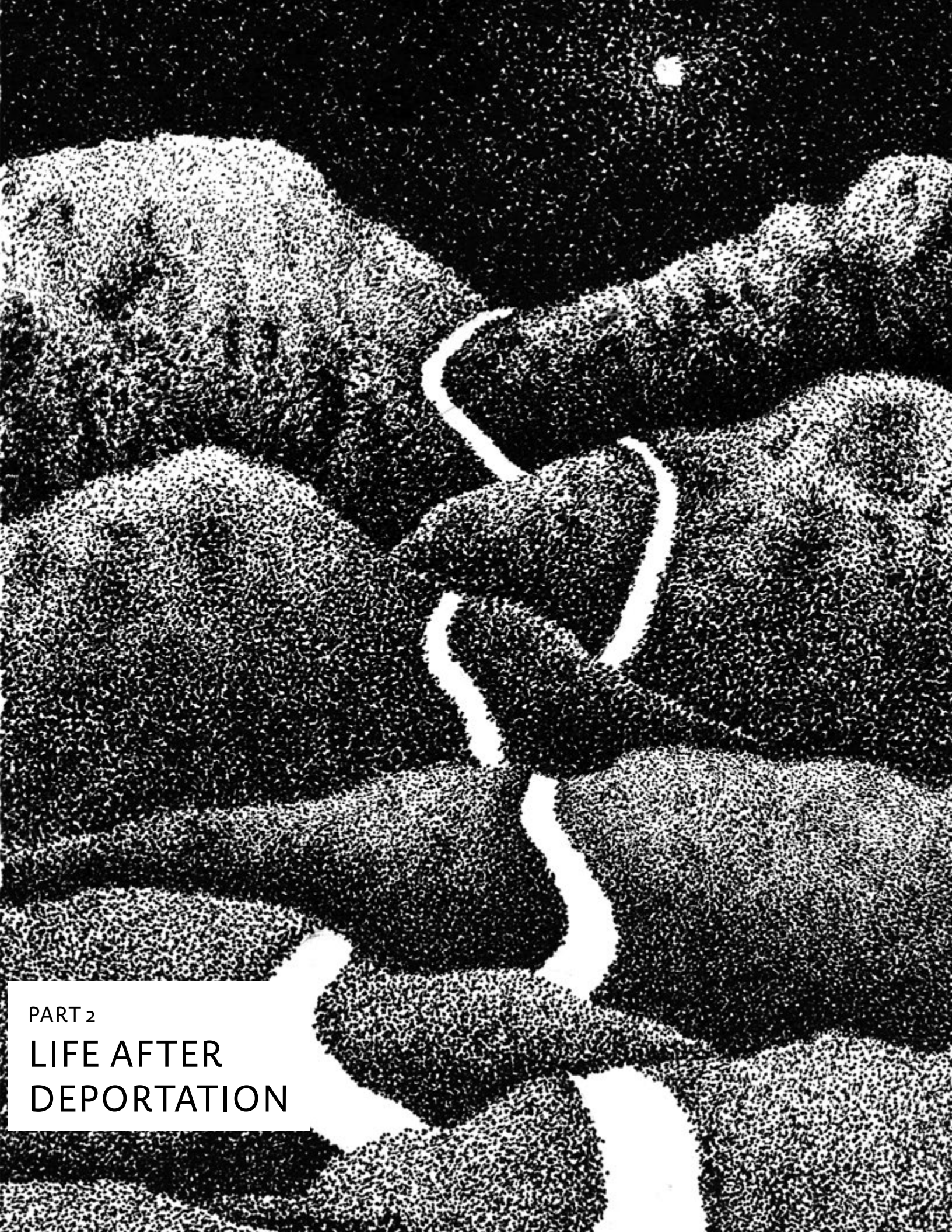
If you are arrested in the US, either by police or ICE, you have a right to a phone call. Unfortunately we've heard reports of people being arrested and not being allowed a phone call home or to an attorney. It's a good idea to identify a trusted person that can check on you regularly and if they don't hear from you, be able to contact an attorney on your behalf. (Find one and give your friend their name and contact information.)

Other Resources

If you have been charged with a crime, convicted of a crime, or are currently incarcerated, **you are not alone**.

The Immigrant Defense Project (IDP) specifically aims to help immigrants who are affected by the criminal system. They run the Criminal-Immigration Helpline (212-725-6422; info@immdefense.org) and offer legal advice and referrals for free immigration legal services. Learn more at immigrantdefenseproject.org. In addition to local resources, many other national organizations, like the Immigrant Legal Resource Center, National Immigration Project, and National Immigration Law Center, also provide information and resources on immigration law.

For our list of immigration advocacy organizations, see the directory on page 205.



PART 2

LIFE AFTER DEPORTATION

Life After Deportation

IN THIS SECTION

- When You Arrive
- Staying Safe
- Reintegrating and Moving Forward

The chapters in the following section of this guide offer specific information for deportation to Mexico (p.69), Guatemala (p.120), Honduras (p.144), El Salvador (p.174), and Venezuela (p.196). If you are facing deportation to a country that is not included in this guide, the information in this brief chapter may help. It includes what you can generally expect immediately after deportation, strategies for staying safe once you arrive, and ideas for where to look for help as you reintegrate.

The first section of this guide ("Living With the Threat of Deportation," on p.10) and its final chapter ("Beginning to Heal" on p.198) may also help. These sections are for anyone who is vulnerable to deportation or who has been deported. They provide advice and resources that can help you prepare for possible deportation while still in the US, and to help you recover from the trauma of deportation after you've been deported.

When You Arrive

In some countries, you will be let off the plane directly at the airport and allowed to move as you wish.

In other countries, there may be an intake or "reception" process. It may be optional or required. It may include a medical exam, vaccinations, fingerprinting, getting an ID card, or being offered a ride to the bus station or a bus ticket. You may be invited or required to spend the night at a shelter. Depending on your circumstances and the country you have been deported to, that process may include detention or incarceration.

★ What happens isn't always what's officially ***supposed*** to happen, and even official policies can change. You may want to contact people from your country of origin who have been deported to learn about their experience.

In some cases, you may be offered food, clothing, and transportation by informal welcoming groups or nonprofit organizations, including the International Organization for Migration (iom.int) or the Red Cross and Red Crescent (tinyurl.com/RC-at-the-border) as well as local nonprofits. These organizations may be able to help you reconnect with loved ones.

If no one is there to meet you and you need help, look for places of worship. They sometimes provide hot meals and/or clothes closets.



Staying Safe

Sadly, in many cases, no one will be there to help you when you arrive. In fact, the opposite may be true. There may be people trying to exploit you. Taxis may charge rates you can't afford. Members of organized crime groups may try to recruit you, even forcibly. There may be individuals looking to rob, kidnap, or harm you.

HOW CAN YOU PREPARE FOR THIS?

Before you're deported, reach out to family or friends in the US who may be able to help. In the days before your deportation, they may be able to pack a bag for you and drop it off before deportation (learn more in the "Plan for Possible Deportation" chapter on p.23). If you have family or friends in your country of origin who could help, contact them ahead of time to say you will need help when you arrive. They may be able to pick you up from the airport or arrange a ride, give you a place to stay for a few nights, or even help you settle in by connecting you to a job or other opportunities. Make contact before your deportation, and after you've saved their contact information, memorize it.

Resources. For general advice on staying safe through the deportation process:

- See "Reducing the Harms of Deportation" in "Detention and Deportation: Opposing Removal" (on p.47).
- Read the American Friends Service Committee's "Crossing South," available at afsc.org/crossing-south.
- Find country-specific information and resources at the UNHRC's global Seeking Help page: help.unhcr.org/global/seeking-help-with-unhcr.
- The International Organization for Migration also offers country-specific information and support for returnees to many countries. Use this search to find out if they have helpful information for you: "[Your Country] + IOM Missions + Assisted Voluntary Return + contact."

★ If you have no one in your country of origin, friends and family in the US could still help by arranging things like transportation or a hotel room near the airport. They could pay for it in advance and in your name, so that you will have a safe place to land.

When you get deported, you will likely be traveling with a group of deportees. As much as possible, stick together. There is strength in numbers! You may be able to pool your resources (such as money, clothes, or toiletries). Find out where the people in your group are traveling to after they arrive. Travel together with anyone going in your direction. Even if they're not going to your destination, they may have family or friends there who could help. Or maybe you will know someone who could help one of them.



Reintegrating and Moving Forward

If you haven't lived in your country of origin for a long time, you may be worried about reintegrating. Even though the next section of this book is specific to Mexico, read it. It will give you an idea of what may be necessary in your country, like getting IDs and documents or finding housing resources, health care, or job training. Although the specific resources will be different, your process may be similar.

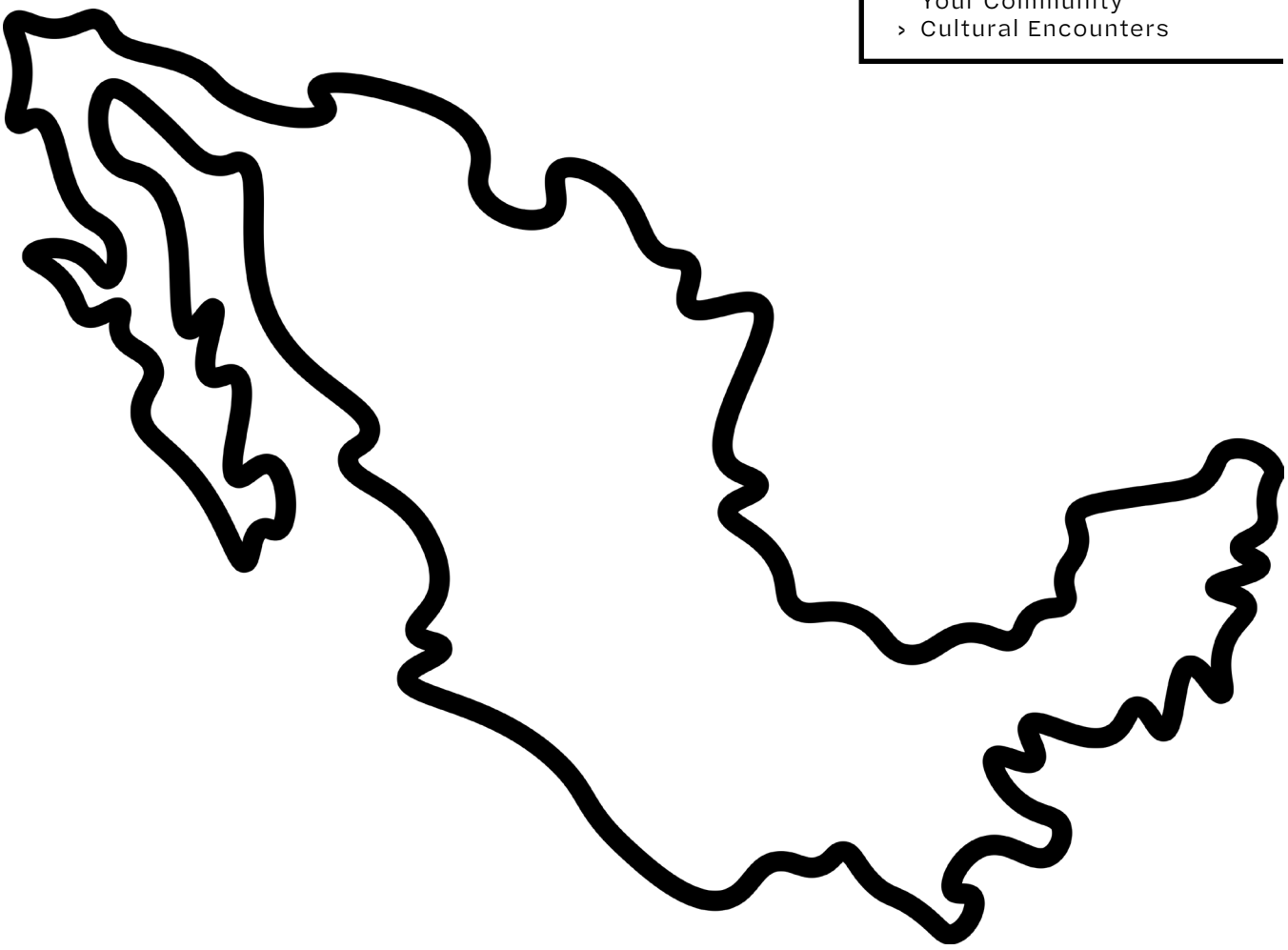
Seek out organizations near you that may be able to help. Churches and other places of worship often offer food and clothing. Non-profit organizations or government institutes may offer job training or other social support.

Finally, as mentioned above, the last chapter of this book ("Beginning to Heal" on p.198) may help you, too. It's about working through what just happened to you and continuing with your life, even if it may not be what—or where—you had planned. Look to this chapter for help making connections, processing trauma, improving your well-being, and healing.

LIFE AFTER DEPORTATION: MEXICO

IN THIS SECTION

- Arriving in Mexico
- Getting your IDs and Documents
- Resources to Meet Basic Needs
- Employment
- Education
- Health
- Communications
- Legal Matters
- Finances, Credit, and Taxes
- Voting and Engaging with Your Community
- Cultural Encounters



★ This guide is for informational purposes only and does not constitute legal advice. For legal guidance, please consult a qualified attorney.

Arriving in Mexico

IN THIS SECTION

› Transit
› Location of Arrival
› Arrival and Reception
› Preparing for Deportation
› Resources After Deportation
› Risks of Returning to the US

This chapter may be hard to read. You may be facing deportation after fighting to stay in the US. Or you may be reading this chapter just in case, to be prepared. Please know you are not alone. Read on for details about what to expect during deportation to Mexico and immediately after your arrival, including what resources are there to assist you.

Know Your Rights in Mexico.

The non-profit organization Otros Dreams en Acción has produced a "green card" to alert you to your rights in Mexico. Access a printable copy at odamexico.org/tarjeta-verde.



Transit

While you are being transported, your hands and feet will be bound to restrict your movement. This usually means handcuffs or zip ties and ankle shackles. They may be connected to a chain around your waist. They will be removed just before you arrive in Mexico. Any personal belongings that you have with you will be taken away before transit and generally returned after deportation by the Mexican authorities. Your shoelaces will probably be removed before deportation, so you will arrive without laces in your shoes.



Location of Arrival

You will either be dropped off at the border or flown to an airport in the interior. It's hard to say which will happen to you if you are deported, but most Mexicans are still dropped at the border.

The Department of Homeland Security (DHS) is the authority that deports people from the US. They won't necessarily deport you to the state where you were born. DHS deports many people from central and southern Mexico to the border, and many people from northern states are deported to the south of Mexico. This means you may need to travel a significant distance to get where you are going. If you have the money to fly, that may be the safest option. Otherwise, you may need to take a bus, or several buses.

Two budget airlines in Mexico that have hundreds of flights around the country each day are Volaris (volaris.com) and Viva (vivaaerobus.com). There are many bus options, including Flix and Omnibuses de México. More comfortable and more expensive options include Primera Plus and ADO. Many routes will take you to the Mexico City terminal, where you can transfer or purchase a separate ticket to your destination.

"Be super patient during the deportation process. There's a lot of waiting, sitting around, and you won't know what's happening next. Prepare yourself mentally for this. There is a lot of uncertainty."

—Ramon C.

Arrival and Reception

Whether you are deported to the border or flown to the interior, you will be met by the National Migration Institute (INM). They are the Mexican institute in charge of the reception process, and they will register you as a repatriated citizen. At the end of the reception process, INM will give you a document that says you are repatriated to Mexico. This document is your proof of repatriation, or constancia de repatriación. Keep it safe. You will need it for other things like getting your official state ID.

México te abraza: México te abraza is the Mexican government's new repatriation program. Its mission is to "welcome repatriated Mexicans with warmth and compassion." Because the program is new, all of their services may not yet be implemented. But they ***should*** provide you with these resources when you arrive:

- Access to a phone to call family or loved ones
- Transportation to the state where you were born
- A debit card with 2,000 pesos (Approximately $100 USD)
- Psychological and emotional support
- Your CURP, a unique number assigned to all citizens and residents in Mexico
- Shelter
- Three meals per day during the time you are at the attention center

You can learn more about the program at tinyurl.com/Mexicoteabraza.

As part of this program, the Mexican government opened **attention centers** (***centros de atención***) near each of the border locations used for deportation. The government also plans to open attention centers at the Villahermosa and Tapachula airports, where an increasing number of people are being flown to.

IF YOU GET DEPORTED TO THE BORDER

People who live close to the border in the US will be taken there by bus. If you live far from the border, you may be flown rather than driven. If you live in the northern part of the US (in a city like Chicago, for instance), your flight may make some stops in the US along the way to pick up other people who are being deported. The plane will make its final stop on the US side of the border. From there, a bus will take you to the border crossing, where officers will open a large gate and tell you to cross the bridge.

"At the border stick together, help each other."

—Ramon C.

According to INM, there are eleven places along the border where you might cross into Mexico:

- Nuevo Laredo, Tamaulipas – Puente Juárez–Lincoln Bridge
- Matamoros, Tamaulipas – Puente Nuevo / Puerta México Bridge
- Reynosa, Tamaulipas – Hidalgo International Bridge
- Tijuana, Baja California – San Ysidro, El Chaparral Port of Entry
- Mexicali, Baja California – Calexico, Downtown Port of Entry
- Nogales, Sonora – Dennis DeConcini Port of Entry area
- San Luis Río Colorado, Sonora – San Luis Port of Entry
- Ciudad Juárez, Chihuahua
- Ojinaga, Chihuahua – Presidio/Ojinaga Port of Entry
- Ciudad Acuña, Coahuila – Del Río/Acuña Port of Entry
- Piedras Negras, Coahuila – Camino Real International Bridge

The border city you will be deported to often depends on where you are coming from. For example, people from Illinois have been released in Matamoros, at the border with Brownsville, TX, as well as the Reynosa/McAllen, TX, border crossing. Your local Mexican consulate may be able to tell you where you could expect to be deported. For a list of consulates, see the directory on p.213.

AFTER CROSSING THE BORDER



After crossing the border, you will be put on a bus and taken to the nearest attention center for processing by INM. All attention centers are located near the border drop-off areas listed above:

- Matamoros, Reynosa (Estadio Municipal Pedro Salazar Maldonado)
- Reynosa, Tamaulipas (Estacionamiento del Centro Cultural)
- Tijuana, Baja California (Flamingos Eventos)
- Mexicali, Baja California (Estacionamiento del Centro de Ferias, Eventos y Exposiciones (FEX))
- Nogales, Sonora (Unidad Deportiva Estrellas Nogalenses)
- San Luis Río Colorado, Sonora
- Ciudad Juárez, Chihuahua (El Punto)
- San Juan Sabinas, Coahuila (Bodega Industrial)
- Nueva Rosita, Coahuila
- El Carmen, Nuevo León (Polideportivo Alianza Real)

After INM finishes your reception process, you will get your constancia de repatriación. Remember to hold on to it. ICE should have given your personal belongings to INM when you arrived in Mexico. If they did, you will also get your belongings back at this time.

At the attention center, you will be offered a meal, access to a phone, medical assistance if needed, essential documents, and transportation support. The attention centers also serve as shelters. You are allowed to stay there for a few days, but you don't have to. If you need a place to stay and would prefer to stay somewhere else, some areas also have shelters run by non-profit organizations. In Tijuana, for instance, Casa del Migrante runs a shelter.

When you leave the government-run shelter, you will be provided with a bus ticket to the place where you were born. If the town where you were born is not your final destination, you will have to pay for your transportation. Certain organizations like Casa del Migrante and some churches may offer transportation vouchers.

"When I crossed the border, it was like a scene from a movie! The government officials were on one side saying, Come with us; we'll give you food and a place to stay. On the other side were people involved in organized crime saying, Come with us; we can help you make a lot of money. I thought, Wow, Mexico really is like they say! But once I got to where I was going to live, I saw that it wasn't like that at all. Where I am now, I have a nice community. We look after each other. My neighbors even bring me food."

—Ivan

IF YOU GET DEPORTED TO THE INTERIOR

In addition to deporting people to border cities, the US is flying people to the following airports:

- Guadalajara, Jalisco
- Morelia, Michoacán
- Querétaro, Querétaro
- Toluca, Estado de México
- Tapachula, Chiapas
- Villahermosa, Tabasco
- Mexico City (Felipe Angeles Airport)

At the time of publication (January 2026), flights to Mexico City are paused and the US is primarily sending people to airports in the central and southern parts of the country.

Before 2025, deportation flights arrived on Thursdays and were limited to three per day. Currently, flights do not arrive on a regular schedule, and they often arrive late in the day.

AFTER LANDING

After your plane lands, the INM will register everyone on your flight. During the reception process, you should be offered access to a phone and transportation support. When the process is complete, they will give you your *constancia de repatriación*. Make sure to keep it safe. They will also offer you a meal and give medical assistance to anyone who needs it.

You generally get your belongings back at this time as well, but you may be asked not to open your bag or use your phone until you are outside of the airport. The INM should also help you to get bus tickets and food.

The whole reception process is reported to take about 40 minutes. But there have been reports of people fainting while waiting to be registered because they had gone too long without food.

At the airport, you may pass through an area with booths hosted by federal agencies. These agencies may be able to provide you with information on entering the workforce in Mexico. They may be able to help you once you reach your destination. See the directory on p.213 for more information.

★ If you have special needs, the Mexican consulate may be able to arrange for you to fly to a city near your destination. Contact them to request help. See the directory on p.213 for a list of consulates in the US.

LGBTQ+ BORDER RESOURCES

In general, if you are a member of the LGBTQ+ community, it is important to use caution at the border. You may face discrimination from service providers or even be targeted by criminal organizations. But there are also a number of organizations dedicated to providing support and protection for LGBTQ+ people at the border, including **Al Otro Lado** and organizations like **Rainbow Railroad** or **Border Butterflies** that find pathways to safety for people in the LGBTQ+ community. Find the contact information for these and other LGBTQ+ resources in the Directory on p.213.

"Be patient. Stay positive. Eventually they will take you to a safe place."

—Alex A.

Contact your Consulate.

Your local Mexican consulate can offer support, regardless of your immigration status. They can help you get your documents in order and help you prepare for return to Mexico. If you or someone in your family is being deported, they may also be able to confirm if they are on a particular flight. See p.213 for a list of Mexican consulates in the US.

Tip for Preparation

Often, a few days before your deportation, the detention center or staging area where you are being held will allow someone to bring you a small bag of clothes (up to 40 pounds), toiletries (but no liquids), and money (US dollars or pesos). Pesos will be easier to spend, while dollars may have to be changed first, but any form of cash will be very helpful. NOTE: It has been reported that many detention centers are no longer allowing this, but try to find out. Having a small bag will be more comfortable than traveling with nothing.



Preparing for Deportation

If you are facing deportation, think about what you will do when you arrive: Will you stay in a nearby shelter? Will you take a bus to your home? Will someone be there to meet you? ICE won't tell you where you will be dropped off, so making these plans will be challenging.

Keep in mind that the areas around deportation points at the border can be dangerous and have concentrated criminal activity. Airports, besides the one in Mexico City, tend to be located outside of major cities, and transportation may not be easy to access. Stay in close contact with friends or family members in Mexico. **Memorize their phone numbers**. See the Plan for Possible Deportation chapter on p.23 for more ideas about how to prepare.

Note: The US dollar sign [$] is often used for pesos, and MXN is an abbreviation for Mexican pesos. The exchange rate at the time of the publication of this guide is 17-20 pesos to 1 US dollar.

★ If you are from Guatemala, Honduras, El Salvador or Venezuela, please see the country specific section for information on what to expect when you arrive. There is also information about life in your nation of origin (on pages 120, 144, 174, and A).



TRANSPORTATION COSTS

If you are deported to the border, the Mexican government program will pay for a bus ticket to the place where you were born. If that is not where you want to go, you will need to pay for your own transportation. If you are deported to an airport in Mexico, you will receive no transportation assistance at all.

GETTING FROM THE BORDER TO YOUR DESTINATION

> "If you live deep in Mexico, like Michoacán as I did, there will NOT be direct buses there. You will have to take a bus to other nearby cities to pick other people up or to get a different bus altogether, so calculate enough money to take multiple buses depending on how far south you are going. Bus tickets range from around $10 USD (200 pesos) to over $100 USD (2,000 pesos) depending, of course, on where you are going."
>
> —Erick N.

Resources After Deportation

There are several organizations in Mexico support recently deported people. Tijuana has more of these services than other parts of the country, but there are resources further south. See the chart below for more information on organizations throughout the country.

NAME/LOCATION	CONTACT	DESCRIPTION
AL OTRO LADO BINATIONAL DEPORTEE CENTER, TIJUANA, BAJA CALIFORNIA	• alotrolado.org • 66 4208-8994 • info@alotrolado.org	Holistic legal and humanitarian support to refugees, deportees, and other migrants in the US and Tijuana. Assistance includes: family reunification, getting US identification and criminal records, obtaining Mexican identity documents, social service referrals, free educational workshops, and community. Survey for recently deported and returned people: (tinyurl.com/AlOtroLadosurvey)
COMUNIDAD EN RETORNO, MEXICO CITY	• facebook.com/p/Comunidad-en-retorno-100071424504267/ • 551 492-7872 • info@comunidadenretorno.com	A group of Mexicans returning from the US who formed a network of solidarity support with social, political, and community actions. Offers help with obtaining identity documents.
DEPORTADOS UNIDOS EN LA LUCHA, MEZCALES, NAYARIT	• www.facebook.com/profile.php?id=100087364622418 • (55) 7681-9357 • deportadosunidosenlalucha@gmail.com	Welcomes deported and returned community members through assistance returning to the workforce and worker's rights education.
INSTITUTO PARA LAS MUJERES EN LA MIGRACIÓN (IMUMI), MEXICO CITY	• imumi.org • 55 2562-5516 • juridico@imumi.org	Legal Advice for U-VISA and VAWA, dual citizenship support, access to education, mental health support, pension help, and custody support.
OTROS DREAMS EN ACCIÓN (ODA), MEXICO CITY	• odamexico.org • 52 55 6875-1027 • 52 55 5925-9689 • retornodigno@odamexico.org	A community of people born in Mexico who grew up in the US and are now back in Mexico because of deportation. They provide an orientation on how to obtain identity documents, general information on deportation, and a shared cultural space.
THE RHIZOME CENTER FOR MIGRANTS, GUADALAJARA, JALISCO	• rhizomecenter.org • 52 33 2182-0836 • connect@rhizomecenter.org	Free cross-border legal aid and direct representation, humanitarian aid, and access to education and employment opportunities.

For a list of organizations that assist deported people throughout the country visit tinyurl.com/DeportedDirectory.

The Mexican government runs a number of programs intended to serve deported and returned people. Their main program is México te abraza, which is described on the last page.

> "You've got to have people to help you. Make contact with people in your home country and try to have someone waiting for you when you get there."
>
> —Israel G.



GOVERNMENT ASSISTANCE PROGRAMS FOR DEPORTED AND RETURNED PEOPLE

PROGRAM	WHAT IT PROVIDES	WHERE TO LEARN MORE
MÉXICO TE ABRAZA	Reception and orientation at the border (See above)	tinyurl.com/Mexicoteabraza
GRUPOS BETA	Reception and orientation at the border, rescue services	tinyurl.com/GruposBeta
HÉROES PAISANOS	Reception and orientation at the border, publishes a helpful guide (in Spanish) for returning citizens. tinyurl.com/paisanos-guide	gob.mx/heroespaisanos
SOMOS MEXICANOS	Reintegration services for returned Mexicans, publishes a helpful guide tinyurl.com/Guia-PRIM.	tinyurl.com/SomosMexicanos

★ For a more complete list, see the directory on p.213.

> "Stay hydrated. I remember being really thirsty once we hit the road, so manage your water intake and go to the bathroom every chance you get because you don't know when you will get the chance again."
>
> —Ramon C.

"At the border, stick together, stay in well-lit areas, and be aware that people will pick up on the fact that you are not from here and may try to take advantage of you. Don't talk to anyone you don't need to and keep an eye on your bag."

—Ramon C.



Risks of Returning to the US

Many people don't plan for life in Mexico because they plan to cross back to the US after they arrive. There are a few reasons you may not want to try this:

First, the border region is very dangerous. It would be dangerous to stay there while you planned your reentry. There have been reports of kidnapping and people being forced to join organized crime organizations.

Second, people who get caught entering the US illegally after deportation can be fined and/or imprisoned for up to **two years**. If you have a felony conviction, you can be imprisoned for up to **twenty years**.

POST-DEPORTATION LEGAL RESOURCES

Were your rights violated during detention or deportation? The migrant-rights organization Justice in Motion helps migrants after they have left the US. Learn more at justiceinmotion.org/defender-network.

In addition to other social and legal support, the Rhizome Center's post-deportation legal aid clinic may be able to help you to file a motion to "reopen or reconsider" the terms of your deportation. Learn more at rhizomecenter.org/legal-clinic.

"I was desperate to go back. I never wanted to live here. And the whole first year I was resisting the idea of making a life here. That attitude made it harder for me to adjust. But once I accepted living here, I put all my efforts into getting ahead here. Learning the language, making contacts, and getting focused on living here. If you give it your all, if you are committed to living here, you can actually make a good living and have a happy life here. I'm here, I'm working, I'm living, and I'm happy."

—Israel G.

Getting Your IDs and Documents

IN THIS SECTION

- CURP (La Clave Única de Registro de Población)
- Birth Certificate
- INE (Instituto Nacional Electoral, your permanent ID)
- RFC (Registro Federal de Contribuyentes)
- Military Card
- Driver's License
- Passport
- NSS (Número de Seguridad Social)
- Immigration for US-Citizen Family Members

After you arrive in Mexico, immigration officials will give you a temporary ID. Next, you will need to gather your documents and get your permanent ID.

★ The organization Documenta (restart.documenta.org.mx) offers helpful links and resources for getting your ID and documents. They also have great information on jobs, social services, mental health services, and education.

LLAVE MX

Llave MX is Mexico's new CURP-based digital-identity system. Llave MX lets you complete a variety of government procedures using a single online account. This will make getting your IDs and documents much simpler. With a Llave MX account, you can:

- Request digital civil-registry documents like marriage or birth certificates
- Access federal services like passport applications and court procedures and check on their status
- Manage or apply for social benefits, including scholarships and educational grants
- Complete various other government-related tasks

To get Llave MX: Visit llave.gob.mx, create an account using your CURP, enter your contact information, and set a secure password. Once that's done, you can begin using your account immediately.

NOTE: Llave MX is still new and not fully implemented. For instance, some states let you use it for things like driver's licenses but others do not. For that reason, this chapter explains how to get your documents without relying on Llave MX. But you may want to explore Llave MX on your own to see whether it can save you time.



CURP (La Clave Única de Registro de Población)

The CURP is like a Social Security number in the US. You need it to get married, buy insurance, get a job, and more.

You may already have a CURP number. Even if you don't think you have one, your parents may have registered you when you were a baby. You can search for it at gob.mx/curp. You will be asked for your name, your assigned sex, and your place of birth. If you find yourself in the system, perfect! Check that your information is correct, download the certificate, and print a couple copies for your records.

If the website says you don't have one, it will let you print a "certificate of non-existence" (*certificado de no existencia*). Print that out and bring it with you to request your new CURP.

To request a new CURP, go to a CURP office in person. This government website lists CURP office locations by

state: tinyurl.com/Find-CURP. Call the office or your local Civil Registry (Régistro Civil) to find out if they take appointments.

Bring the following with you when you go:

- Your official photo ID (INE). If you don't have an INE, you can apply for one even if you have no official state ID.
- Your birth certificate (if possible)
- Your certificate of non-existence ("Certificado de no existencia") that shows you do not have a CURP

★ The normal CURP will soon be replaced by the Biometric CURP. It will include data like fingerprints, facial recognition, and eye scans. It is not required yet, but once it is, the process described above may change.



Birth Certificate (Acta de nacimiento)

You need your birth certificate to get your CURP and INE. You can get your birth certificate in person or online:

- **In person**: Go to the Civil Registry (Régistro Civil) in the place where you were born. You can usually find it in the town hall (ayuntamiento or alcaldía). To find the office in your area visit tinyurl.com/registro-civil. The Civil Registry also issues marriage, divorce, and death certificates.
- **Online**: Go to the Registro Civil at miregistrocivil.gob.mx. You can request it using your CURP or by providing personal information like your date and place of birth.
- **Digital kiosks** (RC Net ATMs): These machines are similar to bank ATMs for withdrawing money, except you can print out your birth certificate instead of withdrawing money. They are available only in certain cities. Documenta explains how they work here: tinyurl.com/RC-net-ATMs.

You will be asked for:

- Your CURP (if you have one)
- The complete names of your parents (if you know them)
- The date and place where you were born
- A fee

The fee varies by state. It ranges from 50 to 230 pesos. You can call the civil registry where you were born to ask about the fee, and you may be able to pay it online.



INE

Pictured above, the INE is Mexico's official ID. It's like a state ID or driver's license in the US, but it's national. INE (pronounced "Eee-Nay") stands for "Instituto Nacional Electoral" (National Electoral Institute). With your INE, you can open a bank account, apply for housing, employment, health care, educational programs, and more. It also allows you to vote in all elections. There is no charge for getting an INE.

HOW TO REQUEST YOUR INE

Make an appointment at your local Civil Registry office or go to the nearest "Módulo de atención ciudadana." See the directory in the back of this guide or search the most current information on ubicatumodulo.ine.mx. You can also make an appointment online at tinyurl.com/Get-INE.

To get an INE for the first time, you will need to bring with you:

- **Photo ID:** Your temporary ID will not be accepted. If you do not have a photo ID, like a passport or driver's license from Mexico, you can bring two witnesses with you who live in the same town as you. They will need to bring their original, current INEs.
- **Proof of address:** An electricity (CFE), telephone, water, or property tax bill will work, but it must be less than 3 months old.
    - If you have no proof of address, you can present two people to act as witnesses:
        - The first witness must have a Voter ID from the same town as you, but the second witness only needs to be from the same state.

    - If you need two witnesses to prove your identity but don't know anyone, contact a local organization that assists migrants. In Guadalajara, the Rhizome Center for Migrants offers this service (+52 33 2182 0836); they may also be able to refer you to local organizations in other states.
  - If you don't have a home, let the staff know and they will complete a special form for people who are currently unhoused.

It will take from 5 to 30 days for your INE to be ready. When you apply, you will get a document showing that you requested your INE as well as the date of pick up. You will pick up your INE at the same place where you requested it. To receive your INE, you will need to bring the document they gave you, sign your name, and get fingerprinted.

You can check the status of your INE application online (at tinyurl.com/INE-status) or by contacting the Citizen Service Center (INETEL) at (800) 433-2000.

★ INE ID services are often shut down in the months before an election. If you need an ID during that time, you have to wait until they reopen.

RFC (Registro Federal de Contribuyentes)

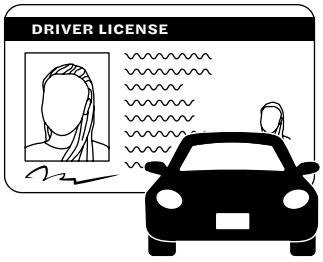
The RFC stands for Federal Taxpayers Registry. It is a number that the government assigns to you to pay taxes. Everyone over 18 is required to have one, even if you don't have a job where you pay taxes. You need it to open bank accounts, get a job, buy property, use social programs and scholarships, and more.

The tax service in Mexico is called the SAT ("Tributary Administration Service"). You can request your RFC at any SAT office, by calling (800) 463-6728, or by going to tinyurl.com/sat-get-rfc. Check the status of your request here: sat.gob.mx/curp/Consult.

Military Card (Cartilla Militar)

If you're 18 to 40 years old and your government documents say you are male, you must register for the military. Women may choose to register as well. When you register, you'll get a military card, which is free and has many benefits.

You can only register for military service at certain times of the year. Go to tinyurl.com/MX-Mil-Svc or visit your local town hall (*ayuntamiento* or *alcaldía*) to check the dates and learn more. You can access the Military Service registration form at tinyurl.com/MX-SMN-form.



Driver's License (Licencia de Conducir)

If you plan on driving in Mexico, you will need a driver's license. Each state has its own. The name of the agency where you get your license is different in every state. In some states, it's called the Secretary of Infrastructure, Mobility, and Transport. In other states the name is Secretary of Mobility, and in others it's the Secretary of Communication and Transport. The age and requirements for a license are also different in every state.

Many states let you make an appointment by calling or using their website. Check with your local agency to see what you need to bring, and if they will require a driving test or medical exam.

★ For details on getting a license in Mexico City visit tinyurl.com/CDMX-License.



Passport (Pasaporte)

You'll need a passport if you plan to leave the country. Make an appointment ahead of time by calling (800) 801-0773 or at citas.sre.gob.mx.

Bring the following with you:

- Certified copy of your birth certificate (original)
- INE or other current photo ID (original and copy)
- A passport-sized photo
- Proof of payment. Print the payment form from this website: gob.mx/pasaporte and then pay at any local bank.

Mexican passports are good for 1, 3, 6, or 10 years. Costs range from 885 to 4,120 pesos. If you are over 60 years old, disabled, or a temporary farm worker in Canada, you are eligible for a 50 percent discount.

NSS (Número de Seguridad Social)

The NSS is not essential, but you will need it if you plan to register for benefits with IMSS (including the IMSS healthcare benefits available to formal-sector workers). You can apply for your NSS online through the IMSS portal (tinyurl.com/Get-NSS) using just your CURP and email address. Once you have your NSS, give it to your employer or school so they can register you and you can begin receiving IMSS benefits.

Your NSS is also required to access Mexico's retirement-savings system (Sistema de Ahorro para el Retiro or SAR) and to apply for housing loans through the INFONAVIT program. You can learn more about this program under "Housing" in the Resources to Meet Basic Needs chapter (on p.83).

EXTRA COPIES

Whenever completing any "tramite" (bureaucratic process), bring all original documents as well as two copies. This will keep you from losing your place in line by having to leave to make copies. An even better idea is to bring a file with all your important documents just in case (*por si las dudas*)!

HÉROES PAISANOS

The Héroes Paisanos program helps returning citizens get IDs and documents as well as register for health and social programs. Find more information at gob.mx/heroespaisanos and in the Arriving in Mexico chapter (on p.70).

Immigration for US-Citizen Family Members

If you are the US-born spouse or partner of a Mexican citizen (including same-sex spouses and partners), you'll need a temporary residency card (Tarjeta de Residente Temporal) to stay in Mexico for longer than six months.

IF YOU'RE STILL IN THE US

If you're still in the US, here's what to do:

1. **Request a temporary resident visa for family unity**. Both partners must visit their nearest Mexican consulate. The US-citizen spouse needs to submit their passport, completed visa application form, passport-style photos, and the visa application fee. The Mexican citizen needs to bring proof of nationality (such as a passport or birth certificate) and the marriage certificate.
2. **Enter Mexico within six months** of receiving the visa.
3. **Get a Temporary Resident Card**. Within 30 days of arrival, visit your local immigration office (INM) to get your temporary resident card. It's valid for one year and can be renewed for up to four years.
4. **Apply for permanent residency**. After two years of temporary residency, you can apply for permanent residency.

★ If your Mexican-citizen spouse/partner is detained or cannot go with you to visit your nearest consulate, you (the US-citizen spouse) may still be able to request a temporary resident visa on your own. Call your local consulate for more information. If this doesn't work, see "If You're Already in Mexico."

IF YOU'RE ALREADY IN MEXICO

If you're already in Mexico or your spouse cannot go with you to the consulate, you can apply for residency from inside Mexico. You can enter Mexico on a tourist visa and apply for temporary residency at your local INM office through the Family-Unity Regularization (*Regularización por Vínculo Familiar*) process. Your Mexican spouse does not need to be present, but you will need all your documents in order, and all US documents apostilled and translated.

IMPORTANT NOTES:

- **You must show your residency visa** when entering Mexico, and you must make sure that the immigration officials mark your entry form (your *FMM*) as **CANJE**, not *visitante/tourist*. If marked as a tourist, your residency visa will be cancelled and you'll need to restart the process.
- **Your documents must have consistent names**. Residency applications can be delayed or rejected if your documents have inconsistent names. For example, if your birth certificate has your maiden name but your passport has your married name, or if your spouse has a middle name on their passport that's not on your marriage certificate. Fix these issues before applying. If that's not possible, seek advice from your consulate or embassy.

US-BORN CHILDREN

US-born children (at any age) of Mexican citizens and permanent residents can directly apply for permanent residency without having to apply for temporary residency first. But they can also get dual citizenship by registering for Mexican nationality. Because of the fees and paperwork required to get permanent residency for a child, **most people prefer Mexican citizenship for their children instead of temporary residency**.

To register your child as a Mexican citizen, bring their birth certificate to either the nearest consulate (if you're still in the US) or to the civil registry where you live in Mexico. Bring both parents' birth certificates as well. The child's birth certificate must include their Mexican parent's name, and the names on the parents' birth certificates should exactly match the names listed on the child's birth certificate, especially if you are registering in Mexico. For more information on the steps and documents required, visit this government website: tinyurl.com/Register-US-child.

Resources to Meet Basic Needs

IN THIS SECTION

- Cost of Living Expenses
- Food
- Health Care
- Housing
- Transportation
- Government Financial Support

Day-to-day life may be hard after you arrive. Many deported people struggle with finding housing, healthcare, getting a job, and paying for things. Others have trouble with addiction or mental health. Be patient as you figure things out. There are programs and people who can help. In this chapter, we share resources and ideas that may help you to meet the following basic needs:

- Cost of Living Expenses
- Food
- Health Care
- Housing
- Transportation
- Government Financial Support

The final section of this chapter covers **government programs** that offer some financial support for these basic needs. Most of the programs are for specific groups.



Cost of Living Expenses

Things are cheaper in Mexico than the US, but you probably won't make as much as you did before. You can see a doctor for free in Mexico's universal healthcare program or for around 100 pesos at a local pharmacy. Electricity is run by the government, which makes it cheaper also. Cell phones cost less than in the US, and landlines for local calls are even cheaper, although they aren't used much anymore.

Two exceptions are gas and clothes. Gasoline costs more, and clothing tends to cost more and be of lower quality. Clothes from chain stores don't last long, so if possible you may want to buy fewer clothes that are of higher quality.

NEED ASSISTANCE?

Here are a few places to start:

- **Food** (p.84): Most major cities in Mexico have at least one soup kitchen or "comedor." See the directory on p.213 for locations.
- **Health care** (p.85): The government provides a healthcare program for Mexican citizens called **IMSS-Bienestar**. Learn how to apply in the Health chapter (on p.104).
- **Addiction** (p.85): Groups such as Narcotics Anonymous and Alcoholics Anonymous can assist you with addiction recovery. For a list of offices, go to aamexico.org.mx or narcoticosanonimos.org.mx.

Food

★ **For contact information and other food programs, see the directory on p.213.**

DIF

The DIF (*Desarrollo Integral* de la Familia or Integral Family Development) program runs soup kitchens (*comedores comunitarios*) for vulnerable families. Search online for "DIF" and the name of your city or state to find your local DIF office. In addition to soup kitchens, DIF operates a food-pantry service where you can pick up nonperishable goods, like lentils, pasta, and canned foods. Some DIF offices also offer nutrition education and other family support, such as psychological counseling and adoption services.

COMEDORES PARA EL BIENESTAR

Mexico City has its own food distribution system with two types of soup kitchens:

- **Comedores comunitarios** are community soup kitchens that charge 11 pesos per meal. They are open to anyone living in high-poverty areas, people over 65, children, pregnant women, people with disabilities, people without jobs, and people who are homeless.
- **Comedores públicos** are public soup kitchens that serve the same groups of people but are free. You will need to enroll to get meals. Find more on these programs at their official website: tinyurl.com/comedores-bienestar.

TIENDAS BIENESTAR

These government stores sell food staples (like milk, beans, grains, and vegetables) and other basic goods at reduced prices. There are over 25,000 Tiendas nationwide (many are rebranded Diconsa stores). These stores can be especially helpful for people living in rural areas.

BAMX BANCOS DE ALIMENTOS LOCALES

The nonprofit CSO BAMX runs 60 food banks located across Mexico. You can find their nearest location here: bamx.org.mx/bancos-de-alimentos.

SOCIAL MILK PROGRAM

This nationwide government program provides low-cost high-quality milk to families in need. Learn more at tinyurl.com/milk-program-MX.

CHURCH SOUP KITCHENS

Many churches have soup kitchens. The Cathedral of Mexico City offers meals on Saturday mornings. Check with your local Catholic church to see if they can help. Search online for "comedores comunitarios" or "comedores públicos" in your area.



Health Care

IMSS-Bienestar is a government healthcare program for all citizens who do not have access to other health care. It is most often used by Mexicans who are not employed or who cannot afford other health insurance. It provides medical, surgical, pharmaceutical, and hospital services, and it will cover expensive illnesses and life-threatening emergencies.

IMSS-Bienestar is currently available in 23 states. You can find out if this program is available in your state at registro.imssbienestar.gob.mx, and, if it is, you can register online at app-registro.imssbienestar.gob.mx. You can also register in person at any hospital or clinic that participates in the IMSS-Bienestar program. You will need your CURP, a photograph, an official ID, and your email address.

CALL 911 FOR EMERGENCIES

Just like in the US, you can call 911 if you're having an emergency. Other important or useful phone numbers include:

- Non-emergency police: 060
- Red Cross: 065
- City hotline: 070 (in some cities)
- Information: 040
- Fire department: 068
- Anonymous report (abuse or corruption by a government official): 089
- Highway emergency: 074

> "It can be done, it's just your mindset. And I fall short all the time, we fall short. It can be done, it can."
>
> —Ivan R.

MENTAL HEALTH AND SUBSTANCE USE

If you struggle with mental health or substance use, you can find support here:

Government Resources

- **SAPTEL** (**Helpline,** (55) **5259-8121**). The SAPTEL hotline offers free guidance, referrals, psychological support, therapy, and emotional crisis intervention. Their Spanish-language service is free, available 24/7, and provided by trained and supervised psychologists. You can reach them at (**55**) **5259-8121** or (**800**) **472-7835**.
- **La Línea de la Vida** (**Helpline,** (800) **911-2000**). This 24/7 Ministry of Health service is for anyone who is experiencing addiction, gender violence, suicidal thoughts, or other mental health challenges. You can also call for a friend or loved one. Mental health professionals will listen to you and provide guidance. Call them at (**800**) **911-2000**.
- **IMSS-Bienestar.** The majority of hospitals and clinics that participate in this government healthcare program have psychologists on staff. There is also a special program for teenagers dealing with substance use issues called "Centros de Atención a la Salud del Adolescente" (CASA).
- **DIF** (*Desarrollo Integral de la Familia or Integral Family Development*). Your local DIF office may offer low-cost therapy. Here's a directory of DIF locations in Mexico City: tinyurl.com/Mexico-City-DIF. For other locations, search online for "DIF" and the name of your town or city.

Support Groups

If you're living with an addiction, nonprofit support groups such as Alcoholics Anonymous (aamexico.org.mx) or Narcotics Anonymous (narcoticosanonimos.org.mx) can help.

Housing

If you have family in Mexico, you may want to stay with them at first. Mexico is very family-oriented. It's common for many relatives to live in one house. You may even want to live with distant relatives.

Consider your options carefully. Where will you have family or friends to help you? Do you like a big city or a small town? Which areas have the kinds of jobs you are looking for?

SAFETY

Consider safety when choosing a place to live. Is it well lit? Does your building offer security? No matter where you live, be aware of what's going on around where you live and avoid wearing flashy jewelry or using your phone in the street. Consider changing the lock as soon as you move in.

> "Take your time. Get a plan together to achieve short and long-term goals. Ask questions. Everything changes, so ask and learn."
>
> —Brian N.

RENTING

Costs: The cost of housing depends on where you live. If you don't have a lot of money, you can rent a room in a shared house. Look for signs posted on telephone poles or at small businesses. Renting a room can cost around 2,000 to 4,000 pesos. Rent for a full apartment varies depending on where you live. In some places, it will be 5,000 to 7,000 pesos, but you may pay closer to US prices in larger cities or higher-end neighborhoods of Mexico.

Finding an apartment: Most people find rooms or apartments by word of mouth or by responding to ads. Facebook marketplace and Facebook groups are common ways to find housing rentals too. If there's a neighborhood you like, walk around and look for "for rent" ("Se renta") signs in windows. These options may not be listed elsewhere. Here are a few websites that can help—but be aware that these websites often times only show a fraction of what is actually available:

- trovit.com.mx
- vivanuncios.com.mx
- inmuebles24.com

Once you've found a place and you go to meet the landlord, be sure to arrive on time and dress nice. Consider covering tattoos. Expectations may be different than what you're used to in the US.

Rental contract (*contrato*). Make sure to ask for a rental contract to protect yourself. If the landlord does not provide one, simple rental contract forms may be available at neighborhood stationary stores.

Security deposits. Just like in the US, security deposits are used by landlords to cover damage to the apartment after you leave. They can also be used for regular wear and tear. For instance, it is common to be charged for a new coat of paint when you leave. If your landlord requires a security deposit, they may keep it if you decide not to move in. Most security deposits are one month's rent, but there is no limit to how much a landlord can charge. It is important to get a rental contract in writing before paying a landlord and to also get a receipt after paying.

When you move in, take photos of any damage you notice; let the owner or manager know about these things so that you don't have to pay for them later. Also, be aware that landlords can use your deposit to cover your last month's rent. If your landlord is planning on doing this, they will not return your deposit to you when you move out. So be sure and ask your landlord about this before paying the final month's rent.

★ Sometimes a co-signer (*fiador*) is required by the landlord when signing a lease. A fiador must own property in the same state and is responsible for paying the rent if you don't.

Breaking a lease. If you need to move out before your lease has expired, you will have to pay a fee for breaking the lease. The amount that you will pay will normally be listed in the rental contract.

GOVERNMENT RESOURCES

Programa de Vivienda Social (**PVS**) (Social Housing Program). PVS helps people who need housing but don't have enough income to afford it. To learn more about PVS, including how to apply, visit tinyurl.com/Vivienda-Social.

INFONAVIT (Instituto del Fondo Nacional de la Vivienda para los Trabajadores). The INFONAVIT program helps workers with formal jobs buy, build, or improve a home using low-interest loans. The loans are funded through mandatory employer contributions. To use the program, you need to be formally employed, have an NSS, and meet the program's requirements. To learn more about how the program works, visit portalmx.infonavit.org.mx.



Transportation

Most communities in Mexico have their own public transportation systems. For short and medium distances, passenger vans commonly known as combis provide an inexpensive way to travel. They usually follow a set route and run often, but they may wait to leave until they're reasonably full.

If you return to Mexico City, you'll have many options for getting around. The city has a good metro system that charges just 5 pesos per ride (about 25 cents). It also has metro buses, regular buses, taxis, bikes and Uber. Here are a few options:

BUSES AND METRO

Public transportation in Mexico is cheap, but ask people whether it's safe to use in your area. Try not to travel late at night by yourself. In some cities, buses have been the target of robberies.

Metrobuses: In Mexico City and other major cities, you will find Metrobús buses. They travel in their own lanes, which makes them a faster way to get around. In Mexico City, riders buy a card and recharge it. Rides are 6 pesos. Adults over 70 years of age, people with disabilities, and children under 5 ride for free.

Metro: Mexico City's subway is the cheapest in the world at just 5 pesos. It is efficient but crowded. Stay aware and carry your valuables in a safe place. Do not keep them in your back pocket.

For a map of the subway system in Monterrey, Guadalajara, or Mexico City, you may want to download the "**Metro - Metrobús México**" app. It can also help with route planning, finding nearby stations, and getting schedules and fare information. But to get official updates and live Metrobús arrival times, Mexico City's official Metrobús app, "**App CDMX**," is more reliable.

"Living in a small town, buses only pass every 45 minutes, and if you miss one you have to wait for the next bus to pass by. This is important if you work or need to go to the dentist or doctor. [Once,] I got stuck... it was getting late and I missed the bus, so I had to take a cab, which charged me 500 pesos for a 40 minute ride."

—Ricardo

CARPOOL AND RIDESHARE PROGRAMS

Many people in Mexico save money with carpool and rideshare programs. Talk to family, friends, coworkers, and neighbors about driving together and sharing the costs. You can find carpool programs online, as well. Start here: tinyurl.com/MX-carpool.

TAXIS AND RIDE-HAILING APPS

You can take taxis in cities and towns throughout Mexico, but they are not always safe. Outside of train stations and metro stops, you will hear people calling, "Taxi? Taxi?" Their rides are expensive and could be scams. When possible, take taxis from authorized taxi stands or booths, such as those inside an airport or train station. Hailing a taxi is also possible, but before you do, try to ask a local which companies are trustworthy.

In many parts of Mexico, people use ride-hailing apps like Uber and Didi. These apps work the same in Mexico as they do in the US. If this is new to you, read Uber's safety tips before riding (tinyurl.com/uber-tips).

BIKING

Biking is a healthy way to save money and explore. But it can be very dangerous in big cities. If you choose to bike, always wear a helmet, and be alert. Make sure your bike has reflectors and lights if you ride at night, and wear light, easy-to-see clothing.

Bicycles should follow most of the same rules as cars. They must stop at stop signs and traffic lights. Use hand signals to switch lanes or make a turn, and yield to pedestrians.

In some cities, you can rent bikes. For Mexico City bike rentals, go here: ecobici.cdmx.gob.mx. If you want to buy, you can save money at second-hand bike stores.

★ Going for a ride in Mexico City? Plan your route here: bbbike.org/MexicoCity.

CARS

You may need to buy a car to get around. Car payments in Mexico go from 3,500 to more than 7,000 pesos per month, even for a used car.

A note about buying from individuals: Many people in Mexico buy cars directly from other people. If you don't know the seller, this can be risky. But if you choose to do this, here are some things to keep in mind:

- If possible, make sure the seller is someone you know and trust.
- If you don't know the seller, check with local police to make sure the car is not stolen.
- Have a trusted mechanic look at the car before you buy.
- Get copies of the seller's ID and proof of address (a utility bill for instance).
- Make sure to get a letter of sale filled out according to the laws of your state when you buy. You can find these letters in neighborhood stationary shops (*papelerias*).

KEEPING YOUR CAR LEGAL IN MEXICO

In Mexico, your vehicle needs current, registered license plates. This official SEMOVI website explains how to register your vehicle and what it will cost you: tinyurl.com/Vehicle-reg-MX. Many states also require an annual sticker that you would pay for separately. In some states, you must also pay a fee for a smog check.

Liability insurance that has been **issued by a Mexican insurer** is required to drive on Mexican roads, and there are penalties for driving without it.

If you plan on driving in Mexico City, be aware of what days you are allowed to drive your car. Due to extreme air pollution, certain license plate numbers cannot drive on certain days. There are many limits on out-of-state vehicles in Mexico City as well. When smog is very bad, this restriction will include more days. Learn more here: hoy-no-circula.com.mx.

Government Cash Assistance

The Mexican government offers cash assistance to Mexican citizens who need help. Most of these programs are run through the Secretaría de Bienestar (Ministry of Welfare). You can find your nearest Bienestar office at directoriodesucursales.bancodelbienestar.gob.mx.

★ The government automatically distributes benefit payments through the **Banco del Bienestar** card. You can use the card to withdraw cash, check your balance, or make purchases—just like you use a standard debit card. You can avoid bank fees by using Banco del Bienestar offices or ATMs.

PROGRAMA PARA EL BIENESTAR DE LAS NIÑAS Y NIÑOS, HIJOS DE MADRES TRABAJADORAS

(Program for the Wellbeing of Girls and Boys, Children of Working Mothers) provides bimonthly financial support to children, adolescents, and young people in vulnerable situations due to the temporary or permanent absence of one or both parents. The program offers two kinds of support:

- **Support for Children of Working Mothers** is available when one or both parents are absent from the household due to abandonment, migration, or other reasons. It provides 1,650 MXN every two months for children without disabilities under age 4, and 3,720 MXN pesos every two months for children ***with*** disabilities under age 6. It supports a maximum of three children per household.
- **Support for Children and Youth Orphaned by Maternal Loss** provides bimonthly payments of between 830 and 1240 MXN to children and young adults (under the age of 24) who are in a vulnerable situation due to the death of their mother. Learn more at tinyurl.com/Children-and-Mothers.

PENSIÓN PARA EL BIENESTAR DE LAS PERSONAS CON DISCAPACIDAD

(Program for Individuals with Disabilities) provides bimonthly payments of 3,200 MXN to individuals under 65 years old with permanent disabilities in 24 Mexican states. In the other 8 states, the benefit is for people under 30 years old, and beyond that age, only Indigenous or Afro-Mexican people and people in highly marginalized communities are eligible. If the applicant cannot register in person, they may appoint a representative, who must present their own ID, CURP, proof of address, and proof of their relationship to the applicant. Learn more at tinyurl.com/BE-disabilities.

PENSIÓN PARA EL BIENESTAR DE LAS PERSONAS ADULTAS MAYORES

(Senior Support Program) provides bimonthly payments of 6,200 MXN to individuals aged 65 and older. Applicants may choose to have a representative complete the registration process for them, as long as the representative provides valid ID, CURP, proof of address, and proof of their relationship to the applicant. Learn more at tinyurl.com/Sr-Support-MX.

PENSIÓN MUJERES BIENESTAR

(Women's Wellbeing Program) provides bimonthly payments of 3,000 MXN to women who are from 60 to 64 years old. The program is designed to support women's economic independence. Learn more at tinyurl.com/Womens-Wellbeing-MX.

COORDINACIÓN NACIONAL DE BECAS PARA EL BIENESTAR

(National Wellbeing Scholarships) are available to all students enrolled in public institutions, including preschool, upper secondary, and higher education. For support for younger students and their families, see the "Enrolling Children and Transferring Their Progress" section. For scholarships supporting higher education, see "Scholarships and Financial Aid." Both sections are in the "Education" chapter (on p.98).

NATIONAL INSTITUTE FOR ELDER ADULTS

Although it does not offer cash assistance, the National Institute for Elder Adults (INAPAM) offers benefits on a variety of discounts on products and services for adults age 60 or over. To qualify for INAPAM benefits, you first must obtain INAPAM credentials at your local Bienestar module. Learn how at tinyurl.com/INAPAM-reqs. Learn more about INAPAM benefits at tinyurl.com/INAPAM-benes.

UNEMPLOYMENT BENEFITS

In the US, unemployment insurance is available to almost everyone. Mexico does not have a similar program, but there are a few state and federal programs that can help.

In Mexico City, you will have access to the **Mexico City Unemployment Benefit** (Programa seguro de desempleo de la Ciudad de México). This program's goal is to help workers get jobs and training. It offers unemployment benefits for up to three months, including a monthly payment equal to one month of minimum-wage payment (currently 3,349 pesos).

To qualify, you must be over 18 and live in Mexico City. You must not have a job, but you must be looking for one. You must not receive other income transfers, such as a pension.

For information on requirements and how to apply, visit segurodedesempleo.cdmx.gob.mx or contact them at segurodedesempleo@cdmx.gob.mx, (55) 5709-3233, or (55) 5038-0200.

If you live outside of Mexico City and are looking for state-level unemployment programs, search online for the name of the state and key terms like "seguro de desempleo" (unemployment insurance) or "apoyo de desempleo" (unemployment support).

IMSS Unemployment Benefits for Formerly-Employed Private Sector Workers: If you are unemployed but previously had a job with IMSS (Mexican Social Security Institute) benefits and a pension, you may be able to access some of your pension funds now. Normally, you have to wait until you are 60 years old and have worked for 500 weeks to get these funds. But this program allows unemployed people to get up to 30 days' worth of savings from their pensions once every five years. This means you will have less money for your retirement, but depending on your situation, it may be worth it.

For more information, visit tinyurl.com/early-IMSS-withdrawal. To apply, go in person to your local IMSS office. Find it here: imss.gob.mx/directorio.

Employment

IN THIS SECTION

- Planning Your Job Search
- Recommended Opportunities
- Employment Help and Training Opportunities
- Finding a Job
- Building or Re-Building Your Career

Are you worried about finding a good, well-paid job after deportation? The cost of living in Mexico is low. You won't need to make as much as you did in the US, and the skills you gained before you left may help. It may take longer than you expect, but if you open yourself to different opportunities and stay persistent, you will find work.

"Expect to have mixed feelings about your situation. Right now I have everything, but at the same time, I don't have anything (car, TV, house)."

—Alex A.



Planning Your Job Search

You probably have a lot on your plate. You may be finding a place to stay, getting used to a new country, reconnecting with loved ones, and looking for a job—all at once. That's not easy.

It may help to think of your first few jobs after your return as "transition jobs." These jobs will let you earn money to make a new start. They might not pay much, and they might not be jobs you love. But they may be what you need in order to start moving toward the life you want.

Building the career you want in your new country may take many years and many different jobs. Don't be discouraged, and keep your eye on the big picture.

BACKGROUND CHECKS AND US CRIMINAL RECORDS

If you have a US criminal record, it will probably not follow you to Mexico. Background checks are uncommon in Mexico, especially if you don't live near the border. To learn more, see "A Blank Slate" in the "Non-Citizens and the Criminal Justice System" chapter (on p.63).

CONSIDER PAY

Fair pay. It's good to know what fair pay is in different parts of the country. At the border in Ciudad Juárez, you can find factory work paying 420 pesos for a 10-hour day. In other parts of the country and in other industries, your pay may be calculated by month. For instance, an English teacher might make 10,000-12,000 pesos a month.

MINIMUM WAGE

- In most of Mexico, the legal minimum wage per day (not hour) is 315 pesos.
- In the Northern Border Free Zone (*Zona Libre de la Frontera Norte*) the minimum wage is 441 pesos per day. The Free Zone is a 15-mile wide strip of land that runs along the border and includes all of the Baja California peninsula.

In many industries, you will be expected to work a six-day week (Monday-Saturday).

★ For the exchange rate at the time of publication, see the "Finances, Credit, and Taxes" chapter on p.111.

DIGITAL NOMADS

Were you able to keep your US job after you arrived in Mexico by "going remote"? If so, Spain has a visa program for digital nomads that may allow you to move to Spain while working online for your current employer or clients (if you freelance). Due to a special dual-citizenship agreement between Mexico and Spain, you would be eligible to apply for citizenship in Spain after just two years. That would allow you to live not only in Spain, but in any EU country. Learn more at wisar.pro/visa-nomada-digital-espana-2025-freelancers. Learn about other countries offering digital nomad visas at tinyurl.com/investopedia-nomad-visas.

"Inform yourself before you invest any money in a business. Think about the type of business you want to start and be sure there is really a need. Consider location. If you want to start a laundry or a restaurant, choose an area where there will not be much competition."

—Oscar S.



Recommended Job Opportunities

Wages are lower in Mexico than in the US (see "Consider Pay," below), but there are many ways to earn money. The tips and job opportunities described below were all recommended by deported people.

STARTING YOUR OWN BUSINESS

In Mexico, opening a business is easier and cheaper than in the US. Many people open small shops or do things like cleaning and auto detailing. Others sell products from the front room of their house, in street stalls, or in inexpensive open air markets called tianguis. You can also rent a commercial space. Renting a commercial space is cheap, and the first year of your new business is tax-free.

As in the US, there are risks to starting your own business. New businesses shut down often. It's important to have a business plan and enough money to get off the ground. The Mexican Institute of Entrepreneurs (IME) offers guidance on how to write a business plan at tinyurl.com/MX-business-plan. You can find a similar resource from the US Chamber of Commerce here: tinyurl.com/business-plan-guide.

MANUFACTURING JOBS

Manufacturing jobs, or "maquiladoras", are plentiful in the north. Further south, companies like Volkswagen, Honda, and Audi have factories. Depending on the specific job, they may pay more. There are opportunities to work for Mexican-owned companies, too.

★ **Call centers and factories at the border.** Many recently deported people choose to work in low-paid jobs at factories or call centers. These jobs may pay more than minimum wage, but beware of getting stuck. Consider treating this work as a step on your way to a better situation.

"If at first you can't find a job, keep looking, keep asking, keep knocking. In Mexico there's work; you just have to have a positive attitude, and don't give up."

—Ramon C.

TEACHING ENGLISH

Public and private schools need people to teach English. It helps to know English grammar or have experience working as a tutor, but you don't have to be an expert. Charisma and the ability to keep students engaged will help.

Some schools might ask you to take an English proficiency test from a local university. You will receive a certificate (*constancia*), that will allow you to work in local schools. If you want to work with adults, many private schools offer English classes in the evenings. Some focus on conversation or pronunciation.

You could also find your own students. When you tell people you speak English, they may ask you to give them classes or teach their children. You could promote yourself as a teacher and offer private tutoring.

★ **TEFL Certificates:** This certificate in teaching English as a foreign language (TEFL) will help you find work. Better jobs will require it. Find **TEFL programs** in Mexico that offer this certificate here: eslbase.com/tefl-courses/mexico. You can also get a TEFL certificate online from **TEFL Graduate** (teflgraduate.com). Through Groupon and similar websites, you can often sign up for the 120-hour course for as little as $20 USD. The most respected certificate is Cambridge University's **Certificate in Teaching English to Speakers of Other Languages** (**CELTA**). It costs around $1,000 USD. There are hybrid (in person and online) programs offered through International House in Mexico City. For more information, visit tinyurl.com/TEFL-CELTA or ihmexico.mx.

Teaching English online: Many people all over the world want to learn English. If your English is strong, you may be able to teach online, especially if you have teaching experience or a TEFL certificate. For more information and resources on teaching online, visit goodairlanguage.com.

If you feel good about promoting yourself, consider teaching freelance. Sites like italki.com or preply.com allow you to set your own hours and rates and use your own materials.

Language Schools: For a list of all major English schools in Mexico, organized by state, visit eslbase.com/schools/mexico. Being a native English speaker is usually an advantage, but it is not required. Find and apply to companies that hire advanced non-native English speakers to teach at goodairlanguage.com/non-native.

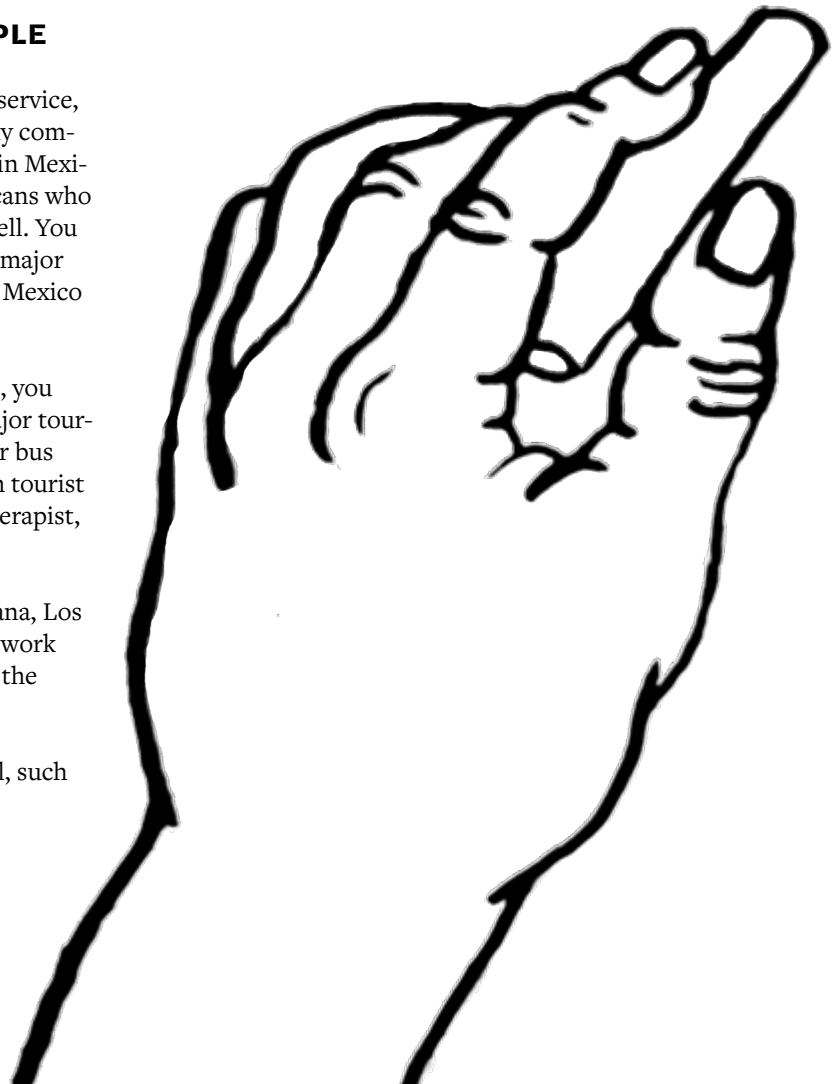
OTHER WORK FOR BILINGUAL PEOPLE

Call Centers: Bilingual call centers offer customer service, technical support, and even debt collection for many companies in the United States. This is a large industry in Mexico. Many of the people who work in them are Mexicans who have lived in the United States and speak English well. You usually need an intermediate level of English. Most major cities in Mexico have call centers, including Puebla, Mexico City, Tijuana, Guadalajara, and Nuevo Laredo.

Tourist Industry: If you speak English and Spanish, you can find work in hotels and resorts, especially in major tourist areas. They need restaurant servers, taxi and tour bus drivers, and tour guides. You could also find work in tourist areas as a club promoter, fitness trainer, massage therapist, housekeeper, or at a museum or tourist attraction.

Major tourist areas in Mexico include Cancun, Tijuana, Los Cabos, and Puerto Vallarta. You might also look for work in the tourist industry in Mazatlán, Acapulco, or on the Oaxaca coast.

Many other industries need bilingual people, as well, such as the travel or banking industries.



Online Work: If you have teaching experience or knowledge in specific fields (like basic computer literacy, writing, or design), these websites may help you find online work:

- remoteok.com
- remotejobs.io
- workingnomads.com/jobs
- getonbrd.com
- tecnoempleo.com

You can also find unskilled online work. International online companies like appen.com and lionbridge.com hire bilingual people to evaluate ads, online searches, and social media posts. Other work might include labeling images, transcribing data, and answering emails and chats. This work is not often steady, but sometimes pays in US dollars. For more information, see thisonlineworld.com/sites-like-appen. Here are some other websites that may help:

- clickworker.com/clickworker
- microworkers.com
- peopleperhour.com
- tinyurl.com/mod-squad
- transcribeme.com/legal-transcriptionists-jobs
- swagbucks.com
- ysense.com

Note that these jobs may require basic English and a stable internet connection.

★ Beware of scammers. If a job offer seems too good or if you need to pay to use a job-hunt website, it is probably a scam.

Other Professionals: Businesses are also looking for people who speak English and Spanish to work in human resources, as administrative assistants, and in logistics. Some of these positions require a degree, and being bilingual will give you an edge.

COMPUTER/SOFTWARE ENGINEERING JOBS

Jobs in programming, computer engineering, and even IT can allow you to work from home and don't always require a college degree. If you want to expand your skills or start learning now, there are free online resources like Codecademy (codecademy.com) and W3Schools (w3schools.com) and low-cost courses offered through Udemy (udemy.com) or Coursera (coursera.org).

Many coding jobs will require that you know HTML and CSS:

- **HTML** (Hypertext Markup Language) handles what is displayed on your web browser. Learn more in this "HTML Crash Course For Absolute Beginners": tinyurl.com/YouTube-HTML-course.
- **CSS** (Cascading Style Sheets) lets you create different styles for websites. Learn more about CSS at tinyurl.com/YouTube-CSS-course.

Other programming languages that may help you get a job include:

- Java: tinyurl.com/YouTube-Java-course
- JavaScript: tinyurl.com/YouTube-JavaScript-course
- Python: tinyurl.com/YouTube-Python-class
- C#: tinyurl.com/YouTube-C-Sharp-series
- C++: tinyurl.com/YouTube-C-Plus-Plus-course
- PHP: tinyurl.com/YouTube-PHP-course



Employment and Training Programs

The Mexican government and some private foundations offer help for returning citizens who are looking for work. Here are a few services and programs that help people find training and meaningful work:

PROGRAMS AND SERVICES

- The **National Employment Service** (Servicio Nacional de Empleo, SNE) helps connect workers and employers around the country. They offer job training and job fairs, as well as financial support for those looking for work. Contact them, learn about their programs, and find their nearest office at gob.mx/empleo.
- The **Youth Building the Future** (Jóvenes Construyendo el Futuro) program is run by the Mexico Secretary of Labor. It places young people in year-long paid internships to gain skills. Learn more at tinyurl.com/jovenes-internship.
- The **Sowing Life Program** (Programa Sembrando Vida) helps people who live in the country and own at least 2.5 hectares of land. If you want to cultivate or reforest the land, they will help you. Learn more at tinyurl.com/sembrando-vida and tinyurl.com/Sembrando-Bienestar.
- The **Impulso Popular 2025** (run by STyFE) allows groups of people who run a business together to apply for a one-time grant of up to 800,000 pesos per project. The grant is to help people, especially women, build sustainable cooperative businesses in Mexico City. Learn more from the Mexico City news magazine Proceso at tinyurl.com/Proceso-IP25 or visit STyFE at trabajo.cdmx.gob.mx.

AGENCIES AND ORGANIZATIONS

- The **Mexico Secretary of Labor** (Secretaría del Trabajo y Previsión Social; gob.mx/stps) offers job programs.
- The **Mexico City Secretary of Labor** (La Secretaría del Trabajo y Fomento al Empleo de la CDMX, STyFE; trabajo.cdmx.gob.mx) runs job fairs, posts opportunities, and provides information about your rights as a worker in Mexico City.
- **Héroes Paisanos** (gob.mx/heroespaisanos) helps returning citizens with immediate needs (see p.76), but they also share job opportunities and give people grants to start businesses.
- The **Carlos Slim Foundation** (fundacioncarlosslim.org) offers free online education and job training certificates through their app, aprende.org. You can get diplomas and certificates in areas like accounting, construction, food service, renewable energy, health, and technology.



Finding a Job

Networking is an important part of finding work in Mexico. Reach out to people who do the kind of work you did in the US. Talk to them—and to your friends, family, and neighbors—about what kind of job you want. The power of friendly, face-to-face interaction is huge.

Online searches also help.

- Search the government's employment portal here: empleo.gob.mx/PortalDigital.
- Other Mexican jobs websites include Occmundial (occ.com.mx), Trovit (empleo.trovit.com.mx), Computrabajo (computrabajo.com.mx), Indeed (mx.indeed.com), and Bumeran (bumeran.com.mx).
- Freelancers can find Mexican and international clients at upwork.com, and LinkedIn's professional social network (www.linkedin.com) includes Mexico.

You can look for job opportunities at your desired employer's website, but know that companies in Mexico don't always post their job openings. Contact the company directly to be sure.

★ Be careful of online scams. Scammers may ask for money or personal or financial information, like your birthday, ID number, or credit card number. The Mexican government has posted a list of tips to help you avoid scams and cyber-fraud at tinyurl.com/MX-fraud-tips.

Job fairs: City governments in Mexico hold job fairs. In Mexico City, they are hosted by the Mexico City Secretary of Labor (trabajo.cdmx.gob.mx). If you don't live in Mexico City, you can check your city's webpage for job fair and job training information. See our directory for these and more resources in your community.



Applying for a Job

JOB APPLICATION FORMS

Many businesses will want you to submit a generic job application form (solicitud de empleo). This form can be found in stationary stores (papelerías) throughout Mexico, and you can find a sample form on p.278 in the "Additional Resources" section.

Most hiring managers will be looking for a form that is neat and complete. They may not look closely at every detail. Here are a few tips:

- **Wages**: Because US wages are not similar to wages in Mexico, do not list past wages.
- **Skills, Talents, and Accomplishments**: List all of your responsibilities, strengths, and contributions at past jobs. Remember that speaking two languages may be a big plus.
- **References**: Employers usually ask for three references. It's OK to list references from the US, but try to pick ones who speak at least a little Spanish.
- **Criminal Record**: Discrimination based on a criminal record is illegal in Mexico. Learn more in the Non-Citizens and the Criminal Justice System chapter (p.63).

RESUMES AND COVER LETTERS

Like in the US, employers often want your application to include a resume and cover letter. Known in Spanish as your currículum, your resume will give a more detailed picture of your past jobs, skills, and interests. Your cover letter will convince your employer to hire you by telling a short story about who you are, why you are looking for a job, your background, and what's important to you. Your letter should be no more than one page, and your resume should be one or two pages. For an idea of what these should look like, see Indeed.com's article, "Cómo hacer un CV profesional (con ejemplos)" at tinyurl.com/indeed-advice-MX.

IF YOU ARE CURRENTLY INCARCERATED

We encourage you to request a copy of *Mapping Your Future*, our guide to successful reentry (see p.63). It has general resources that can help you prepare to find work. It also has sample resumes and cover letters from people who have been incarcerated.

INTERVIEWS

If you get an Interview, it will be similar to what you may have experienced in the US. Punctuality and presentation will matter, and you may want to practice what you'll say in advance, especially if you're new to Spanish-language interviews. Arrive for your interview with copies of your resume, reference information, your INE and CURP, and any other needed paperwork. For other tips on interviewing in Mexico, see Indeed.com's "Cómo prepararse para una entrevista de trabajo en 10 pasos" at tinyurl.com/entrevista-trabajo-MX.

EMPLOYMENT DISCRIMINATION

In Mexico, it is illegal for businesses to hire people based on things like age, gender, or even criminal record. But many still do. You'll even see "help wanted" signs seeking only people of a particular gender or age. If you have experienced employment discrimination, you can report it to the Secretaría del Trabajo y Previsión Social: www.gob.mx/stps/prensa/atiende-stps-quejas-laborales-a-traves-del-centro-de-mando.

UNEMPLOYMENT BENEFITS

Mexico does not have a federal unemployment insurance program similar to what's offered in the US, but there are other federal programs—and some city and state unemployment insurance programs—that can help. To learn more, see the "Government Financial Support" section in the "Resources to Meet Basic Needs" chapter on p.83.



Building or Re-Building Your Career

If you were on a career path, restarting it in Mexico may take some time. Begin by assessing your strengths and opportunities. You may not have thought about this recently, so it's a good idea to write it out:

- **What are your strengths and weaknesses?** You might not think about this often, so give this activity the time it needs.
- **What work experience could be an asset?** In addition to listing your professional responsibilities, think about volunteering, mentoring, and taking care of family members. Be open to new ideas about what could count as work experience. Include whatever work has had an impact on you.
- **Which parts of the economy are growing?** Ask around and research what fields have the best opportunities and biggest needs. Think big, but also think local. How do your skills line up with what your community needs?

With this information in mind, ask yourself what kinds of work (e.g., service, creative, labor, management, educational, etc.) and what work settings (e.g., factory, desk job, outdoors, remote, etc.) have made you happiest? Where do you see yourself in five years? In ten years? Try to list some of the steps between here and there. If you don't yet have the skills you would need to begin the career you want, consider the following options:

- **Volunteer or intern with an organization part time.** Gain experience and make the connections that you will need to pursue your ideal career. Consider working with some of the nonprofits listed in the Directory (on p.213), or pursuing one of the options described in the "Forming New Relationships" section of the "Beginning to Heal" chapter (on p.198).
- **Seek higher education.** In Mexico, college is easier to attend and less expensive than in the US. See our education chapter to learn more (on p.98).
- **Start your own organization or business.** As noted above, small businesses can thrive in Mexico. It takes a lot of perseverance and imagination, but if no one is offering to help you get the skills you need for your career, you may be able to earn them on your own. Think about what your community needs and wants, what you want, and what you have to offer. Talk to other small business owners in your neighborhood for advice.

Of course, not everyone gets their dream job, but in the process of trying you may end up doing something you enjoy. And some careers take many tries to break into. Don't be afraid to fail a few times.

> "To start your own business in Mexico you need drive and you need patience. It's also important to invest in good security for your place of business. After starting my laundry in Puebla, Mexico, it was a year before I saw any profits. You have to be prepared for that."
>
> —Oscar S.

Education

Maybe you would like to take classes to get a better job in Mexico. Maybe you want to enroll in college for the first time. Or you've earned a degree in the US and you want to make sure you can use it in Mexico. Or you want to make sure your children can continue ***their*** education. This chapter provides information and resources to support you and your family wherever you are on your educational journeys.

★ If you are currently incarcerated in the US and want general information on education before and after release, we recommend requesting our reentry guide, ***Mapping Your Future***. You can also access it online at tinyurl.com/MYFNA.

IN THIS SECTION

› Enrolling Children and Transferring Their Progress
› Adult Basic Education and Language Courses
› Vocational Training
› Higher Education
› Validating US Diplomas and Degrees
› Scholarships and Financial Aid

The Institute of Mexicans Abroad

(IMA; or Instituto de los Mexicanos en el Exterior, IME) publishes a guide to educational opportunities for returning citizens and Mexican nationals still living in the US. It offers more information on many of the topics covered in this chapter. You can find it online at tinyurl.com/Guia-Educativa.



Enrolling Children and Transferring Their Progress

If you're still living in the US, you can get a form from your local Mexican consulate called the **Binational Student Migrant Transfer Document**. It will make it easier for schools in Mexico to place your school-aged children into the appropriate grade. To get the form, provide your consulate with the student's birth certificate and final report card from the previous school year. The document is free and does not need to be apostilled or translated.

Education for children in Mexico typically includes three levels:

- Primary (***Primaria***): Grades 1 to 6, typically for ages 6 to 12
- Secondary (***Secundaria***): Grades 7 to 9, for ages 12 to 15
- High School (***Bachillerato***): Grades 10 to 12, for ages 15 to 18

To make sure your children get put in the correct grade, you'll need to go to the school(s) where you plan to enroll them. Bring copies of their birth certificates, report cards, and transcripts. A school administrator will look at your documents and help you transfer your children's progress.

Even if you do not have your children's birth certificates, or if there is a problem with their documents, **public schools have to enroll your children**. If your child is denied access to elementary education, consider reporting the school to the local SEP or reaching out for help:

- Institute for Women in Migration, AC (IMUMI)
  - imumi.org
  - (55) 5211-4153 and 5658-7384; email: contacto@imumi.org
  - Legal Clinic: (55) 9131-7512 and 9154-8990; USA: (208) 753-7041
  - WhatsApp Legal Clinic: 55 2562-5516
- Otros Dreams en Acción
  - odamexico.org
  - (55) 6875-1027; email: info@odamexico.org

★ **If you have children in school**, the Mexican government provides financial help. The **Rita Cetina Gutiérrez Universal Basic Education Scholarship** offers 1,900 pesos every two months to the families of children enrolled in preschool, primary, or middle school (***educación básica***). It also provides 700 pesos every two months for each additional child. Learn more about the scholarship at tinyurl.com/RITA-info, and find out how to apply at tinyurl.com/RITA-Apply.

If you want to enroll your kids in a bilingual school, most major cities will have options. Here are a few:

- **Mexico City**: tinyurl.com/MxIntSchools
- **Monterrey**: tinyurl.com/MxIntSchools
- **Guadalajara**: tinyurl.com/GDLBilingualSchools
- **Querétero**: tinyurl.com/QROBilingualSchools

Smaller cities like Playa del Carmen and San Miguel de Allende also have bilingual schools. Wherever in Mexico you live, ask around about recommended schools in your community.



Adult Basic Education and Language Courses

Many jobs and college degrees require a high school diploma or GED (*certificado de bachillerato*). If you didn't finish high school in the US, you can do it in Mexico.

WHERE TO BEGIN

Contact your local INEA (National Institute for Adult Education or Instituto Nacional para la Educación de los Adultos). INEA will look at your past studies in both the US and in Mexico. They will have you take a test to help you sign up for the right courses. INEA also offers basic education (primary and secondary) for teenagers and adults. For more information, visit gob.mx/inea.

The Secretary of Public Education (SEP, or Secretaría de Educación Pública) is in charge of public schooling. SEP offers a free online program for Mexicans who want to earn their high school diploma. The program usually takes 30 months, and it can be completed in the US or in Mexico. To apply, you will need your birth certificate, CURP, and proof of address. You can apply online, but only at certain times of the year. Visit prepaenlinea.sep.gob.mx to learn more.

If you are able to pay for a private course, you can finish your certificate program on an accelerated timeline. These completion programs take as little as four months and are often offered online. One school that offers this is Future Education Systems. Learn more at sistemafes.com.mx.

The government offers another free program that lets students earn their primary and secondary certificates of studies online. It's less structured, and applicants must be at least 15 years old to enroll. Learn more at aprendeinea.inea.gob.mx.

★ **If you finished high school before you left the US**, you may need to validate your US diploma, see p.102.

SPANISH COURSES

If you need to learn Spanish or want to be more fluent, this catalog has 39 university programs and language institutes located throughout Mexico: tinyurl.com/Spanish-39. If you prefer online learning, you may want to visit Preply, Italki, or Duolingo.

★ **Prepare Before You Leave**: If you're still living in the US, you and your family can take online Spanish classes through Mexican institutions. Learn more about these programs and other educational resources in the education section of the Plan for Possible Deportation chapter (on p.23) and in the IMA guide located here: tinyurl.com/Guia-Educativa.

ENGLISH COURSES

If your English is OK but not great, taking an English course may increase your job options.

Where to get training: All major cities have many language schools that offer courses and certificates in English (Harmon Hall, Interlingua, QuickLearning, IH México, and the Anglo Academy, to name a few). Most small towns have at least one or two, and some schools offer online English classes, as well. Prices and times vary, so shop around.

Available in most states, the Instituto de Capacitación para el Trabajo (ICAT) often offers free English classes. Learn more about ICAT in the Vocational Training section below. If you are looking for one-on-one English lessons, you can hire a tutor through an online service like Preply, Italki, or Open English.

CONTINUING EDUCATION

Aprende MX is a free online learning resource run by the Mexican Ministry of Education. You can find a wide range of adult-education courses there, covering topics like community health, personal finance, digital literacy, and migration rights. These classes can help you prepare to go back to school, refresh your skills, or improve your job prospects. Learn more at cursos.aprende.gob.mx.

Vocational Training

Vocational training for skilled trades (plumbing, auto mechanics, carpentry, etc.) is widely available. To learn about government job and skills training programs, see "Employment Help and Training Opportunities" in the Employment chapter (p.91).

INSTITUTO DE CAPACITACIÓN PARA EL TRABAJO (ICAT)

ICAT operates a job training center in every state but Colima and Durango. Some classes are free and others have a fee. All online classes offered through the Mexico City office are free. Each center has its own course catalog based on local demand, but most centers offer classes in auto mechanics, plumbing, furniture-making, and English. Search online to find the ICAT centers nearest you (Mexico City's is icat.cdmx.gob.mx).

CONALEP

Colegio Nacional de Educación Profesional Técnica (CONALEP) or National Professional Technical Educational College offers classes to high school-age students who want technical careers. They have 308 campuses operated by 30 state colleges. For more information, visit conalep.edu.mx.

COMPUTER COURSES

Many jobs require basic computer skills. **Aprende MX** (see "Continuing Education" in the previous section) offers a range of computer and digital literacy classes. But if you're looking to learn the basics, these resources may be more helpful:

- **Fundación Carlos Slim's "Cómputo Básico"** is a free online course that helps people learn what they need to know to get a job that requires using a computer. It teaches how to operate computers, use word processors and spreadsheet programs, make digital presentations, and use the internet. Learn more at tinyurl.com/FC-Computer-Class.
- **Universidad Nacional Autónoma de México** (**UNAM**) offers a series of free online classes that cover using the internet, mobile devices, email, and Windows and other basic software, like Word and Excel. Learn more at tinyurl.com/UNAM-Computer-Classes.



Higher Education

This section discusses beginning a new college journey, and continuing one you already started.

BEGINNING YOUR COLLEGE EDUCATION

Where to Apply
Consider a university's location, size, cost, and programs. You might want to start by looking into your local public university. Public universities charge fees but are generally affordable. Expensive private universities in Mexico are out of reach for most Mexicans, but they are still cheaper than most US schools.

Wikipedia has a comprehensive list of Mexican universities and technical schools here: tinyurl.com/MX-Univs.

★ In the US, "college" and "university" mean different things, but in Mexico, "university" (*universidad*) refers to institutions of higher education (*educación superior*) in general.

How to Apply
Applying to a school in Mexico is similar to applying in the US. Most universities will let you begin your application online, and if you have any questions, you can contact their offices of admissions.

You will probably need your CURP and your INE or another official ID. You will also need the dates you went to high school and a validated copy of your high school or GED diploma or transcript (see p.102). Many universities will have an entrance exam that is scheduled on a specific day each semester. Check with the school where you are applying.

CONTINUING YOUR HIGHER EDUCATION

If you would like to continue working toward a degree you began in the US, you could complete your degree online through a school in the US, or you could apply to a university in Mexico and try to transfer your credits.

Online in the US
If the school where you began your education doesn't have online degree programs, find out what other US schools offer online programs in your field, and then see if you could transfer those credits to your school. You would need to pay for your online education in dollars, not pesos, and you may also have to pay out-of-state or international rates. Still, a degree from a US university may help you meet your goals. Learn more about online degree programs at tinyurl.com/OL-degrees.

Transfer to Mexico
The process for transferring your US college credits to a university in Mexico depends on the university you plan to transfer to. For this reason, when you apply to a Mexican university, let them know about your US credits and ask them about their policy.

Typically, your target university in Mexico will want you to provide your **official US transcripts**. Your transcripts may need to be sealed, apostilled, notarized, or translated:

- **Sealed**: Your target university may be satisfied to receive official sealed transcripts sent directly from your US institution.
- **Apostilled**: If your target university requires apostilled transcripts, request official sealed transcripts from your US institution and send them, unopened, to the US Secretary of State's office in the state where your college or university was located. They will return your sealed transcripts with the apostille attached. For more information on the apostille process, see the Plan for Possible Deportation chapter (p.23).
- **Notarized**: Some US transcripts will need to be notarized before they can be apostilled. You can find out from your US college or university what you'll need to do.
- **Translated**: Your target institution can tell you if a translation is required. If it is, they will probably require that you use a certified translator, but they might accept a translation of the apostille rather than the transcript itself. Make sure to ask them for details.

After receiving your application and transcripts, your target university will evaluate your US credits to determine what classes they can substitute for. You may be asked to provide additional materials, like course descriptions or syllabi, and you might need to take validation exams for certain courses. This process can take a while, and not all credits may transfer.



Validating US Diplomas and Degrees

Many Mexican institutions will only recognize an international diploma or degree after it has been validated. This section offers **general information** on how to validate degrees and diplomas you earned in the US. The details will depend on where your credentials came from and where you're having them validated, so make sure to confirm all steps with your validating institution before you begin.

US HIGH SCHOOL OR GED DIPLOMAS

If you completed your high school education or GED in the US, you will probably need to validate your diploma after you arrive in Mexico. When you validate your diploma, you will get a certificate of equivalency. When you apply to enroll in classes, universities may ask for this certificate.

High school diplomas are validated by the Delegación Regional de Servicios (DRSE). The DRSE is a regional office of each state's Secretaría de Educación Pública (SEP). To have the DRSE validate your diploma, you can go to their local office or use their online application at tinyurl.com/SEP-HS-Validation. Either way, you will need the following documents:

- Birth certificate
- INE (or other official photo ID)
- High school diploma, original and Spanish translation
- Transcripts, original and Spanish translation

Note: These documents do not need to be apostilled.

The DRSE charges a fee for this service. The fee and the process can vary, so contact your local DRSE before visiting.

US COLLEGE AND UNIVERSITY DEGREES

US degrees in higher education can be validated through the SEP's Dirección General de Acreditación, Incorporación y Revalidación (DGAIR). When they complete their validation of your degree, they will issue you an official certificate of revalidation (*constancia de revalidación de estudios*) recognizing your US degree as equivalent to a Mexican degree. Getting your *constancia* is the only way to have your US academic credentials formally and nationally recognized in Mexico.

To begin the validation process, submit an application to DGAIR. Applications are available at their website (dgair.sep.gob.mx), and you can download the current application here: tinyurl.com/DGAIR-app.) Typically, you will also need to provide:

- Your original US degree
- Your official US transcripts
- Your birth certificate (requested but not absolutely required)
- An application fee; costs vary but are typically low
- Depending on your degree and its granting institution, you may also need to provide proof of accreditation for the US institution and course syllabi and descriptions.

Translations are required, but they do not need to be certified. Apostilling these documents is not required, and electronic verification of academic documents should be acceptable.

You can submit your application online at sere.sep.gob.mx or in person at certain regional SEP offices (call first to make sure your local SEP office accepts the application). Once your application is submitted, SEP will compare the curriculum you completed to current Mexican standards. If they identify meaningful differences, they may ask you to take supplementary exams or coursework.

The process typically takes 3 to 6 months but can take longer, professional and post-graduate degrees (like medicine, law, or engineering) are looked at more closely, and not all degrees are recognized.

To learn about the specific requirements for your degree, contact DGAIR directly [(55) 3600 2511, revalidaciones@nube.sep.gob.mx] and be sure to speak with the institution where you plan to work or study.

VALIDATING THROUGH A UNIVERSITY

You can also validate a US degree through an authorized autonomous university such as UNAM. Depending on your field of study and the school your degree is from, it may be faster and the evaluation of credits may be more critical. To learn about the details of the process, contact the validating university. For UNAM, you would contact their Dirección General de Incorporación y Revalidación de Estudios (DGIRE, dgire.unam.mx).

★ If your degree leads to practice in a field that is regulated in Mexico (like law, engineering, or medicine), you may also need separate licensing (*cédula profesional*). This can only be done through SEP, even if a university validated your degree.

Important Note on Admissions Requirements. Even if you have a *constancia de revalidación* issued by SEP, many universities will still require that you submit your original foreign credentials and comply with additional, possibly rigorous admissions requirements. To apply for admission, you may be required to supply documents that have been apostilled and translated by a certified translator. Identification documents will be required, and the standard for equivalency may be much higher. (See "Continuing Your Higher Education" on p.101 for more on apostilling your transcripts.) Check with the university you plan to attend for details.

★ **Looking to get a US degree in Mexico?** The Elisia Education Hub is a program of Arkansas State University, Texas State University, and the New York Institute of Technology. They are based in Querétero, Mexico, and have programs in many fields with classes taught in English. They offer a degree that is valid in Mexico too. Learn more at elisia.mx/elisia-education-hub.



Scholarships and Financial Aid

While college is cheaper in Mexico, it isn't free. Compare the prices of nearby universities, and consider what scholarships (*becas*) and financial aid you may qualify for.

UNIVERSITY SCHOLARSHIPS

Most universities or programs have ways to help their students pay. Private schools may offer tuition scholarships. For example, students can apply for a full tuition scholarship at Tec de Monterrey. Public universities may offer scholarships and financial aid for transportation or food:

- The **National Autonomous University of Mexico** (**UNAM**) **Support Scholarship** offers monthly support for meals, transportation, and other materials to their current students. Learn more at becarios.unam.mx.
- The **National Polytechnic Institute** (**IPN**) offers scholarships for working artists, students pursuing technical and science-based careers, athletes, and more. Learn about their scholarships, eligibility, and how to apply at ipn.mx/daes/servicios/becas.

OTROS DREAMS EN ACCIÓN

In Mexico City, the nonprofit Otros Dreams en Acción helps returning "dreamers" who were pursuing their educations in the US when they were deported. Find them online at odamexico.org, and contact them to learn about their current programs.

FEDERAL SCHOLARSHIPS

The National Scholarships for Well-Being program (gob.mx/becasbenitojuarez) offers scholarships for high school and college students from families with financial need. In addition to the Rita Cetina Gutiérrez scholarship (described above on p.98), these include:

- The **Benito Juárez Beca Universal de Educación Media Superior**, which provides 1,900 pesos every two months during the school year to students enrolled in public high schools or technical schools (*educación media superior*). This funding goes directly to the student. Find out more at becabenitojuarez.gob.mx.
- The **Jóvenes Escribiendo el Futuro Beca de Educación Superior**, which is for students from low-income or rural areas who are enrolled in technical school and college (*educación superior*). It provides 5,800 pesos every two months, but it is only available to students enrolled at certain public universities. Learn more at tinyurl.com/beca-jovenes.

Health

IN THIS SECTION

- Where to Get Medical Care
- Public Health Care
- Private Health Care
- Dental and Vision Care
- Mental Health and Substance Use

★ **Note**: Mexico plans to launch **Universal Health Coverage** (**UHC**) in 2027. Under this new system, any Mexican resident will be able to use any of Mexico's three public healthcare systems (IMSS, ISSSTE, and IMSS-Bienestar, all explained below) at no cost, at whichever clinic is most convenient. This will not add new services, but it will remove the need to travel to a specific clinic to get care. The new system will begin in phases during 2027 and 2028. Every resident will receive a UHC ID card to access medical services. To learn about which services will be available in each phase, and how and when to register, visit: tinyurl.com/UHC-Phases.

When you return to Mexico you will need to think about health care. Luckily, Mexico has a universal public healthcare system. It is made up of several agencies (IMSS, ISSSTE, IMSS-Bienestar), but it is easy to use. Some people opt for private doctors and clinics where they can avoid long wait times. Getting medical care is more affordable in Mexico than the US, whether you go through the public healthcare system or a private doctor or clinic.

Where to get Medical Care

CLINICS AND LABS

You can get health care at public clinics that are run by the government. IMSS-Bienestar is a federal public healthcare provider for people without social security (*seguro social*) coverage. It operates separately from IMSS (described below, on p.). IMSS-Bienestar clinics provide free or low-cost care for people who do not qualify for the other government healthcare systems described below. IMSS-Bienestar has urgent care clinics, primary care clinics, and specialty clinics. If your issue is not urgent, you may have a long wait time. The quality of the care you receive may depend on where you live.

Some people choose to go to a private clinic to avoid long wait times or to get care that is not covered through the public system. Many doctors have their own private practices—some work at a public clinic during the day and a private one at night. The fee for a consultation is usually around 1,000 pesos, but it varies depending on where you live.

There are many small clinics or labs in Mexico. Chopo (chopo.com.mx) is one well-respected lab. You can walk into most of these clinics and order lab work, such as a blood test or colonoscopy. Some lab work may require an order or referral (*orden médica*) from a medical provider.

PHARMACIES

Most pharmacies sell medicine at a lower cost than US pharmacies. In Mexico, the cheapest pharmacy option is **Farmacias Similares**. Another economical option is Farmacia del Ahorro. Many pharmacies also have mini-clinics attached to the building where you can see a doctor. These low-cost pharmacy clinics are common, but their quality and prescribing practices vary. For serious symptoms, you may want to visit a clinic or hospital. You should be aware that the doctors at these clinics are paid by the pharmacy. They have an incentive to sell you medicine and will sometimes give prescriptions you might not need.

The government recently began opening **Farmacias del Bienestar** at certain Tiendas del Bienestar. (You can learn more about the tiendas in the "Resources to Meet Basic Needs" chapter on p.83.) These pharmacies will not operate like regular pharmacies. They will only distribute certain medicines to eligible patients enrolled in certain social health programs (mostly the Salud Casa por Casa program). Contact your local IMSS-Bienestar office to learn more.

EMERGENCY SERVICES AND HOSPITALS

Call 911 for emergencies. Just like in the US, you can call 911 if you're having an emergency. For a list of other important numbers, see the "Resources to Meet Basic Needs" chapter (on p.83).

Public hospitals and urgent care clinics will provide emergency and basic care to anyone eligible for public health care. It's best to register ahead of time, but you can register after you receive care. Registering will also establish your medical record, and that can help for the next time you need care.

Mexico has many modern hospitals, both public and private. State-of-the-art specialist hospitals can be found in Mexico City and other cities. Depending on where you live, public hospitals may be limited in their ability to deal with complex or life-threatening cases. If you go to a private hospital but don't have private insurance, you will have to pay the costs yourself, which can be very expensive.

PREVENTATIVE CARE

Don't wait until you are sick or have an emergency to get medical care. Make it a priority to see a primary care provider for preventative care. There are primary care doctors in the public and private healthcare systems. A primary care provider can provide annual check-ups, order lab work, renew prescriptions, and refer you to specialists as needed. If you were in prison or detained in the US, you should get tested for infectious diseases, including HIV/AIDS, Hepatitis C (HCV), Hepatitis B (HBV), and tuberculosis.

> "Seeing a doctor at a pharmacy is OK for something like a cold or indigestion, but if you feel there's something more serious going on, don't take chances! Go to the ER or see a specialist."
>
> —Anya V.



Public Health Care

MEXICAN SOCIAL SECURITY INSTITUTE (IMSS)

The Mexican Institute of Social Security (IMSS) provides public health care, pensions, and social security in Mexico. People who are formally employed in Mexico are automatically enrolled in IMSS. Your company will take the money out of your paycheck every month.

If you are self-employed or do not have formal employment, you can voluntarily enroll in IMSS at tinyurl.com/IMSS-portal, through the IMSS app (imss.gob.mx/imssdigital), or in person at your local IMSS office (find it at imss.gob.mx/directorio). Learn more about enrollment at tinyurl.com/FAQ-IMSS. You may also be eligible for IMSS-Bienestar (learn more below).

Note: Some non-Mexican citizens are eligible for IMSS. If you have US-citizen family members (or family members from any other country) who are temporary or permanent residents of Mexico, they may also be able to enroll.

The price for annual enrollment depends on your age and (as of March 2025) ranges from 8,900 to 21,300 pesos. If you are automatically enrolled, the cost will be deducted from your salary every month. Learn more at imss.gob.mx/derechoH/segurosalud-familia.

IMSS provides access to:

- Primary care
- Specialized care
- Emergency care
- Hospitalizations
- Medications
- Maternity care
- Rehabilitation services
- Occupational risk insurance

IMSS covers some **pre-existing conditions** but not others. Pre-existing conditions are illnesses you had before you signed up for insurance. If you have certain pre-existing conditions, you may need to wait before you can get covered. To see if your pre-existing condition is covered, visit tinyurl.com/pre-existing-conditions.

IMSS-BIENESTAR

Most recently deported people choose IMSS-Bienestar as their healthcare system. It provides free services, medicines, and supplies to people without social security coverage. If you don't have a formal job or aren't covered by the main IMSS system, you may be able to enroll.

This program provides access to:

- Primary care
- Specialist care
- Hospitalizations and surgery
- Medications and supplies
- Emergency care

With IMSS-Bienestar, most treatments are free, though you will have to pay for some medicines and check-ups, and the availability of their services can vary by location.

IMSS-Bienestar is currently available in 23 states. States where IMSS-Bienestar is not available have their own free public healthcare system. You can find out if IMSS-Bienestar is available in your state at registro.imssbienestar.gob.mx, and, if it is, you can register online at app-registro.imssbienestar.gob.mx. You can also register in person at any hospital or clinic that participates in the IMSS-Bienestar program. You will need your CURP, a photograph, an official ID, and your email address.

INSTITUTE FOR SOCIAL SECURITY AND SERVICES FOR STATE WORKERS

ISSSTE is the healthcare system for people who work for the government (and their dependents) including teachers, police, and civil servants. It also helps people with accidents at work. If you work for the federal government you will be signed up automatically. For more information on ISSSTE visit gob.mx/issste.



Private Health Care

Many people choose to add to their public healthcare coverage with private health insurance. Private insurance gives you access to private hospitals, reduces wait times, and covers some services that are not included in the public system. Two of the largest private insurance providers are GNP (www.gnp.com.mx) and Metlife (www.metlife.com.mx).

Most affordable private plans cover only serious illness and accidents, not checkups and prescriptions. Deductibles usually cost more than in the US. An insurance plan with a $1,500 (USD) deductible that covers serious illness and accidents for a 37-year-old man in good health might cost around $75 (USD) per month. If you have a preexisting condition you may not be able to get private insurance, or you may have a waiting period before your coverage begins.

Some plans will directly pay your medical bills, but others require you to pay upfront and get reimbursed. To be reimbursed, after paying the bill, you have to submit an itemized invoice, doctor's report, and medical records to your insurer. When your insurance bills you, read the bill carefully and ask questions about anything you don't understand. Health insurance companies make mistakes.

★ Look for an insurance policy that gets you access to an "assessor." An assessor can help you if your insurance company won't pay for something they should. You can use a broker to help you get insurance with an assessor. BTG Seguros www.btgseguros.com is a broker with a good reputation that offers health insurance policies throughout Mexico.



Dental and Vision Care

If you are in one of Mexico's public health programs (IMSS-Bienestar, IMSS, or ISSSTE) you have access to dental and vision care for procedures such as cavity fillings or cataract removals. You may also have access to free or discounted preventive dental services (like cleanings) and basic treatments, but the details will vary depending on the clinic and program.

If you must pay out-of-pocket, dental care and eye care are much cheaper in Mexico than in the US. Depending on where you live, cleanings cost between 500 and 1,000 pesos. How good the doctors are will depend on where you go.

For eye care, you can go to a small local optometrist or a large chain store like Costco. Eye care will cost more at the big stores. Many regional non-profit organizations offer low-cost eye clinics. In Mexico City, Asociación para Evitar la Ceguera en México (APEC, apec.org.mx) and Instituto de Oftalmología Conde de Valenciana (institutodeoftalmologia.org) both offer low-cost eye care.



Mental Health and Substance Abuse

Deportation is often traumatic, and the constant stress of living with the threat of deportation can cause trauma as well. Trauma can lead to or worsen challenges with mental health and substance use.

Even if you do not have a mental health or substance use disorder, it may help you to talk to someone who can help you adjust. It's hard to move forward if you don't feel good. Treatment or counseling can help. Mental health support can help everyone during this time.

A mental health professional can help you:

- Understand the effects of trauma on your wellbeing, your emotions, and your behaviors
- Feel stronger as you face your challenges
- Identify how your ways of thinking change how you feel
- Change harmful behaviors or cycles
- Help you come up with goals and plans to solve your problems

Mental health professionals can also help you decide if you need medicine. They can offer treatment for drug and alcohol addictions as well, or connect you to support groups.

"You take a pill for your heart, you can take a pill for your head too. It's normal."

—Grant A.

GETTING HELP

★ **If you feel like you might hurt yourself or someone else, get help right away.** Call the suicide hotline (Saptel) at (55) 5259-8121 or the Linea de la vida at 800 911 2000. You can also call 911 or visit an emergency room if you are in crisis. For more information on these and other mental health resources, see the "Resources to Meet Basic Needs" chapter (on p.83).

IMSS-Bienestar offers mental health and substance-use care, and the IMSS program offers psychological services in many of its hospitals. Pharmacies and hospitals can also refer you to a professional, but you would have to pay for their services.

Many states have mental health clinics called "Centros Integral de Salud Mental" (CISAME). These clinics offer mental health services for children as well as adults, and for people with autism. For a list of **mental health services by state**, visit tinyurl.com/mental-health-MX.

There are nonprofit organizations all over Mexico that offer mental health services and support for different disorders and addictions as well. Here are a few:

- **Centro de Rehabilitación Volver a Vivir, A.C.**; facebook.com/VolveraVivirCdJrz
- **Cauce Ciudadano, A.C.**; facebook.com/CauceAC
- **AMAR Chihuahua, A.C.**; facebook.com/amarchihuahua
- **Red Vos Pro Salud Mental**; vozprosaludmental.org.mx
- **Partners in Health**; https://www.pih.org/article/mexico-support-groups-help-men-heal-substance-use
- **HIAS**; hias.org/where/mexico

★ The Ramon de la Fuente Muñiz National Institute of Psychiatry (mentalizarte.com) provides helpful information about different mental health issues and treatment options.

If you are struggling with drug or alcohol addiction, there are support groups you can go to for free, such as Alcoholics Anonymous (aa.org) or Narcotics Anonymous (na.org). There may also be support groups in your area for issues like grief, mental health, disabilities, parenting, divorce, sexuality, and more. To find a support group, search online or ask around at community centers, libraries, and churches. Find more information, organizations, and contact information, see the "Beginning to Heal" (p.198) and "Resources to Meet Basic Needs" (p.83) chapters as well as the directory (p.213).

Communications

IN THIS SECTION

› Getting a phone and service
› Calling to and from Mexico
› Accessing the internet

Like in the US, people in Mexico use their phones for work, banking, making appointments, paying bills, applying for jobs, and more. This chapter covers a few of the things you need to know about getting a phone and internet coverage in Mexico.

Call 911 for emergencies,

just like in the US.



GETTING A PHONE AND SERVICE

Just like in the US, most people have smartphones. Basic cell phones and landlines are still around too, but increasingly less common. Cellular service plans in Mexico are similar to US plans. They usually include talk time, text messaging and varying amounts of data.

Companies that offer cell service in Mexico include Movistar, Unefon, AT&T, and Telcel. Just like in the US you can get a monthly plan that varies in cost and what it covers. They start around 500 pesos and often include a phone.

The least expensive way to get a phone might be from a small shop that has phones for sale. You can find these in most busy commercial areas or markets. SIM cards can be as low as 50 or 100 pesos. Then you buy data online or at local tiendas, supermarkets, and convenience stores such as OXXO.

★ Some US phone providers may offer coverage in Mexico, giving you uninterrupted service after you arrive in Mexico. But if you have a phone from the US and your provider does not offer this service, you may need to unlock your phone to use it after you arrive. You can do this at an electronics shop in Mexico, but it can be expensive. If possible, find out if your service will continue in Mexico before you leave. If it won't, have your provider unlock your phone in the US. If you are detained, a friend or family member may be able to do this for you.

Toll-free calls

Add 00 to any toll-free phone number to call toll-free, as shown below. Unfortunately, this only works from inside of the US or Canada.

1-800 ⟶ 001-880
1-844 ⟶ 001-885
1-855 ⟶ 001-884
1-866 ⟶ 001-883
1-877 ⟶ 001-882
1-888 ⟶ 001-881



CALLING TO AND FROM MEXICO

To reach Mexico from the US, dial 011 plus 52 before the ten-digit number you want to call.

To call from Mexico to the US, dial 001 before the number you want to call.

To make calls within Mexico, dial the two- or three-digit area code before the seven- or eight-digit phone number. All phone numbers will have ten digits.

For example, Mexico City's area codes are 55 and 56, so you would dial 55 1234 5678. Morelia's code is 443, so to make a call to Morelia, you would dial 443 123 4567. You can find area codes throughout the country with a quick online search.

WhatsApp: The instant messaging application WhatsApp is very popular in Mexico. It's used not just for messaging friends, but for sharing business information and even medical test results.



ACCESSING THE INTERNET

You can get internet at home through companies like Telcel or Megacable or other local low-cost providers. As your friends and neighbors who they use and like. You can also find free wireless internet in restaurants, coffee shops, hotel lobbies, chain stores, and even parks, although you may need to ask for a Wi-Fi password.

If you are currently incarcerated, we encourage you to request a copy of ***Mapping Your Future***, our guide to successful reentry (see p.63). It has general resources that can help catch you up on communication and technology.

Legal Matters

IN THIS SECTION

- Pro Bono assistance
- Organizations That Help Migrants, Refugees, and Deportees

Dealing with the legal procedures in Mexico can be challenging. You may need to claim property left to you or navigate other legal issues. There are resources to help you. This section has information on finding free lawyers.

We do not give legal advice.

We have done our best to give you good information that will help you save time and understand your options. Hopefully, this will set you out on the right path. However, we are not lawyers.

Pro Bono Assistance

The legal system can be confusing and frustrating. It is almost always better to get the help of a lawyer rather than trying to do it yourself, especially if the stakes are high. Lawyers understand the law and know how local judges and courtrooms work.

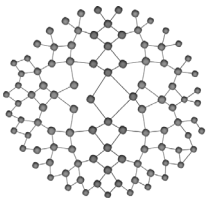
Lawyers in Mexico are often expensive. But there are lawyers who work pro bono, for free. Many law schools in Mexico offer these services. To find one, search for the name of your city or state and key words like "servicios legales" or "pro bono."

PRO-BONO LEGAL SERVICES OPTIONS IN MEXICO

NAME/LOCATION	DESCRIPTION	CONTACT
FUNDACIÓN BARRA MEXICANA Mexico City	Legal help for most issues, especially human rights	fbma.org.mx
CENTRO DE ACESO A LA JUSTICIA Mexico City	Legal help from law students, professors, and professionals in many areas including civil and criminal law as well as mediation and restorative justice	centrojusticia@itam.mx carreras.itam.mx/licenciatura-derecho/que-estudia-un-abogado/#clinicas-juridicas
BUFETE JURÍDICO GRATUITO SOCIAL Mexico City	Legal aid clinic, Offers civil and penal legal support as well as mediation and support for victims of violence	bufetejuridicogratuito.org.mx
CENTRO MEXICANO PROBONO Mexico City	Free legal services for vulnerable populations	probono.mx
CARLOS SLIM FOUNDATION Multiple locations in Mexico and the US	Legal information for Mexicans on both sides of the border	accesolatino.org/orientacion-legal
WITHOUT BORDERS (SIN FRONTERAS IAP) Mexico City	Helps migrants in Mexico get documents, file asylum claims, and get a free lawyer	sinfronteras.org.mx

Organizations That Help Migrants, Refugees, and Deportees

The following organizations provide free legal aid and other services to deportees as well as migrants and refugees in Mexico:



The Rhizome Center for Migrants offers direct services including free post-deportation U.S. legal aid and reintegration support in Mexico, including home setup kits, assistance with ID, psychological referrals, and education and job integration. The organization is located in Guadalajara, Mexico, and can be reached on their Whatsapp at +52 33 2182 0836. To learn more about the organization's on-the-ground work, visit their page on Facebook or Instagram.



Al Otro Lado operates its Binational Deportee Program in Tijuana and Mexico City, but also serves deported people remotely throughout Mexico. This program provides critical support for individuals who suddenly find themselves stranded in Mexico, often without networks of support. They connect deportees with safe shelter, medical care, clothing, and assistance obtaining Mexican identity documents. They facilitate connections with local employers, helping deportees begin to rebuild stability and safety after removal. They also help deportees file Freedom of Information requests to obtain complete copies of their immigration files, and assist them to obtain a pro bono review of their case to assess whether there are viable legal options to return to the US in the future.

If you are currently incarcerated,

we encourage you to request a copy of ***Mapping Your Future***, our guide to successful reentry (see p.63). It has information on legal resources that may be helpful to you before your release.

Finances, Credit, and Taxes

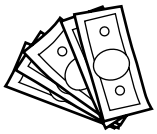
IN THIS SECTION

- Financial Learning Resources
- Banking
- Credit
- Tax Basics
- Property

If you had a bank account or credit card in the US, you know how these financial tools work. There are some differences in Mexico that will be good to know about. After offering some general financial learning resources, this chapter provides Mexico-specific information on banking, credit, paying taxes, and owning property.

If you are currently incarcerated,

we encourage you to request a copy of ***Mapping Your Future***, our guide to successful reentry (see p.63). It has general resources that can help you think about your post-release financial life.



Financial Learning Resources

After you arrive, getting settled financially may be a challenge. Financial planning websites like NerdWallet, Mint, and Khan Academy Finance offer information on banking, account options, budgeting, and strategies for saving your money. Popular Mexico-based Spanish-language resources include:

- **Presupuesto Familiar** in the Google Play store or **Presupuesto Mensual** in the Apple store to help you organize your debt and spending
- **Mis Metas PCC** de Pequeño Cerdo Capitalista for help setting financial goals and staying on track

Disclaimer: Please remember that we are not endorsing these websites or services. Feel free to search for other resources as well.

★ **Avoiding Scams.** Visit this US government website for a list of common scams and their warning signs: tinyurl.com/FTC-scams. Find it here in Spanish: tinyurl.com/FTC-scams-es. The Mexican government publishes a similar resource: tinyurl.com/fraude-digital.



Banking

Most banks in Mexico are safe, so it's a good idea to open an account. Some popular banks in Mexico include Banorte, Bancomer, Santander, HSBC and Citibanamex. (In June of 2025 Intercam, CiBanco and Vector were fined due to money-laundering charges. It's best to avoid these institutions.)

Like in the US, bank accounts in Mexico have online services so you can pay bills, move money, and keep records. Your job can put your paycheck directly into your account. Banks in Mexico can also help you with car or mortgage loans, making a retirement investment plan, and investing in stocks and bonds.

When you open up your Mexican checking account, you get a debit card. Some checking accounts have monthly fees while others do not, so make sure you ask about fees before opening your account.

If you use a debit card you had in the US, you might get charged extra fees. Ask your US bank about their fees before using the card.

OPENING A BANK ACCOUNT

Call your bank before you visit to see what you will need to open a new account. Most banks require:

- **Official identification**: INE or passport
- **Proof of address**: A utility, water, or phone bill
- **RFC or CURP**: Only some banks will require these
- **Your first deposit**: A check or cash.

See the Getting Your IDs and Documents chapter (on p.78) for information on these documents.

THE MEXICAN PESO

The peso is usually about 17-20 to one US dollar, which is historically weak. The good news is that many things are much cheaper in Mexico than they are in the US. See "Money in Mexico" section in the Arriving in Mexico chapter (on p.70) for more information.



Credit

In both the US and in Mexico, you need to have good credit to get mortgages, car loans, or other kinds of loans. In the US, you had a credit score that banks used to decide if they would loan you money. In Mexico, there is no credit score system like in the US. But there is a **Credit Bureau** (**Buro de Crédito**) that lets lenders know whether you have good or bad credit.

To establish and maintain good credit in Mexico, some things are the same as they were in the US:

- **Pay bills on time**. Always pay your bills on time. If you've gotten behind on any of your debts—or have had debts fall into collections—pay them, or make a plan to pay them. This US government website offers good advice on how to get out of debt: tinyurl.com/FTC-debt. Find the same information in Spanish at tinyurl.com/ftc-debt-es.
- **Be cautious**. As always, what counts is what is in the contract, not what the salesperson promised. Read the fine print carefully and understand the rules before you sign anything. This may be challenging if Spanish is not your first language, but take your time and either read everything carefully or have someone you trust do it for you.

Unlike in the US, the Buro de Crédito bases your credit on both your credit history and your banking history. Here's are some ways to establish good credit through your **banking history**:

- Open a bank account with a major Mexican bank that processes credit cards, such as those listed above.
- Deposit as much money as you can afford into your bank account every month. Do this consistently for at least six months. This is the best way to show the Credit Bureau that you have a steady income.

Once you've established a good banking history, you can focus on your **credit history** in Mexico. For this, you will need to apply for a credit card.

- You can start with a store card. Stores like Suburbia, Coppel, or Liverpool will issue you a card even if you have no prior credit history. They will start you at a lower spending limit and gradually increase the amount.
- Use and regularly pay off this card for three to five months.
- Request a credit card from your bank.
- Use and pay that one off for one year.

Now you are on the way to establishing good credit in Mexico, and banks will be more likely to consider you for mortgages and other loans.



Tax Basics

Just like in the US, you are expected to pay taxes on your earnings in Mexico. You will do this through your RFC number (see the Getting Your IDs and Documents chapter on p.78). Your taxes will go to the Mexican version of the IRS, which is called the SAT (Servicio de Administración Tributaria). The amount you pay in taxes depends on how much money you make, how much you pay for healthcare, and if you have any work-related expenses.

This mostly works the same as it does in the US. You will report financial and other information to the government, and they will decide if you've paid too much or too little in taxes. Depending on that, you will get a bill or a refund.

★ Unlike it is in the US, your tax refund is not guaranteed. So whenever possible, you should avoid overpaying. An accountant can help.

In Mexico, your taxes must be filed every month. Some, but not all, employers do this for you. So make sure to find out if your company will do your taxes or if you need to do them yourself. If you have to do them yourself, you will need to make an appointment with your local SAT office. To do so, visit citas.sat.gob.mx. You can schedule a virtual or in-person appointment.

If you work on a freelance basis, you will have to present your own taxes each month to the SAT. If your freelance work is for a company, they will ask you for a receipt called a "factura." The "factura" will show that you reported your income to the government.

In April, you will need to file your annual tax return. Because filing your own taxes can be confusing, many people hire an accountant. They cost 500-1,000 pesos per month. Ask friends and family if they know a good one.

If you do not file or pay your taxes, you are charged a fee. If you continue to avoid taxes, the Mexican government can freeze your bank accounts.



Property

Buying or selling property can be difficult in Mexico. It is best to hire a lawyer or a notary public. In the US, notary publics seal and sign important documents, but in Mexico, they are more like lawyers. They help their clients with policies and procedures. If you need to buy, sell, or transfer property, a notary public or lawyer will let you know what you need, and, for a fee, they will take care of it for you. They can even help you deal with any property taxes you may owe.

If you or your partner own your home, you should include the home in a will (testamento). Otherwise, if the owner dies, resolving ownership can take a large amount of money and time.

PROPERTY TAX

Property taxes on homes (called "impuesto predial") are due during the first three months of the year. If you pay early—especially in January—you can get a discount. The exact amount you'll pay depends on your location, the services available, and the type of property you own. Property taxes in cities are usually higher than in the country. In general, taxes for a private home start at around 2,000 pesos per year, and they usually don't go over 20,000 pesos. Many cities have kiosks where you can easily make payments.

Remember that you are responsible for paying your property tax and any utility bills that go to your property. Don't assume the bills will always arrive in the mail. You will need to keep track of due dates and make payments on time.

Culture and Connection

IN THIS SECTION

- Voting
- Connecting with your Community
- Cultural Conventions
- Safety
- Political Violence and Corruption

This chapter provides information intended to help you begin to understand Mexican culture and community. It touches on topics ranging from voting and engaging with your community to etiquette, religion, and safety. Much of this information applies to many places in Central America, as well. It's just a tiny part of a very big picture, but we hope it will help you to feel more aware and connected.



Voting

In Mexico, you have the right to vote after deportation, no matter what. And you should! Your voice matters—and you don't even need to register. Simply show your INE to vote. (See the Getting Your IDs and Documents chapter on p.78 to learn more about your INE card.)

National elections are important, of course, but local and state elections can have even more impact on your community and everyday life. Newspapers and candidates' websites can help you understand the issues and the candidates' perspectives. Journalists such as Viri Rios, for instance, provide in-depth analysis of politics in Mexico.

For more information on the political parties, visit bakerinstitute.org/political-parties-mexico.

★ If the address where you will be voting is not the address on your INE, you'll need to cast your vote in a *casilla especial*. These are special polling places for people voting outside their home state. Find yours at ubicatucasilla.ine.mx.

QUICK FACTS ON MEXICAN PRESIDENTIAL ELECTIONS

- The Mexican president serves a term of six years and cannot be reelected.
- The presidential election takes place on the first Sunday of July.
- Inauguration day is October 1.



Connecting with your Community

Communities are tight-knit, and people help each other. Introduce yourself to your neighbor and chat with the local tienda owner. If you're athletic, join a soccer or baseball team. Find community at a church or religious organization. In this way, you can find opportunities to support your community members during their times of need.

There are communities of deported people in Mexico who understand what it's like to leave their lives in the US and start again in Mexico. Get involved to advocate for other recently deported people and for yourself. Tere's a list of organizations you might reach out to on the next page.

AL OTRO LADO: A BIDIRECTIONAL DEPORTEE CENTER AND DEPORTEE WELCOME CENTER

Assistance getting US identification and criminal records, obtaining Mexican identity documents, social service referrals, free educational workshops, community, holistic legal and humanitarian support to refugees, deportees, and other migrants in the US and Tijuana.

CONTACT

- 511 E San Ysidro Blvd, #333, San Ysidro, CA 92173 and directly outside the Chaparral/PedWest port of entry in Tijuana
- (66) 4208-8994
- Pricila@alotrolado.org & info@alotrolado.org

WEBSITE

- alotrolado.org
- alotrolado.org/bd-program

COMUNIDAD EN RETORNO

Collective organization run by deported people. They defend deported people's human rights, provide a network of support for reintegration, and help returnees get their identity documents.

CONTACT

- (55) 1492-7872 & (55) 2054-4499
- comunidadenretorno@gmail.com

WEBSITE

- comunidadenretorno.weebly.com

DEPORTADOS UNIDOS EN LA LUCHA

Welcomes deported and returned community members through assistance returning to the work-force and worker's rights education.

CONTACT

- (55) 7681-9357
- deportadosunidosenlalucha@gmail.com

WEBSITE

- Search Facebook for "Deportados Unidos en la Lucha"

OTROS DREAMS EN ACCIÓN

Organization by and for people impacted by deportation and forced return between the United States and Mexico. They provide space for mutual support and political action, and they can help get identity documents.

CONTACT

- Tonalá 194, Int C, Col Roma Nte, Cuauhtémoc, CDMX 06700
- (55) 6875-1027
- info@odamexico.org

WEBSITE

- odamexico.org

RHIZOME CENTER FOR MIGRANTS

Direct services including free post-deportation U.S. legal aid and reintegration support in Mexi-co, including home setup kits, assistance with ID, psychological referrals, and education and job integration. Located in Guadalajara.

CONTACT

- Whatsapp at (52) 33 2182 0836
- connect@rhizomecenter.org

WEBSITE

- Find them on Facebook and Instagram

★ For more ways to get involved in your community, see the "Beginning to Heal" chapter (on p.198).



Cultural Conventions

It can take a while to get used to the differences between Mexico and the US. If you've been away for a long time, you could experience some culture shock. This chapter provides information on some of the cultural differences in the following areas:

- Etiquette
- Bureaucracy
- Religion
- Family and Friends
- Treatment of Animals
- Graphic Content
- Protests and Roadblocks
- Noise
- LGBTQ+ Culture

Although local habits will vary, much of this information will also be helpful in Guatemala, Honduras, El Salvador, and Venezuela.

ETIQUETTE

Greetings
In Mexico, people greet each other warmly. This is especially true in small towns. Make sure you greet people. If you don't, people may think you are cold or rude. It is polite to greet everyone at small parties like a family barbecue. When you leave the party, you should say goodbye to everyone in the same way. You're sure to pick it up as you go, but here are a few tips:

- Men greet each other with handshakes, and handshakes expected in corporate settings.
- Women are greeted with a single kiss on the cheek or hug. This is an "air kiss:" touching right cheeks and making a kissing sound into the air. This may feel strange at first, and you can always choose a handshake instead.
- Older women may expect a handshake rather than a kiss.
- As in the US, close friends and family members greet each other with hugs.

Most people greet each other with ***buenos días*** or ***buenas tardes*** before getting down to business. People know their local grocer or store-owner. They greet each other and are courteous to one another. When passing by someone who is eating at a restaurant or in any setting, it is common to say ***provecho***.

Formality
Mexicans (and Spanish-speaking Central Americans in general) are formal with people they don't know. People often call strangers ma'am or sir (***señora*** for women, ***señorita*** for younger women, and ***señor*** for men). You'll also hear ***don*** or ***doña*** for older people. When addressing an authority figure, their title is usually used instead of ***doña*** or ***don*** (***abogado/a***, ***doctor/a***, or ***ingeniero/a***, for instance, followed by their name). ***Joven*** might be used to greet younger people. They will call strangers ***usted*** rather than the more casual ***tú***. If someone tells you to call them ***tú***, you should follow their lead.

Body Language
Direct eye contact is less common than in the US, and people in Mexico tend to be more physically affectionate. You may also notice that people stand closer to you to talk than in the US.

Punctuality
Being on time is less important in Mexican society than it is in the US. People don't get to parties on time. Instead, they may show up an hour late or more. Most people will expect you to be on time for appointments and meetings, though some people might be late to meet you.

Negotiating
In Mexico and much of Central America, negotiating is a normal part of shopping, especially with street vendors or in outdoor markets, where prices aren't always fixed. It's okay to politely ask for a better deal. If you've been in the US a long time, vendors might assume you're not local and set higher prices. You may want to stand back and listen to what other locals are being charged before you talk to the vendor. Be kind, smile, and don't be afraid to walk away if the price isn't right. But keep in mind that vending may be some people's only source income; try not to haggle them out of a fair price.

Third Age (***Tercera Edad***)
In Mexico and Central America, the "third age" refers to seniors, usually people 60 and older. Elders are respected and often given special consideration in public spaces. At banks, government offices, and even stores, it's common to let older adults go to the front of the line or be helped first. It's a simple but meaningful way to show care and respect for elders.

BUREAUCRACY

Mexico runs on a slower clock than the US. At the bank, you may wait in line for half an hour or more. When you get to the counter, the worker may pause to answer a phone call or greet a colleague. Things like applying for your ID or getting a passport can take a long time. You may have to go back to the agency a couple times and wait for a few hours.

★ Patience is key when dealing with Mexican bureaucracy, but you can speed things up a little by visiting government office websites to make appointments or double check what documents you'll need and other details.

RELIGION

85% of Mexico's population is Catholic, and Catholicism plays an important role in Mexican institutions and in daily life. Many community events, even ones like high school graduations, are celebrated with a mass. The next biggest group is Evangelical Christians, but they make up less than 2% of the population.

If you belong to another faith community you may have a hard time finding places to worship in your town. But by networking with your place of worship in the US or searching online, you can probably find a way to connect with your faith community in Mexico.

FAMILY AND FRIENDS

Families in Mexico and Central America are typically more tight-knit than they are in the US. Parents, grandparents, and kids spend a lot of time together. Mexicans tend to live at home longer than people in the US and to stay nearby after that. For many, family comes before anything else. Respect for your elders is important. Sunday is often a special day set aside for family.

Friendships are also very important, and people put a lot of effort into maintaining them. Godparents (*padrinos*) are close friends that are almost like family. If you are close to someone, they may ask you to be godparents for their children. Godparents have special roles at baptisms, first communions, confirmations, quinceañeras, and even weddings. They often help to pay for part of these celebrations. Being a godparent is an honor.

ANIMALS

Visitors from the US are sometimes shocked or saddened by how animals are treated. 70% of all dogs live on the street. Many are in bad shape. Many pet owners don't bring their pets to the vet. But there is a growing animal rights movement in Mexico. Dog fighting was outlawed in 2017, and some states have laws against cock fighting.

If you decide to adopt a dog or cat, get them spayed or neutered. Local animal welfare groups can help with low-cost options and can offer low-cost vet recommendations.

GRAPHIC CONTENT

Unlike in the US, it's common to see graphic images on the news and in social media in Mexico and Central America. Sometimes, bodies at an accident or crime scene are visible and not covered. This can be shocking, especially if you're not used to it or if you have children with you. It helps to be prepared and aware.

PROTESTS AND ROADBLOCKS

In Mexico and in Central America, peaceful protests (*manifestaciones*) are a common and powerful way for people to speak up. Whether it's tuk-tuk drivers, farmers, or everyday citizens, people often come together to demand change—and it works. These protests have helped bring real results in everything from local labor issues to national politics.

These protests often involve roadblocks (*bloqueos*). These can pop up with little warning and may include ropes, rocks, or parked vehicles blocking the roadways. Many larger protests are announced ahead of time, but some happen without much notice. You might find yourself stuck in traffic for hours. Staying connected to local news can help.

NOISE

Mexico (and much of Central America) is full of life and sounds. Fireworks, loud music, roosters, street dogs barking, buses, motorcycles, spontaneous parades, and worship are all part of daily life. Adjusting to this after living in the US might be challenging, especially at night.

Some municipalities have noise ordinances, but they're commonly not enforced. If you're sensitive to noise, choose your home carefully. Living near a main street, church, or event space will typically mean lots of sound at all hours. If you're sensitive to noise and you can afford it, you might consider living inside a gated community.

LGBTQ+ CULTURE

There is still some discrimination in Mexico, but the legal system has recognized the rights of LGBTQ+ people across the country:

- Marriage equality is legal everywhere. **Note**: In a few states, where local authorities haven't caught up with national law, couples may still have to go through the courts to have their marriages legally recognized.
- Employers and providers of goods and services are barred from discriminating actively against LGBTQ+ people.
- The majority of states allow residents to legally change their gender. **Note**: In general, it will be easier to find gender-affirming care and other resources in larger, more cosmopolitan cities.

Mexico City, Puerto Vallarta, San Miguel de Allende, and Ajijic have been celebrated for their vibrant LGBTQ+ scenes and safety. There are pride events and large cultural institutions dedicated to celebrating LGBTQ+ culture, especially in Mexico City and Puerto Vallarta, which are home to bars, clubs, parties, and publications explicitly for queer people.

Unet (unetlgbt.org) is a nonprofit that primarily helps LGBTQ+ travelers and tourists in Mexico. It provides a long list of companies that are LGBTQ+ friendly, which could also be useful for those seeking employment. You can find this and other LGBTQ+ resources in the Directory on (p.213).

Safety

You may be worried about your safety in Mexico. As in the US, some places are safer than others. Be cautious and use good judgment about where you go and what you carry with you. Here are a few things to be aware of:

KIDNAPPING

People get kidnapped for money more often in Mexico than in the US. Don't wear flashy jewelry or show off your wealth. Many people avoid walking at night as well. Kidnapped people are sometimes forced to get money from an ATM.

Be aware of "fake kidnapping" scams, too. You might get a call from someone who says they have your loved one. They'll ask you to pay them to get your loved one back. Contact your loved one right away to see if they are ok. We suggest you hang up on this kind of call right away and block the number.

LGBTQ+ SAFETY

Unfortunately, it is still generally a good idea to be cautious about public demonstrations of queerness. LGBTQ+ people can find protection and support with a number of local and national organizations, like **Casa Frida**, which has locations in Mexico City, Chiapas, and Monterrey, or **PrideMantra**, which offers online counseling and other services. Find these and other LGBTQ+ resources in the Directory on p.205.

FEMICIDE

Femicide (*feminicido*, the killing of women or girls) is a serious problem in Mexico. Often, they are killed by family members or spouses and partners. But it can also mean any killing related to gender. Like violence that has been designated as a hate crime in the US, femicides in Mexico are investigated and handled under a special set of rules and by the Centro de Justicia de La Mujer.

For a list of domestic violence resources, the directory (p.205).



Political Violence and Corruption

Political violence is a big problem in Mexico. In the 2021 midterm elections, 89 politicians were murdered. Journalists and environmentalists are also targeted.

Government corruption at all levels is another big problem. If you get pulled over by the police, they may make up a lie about something you did wrong. They may even threaten to take your car away—which may or may not be legal depending on your traffic offense and the laws of your state. Sadly, it's common to offer the police a bribe (***mordida***), but you should know that attempted bribery is a federal crime and, depending on the officer, it could land you in jail. Recording police encounters is a constitutional right protected by the Mexican Constitution (Articulo 6), but police officers have also been known to threaten those who record them with arrest.

Just like in the US, it's often best to cooperate with police officers, but consider reporting any violations of your rights. We also recommend researching your state's traffic laws (***ley de transito y mobilidad***) and the circumstances under which state-level Mexican traffic cops (***transitos***) can act. If you know an officer is doing something illegal but you choose to cooperate out of concern for your safety, you can still report them afterward. Talk to your family or neighbors to see how they handle these situations, and call 089 to anonymously report any illegal or corrupt behavior on the part of a government official.

Guatemala

IN THIS SECTION

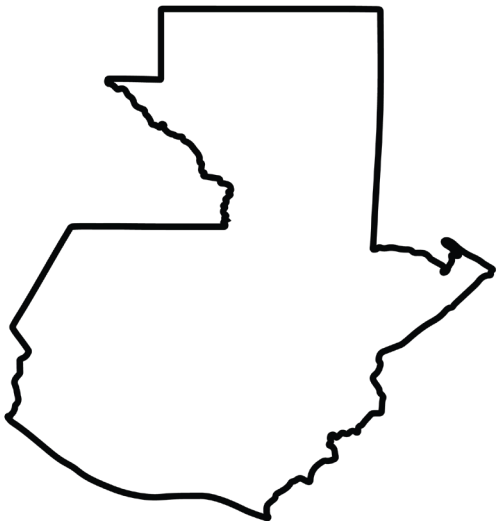
- Arriving in Guatemala
- Getting Your IDs and Documents
- Meeting Basic Needs
- Employment
- Education
- Health
- Communication
- Finances and Taxes
- Culture and Connection
- Safety
- Legal Assistance

Deportation is a time of unknowns. You may be worried about where you'll go after deportation, if there will be people to help you. Know that you are not alone. Other people have gone through this before. This chapter is based on our research and their experiences. It will give you important information on deportation to Guatemala.

This section focuses on information that is unique to Guatemala. For more general information on life after deportation, see the Mexico chapters. If you are currently incarcerated and face deportation upon release, you may also want to request a copy of our prison reentry guide, ***Mapping Your Future: A Guide to Successful Reentry*** or access it online, here: tinyurl.com/MYFNA. Its content focuses on return to communities in the US but has some content that can be useful for deported people, especially those who have experienced long periods of incarceration before returning to their countries of origin.

Representatives of the Guatemalan consulate (MINEX) often visit Guatemalans who are detained. If you meet with them, they can help you get travel documents. If you have special needs, they can arrange for assistance when you arrive in Guatemala. In special circumstances they may be able to offer travel assistance for your return to Guatemala. For information on all the consular services available to Guatemalans living abroad, see this guide produced by Guatemala's Ministry of Foreign Relations: tinyurl.com/GT-Consular-svc.

★ For information on creating a family plan and other things you can do to prepare while you're living in the US, see the "Plan for Possible Deportation" chapter (on p.23).



Arriving in Guatemala

LOCATION OF ARRIVAL

Deportation flights land in Guatemala City at the military airport, La Aurora Air Force Base. Upon landing, all returning citizens will go through a reception process at the Returned Migrant Reception Center (Centro de Recepción de Personas Migrantes Retornadas). The authority that oversees the reception process is called the Council of Attention and Protection (Consejo de Atención y Protección or CAP). CAP is made up of 12 different public agencies, and you may interact with government officials from different ones, like the Guatemalan Migration Institute (Instituto Guatemalteco de Migración) or the Public Health and Social Assistance Ministry (Ministero de Salud Pública y Asistencia Social or MSPAS).

Arrival times are hard to predict. Sometimes flights land late at night or on weekends, and multiple flights may land at once. Although the Guatemalan government shares the arrival times of deportation flights with the general public, they do not say who is on board.

RECEPTION: WHAT TO EXPECT

Detention orders: By the time your plane lands, the Guatemalan National Police will already have received and verified a list of everyone on your plane with detention orders or "orden de captura" in Spanish. The people on that list may be arrested and detained upon arrival.

The reception process can take a long time—especially if multiple flights have landed. Unfortunately, you may not be allowed to use the restroom until after your registration is complete, and there is little privacy during the identification and registration process.

After your plane arrives, CAP officials will tell you (as a group) about the resources available to you. This may be confusing, especially after a long and potentially traumatic journey, so try to be prepared.

The Reception Center Process helps people in this order:

- Those with urgent medical needs or special needs
- Those with detention orders
- Unaccompanied minors
- Family units
- Adult women
- Adult men

> "Just be patient and stay calm, and if you can, try to buddy up with someone during the whole process, while you're detained and during your transport, and stick together with that person until you get to your next destination."
>
> —Maria

If you were traveling with personal possessions, they should be returned to you early in the reception process. If you need **medical help**, it should be provided shortly after you arrive. But since there will be only one doctor working, getting medical help might be a challenge. You will be transported to a local hospital if it's an emergency.

CAP workers will offer shelter to **unaccompanied minors** and try to help them reunite with their families. The Secretaria de Bienestar Social should offer **families traveling together** additional assistance.

Trained workers will screen for **victims of sexual violence, exploitation, and human trafficking**. If this includes you, they will refer you to the office of the Secretary Against Sexual Violence, Exploitation, and Human Trafficking (Secretaria Contra la Violencia Sexual, Explotación y Trata de Personas, SVET). Their services include protection services including possible shelter as well as the option to make a complaint or participate in the penal process. For more information see tinyurl.com/SVETProtocol.

Once you are processed, you will be given a ticket that documents your admission into the country. You can bring this ticket to the National Registry (Registro Nacional, or RENAP) kiosk and request your *Documento Personal de Identificación* (DPI, learn more on p.124). This is free. If you need to change your department of residence (which is like a "home state" in the US), you will have to pay for a new DPI. You can get your RENAP on another day if you prefer, but a fee, and possibly a longer process may be required.

★ If your identity cannot be confirmed during the regular registration process, you will be sent to the RENAP kiosk in the reception center to confirm your identity.

After the reception process is finally complete, you will be provided with a meal if food is still available. (When multiple flights land around the same time, food sometimes runs out.)

When you leave the airport, there should be a bus to take you to bus terminals or to a shelter. If you need a bus and do not see it, ask at the RENAP kiosk.



STAYING SAFE WHEN YOU TRAVEL

Theft and armed robbery are common in Guatemala City. Zones 3, 18, and 19 are generally considered the most dangerous in Guatemala City and are best to avoid if possible.

To reduce risks, travel light, keep phones, wallets, and purses concealed, stay alert, and choose daytime routes if possibleIf you are robbed, it's safest to hand over what they ask for. Your life is worth far more.

"It's going to be a pretty hard experience, but in the end, you're going to get through it."

—Elber



SUPPORT SERVICES UPON ARRIVAL

The government recently started the **Return Home Plan** (Plan Retorno al Hogar) to connect returnees with government resources. Services may include transportation, a place to stay, and legal guidance. It's new, so all services may not be available, but it's a good idea to ask. Learn more at guatemala.gob.gt/plan-retorno-al-hogar.

★ The government used to offer deported citizens 1,200 Quetzales upon arrival, but this support is no longer available.

These non-government organizations may also be at the airport to help returnees:

The **International Organization for Migration** (**IOM**) has permanent staff stationed at the Guatemalan Air Force's Reception Centre, as well as at the Reception Center in Tecún Umán, Ayutla, in San Marcos. They support Guatemalans returning from abroad, including those facing deportation, **before and after** their arrival in Guatemala. Services include job training, legal aid, and emotional support.

Casa del Migrante (tinyurl.com/casa-del-GT) should have a representative at the airport. They offer information about your rights and help with bus transfers, phone calls, and WiFi. They can provide a device to help you connect with friends and family over social media.

Casa del Migrante has several locations across Guatemala. They offer a safe place to wait for family pickup as well as other services, including temporary lodging, showers, and help with documents and job searches.

★ The directory (on p.248) has a list of shelters in Guatemala that includes Casa del Migrante's locations as well as other shelters across the country.

CONAMIGUA (Consejo Nacional de Atencion al Migrante de Guatemala, conamigua.gob.gt.) may also be there when you arrive. They can help you make phone calls to your family and friends. If you need transportation, they can help direct you to the right bus. If you need money, CONAMIGUA can help you get money from other groups or your local government.

To contact these or other nonprofits operating in Guatemala, see the directory (on p.248).

HELPFUL ORGANIZATIONS AND AGENCIES

In addition to the assistance offered through the government's Return Home Plan (described above), other reintegration services may be available to you after your arrival. These services can include job training, skills development, help accessing education, psychological services, or health care, or support to start a small business. The agencies and organizations listed below offer a range of reintegration services. You can find their contact details in the directory (on p.248).

CAPMIR

Centros de Atención para Personas Migrantes y Refugiadas (CAPMiR) supports migrants, asylum-seekers, and refugees in Guatemala. They offer clear information about rights and services, help with asylum requests, referrals for shelter, medical and psychological support, protection for children, basic supplies, and phone or internet access. CAPMiR has government-run locations in Guatemala City and a location in Esquipulas that is run by ACNUR, the United Nations High Commissioner for Refugees. People can walk in for help or ask to be connected to nearby shelters and protection services. Email questions to guagu@unhcr.org, learn more at help.unhcr.org/guatemala. (Services may be reduced due to 2025 budget cuts.)

KIND

Kids In Need of Defense (KIND) helps youth returning to Guatemala and Honduras from the US and Mexico. They provide information and help with transportation, family reunification, and reintegration. To get help from KIND before or after deportation, call them in the US at (202) 824-8680, contact their family-separation team at separation@supportkind.org, get more information at info@supportkind.org, or refer a youth in need at supportkind.org/cmrrp.

TE CONECTA

Helps returning Guatemalans find work. Whether you gained skills while living abroad or are starting fresh, they can help. They offer support with:

- Resumes
- Certifications for experience gained in the US
- Job training
- Job searches and job placement

They work closely with employers to connect people with jobs across Guatemala.

DESGUA

Desarrollo Sostenible para Guatemala (DESGUA) supports returned migrants, youth, and families affected by migration in southwestern Guatemala. They try to help people rebuild their lives and find new opportunities. Their services include:

- Job training
- Education programs
- Community projects

VIDA DIGNA

Supports returned migrants, unaccompanied minors, and returning youth. They help returning young people validate their US school records so they can continue their education in Guatemala. Other services include:

- Family reunification (may include transportation to Guatemala City)
- Educational support
- Job and skills training
- Therapy and emotional/psychological support

MINTRAB

Ministerio de Trabajo y Previsión Social (MINTRAB) is a government ministry that provides information and services around employment and training. Their services include:

- Temporary work programs for people with little work experience
- Job training Information and opportunities
- Assistance filing work-place complaints

These agencies and organizations are more concentrated in the cities, so it might be harder to access their services in rural areas.

Getting Your IDs and Documents



This section describes how to get the following documents:

- DPI (Documento Personal de Identificación)
- Birth Certificate
- Birth Certificates for US-Born Children
- NIT (Número de Identificación Tributaria)
- Driver's Licence
- Passport

★ If you are reading this in the US, your consulate may be able to help you gather your documents. You can find consulates, manage appointments, and access consular services by visiting embaguateusa.gob.gt.

☐ DPI (DOCUMENTO PERSONAL DE IDENTIFICACIÓN)



In Guatemala, the national ID card is called a DPI. You'll need your DPI for legal identification and most official activities, including working, finding housing, banking, signing contracts, and voting.

Your DPI will be issued by the **Registro Nacional de las Personas** (**RENAP**). RENAP is the government agency that manages all personal civil records. When you arrive at the airport, you can get your DPI with the return document you got from the Migration Institute (IGM) during registration. If you get your DPI then, it is free. If you wait and get it at a RENAP office outside of the airport, there will be a fee.

To get it later, you will need your return document or your deportation slip. The RENAP office will take your photo, fingerprints, and information and issue your DPI. Find RENAP offices and their hours here: renap.gob.gt/consulta-de-horarios-y-direcciones.

☐ BIRTH CERTIFICATE



Birth certificates are very important in Guatemala. They are required for school enrollment, some formal employment, health insurance, getting married or divorced, and more.

Birth, marriage, and death certificates are all issued by RENAP. You can get your birth certificate in person at any RENAP office, online at renap.gob.gt, or through the RENAP SE app. Whichever way you choose, you will need to provide payment and your CUI (the 13-digit number from your DPI). The app offers digital certificates and DPI services, but users report occasional glitches.

If you have a child who was registered with RENAP, you can get their birth certificate in the same way. New births require in-person visits and a medical or midwife's report.

☐ BIRTH CERTIFICATES FOR US-BORN CHILDREN



If you have a child who has not been registered with RENAP, you will need to register them in order to get a Guatemalan birth certificate. This is necessary **to enroll them in school**.

US-born children can also be registered while they're still in the US. Do this at the nearest Guatemalan consulate. This will save time if they go with you to Guatemala, and it will empower the consulate to help them if you are detained in the US or deported. To find your nearest consulate, visit embaguateusa.gob.gt or minex.gob.gt

To register your children from the US, you will need the original and two legible copies of the following documents:

- Your child's US birth certificate.
- The birth certificates of both parents.
- If you are Guatemalan, you ***must*** also bring a valid DPI or passport. A driver's license will not be accepted.
- If you are not Guatemalan, you ***must*** bring a valid passport issued by your country of origin.

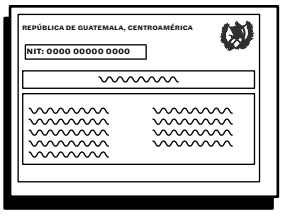
★ **Only recently reissued copies of the parents' birth certificates will be accepted.**
  - ○ Guatemalan parents must have birth certificates that were reissued by RENAP (National Registry of Immigrants) within the past six months.
  - ○ Non-Guatemalan parents must have birth certificates that were reissued by their country of origin within the past year.

To register your US-born children after you have arrived in Guatemala, visit the Ministry of Foreign Affairs (MINEX). This is much easier than going through RENAP. If possible, both parents and the child should be present. You will need to bring two legible copies and the original of the documents listed above in addition to a marriage certificate, if parents are married.

You will then be given a password, and in around three months, one parent can return to MINEX with that password to sign for their child's registration. Either parent can then go to any RENAP office to have their child's Guatemalan birth certificate printed.

This process is free, and you don't need an appointment. Find more information and MINEX office locations at minex.gob.gt.

☐ NIT (NÚMERO DE IDENTIFICACIÓN TRIBUTARIA)

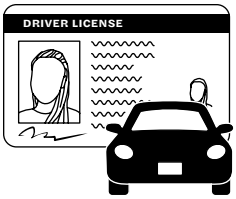


Having an NIT, or tax identification number, is important for most major financial transactions, including being legally employed, buying or registering a car, starting a business, getting ***facturas*** (official receipts) for large purchases, paying taxes, and signing legal contracts.

To get an NIT, you must apply for one with the Superintendency of Tax Administration, more commonly known as the SAT office. You can request your NIT online at portal.sat.gob.gt/portal or in person at your local SAT office.

To apply online, you will need a valid email address, and a clear scan or photo of your DPI (this should be in PNG, JPG, or PDF format). The SAT will email when your NIT is ready and tell you where to pick it up. You will need to show your original DPI and proof of a proof of address document (like a utility bill) to get it.

☐ DRIVER'S LICENSE



If you plan on driving in Guatemala, you'll need to obtain a driver's license. You can only drive with a US license for 30 days after your arrival.

Random police stops are common. If you drive during your 30-day grace period, make sure to carry both your US license and your DPI. Once you have your driver's license, carry that with you whenever you drive, as well as your title and circulation card.

Cost: Guatemalan drivers licenses are valid for 1 to 5 years. You can save a little money by buying a licence that is valid for longer:

- 1 year – Q100
- 3 years – Q260
- 5 years – Q390

★ GTQ (or often just Q) is short for Guatemalan Quetzal, the Guatemalan currency. For the exchange rate at the time of publication, see the "Finances and Taxes" section on p.138.

To get your first license, you must be at least 16, and you will need:

- The original and a copy of your valid DPI
- Digital Driver's Certificate from an authorized Evaluation Center (CECOVE)
- Proof of passing an eye exam issued by an approved clinic or ophthalmologist
- Receipt for payment for your license from a Banrural branch office. Banrural is a Guatemalan bank.
- Proof that you don't have any unpaid fines. A Traffic Delegate at a Maycom office will check if you have any fines.

If you are under 18, you will also need:

- Your birth certificate
- A Letter of Responsibility, prepared by a lawyer and signed by a parent or guardian (you can get a template of the Letter at maycom.com.gt)
- The original and a copy of that parent or guardian's DPI

Bring these documents with you to your local Centro de Emision de Licencias to get your license. To find the closest one, visit maycom.com.gt/agencias. For information on renewals, replacements, other types of driver's licenses, and more, visit maycom.com.gt.

☐ PASSPORT



If you plan to leave the country, you will need a passport. To get your passport, you will have to pay first and then make an appointment. At your scheduled appointment, you will get the passport. **You will need a valid DPI. Here are the steps:**

1. Visit any local bank and ask to pay for a passport. The cost is 50 USD, and you will need to show your valid DPI. After you pay, the bank will give you a document confirming your payment. **Save this receipt.**
2. After you have paid, go to igm.gob.gt/informacion-pasaportes and enter the number on your receipt to schedule an appointment for passport processing. Print your appointment confirmation.
3. On the day of your appointment, bring the following documents:
    - Your original DPI (not a copy)
    - Your payment confirmation receipt from the bank
    - Your printed appointment confirmation

★ You can travel to Honduras, El Salvador, and Nicaragua with just your DPI. You must enter by land, and generally you will be allowed to stay for up to 90 days. For all other international travel, you will need a passport. **Note: Minors must have a valid passport to cross the border** and, if not travelling with both parents, notarized consent to travel.

Meeting Basic Needs

› Cost of Living
› Food
› Shelters
› Rentals
› Transportation
› Government Financial Support

Living in Guatemala costs much less than living in the US. Many everyday things, like rent, food from the market, and public transportation cost less. As you might expect, most jobs also pay less. This section covers the costs of meeting your basic needs and some resources that may help.



COST OF LIVING

★ GTQ (or often just Q) is short for Guatemalan Quetzal, the Guatemalan currency. For the exchange rate at the time of publication, see "Finances and Taxes" on p.138.



FOOD

Local markets in Guatemala have fresh fruits, vegetables, meats, and dry goods at low prices. You can also find small diners (*comedores*) in the markets that serve home-style meals for a few Quetzales.

Resources: The Ministry of Social Development (MIDES, mides.gob.gt, info@mides.gob.gt) **Community Dining program** (*Programa comedor social*) provides food for those who need it. For more information visit mides.gob.gt/programas-sociales/comedores . MIDES' **Bolsa Social** program provides families living in Guatemala City with Q 250 per month to buy basic food items. For more information on other programs that may help, see the directory (p.248).



SHELTERS

There are many shelters in Guatemala that support migrants and families. Casa del Migrante operates shelters in several cities. They offer hygiene support, meals, and basic legal or medical services to those who need them. Many shelters are run by churches.

Shelters like Asociación de Mujeres de Petén Ixqik and La Alianza Guatemala provide legal support, psychological care, and long-term reintegration programs for women, children, and adolescents. Casa del Migrante shelters and others may provide additional services for migrants and returnees (learn more about Casa del Migrante on p.122).

For a list of shelters and their contact information, see the directory on p.248.

★ Try to call before you arrive. The availability of beds can vary based on demand and funding.

RENTING

Cost: Housing prices depend on location, but they are significantly lower than in the US. Upscale areas in Guatemala City, like Zona 10 and Zona 16 (Cayalá) are among the most expensive. Antigua is also more expensive, but many people deported from the US opt for this city because of the American community there. You can find more affordable options in nearby towns, and prices typically drop the farther you move from city centers. But there are fewer jobs away from the cities.

Extended families often lower their costs by sharing a home. If you have family you can stay with, even temporarily, it may be a good option as you get settled. In many areas, renting a single room may be a good, affordable option.

Contracts: If you plan to rent, always ask for a written contract before you decide on a place to live. Like a lease in the US, the contract protects you. In most cases, the landlord will already have a contract prepared. You may be responsible for a contract fee (often a small percentage of the monthly rent).

Renters and landlords usually meet to review and sign the contract at the landlord's attorney's office. Read the contract before you sign. Confirm that any informal agreements you made with the landlord are included.

Negotiating: You may be able to negotiate the cost of rent. If the rental needs repairs or yard maintenance, for instance, you might try offering those services for a discount in rent. Not every landlord is open to this, but some are. Make sure that whatever you negotiate ends up in your contract.

Deposits: Like in the US, the landlord will probably require that you pay a deposit. It is usually the amount of one month's rent, and it will be due at the same time as the first month's rent. **Unlike in the US**, it is very common for landlords to keep this money when you move out. For this reason, many people choose not to pay their last month's rent, using their deposit to cover that month instead. This is a common practice, but it's best to ask the landlord.

Finding a place to rent: Word of mouth is the most common way to find a rental. You can also check bulletin boards at grocery stores and markets (*tiendas*). Websites like Encuentra24, Clasificadospl.com, and Mapainmueble.com offer online listings, as does Craig's List, but beware of scams. Some of the information on renting in Mexico (on p.83) may help you as well.

Resources: If you can't afford rent, government housing programs may be able to help. FOPAVI (fopavi.gob.gt) is a government program that offers financial support to families who want to buy a new home or fix up their current home. To apply, applicants need to complete a written application and certify their monthly income. The Requirements page on the FOPAVI website has information on eligibility: fopavi.gob.gt/index.php/requisitos.

For information on these and other programs that may help, see the directory (on p.248).

★ If you plan to buy a home, Mi Primera Casa (miprimeracasa.gob.gt) offers assistance to first-time home buyers.



TRANSPORTATION

Getting around in Guatemala can be overwhelming at first, especially in Guatemala City, but a little knowledge can go a long way.

Public buses (*camionetas*) and microbuses are the cheapest options, but they are crowded and can be unsafe. In Guatemala City, the green Transmetro buses provide an affordable, safer option. Mid-range options like tuk-tuks, pickup trucks, and taxis offer more flexibility but can vary in safety. More comfortable and expensive options include private hired drivers and, for longer distances, coach buses. In Guatemala City, Uber is also an option.

To travel from Guatemala City to other regions, use one of the two main bus terminals: **Centra Sur** in Zone 12 for southern and western routes, or **Centra Norte** in Zone 17 for northern and eastern routes. Centra Sur connects with Transmetro buses, while Centra Norte does not.

Bringing a Vehicle: If you plan to bring a vehicle from the US, expect shipping to cost at least $1,500 plus import duties (15–25 percent) and a 12 percent VAT, along with port and customs fees. Some people avoid shipping by driving through Mexico, but this carries risks like poor roads, crime, and corruption, and you would still need to pay registration fees and import taxes. Beware of scams from private transport offers, and for current import fees, visit the SAT website (en.portal.sat.gob.gt/portal/#aduanas).



GOVERNMENT FINANCIAL SUPPORT

The government offers programs that provide cash, food, and other kinds of assistance to Guatemalans living in poverty. Some programs are specifically for senior citizens, others support young people. **Retorno al Hogar** specifically supports returned and deported Guatemalans. Find more information about these and other government programs in the directory (on p.248).

Employment

› Employment Programs
› Formal Employment
› Helpful Job Websites
› Higher Wage Opportunities

You can find job training and employment opportunities in a variety of ways in Guatemala: through word of mouth, bulletin boards in your community, networking, online, through employment agencies, and more.

For more general information on finding work after deportation, you may want to read through "Employment" in the Mexico section of this guide (p.91).

If you are currently incarcerated in the US and face deportation upon your release, we recommend requesting our reentry guide, ***Mapping Your Future*** or access it online, here: tinyurl.com/MYFNA. It contains information that you can use before your release as well as after.

EMPLOYMENT PROGRAMS

These organizations offer training programs, certifications, and employment services to help you connect with job opportunities:

Te Conecta (teconectaong.com) offers job training, resume help, paperwork support, certifications, essential computer skills training, and job placement assistance for Guatemalans returning from the United States. They can also help guide you in starting your own business. Te Conecta works closely with recruiter services, INTECAP, and IOM.

INTECAP (intecap.edu.gt/becasretornados) provides vocational training, certification programs, online and in-person courses, English placement testing and classes, and technical-skills development. Their classes can prepare you for jobs in mechanics and industrial maintenance, culinary arts and hospitality, technology and mechatronics, and more. Most courses range from Q75 to Q250 per month, and their Becas para Retornados program focuses on job training for returned Guatemalans.

Additionally, other organizations (like Vida Digna) and a number of government programs (including Improving the Socioeconomic Conditions of Women, Retorno al Hogar, Quedate, and Social Scholarships) either fund job training or provide training opportunities. Find more information about these and other employment programs in the directory (on p.248).

FORMAL EMPLOYMENT

Getting a job in the formal sector can offer more security and long term benefits. These jobs follow labor laws, provide a legal work contract, and offer fair pay, safe working conditions, and other basic rights.

★ Formal employment also includes registration with **IGSS** (Instituto Guatemalteco de Seguridad Social). IGSS provides access to health care through their clinics and hospitals. Learn more at igssgt.org.

Formal jobs can be found in many areas, such as government, factories, businesses, farming, and health care. Although we are not endorsing them, the ten largest formal employers in Guatemala are:

- **Cementos P**
- **Grupo Finai**
- **Corporacio**
  real estate, an
- **Coca-Cola I**
- **Walmart Gu**
- **Nestle Guat**
- **McDonald's**
- **Tigo Guater**
- **Claro Guate**
- **PRONICO** (
  cessing



HELPFUL JOB WEBSITES

If you have internet access, job search websites and Facebook can be a great way to find leads, too (but look out for scams). You can browse job openings across Guatemala here:

- empleo.gt
- tecoloco.com.gt
- computrabajo.com.gt
- unmejorempleo.com.gt
- quieroaplicar.com
- tuempleo.mintrabajo.gob.gt
- clasificadospl.com/empleos
- guatework.net – (employment agency)

HIGHER WAGE OPPORTUNITIES

Not all of the opportunities below require that you speak English, but knowing English will help. For information on classes to improve your English or Spanish, see "Language Classes" below.

Call Centers: Most major call centers are in Guatemala City. If you are bilingual, call centers offer some of the highest wages in the country.

Tourism: Hotels, restaurants, tour companies, and travel agencies in tourist areas often hire people who can speak both English and Spanish. Major tourist areas in Guatemala include Antigua, Guatemala City, and the Lake Atitlan area.

Entrepreneurship: You might also consider starting your own business. Many people in Guatemala find success working independently. Starting your own business is much easier and cheaper in Guatemala than in the United States. Organizations like **Te Conecta** can help you through the process (find their contact information in the directory on p.248)

Interested in online work? See "Online Employment" in the Mexico section of the guide (p.91).



Education

Finding good educational options in Guatemala can be difficult, especially in rural or low-income areas. But today there are many programs working to make learning easier and better for people of all ages. Whether you want to continue your own education or you're planning for your children's education, this section can help.

› Enrolling Children and Transferring Their Progress
› Bilingual Schools
› Adult Basic Education and Language Classes
› Vocational Training
› Higher Education
› Transferring US Credits and Validating US Degrees
› Scholarships



ENROLLING CHILDREN AND TRANSFERRING THEIR PROGRESS

Guatemala's public education system is organized into three main levels:

- Pre-primary (***Preprimaria***): Ages 4 to 6
- Primary (***Primaria***): Grades 1 to 6; ages 7 to 12
- Secondary (***Media***)
  - ***Ciclo de Educación Básica:*** Ages 13 to 15, Grades 7 to 9
  - ***Ciclo de Educación Diversificada:*** Ages 16 to 18, Grades 10 to 11 or 12 (the duration depends on the specific program)

If your child has at least one year of US schooling at the primary level, you may need to take a few extra steps to ensure that they get placed into the appropriate grade.

First, visit your nearest public school or your preferred private school to ask about their enrollment periods and registration process.

Private schools may be able to decide what grade your child should be in based on their prior schooling or their performance on an aptitude test. **Public schools** will require that you go through the foreign studies equivalency (***equivalencia de estudios***) process with the Ministry of Education (MINEDUC). The details of this process may vary depending on your department (state).

Note: If your child was born in the US, you will need to register them with RENAP before you can enroll them in school. For more information, see "Birth Certificates for US-Born Children" on p.125.

Typically, your next step will be to complete and submit an Equivalency Request form (***Solicitud de Equivalencia de Estudios***) along with copies of the following documents:

- Your DPI or passport
- Your child's DPI or, if they are over 18, their DPI
- An apostilled copy **and** a certified translation (***traducción jurada***) of your child's US academic record or their most recent report card (***boleta de notas***)

US academic records must be apostilled by the Secretary of State of the issuing US state. For more information on the apostille process, see the "Plan for Possible Deportation" chapter (p.23).

★ A ***traducción jurada***, or sworn translation, is a translation done by an authorized translator. Authorized translators (***traductores jurados***) have been sworn in by the Guatemalan Ministry of Foreign Affairs (***Ministerio de Relaciones Exteriores***).

You can do this online or in person. To submit your request online, visit MINEDUC's online platform at bpm.mineduc.gob.gt/login. To get the form and submit it in person, visit your regional Dirección Departamental de Educación. You may need to make an online appointment first. Some MINEDUC departments may accept digital records, but others will require printed records.

Note: Ask for assistance at the school where your child will be enrolling. A school administrator can forward your form to your Dirección Departamental. They will also handle your child's registration in the national education system (SIRE) once the equivalency is approved.

ADULT BASIC EDUCATION

The **Ministry of Education** offers free and flexible programs to help you complete your primary and secondary education. These programs are designed for adults and young people who want better job opportunities and a second chance at their education.

The **Correspondence Education for Adults Program** (PEAC) offers an accelerated path to completing your primary education. It is available at no cost to people who didn't finish school. Learn more at tinyurl.com/PEAC-GT.

The **National Alternative Education Program** (PRONEA) provides free primary and secondary education through both online and self-guided lessons. It also allows students to earn certification through proficiency exams based on life experience. Learn more at tinyurl.com/PRONEA-GT.

The **School in Your Home** (ISEA) is a private (not free) educational service that helps students earn their primary and secondary certificates. ISEA diplomas are recognized by the US Department of Education as well as Guatemala's Ministry of Education (MINEDUC). Find more details at isea.edu.gt/programas.

BILINGUAL SCHOOLS

All public education is only in Spanish (and occasionally indigenous languages), but there are several private bilingual (English/Spanish) schools in Guatemala that follow a US-style curriculum. A few of the more well known schools include:

- American School of Guatemala (CAG)
- Colegio Interamericano
- Antigua International School
- Christian Academy of Guatemala

These schools offer US as well as Guatemalan accreditation, but their tuition can be high.



LANGUAGE CLASSES

To open up more employment options, you may want to consider language classes. In addition to the English-language classes offered through INTECAP (see p.129), the Language Learning Center (Centro de Aprendizaje de Lenguas or CALUSAC) run by the government also offers English classes. For more information visit: calusacusac.usac.edu.gt

The chart below contains a few private Spanish-language programs. (For online language-learning resources, see the "Education" chapter in the Mexico section of this guide on p.98.)

PROGRAM	DESCRIPTION	CONTACT
IXCHEL SCHOOL	Antigua-based language school with hourly rates for online and in-person one-on-one Spanish classes and an immersion program that includes room and board.	Phone Number: (502) 7832-3440 ixchelschool.com
ANTIGUENA SPANISH ACADEMY	Antigua-based language school offering online and in-person courses adapted to individual students' needs. Prices vary by program. Endorsed by the Ministry of Education.	Phone Number: (502) 5735-4638 antiguenaschool@gmail.com spanishacademyantiguena.com
COMMUNITY SPANISH SCHOOL	San Pedro-based school that supports the community and offers one-on-one, one-on-two, and group sessions, in-person and online. Prices vary.	Phone Number: (502) 5842-4391 communityspanishschool@gmail.com communityspanishschool.com

VOCATIONAL TRAINING

Low or no-cost vocational training programs can help you gain important skills as you build or rebuild your career.

Municipal Vocational and Human Training Centers Program (**CEMUCAF**) offers free training to help people learn new trades or build their skills. Their courses are designed for different education levels in over 120 areas, including textiles and sewing, cooking and baking, beauty services, computer skills, construction, crafts, and entrepreneurship. Learn more at tinyurl.com/Training-GT.

Vida Digna, Te Conecta, and **INTECAP** (described above in the "Arriving in Guatemala" and "Employment" sections) and the government's job training programs (listed on p.129) also provide affordable vocational training opportunities. You can find these agencies' and organizations' contact information in the directory (on p.248).

HIGHER EDUCATION

Universities in Guatemala are generally more affordable than in the US, and many schools offer scholarships or financial aid. Both public and private universities are available, but due to their low cost and high demand, public universities are harder to get into.

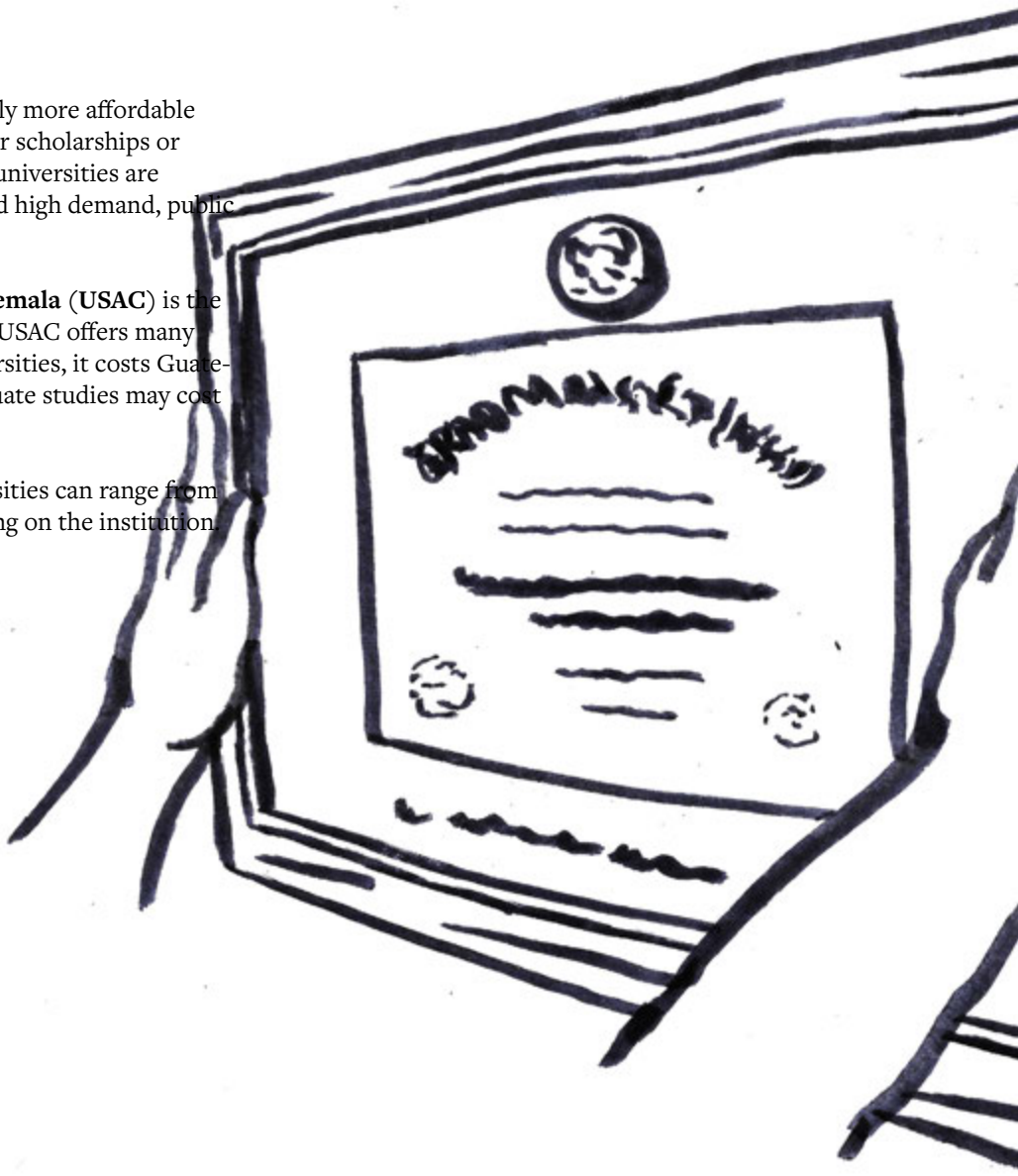
Universidad de San Carlos de Guatemala (**USAC**) is the main public university in Guatemala. USAC offers many programs and, like other public universities, it costs Guatemalans very little to attend (but graduate studies may cost more). Learn more at usac.edu.gt.

The tuition and fees at private universities can range from Q9000 to Q40,000 per year, depending on the institution.

SCHOLARSHIPS

The government **Social Scholarships** program offers conditional cash transfers for secondary and higher education. Find more information on this and other government programs that may be helpful in the directory (on p.248).

Most other higher education financial aid and scholarships are distributed by the universities themselves. To learn more, contact or visit your preferred university.



TRANSFERRING US CREDITS AND VALIDATING US DEGREES

To enroll in a university or to qualify for certain jobs, you may need to validate any diplomas or degrees you earned in the US. If you began your college education in the US and would like to continue your studies at a Guatemalan university, you will need to transfer your US credits.

Validating High School Diplomas: You can validate your US high school diplomas through the Ministerio de Educación (MINEDUC). They publish a resource on how to do so through this link: tinyurl.com/EquivalenciadeEstudios.

Transferring primary and secondary school progress: See "Enrolling Children and Transferring Their Progress" above (on p.131).

★ **Because the validation process can seem confusing**, the nonprofit **Vida Digna** helps returning young people validate their US school records so they can continue their education in Guatemala. Find them in the directory on p.248.

Validating College Diplomas: To validate a US college degree, you need to go through a formal process called *revalidación de estudios universitarios*. The Dirección General de Docencia (DIGED) at the Universidad de San Carlos (USAC) is in charge of this process.

Typical required documents include:

- Your US college diploma (original and a certified copy)
- Your academic transcript (*certificado de notas*)
- Proof that your US university is accredited
- A copy of your passport or DPI



All US documents may need to be apostilled and translated by a sworn translator (*traducción jurada*). You will also need to complete an application form and pay a fee, which ranges from around Q500 to Q1,500. The process typically takes from 2 to 6 months. For more detailed information on the process, visit portalregistro.usac.edu.gt/formulario_incorporado or email incorporacionesrye@adm.usac.edu.gt.

Transferring College Credits: Each Guatemalan university has its own process for evaluating and transferring US college credits. Typically, you will need to provide transcripts, diplomas, and course information from your university in the United States. Your academic records may need to be notarized, apostilled, and/or translated by a sworn translator in Guatemala.

If you plan to transfer to USAC, find more information at portalregistro.usac.edu.gt/tramites or by emailing equivalenciasrye@adm.usac.edu.gt. If you plan to transfer credits to another institution, you will need to contact that institution to learn more.

★ For tips on continuing your US education online, see "Continuing Your Higher Education" (on p.98) in the Mexico section of the guide.

Health Care

- Public and Private Health Care
- Health Insurance
- Low-Cost Clinics and Pharmacies
- Addiction Support
- Mental Health Services

PUBLIC AND PRIVATE HEALTH CARE

Public Health Care: In Guatemala, all citizens have free access to public hospitals and clinics. The Ministry of Public Health and Social Assistance (MSPAS) runs them. They are meant to help everyone, but their services can be limited due to low funding. There may be long waits, or they might run out of medicine or supplies.

IGSS (*Instituto Guatemalteco de Seguridad Social*): IGSS is Guatemala's public social-security system. It provides health care, work-injury insurance, maternity care, and pensions for enrolled workers and their dependent children. If you work in the formal sector, you probably qualify for IGSS healthcare coverage.

The IGSS healthcare system has its own hospitals and clinics, and it covers the costs for general and specialized medical and surgical care, including:

- Dental care
- Pharmaceutical assistance
- Rehabilitation
- Maternal care
- Laboratory and radiology tests
- Social Services
- Transportation

Learn more at www.igssgt.org.

Social Works of Brother Saint Peter (*Obras Sociales del Santo Hermano Pedro*, OSSHP) is a nonprofit organization that provides medical care and even surgeries to low-income Guatemalans. They work with volunteer doctors from the United States and perform over 6,000 surgeries every year, but there may be a waiting list for surgeries and procedures. Learn more at hermanopedrogt.org.

Private Health Care: Private clinics and hospitals usually offer higher-quality care and more personal attention. Many of the best doctors and most modern private medical facilities are in Guatemala City. Even without insurance, private care is often more affordable than in the US. General visits to the doctor cost around Q150 to Q200. Specialists cost from Q400 to Q600.

HEALTH INSURANCE

Private health insurance will cover around 70 to 90 percent of certain medical services. This means you would be responsible for 10 to 30 percent of those costs. Most insurance plans include some amount of dental coverage, and vision is usually not included.

Private insurance plans cost between Q300 and Q1500 or more per month. It depends on the company you work for, your age, and the type of plan you choose (basic individual, family, or senior plans are usually available). For certain surgeries and procedures, you may need to have insurance for at least 6 to 12 months before coverage will begin to apply.

Two common private insurance companies are Salud Siempre (saludsiempre.com.gt) and RobleMed (elroble.com). Unfortunately, if you have pre-existing conditions, your coverage might be delayed or even denied.

LOW-COST CLINICS AND PHARMACIES

Government hospitals in Guatemala offer free care, but wait times can be long. If you're returning from the US, the conditions may feel very different from what you're used to. Some hospitals are crowded and have limited resources. However, there are organizations in Guatemala that provide low-cost medical services to support the community. You may find faster care at a low cost, sometimes in more comfortable settings, with these organizations:

- **Rekko Clinics** (rekko.org/clinicas-medicas-rekko): Low-cost medical centers and pharmacies offering general medicine, dentistry, pediatrics, and gynecology. Mainly located around Antigua and Yepocapa
- **ODIM Medical Services** (odimguatemala.org/medical-services): Accessible medical care and support for vulnerable communities throughout Guatemala
- **Wings Guatemala** (wingsguate.org): Medical assistance and health programs focusing on reproductive health and family planning.
- **Farmacia PROAM** (proam.gob.gt): Lower-cost pharmacies. You can often save money on your medications at these government pharmacies.



ADDICTION SUPPORT

Starting over in a country you barely remember can be stressful or frightening. It's not uncommon for people to turn to alcohol or drugs to cope. If you or someone you know is struggling, you're not alone. There are support groups and recovery meetings in Guatemala where you can find help and start to heal. It's not easy, but you don't have to go through it alone. **Alcoholics Anonymous** (aaorg.gt) and **Narcotics Anonymous** (naguate.org) offer free support and virtual and in-person support groups all over the country.

Additionally, **Renacer Rehabilitation Center** (tinyurl.com/renacer-GT) is a paid residential rehabilitation program for young and adult men with drug or alcohol addiction problems. The program is located in Sumpango and run by OSSHP (learn more about OSSHP on p.135).



MENTAL HEALTH SERVICES

These organizations can help to provide counseling and psychological support for migrants and their families:

CONAMIGUA (conamigua.gob.gt): Learn more about CONAMIGUA on p.122.

Casa del Migrante (tinyurl.com/casa-del-GT): Learn more about Casa del Migrante on p.122.

Vida Digna Guatemala (vidadignaguatemala.org): This organization provides help to migrant youth and their families; they also focus on family reunification.

★ For mental health emergencies (as well as medical, police, and fire emergencies), you can call **110**, the National Police Emergency Line.

Communication

› Cell Phones
› Calling to and from the US
› Internet Access

To find work, stay close to your loved ones, and rebuild your life when you arrive in Guatemala, staying connected will matter. This section helps you do that.



CELL PHONES

Although landlines are still common in Guatemala, having a cell phone is more than just a convenience. In an emergency, it can save your life. If you get lost or stranded, you can call for help. You can also share your live location with someone you trust.

The two major phone companies in Guatemala are Tigo (tigo.com.gt) and Claro (claro.com.gt/personas). Smaller companies exist, but Tigo and Claro offer the best coverage. They both offer:

- Cell phone service (prepaid and by contract)
- Data packages
- Packages including landlines, internet, and cable for your home

Unlocking your US Cell Phone: If you still have your US cell phone and want to keep using it, you may need to have your US carrier "unlock" it for use outside the US. But check to see if it's locked first: Replace your old SIM card with a Guatemalan SIM card. Supermarkets and corner shops (*tiendas*) sell them, as do all Claro and Tigo stores. If the phone works with the new SIM card, you're good! If not, it's probably locked.

To unlock it, contact your US carrier or visit their website. They will usually ask you a few questions about your phone and then unlock it for you for free. You may want to ask them to confirm that your phone will be compatible with the networks used in Guatemala. Most modern phones work anywhere, but older ones may not.

★ If your phone carrier is unable to help you unlock your phone, you may choose to contact a third-party unlocking service. These services can be risky, so be cautious and do your research first.

Buying a Cell Phone and Cell Service: If you don't have a cell phone, Tigo and Claro offer basic cell phones and smartphones with or without monthly service plans (contracts). Some plans include international calls to the US, Canada, and Central America. If you have loved ones still in the US, ask about international call packages when you sign up.

If you don't want to sign a contract, you can instead buy your minutes and data on a prepaid SIM card. When your prepaid minutes/data run out, you can buy more at grocery stores, *tiendas*, online, or at a phone store.



CALLING TO AND FROM THE US

To Call the US: Dial the international access code (001) + the US country code (1) + the 3-digit area code + the 7-digit phone number.

- **Example**: 001 + 1 + 123 + 456-7890

To Call Guatemala from the US: Dial the international access code (011) + Guatemala's country code (502) + the local 8-digit phone number.

- **Example**: 011 + 502 + 1234-5678

WhatsApp. Everyone in Guatemala uses WhatsApp, including businesses. You can call, text, share your location, and video chat in the app. You can also make **international calls** using your data or WiFi, which can be cheaper than buying a plan with international minutes.



INTERNET ACCESS

If you can't get on the internet from your home, and buying an internet package from Claro or Tigo isn't possible, there are other options:

- Like in the US, restaurants and cafes often offer free Wi-Fi. Buy something small, like a coffee, and ask for the password.
- Internet cafes are still common in Guatemala. You can rent computer time to use the internet, print, scan, and make copies.
- Some cities and towns offer free WiFi in the main plaza.

Finances and Taxes

› The Quetzal
› Bank Accounts
› Loans
› Financial Education

For more general information on finances in Mexico and Central America, you may want to read through the "Finances, Credit, and Taxes" chapter of the Mexico section of this guide (p.111). If you are currently incarcerated in the US and want general information on finances, we recommend requesting our reentry guide, ***Mapping Your Future***. Access a pdf here: tinyurl.com/MYFNA.



THE QUETZAL

The Guatemalan quetzal (GTQ) is Guatemala's official currency. At the time of publication, the exchange rate is 7.62 Guatemalan quetzales to one US dollar. This rate can change but is usually very steady.

BANK ACCOUNTS

There many places to bank in Guatemala, some small and some big. Before choosing a bank, research the area where **you will be living to confirm that you'll have branch offices and ATMs (cajeros) nearby.**

The main banks include:

- **Banco Industrial (BI),** corporacionbi.com/gt/bancoindustrial
- **Banco de Desarrollo Rural (Banrural),** banrural.com.gt/site/personas
- **Banco Agromercantil (BAM),** bam.com.gt
- **Banco de América Central (BAC),** baccredomatic.com
- **Citibank Guatemala,** citibank.com/icg/sa/latam/guatemala

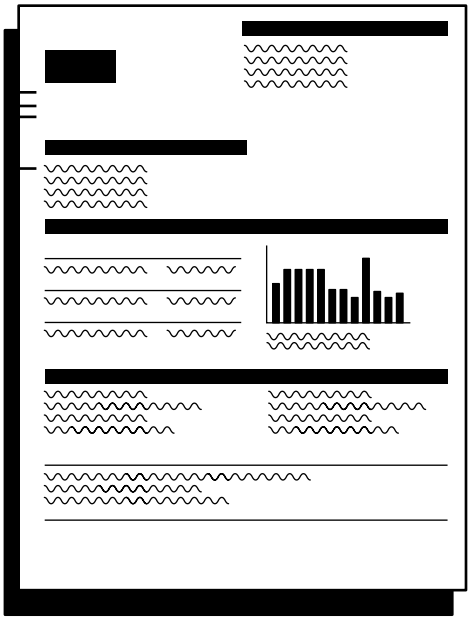
BAC and Banrural will let you create an account online, but most banks still require you to open an account in person.

Be sure to check the bank's website for requirements ahead of time, as some banks may have additional requirements.

To open an account, you'll generally need your DPI or passport, proof of your address ((like a utility or landline phone bill), and a small amount of cash to make your first deposit.









LOANS

Coming home and starting over isn't always easy, but it's also a chance to build something new for yourself and your family. Many banks offer loans to buy houses, start businesses, or for other needs. To apply for a loan, you will usually need to show the bank that you have a job and earn enough money to pay them back.

★ **Be Careful with Private Loans** (***Prestamistas***). In some communities, people offer private loans. These individuals are sometimes called ***prestamistas*** or loan sharks. Please be very careful with this kind of loan. These loans are not regulated by the law, and if you miss a payment, things can quickly become dangerous. Some ***prestamistas*** may ask for the title to your home or other valuable property as a guarantee. **If you can't pay on time, they might become aggressive or even violent.**

FINANCIAL EDUCATION

The Superintendencia de Bancos (**SIB**) is the government office in charge of making sure banks and financial services in Guatemala are safe and work correctly. They offer lessons to help you better understand how to manage money, use financial services wisely, and protect yourself from fraud.

You can access their free guide, ABCs of Financial Education, at tinyurl.com/SIB-ABCs and their free financial-education course at tinyurl.com/SIB-FinEd.

Many **local banks** (e.g., Banco Azteca, BAC Credomatic, Bantrab) also offer free educational programs.



TAXES

If you have an NIT (***Número de Identificación Tributaria***) and earn money in Guatemala, the law requires you to pay taxes. If you are an employee with formal work, your employer usually takes income tax out of your paycheck and sends it directly to the SAT (***Superintendencia de Administración Tributaria***, or Superintendency of Tax Administration, which is like the IRS in the US). If you work independently, freelance, or earn income outside of a formal job, you must file your own tax forms and pay any amounts owed.

You can pay taxes at any bank authorized by the SAT or online through the Declaraguate portal and BancaSAT system. To learn more, you can find tutorials and help pages at sat.gob.gt.

Culture and Connection

› Voting
› Cultural Conventions
› LGBTQ+ Community

Life in Guatemala may be very different from what you're used to. It may take time to adjust, and you might make a few mistakes along the way—and that's OK. Over time, you may also discover or rediscover things you love about your Guatemalan culture. This chapter covers civic life and offers background information and tips that may help you feel more at home.



VOTING

As an adult Guatemalan citizen (18 years or older), you have the right to vote. In most cases, your deportation will not affect that right. Certain criminal convictions in Guatemala can affect your right to vote, but convictions from other countries usually will not.

Voting Requirements. To vote in Guatemala, you need to:

- Have a valid DPI
- Be a Guatemalan citizen
- Be at least 18 years of age
- Register with the Supreme Electoral Tribunal (TSE)

If you still need to register, you can do so at your nearest TSE office. Find your local TSE office at tinyurl.com/TSE-offices, and check to see if you're already registered at tinyurl.com/TSE-reg.

★ When you get or renew your DPI (see p.124), RENAP may be able to automatically register you with the TSE. And if you already have your DPI, your local RENAP office may still be able to help you register with the TSE.

QUICK FACTS ABOUT GUATEMALA ELECTIONS

- **Election Frequency**: Every 4 years
- **General Election Month**: June
- **Runoff Election** (**if needed**): August
- **Positions Elected**: President, Vice President, Congress (Diputados), Mayors, Municipal Councils, Members of Central American Parliament
- **Term Length For All Offices**: 4 years
- **Presidential Term Limit**: 1 term only (no re-election)
- **Term Limits for Other Offices**: None
- **Political Parties**: Guatemala has ***many*** political parties, each with its own ideas. The TSE keeps a list of all current parties at tinyurl.com/TSE-parties.

To learn more about Guatemala's major political parties and how its government works, check out Alianza Americas' English-language toolkit: tinyurl.com/GT-Gov-Overview.



CULTURAL CONVENTIONS

Many of the cultural differences you will experience in Guatemala are similar to those throughout Mexico and Latin America. This section includes differences that are specific to Honduras. For more general information, you may want to read the "Cultural and Connection" section in the Mexico section of this guide (p.114).

Greetings. Guatemalan greetings reflect the country's warm and polite culture. People often greet strangers in passing, whether on the street, in a store, or waiting in line. After living in the US, where life can feel rushed and impersonal, it may be refreshing to experience such kindness in daily moments. These small but meaningful moments may come to help you feel more connected and at home.

Protests, Roadblocks, and Local News. In Guatemala, peaceful protests (***manifestaciones***) are a common and powerful way for people to speak up. Whether it's tuk-tuk drivers, farmers, or everyday citizens, people often come together to demand change—and it works. These protests have helped bring real results in everything from local labor issues to national politics.

These protests often involve roadblocks (*bloqueos*). These can pop up with little warning and may include ropes, rocks, burning tires, or parked vehicles blocking the roadways. Many larger protests are announced ahead of time, but some happen without much notice. You might find yourself stuck in traffic for hours. Staying connected to local news can help:

- Radio Santa Cruz (Alta Verapaz), Radio San Jose (Quetzaltenango), and Tzuritamal Radio (Solola) offer community news over the radio.
- Chapin Noticias, Santa Lucía Cotzumalguapa News, and the Chiquimala Times maintain Facebook pages where they post reports on missing people, immigration, local government issues, and public safety updates.
- Soy502 and the newspaper *La Hora* are also popular for news. Soy502 is very active on social media.

Religion. The Guatemalan constitution protects your right to freely practice any religion. Catholicism has been the main religion in Guatemala for a long time, but Evangelical churches have grown in recent years, especially in rural areas.

Whether you are religious or not, you'll see signs of faith just about everywhere. You might even see people preaching in stores and parks, on buses, and from the streets. Towns celebrate Catholic saints with fireworks and music year-round. The biggest celebration is Semana Santa (Holy Week), when streets are lined with colorful sawdust carpets and giant processions fill the towns. Antigua's Holy Week festivities are world famous, and bring in around 3 million visitors each year.

Cities offer more religious diversity than rural areas. In Guatemala City, you can get in touch with the Muslim community through the Centro Islámico de Guatemala (502 5318-5542, abdelaucar@yahoo.com) and the Jewish community through the Comunidad Judía de Guatemala (502 2201-1500, cjg@comunidadjudia.com).

Noise. Guatemala is full of life and sounds. Fireworks, big firecrackers (*bombas*), loud music, roosters, street dogs barking, buses, motorcycles, tuk tuks, spontaneous parades, and worship are all part of daily life. Adjusting to this after living in the US might be challenging, especially at night.

Some municipalities have noise ordinances, but they're commonly not enforced. If you're sensitive to noise, choose your home carefully. Living near a main street, church, or event space will typically mean lots of sound at all hours. If you're sensitive to noise and you can afford it, you might consider living inside a gated community.

Negotiating. Negotiating is a normal part of shopping in Guatemala, especially with street vendors or in outdoor markets, where prices aren't always fixed. It's okay to politely ask for a better deal. If you've been in the US a long time, vendors might assume you're not local and set higher prices. You may want to stand back and listen to what other locals are being charged before you talk to the vendor. It's just part of the local rhythm in Guatemala. Be kind, smile, and don't be afraid to walk away if the price isn't right.



LGBTQ+ COMMUNITY

In Guatemala City and Quetzaltenango, pride parades and other activities take place every year in June and have seen increased participation in recent years. Moreover, there is a LGBTQ+-friendly nightlife scene in the capital, including venues like G Lounge, Genetic Majestic Club, and Black Club. Beyond the celebratory spaces, there are also a number of organizations dedicated to advocating for LGBTQ+ rights, fostering community, and providing direct services. Find them in the directory on p.248. However, much of Guatemala is still socially conservative, and most public expressions of the LGBTQ+ community and culture are found only in larger cities.

Safety

› LGBTQ+ Safety
› Women's Safety
› Political Violence and Safety
› Emergency and Crime Hotlines

It's normal to feel nervous about coming back to Guatemala, and safety is a real concern. You can stay safe by knowing your neighborhoods and being careful about what you carry with you. Here are a few things to be aware of.



LGBTQ+ SAFETY

Unfortunately, safety can be a concern for LGBTQ+ individuals in Guatemala, especially for trans people. Discrimination and violence still happen, and legal protections are limited.

But there is progress. Pride events continue to grow, and more voices are speaking up for equality. If you identify as LGBTQ+, stay aware, connect with trusted community groups, and know you're not alone. Check the Guatemala directory for supportive organizations.



WOMEN'S SAFETY

Femicide is when women are killed because of their gender. This is a serious problem in Guatemala. Many victims are harmed by partners or family members, and most cases go unsolved.

Sexual violence is also a major problem. Guatemala has high numbers of reported rapes and underage pregnancies each year. Sadly, many go unreported due to fear and lack of trust in the justice system.

In addition to the women's shelters listed in directory (e.g., Asociación de Mujeres de Petén Ixqik and La Alianza Guatemala), here are a few other important resources:

- **CAIMUS** centers (ggm.org.gt/caimus) are located across Guatemala. They offer survivor services including legal help, psychological support, and social services. CAIMUS centers also offer temporary shelter (***albergue temporal***) for women whose lives are in danger.
- The **Ministerio de Salud Pública y Asistencia Social** (**MSPAS**) operates specialized clinics for survivors of sexual violence. Located in most public hospitals, they provide medical care, forensic collection, disease prevention, and psychological support for victims of sexual violence.
- Women in serious danger or who need legal advocacy may want to contact **Fundación Sobrevivientes**, a women's rights NGO offering legal assistance, counselling, and support.
- **See the directory for contact information and information on other women's resources (p.248).**

Línea 1572

Dial 1572 from anywhere in the country to reach this national 24/7 hotline. This state-run service is for women who are victims of physical, sexual, or psychological violence. They provide immediate referrals, emergency response, and guidance. If you are in immediate danger, first call 110 (PNC) and then dial 1572.

POLITICAL VIOLENCE AND PROTESTS

Guatemala continues to face political unrest and corruption. In recent years, Indigenous leaders, activists, and journalists reporting on land rights and corruption have been targeted and killed for speaking out.

While political and anti-corruption protests are common and generally remain peaceful, they can be unpredictable. To stay safe, always be aware of your surroundings and exit routes when attending a demonstration. Try to stay on the outer edges of the event so that you can easily leave in an emergency.

EMERGENCY AND CRIME HOTLINES

- **110: National Civil Police** (*Policía Nacional Civil, PNC*). Call for all active crimes and emergency situations.
- **1572: Violence Against Women** (*Ministerio Público*). Call to report domestic or sexual violence.
- **1561: Crime Stoppers** (Crime Stoppers Guatemala and PNC). Call to anonymously report all serious crimes.
- **1531: Police Corruption** (*Centro Anticorrupción Policial, Police Anti-Corruption Center*). Call to anonymously file complaints against the police.

Legal Assistance

The legal system in Guatemala can be frustrating or confusing to understand on your own. If you need legal representation or advice after your return, these free and low-cost resources may help:

The **Instituto de la Defensa Pública Penal** (**IDPP**) offers **free legal defense** for individuals accused of crimes who cannot afford a lawyer. Unlike public defenders in the US, their services must be requested. They can be requested by a judge, the national civic police, or any citizen facing a trial. Learn more at idpp.gob.gt.

Trócaire Nonprofit Legal Support provides legal help and other forms of support to vulnerable populations. Learn more at trocaire.org/countries/guatemala.

Pro Bono Legal Services are free and provided by volunteer lawyers, usually through a law firm or foundation. A few options include:

- Asociacion Pro Bono de Guatemala (mayora-mayora.com/pro-bono)
- Red Pro Bono de las Américas (redprobono.org)
- Clarity Law (claritylaw.com/pro-bono-y-rse)

★ **Were your rights violated during detention or deportation?** The migrant-rights organization Justice in Motion helps migrants after they have left the US. Learn more at justiceinmotion.org/defender-network.

Honduras

IN THIS SECTION

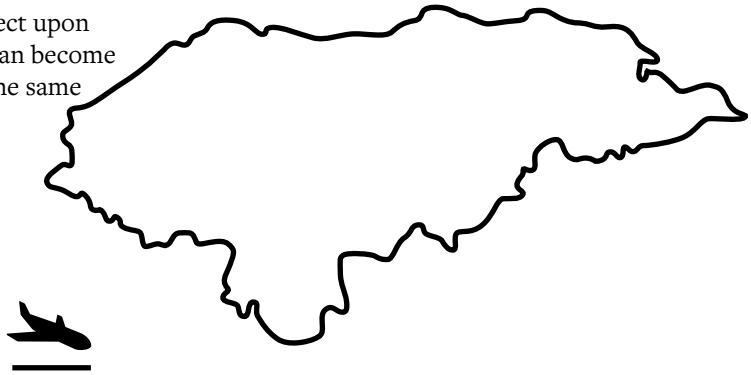
- Arriving in Honduras
- Getting Your IDs and Documents
- Meeting Basic Needs
- Employment
- Education
- Health
- Communication
- Finances and Taxes
- Culture and Connection
- Safety
- Political Violence and Corruption

Maybe you haven't been to Honduras in a long time, or maybe you've lived there more recently. No matter what, deportation can be hard and scary. Know that you are not alone. Other people have gone through this before. This chapter is based on our research and their experiences. It will give you important information on deportation to Honduras.

★ This section focuses on information that is unique to Honduras. For general information on deportation to Mexico, see the Mexico chapters (p.69). If you are currently incarcerated and face deportation upon release, you may also want to request a copy of our prison reentry guide, *Mapping Your Future: A Guide to Successful Reentry* or access it online, here: tinyurl.com/MYFNA. Its content focuses on return to communities in the US but has some content that can be useful for deported people, especially those who have experienced long periods of incarceration before returning to their countries of origin.

For guidance on how to create a plan to prepare for possible deportation, see the Plan for Possible Deportation chapter (p.23).

We've done our best to explain what you ***should*** be able to expect upon your arrival, but your experience could be different. Services can become strained by lack of funding or when multiple flights arrive at the same time. You might not get as much help as you need.



Arriving in Honduras

LOCATION OF ARRIVAL

Your deportation flight from the US will land in the Ramon Villeda Morales La Lima, near San Pedro Sula. It may make other stops in the US on the way. After arriving, all deported Hondurans will go through the National Migration Institute (Instituto Nacional de Migración or INM) reception process. Adults are processed at the Centro de Apoyo al Migrante Retornado (CAM-R) at La Lima. Families and unaccompanied minors are transferred to the Belen Processing Center.

People who are at least 18 years old are processed as adults at La Lima.

RECEPTION: WHAT TO EXPECT

You will be interviewed by immigration officials to confirm your identity and record your entry into the country. The reception center will have psychologists who are trained to identify abuse and offer services. You will probably be offered a hygiene kit and cash assistance for transportation and food along with your national ID. **If you need help, this is the time to ask for it.** There will be nonprofit organizations there to help.

★ **Returnees have been robbed, kidnapped or murdered on their way out of the airport.** It is crucial that you consider your options for transportation and support and have a plan before arriving to ensure your safety. Source: fosterglobal.com/blog/five-children-murdered-after-they-were-deported-back-to-Honduras.

SUPPORT SERVICES UPON ARRIVAL

Protection Services
If your life may be threatened and you are afraid to return to your home community, **ask for help.** After passing through customs, there is a clearly marked booth staffed by non-profit organizations.

The organizations that offer protection services are:
- International Organization for Migration (Organización Internacional para las Migraciones) (IOM or OIM)
- Norwegian Refugee Council (Consejo Noruego para Refugiados) (NRC)
- Honduras Red Cross (Cruz Roja Honduras)

For the contact information of these organizations, see the directory (on p.260).

They can help you relocate to a safer place in Honduras, support you with three months of rent and groceries, as well as seed capital to start a small business. An essential service they offer is training on how to stay safe.

★ **If you are arriving in Honduras and you need help, this is the time to speak up.** Don't assume you can figure it all out yourself. There are a number of non-profits at the airport to assist you. ASK FOR HELP!

EMERGENCY HOUSING

When you arrive, ask about the Scalabrini Brothers (Hermanas Scalabrianas). They help to administer the reception center at the La Lima and may be able to help you plan your return. They may also be able to help you find a place to stay.

The Belen Reception Center has a shelter where families can stay for up to a month. There are other shelters run by non-profits (see p.260 for the directory). Don't be afraid to ask local churches about a place to stay.

★ Recent USAID funding cuts have affected humanitarian aid and support for meeting basic needs.

★ In San Pedro Sula, third-country nationals such as Venezuelans and Colombians on their way back to their countries can stay at El Centro de Paso.

"When I finally got to my hotel, I was exhausted. I had been awake for close to 48 hours. I was traumatized and in shock. I just cried for an hour."

—Alex V.

REPATRIATION ORGANIZATIONS AND AGENCIES

Other non-profit organizations active in the repatriation process include:

- The UN High Commission for Refugees (Alto Comisionado de las Naciones Unidas para los Refugiados) (UNHCR/ACNUR).
- Mennonite Social Action Commission (Comisión de Acción Social Menonita) (CASM)
- Doctors of the World (Médicos del Mundo)

If you need help, look for the Honduras Red Cross, IOM, NRC, or one of these organizations. If you see them, know that the services they offer are legitimate.

The government agencies that manage reception include:

- The National Migration Institute (Instituto Nacional de Migración)
- The Municipal Office of Returnee Support (Oficina Municipal de Apoyo al Retornado) (OMRAR)
- The Secretary of Exterior Relations and International Cooperation (Secretaría de Relaciones Exteriores y Cooperación International) (Cancellería)
- National Secretary of Childhood, Adolescence and Families (Secretaría Nacional de Niñez, Adolescencia y Familia) (SENAF)

There is safety in numbers.

If possible, talk to others who are being deported with you. Do this while you're still in detention, at the ICE staging site, on the plane, and at the reception center. You may be able to travel together to a safe place, offer each other clothes or toiletries, or offer support in other ways. Don't travel by yourself after you leave the reception center.

Travel to Bordering Countries

If you don't feel safe in Honduras, you may want to travel soon after your return. Some people relocate to Guatemala, for instance, because it's generally considered a safer country than Honduras. **You can travel to Guatemala with just your DNI, as well as to El Salvador and Nicaragua**. You must enter by land, and generally you will be allowed to stay for up to 90 days. For all other international travel, you will need a passport.

STAYING SAFE AS YOU TRAVEL

Be very careful in the area outside La Lima and do everything you can to stay safe.

Try to get help from the organizations listed above, but be aware that not everyone gets the help they need. Honduran deportee Alex V. reported that he received no help with transportation. Outside the airport, there are taxis waiting. They will charge you a lot of money. Alex V. also says they aren't safe. "Sometimes [the taxis] are used for robbery or kidnapping." If you know anyone nearby, ask them to pick you up or help you with transportation.

Some neighborhoods of San Pedro Sula are very dangerous. Be extra cautious in the city. Do not make eye contact or speak with people you don't know. Cover any tattoos with long sleeves and pants. Do not use a cell phone other than your own to call your family. This will keep your family's information private and help avoid scams or possible extortion.

REINTEGRATION SERVICES IN YOUR COMMUNITY

There may be reintegration services available to you in your home community. These services may include job training, skills development, help accessing education, psychological services, or healthcare, or support to start a small business.

The government organization that coordinates these services is called the Unidades de Municipiales de Atención al Migrante (UAMR), but many civic organizations may also be involved. For this reason, some communities will have more or better services than others. Cities like San Pedro Sula and Tegucigalpa, for instance, have a stronger network of services than most smaller towns and rural areas.

To learn more about resources available to you in your community, see the non-profits part of the directory on p. 260.



Never leave your food or drinks unattended in public places, as someone may spike them.

Getting Your IDs and Documents

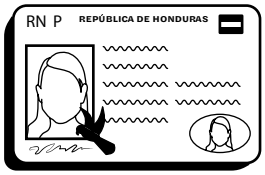


This section describes how to get the following documents:

- DNI (Documento Nacional de Identidad)
- Birth Certificate
- RTN (Registro Tributario Numérico)
- Passport
- Driver's License

★ Addresses in Honduras work differently than they do in the US. See the information on addresses on p. 151 to learn more.

☐ DNI (DOCUMENTO NACIONAL DE IDENTIDAD)



Your "DNI" (pronounced "de-ene-i") is the most important identity document in Honduras. You will need it for all aspects of life, including opening a bank account, buying a SIM card, getting your passport, going to school or getting a job, and accessing healthcare or social welfare programs. You will also need it to get your other government documents.

★ **Long lines?** Senior citizens are entitled to special privileges in Honduras, including going directly to the front of the line in government offices.

If you never had a DNI, it is free and you can get it at any **Registro Nacional de las Personas** (**RNP**) **office** in Honduras. You can find a list of all RNP offices at rnp.hn/RNPweb/servicios/Tarjeta-de-Identidad.html. When you go, bring:

- Your Honduran birth certificate
- A witness who is either an immediate family member, a grandparent, aunt or uncle, or a cousin with the same last name. If there is no one available, you can bring two witnesses who are not related to you but live close by. All witnesses need to bring their DNI.

You must be at least 17 years old to get your DNI, and you and your witnesses should bring originals and copies of all documents. If you don't know anyone in Honduras yet, the organization Colectivo Violeta can help by providing someone to go with you to these appointments. See their website (colectivovioleta.org) for more information or call them at (504) 2220-5045.

If you have an old DNI and need to get it renewed, go to any RNP office with:

- Your old DNI, if you have it
- Your birth certificate
- 200 HNL or Honduran Lempiras, the Honduran currency. (If your DNI is expired by more than ten years, a replacement may be free.)

In both cases, bring originals and copies of all documents. RNP workers will take your picture, scan your fingerprints, and give you a receipt which you will need to keep safe until your DNI is ready. For your photo, big earrings and heavy makeup will not be allowed.

Almost all RNP offices can now take your fingerprints and photograph, but if you live in a rural area, you may want to double-check this before going in.

To check on the status of your DNI, go to entregadni.rnp.hn/dni/#/ and enter the ID number from your DNI receipt. When you go in to get your ID, **bring that receipt with you**. An RNP worker will take an additional photo of you to confirm your identity before giving you your ID.

☐ BIRTH CERTIFICATE



To get a copy of your birth certificate from the RNP, download an app called SIN RNP. Using the app, scan your identity card (DNI) or enter your national identity number. You can then download a copy of your birth certificate.

If your child was born in the US and you registered their birth with the Honduran embassy or consulate, you can get their birth certificate through the "SIN RNP" app as well.

If you never registered your child with the RNP, you will need to do that now. They must be registered in order to enroll in school.

Registering Your Child with the RNP. To register your child with the RNP, you will need to go to the Civil Registry of the RNP in Tegucigalpa with the following documents:

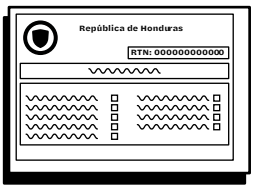
- Your child's original US birth certificate, translated into Spanish and apostilled
- Both parents' birth certificates (yours and that of the child's other parent). If one parent is non-Honduran, you will need a copy of their passport to verify their name. If only one parent is involved, it needs to be the Honduran parent.
- A second identity document for the child, if possible (an official state ID from the US is acceptable)
- The formal request document to the Commissioners of the RNP, which you can get at the Secretaría General window in the office
- The application of the General Secretariat, which you will receive once you are there

Note:

- You should bring the **original and two copies** of all identity documents.
- This can only be done in person at the Civil Registry of the RNP, located on the **Boulevard Morazán in Tegucigalpa**.
- If you are returning with a child born in the US who is 21 or older, they can do this alone. Otherwise, a parent (or close relative with the same last name) must be there.

Learn more about this process at rnp.hn/RNPweb/servicios/Nacimiento.html.

☐ RTN (REGISTRO TRIBUTARIO NUMÉRICO)



Your Registro Tributario Numérico or RTN is required for work, taxes, credit, and any large financial transactions. The first one is free. If you've lost it, you can replace it for 200 HNL. Knowing the number may help in some situations, but you will often need the card itself.

To get your RTN online, visit oficinavirtual.sar.gob.hn. They will ask for your identity number, address, and profession. After that you can upload a copy of your utility bill and your DNI or passport.

To get your RTN in person, go to the nearest Servicio de Administración de Rentas (SAR) office. You can find a list of locations here: sar.gob.hn/ubicaciones. You will need to bring the original and a copy of your DNI and a state-issued household bill (like water, electricity, or cable). You do not need an appointment.

At the SAR office, you will be asked about your current job and living situation (renting, owning, living with family, etc.). If you do not have formal work yet, let them know. They will give you your tax number to use when you apply for formal work, but they will hold your RTN card for you until you are hired. (For the differences between formal and informal work, see p. 154).

☐ PASSPORT

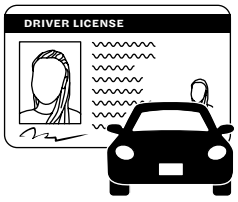


To get your passport, you will need to make an appointment (cita) at a bank. Most banks offer this service, but you can find a complete list at the INM website (see below). The fee for a five-year passport is 35 USD, and a ten-year passport costs 50 USD. The bank will charge this fee when you make your appointment, and there will be no additional fees. They will give you a receipt with your name, identity number, and appointment location and date. Check that all the information is correct. Appointments are usually scheduled for the next day.

Your appointment will be at the National Migration Institute office (Instituto Nacional de Migración, or INM) listed on your receipt from the bank. Bring that receipt, your old passport (if you have one), and your DNI (the original and a copy). They will check all your data and take your picture for the passport. Be prepared to wait.

For more detailed information, visit the INM website: inm.gob.hn/pasaportes.html.

☐ DRIVER'S LICENSE



If you plan to drive in Honduras, you will need a driver's license. Generally, you can drive for up to 90 days using a US driver's license, but after that you will need a Honduran license.

You can apply for your license at a Dirección Nacional de Vialidad y Transporte (DNVT) office. **If it will be your first Honduran driver's license, you will need to:**

- Be at least 18 years old
- Be able to read and write in Spanish
- Pass medical exams (including general health and vision) given at a DNVT-approved center
- Pass a written test and a driving exam
- Participate in a DNVT training

When you apply, you will need to pay a fee and bring your DNI (the original and two copies) and a utility bill to prove your address. Requirements are the same for all types of driver's licenses, but **the fees vary:**

LICENSE TYPE	TWO YEARS	FIVE YEARS
Motorcycle (**Type A**)	150 HNL	300 HNL
Car (**Type B**)	600 HNL	600 HNL

For a current list of all fees, visit tinyurl.com/DNVT-fees.

Watermark scanned documents before sending.

If someone needs you to send them a copy of your DNI, RTN, or another personal document, be aware of potential scams. When you scan or photograph your document, you can protect yourself by using a free website or app to add a watermark.

Meeting Basic Needs

Life after deportation can be challenging. Many returnees struggle to meet their everyday needs. This transition can be hard, but if you take it one day at a time, believe in yourself, and look for help when you need it, things can work out. There are organizations and people out there to help you on your journey.

› Cost of Living
› Food
› Shelters and Housing
› Transportation
› Government Financial Support



COST OF LIVING

Most things cost less in Honduras than they do in the US. Not including rent, the average cost of living is only around 13,000 HNL or about $500 USD per month. Rent is generally less as well, but it depends on different factors (Learn more in the housing section on p. 151).

Health: For emergency medical care, you can visit any public hospital for free. You will just need to show your DNI. For non-emergency visits, you can only receive free service at your local hospital. Because the system is underfunded, though, services at all public hospitals are limited. (Learn more about the healthcare system in the health section on p. 162).

Gas: Gas prices vary, but it is generally more expensive than in the US. (Current prices are around 100 HNL, or close to $4 USD per gallon.) For other ways to get around, see the transportation section on p. 152.

Electricity: Electricity in Honduras is managed by the government. The average household spends between 400 and 1,000 HNL per month on electricity. Blackouts are normal and often planned, so it is always good to have a flashlight at home and food that doesn't need to be cooked. Scheduled blackouts are usually announced in advance. The government may pay a portion of your electricity bill if you keep your consumption low.



FOOD

Food in Honduras can be much cheaper than it is in the US, especially if you buy local food and eat a typical Honduran diet (beans, rice, and some vegetables). To save money, you can try to negotiate prices at your local market or find weekly deals and discounts at the grocery store. Imported foods will cost more.

When you arrive, you may receive a voucher for food that you can use at Banasupro. If you do not receive one, ask at the Centro de Atencion al Migrante Retornado (CAM-R). At the CAMR, the Red Cross may also provide food vouchers. To contact them, see the directory on p. 260.

If you need food, you could also seek help at your local church. Churches often have food pantries for those in need, but there are no formal programs.

Churches and church-run organizations

offer support in Honduras. Don't be afraid to knock on a church door and ask for the help that you need. Two organizations that provide support include Caritas in Danli and Tegucigalpa and the Pastoral de Movilidad Humana of the Conferencia Episcopal de Honduras in Tegucigalpa. For their addresses, see the directory on p. 260.

"The Lutheran World Federation was also very supportive. They were a great support in all areas: psychosocial, seed capital. That has been a huge support for me, and I am very grateful to them."
—Deybid

SHELTERS AND HOUSING

Contact relatives or friends, even distant ones you haven't spoken to in a while. Ask if they might be able to help you find a place to stay. If possible, do this before you arrive. You will be surprised how many people are willing to help you. If you need other options, here are some things to consider:

Shelters
There may be beds available at shelters in San Pedro Sula, Omoa, and Danlí, but many shelters have shut down. A few non-government organizations run shelters as well, including IOM (the International Organization for Migration, or in Spanish, OIM, La Organización Internacional para las Migraciones), and Plan International. Calidad de Vida is a shelter for women, and Casa Alianza welcomes children and teenagers. See p. 260 for a list of shelters in Honduras.

Addresses
Many locations do not have official street numbers or specific addresses, and not all streets have names. Instead, people may use the name of the colonia, the street name (if there is one), and a nearby landmark, such as a church or a popular shop. If someone asks you for your address at a government office, this is the kind of information they will expect—so after you've moved into a new place, look around for nearby landmarks.

Because street addresses are not often helpful, when Hondurans meet in person, they often share their locations over WhatsApp or a similar app. Once they're close, it's usual to call and ask for more detailed directions.

Buying
The housing market is growing in Honduras, so if you can afford to buy, now is a good time. Real estate agents are recommended but not required; they know which neighborhoods are growing and how to avoid scams. Agents are usually hired and paid by the seller, so you'll need to remember they may be biased. If everything looks good, when you sign the contract to buy, make sure the seller agrees in writing to pay the agent's commission. Also, if the house is currently rented, be aware that in Honduras tenants have the right to stay for as long as their lease is valid.

Choosing a Location
Honduras is diverse. If you like living close to the beach, you might like the north. You'll find mangrove forests in the south and mountains in the central and eastern regions. Most Hondurans live in the two biggest cities: San Pedro Sula and Tegucigalpa.

When choosing a city neighborhood:

- Ask around to find out if the area you're looking at is safe.
- Make sure to find out about local water, electricity, and sanitation services. Some areas experience water shortages or unreliable electricity.
- If you'll be living in San Pedro Sula or Tegucigalpa and won't have a car, make sure to check that you'll be close to bus routes, official taxi stops, and a supermarket.
- "Colonias" are gated communities that have their own security, but gates don't always mean safety. People often use the name of a colonia ("Colonia Palmira," for example) to identify the surrounding neighborhood.

Renting
Housing prices depend on the city and neighborhood. Tegucigalpa is the most expensive city, where prices for a one bedroom can range from 6,000 to 12,000 HNL per month. In San Pedro Sula, monthly rents range from 5,000 to 10,000 HNL. Furnished apartments are more expensive than unfurnished ones, and places with amenities like gyms, communal spaces, and parking will be more expensive. Most people find their apartments by word of mouth, but online searches at sites like encuentra24.com or even Facebook Marketplace can be helpful (On Facebook, beware of scams). Some of the information on renting in Mexico (p.86) may help you as well.



TRANSPORTATION

With poorly defined street addresses and difficult traffic, getting around in Honduras can be hard at first. With time and the tips below, you should be able to get your bearings.



Buses
In the cities, buses are a good, cheap way to get around. Routes are not posted, but usually each bus follows one route, and the biggest landmark on that route will be written on the front of the bus. You can always ask the driver or their assistant if your destination is on their route. The buses do not have official stops, so you will need to flag them down to get on and ask them to stop for you when you're near your destination.

There are two kinds of city buses: "buses urbanos" and "buses ejecutivos." Buses urbanos are yellow and look like school buses. They cost between 8 and 10 HNL per ride. Buses ejecutivos are faster and cost between 15 and 20 HNL. Because city buses stop anywhere and the doors are always open, they can be dangerous. To be safer, avoid overfilled buses and don't ride at night, wear flashy jewelry or take out your smartphone.

There are also regional buses that go between cities. They do not stop often and drive with their doors closed. Prices vary, but to get from San Pedro Sula to Tegucigalpa, for instance, you will likely pay between 650 and 800 HNL. Longer rides, like from Tegucigalpa to La Ceiba or San Pedro Sula to Choluteca, can cost between 1,000 and 1,300 HNL. Prices depend on the company you chose and the bus's departure time and destination. Tickets can be purchased online, but make sure to compare prices before you book.



Bicycles
Big cities don't have the infrastructure to make bicycling a safe option, and bike theft is common—whether your bike is locked up outside or you're riding it at the time. In the country, however, biking is a popular, cheap, and relatively safe way to get around.



Taxis and Ride-Hailing Apps
In most cities, official taxis are white, and, like other commercial vehicles, their licence plates begin with the letter A. Only get taxis at authorized taxi stands, never by flagging them down in the street. You can usually find official taxi stands in front of hotels or supermarkets and wherever you see many official taxis waiting together. Most taxis don't have meters, so be sure to negotiate the price before you ride.

"Taxis colectivos" are shared taxis that transport multiple people at the same time. Like city buses, they have pre-established routes, and their cost is non-negotiable (usually around 25 HNL). The driver will not depart until the car is full, which can take a while. For safety, make sure the registration number is visible on the taxi colectivo. Be aware that they should not depart if you are the only passenger. They are not safe in unfamiliar neighborhoods at night.

Common ride-hailing apps in Honduras include InDriver, Uber, and Didi, although not all apps work in all areas. Always consider sharing your ride for added safety.

"Sometimes we have the idea that only people from the US, or Spain... can get ahead... With effort, dedication, and discipline, I've realized that you can get ahead here...We also have to be disciplined."

—Deybid



Cars
People who can afford a car (and gasoline) often travel by car. To buy a car, just like in the US, you can visit an official dealership, used car lot, or go online. Unless you go to a dealership, hire a mechanic to check the car before you buy, and check the car's certification (certificado de propiedad) to be sure there is no debt on the car and the previous owner's name is listed.

Be very careful when driving in the city. City roads often need repair, and traffic rules are often taken as suggestions, especially by buses, taxis, and motorcycles. Additionally, if you need to be somewhere on time, try to account for traffic. The navigation app Waze works well in Honduras and can help you to find less congested routes.



Auto Insurance
Insurance isn't required, but because driving in the city can be hazardous and theft is common, it's recommended. The major car insurance companies in Honduras are Mapfre Honduras, Ficohsa Seguros, and Seguros Atlántida. Buy your insurance policy from an official agent (but see the note on insurance agents in the health section on p. 21). Your agent will help you fill out the forms and be your contact for any future questions or claims.

See also "A Note About Buying from Individuals" in the Mexico section (p.88).



GOVERNMENT FINANCIAL SUPPORT

The Honduran government offers programs to help people and families in need. Sadly, some of these programs do not work well, and in Honduras, politics often influence who gets help. To learn more about these social programs visit tinyurl.com/Proasol-Programs or see their catalog here: tinyurl.com/SEDESOL-Catalog. The catalog was published in 2023, but it contains important information on eligibility, CAM-R services (see "Arriving in Honduras" on p. 144), and access to health and legal services.

Hermano, Hermana, Vuelve a Casa. In response to the recent increase in return migration, Honduras started a program called "Hermano, Hermana, Vuelve a Casa" which means, "Brother, Sister, Come Back Home." The program promises returnees 100 USD of financial assistance upon their arrival. It also provides up to 2,000 HNL in food vouchers and for entrepreneurship. The food vouchers can be used at any BANASUPRO (National Supplier of Basic Products) branch.

The program also aims to provide job training and job placement for people who return to Honduras with little or no work experience.

These are the government's stated goals for the program. It is unclear if the program is fully operational or if everyone who is eligible receives benefits. Do not assume you will get this support, but ask about it when you arrive.

For more information on this new program, see the description provided by Alianza Americas at tinyurl.com/hermano-hermana.

You can find more information about other government support programs at tinyurl.com/Sepecursos It is possible that some are no longer active, however. It's good to ask around about the availability of these programs.

Employment

› Formal vs. Informal Employment
› Applying for a Job
› Common Job Opportunities
› Job Training Opportunities

After getting your IDs and a place to live, getting a job may be your next goal. It will be difficult to earn as much as you did in the US, but the cost of living in Honduras is also significantly lower.

For more general information on finding work after deportation, you may want to read through the "Employment" chapter in the Mexico section of this guide (p.91).



FORMAL VS. INFORMAL EMPLOYMENT

Formal employment is work that is officially registered with the government. It comes with federally mandated benefits, like vacation time, job security, and health insurance. Many people find work in call centers and factories, online, or in the transportation sector. To find formal work (as with so many things in Honduras), it's good to start with your network of family and friends. There are also websites that can help:

- tecoloco.com.hn
- empleos.hn
- empleamas.fedecamarahn.org
- buscojobs.hn

Some employers also post jobs on social media (LinkedIn, Facebook Jobs, WhatsApp), but beware of scammers posting fake jobs.

Informal employment refers to self-employment and other jobs without legal contracts or official protections. Around 73% of all Hondurans are informally employed.These jobs usually pay in cash, but they offer little job security and no benefits.

If you're interested in launching your own business, you can get help, including financial help, from the Servicio Nacional de Emprendimiento y de Pequeños Negocios (SENPRENDE), a government agency. Visit senprende.com to learn more. Be aware, however, that receiving government aid can sometimes depend on what political party you belong to. To learn more about navigating Honduran politics, see page 173.



APPLYING FOR A JOB

Manual Labor: There is often no formal application process for manual labor. It's more common to get these jobs through someone you know.

Formal Employment: The application process for formal work in Honduras is similar to the process in the US. You can apply online and submit a resume or CV and sometimes a cover letter. A job interview is often conducted at the final stage.

IDs and Documents: Your DNI and RTN are often required to apply for jobs. (See the note on identity theft and watermarks on p. 8). Diplomas and certificates may be required as well, and having them ready can help boost your application (see "Validating Degrees and Diplomas" on p. 160).

"There are organizations that support immigrants. With their support and our effort, we can get ahead. We can get ahead for our families. So that's something I'd like to let young people know. It takes a lot of effort because here in our country you also need to work very hard...It is a great blessing for me because I could build my house, [and] I can support my children.."

—Deybid

COMMON JOB OPPORTUNITIES

The job opportunities described below are often available. We have included them in the guide to help you have as many options as possible. However, we do not endorse these companies. Watch out for unfair labor practices, even at formal jobs, and be aware that some employers will take advantage of their workers.

Call Centers
Most call centers jobs are located in Tegucigalpa and San Pedro Sula. They require you to be bilingual, pay around 12,000 to 20,000 HNL per month, and often require shift work (which may mean working nights). The chart below lists the largest employers.

CALL CENTERS	LOCATION	ROLES	HOW TO APPLY
ALORICA	Tegucigalpa San Pedro Sula	• customer service • technical support • sales • account management	**Apply Online:** alorica.com/careers/honduras
STARTEK	Tegucigalpa San Pedro Sula	• customer service • sales • social media support • chat	**Call:** Tegucigalpa (504) 8858-2594 San Pedro Sula (504) 8858-6466 **Email:** hncareers@startek.com
KM2 SOLUTIONS	San Pedro Sula	• sales • medical care • financial support	**Apply Online:** tinyurl.com/KM2-Jobs
CONCENTRIX	Tegucigalpa (expanding to San Pedro Sula)	• customer service • sales • financial services • technical support	**Apply online (English):** jobs.concentrix.com/honduras **Apply online (Spanish):** tinyurl.com/Concentrix-es
SITEL GROUP	Tegucigalpa	• customer service • technical support	**Email:** nic.recruiting@sitel.com

Background checks

Some positions may require a criminal background check. These checks look for convictions in Honduras. They do not extend to any criminal background in the US.

Factory work (**Maquilas**)
In cities like San Pedro Sula, Choloma, Villanueva, and La Lima, textile and manufacturing jobs require little special training and can provide steady but low wages. The work is also physically demanding. Factory jobs usually pay between 9,000 and 15,000 HNL per month. In the South, especially around Danlí, large tobacco factories may be hiring. This work can include rolling cigars, classifying levels of tobacco leaves, and packaging.

Transportation
By law, you can only use your US license for 90 days after you arrive. But if you have a driver's license, especially a Honduran one, you can work in the transportation sector. This work often requires that you have your own vehicle. If you do, you may be able to work as an authorized taxi driver, moto-taxi driver, or delivery driver. In bigger cities, you may be able to drive for a ride-hailing app like InDriver, Uber, or Didi, but be sure to consider the risks, such as robberies and carjackings, that come with this type of work. If you choose this line of work you may consider avoiding driving at night, when these types of crimes more commonly occur.

You can often find work through your personal connections—or just by asking around. For that, it may help to know the ten largest employers in Honduras, although we are not endorsing them. It's important to ask around about them and beware of potential unfair labor practices.

- **Larach y Cía.** *Hardware store*
- **Grupo Ficohsa.** *Banking and financial services*
- **Agroindustrias del Corral.** *Drink and food manufacturer*
- **Lacthosa.** *Drink and food manufacturer*
- **KM2 Solutions.** *Business process outsourcing*
- **Startek.** *Call center*
- **Grupo Karims.** *Textile group with focus on real estate*
- **Grupo INTUR.** *Tourism and Hospitality*
- **Grupo Jaremar.** *Farming industry*
- **Grupo Flores.** *Main car seller in Honduras*

"It takes a lot of effort because here in our country you also need to work very hard...It is a great blessing for me because I could build my house, [and] I can support my children."

—Deybid





Interested in online work?

Look under "Online Employment" in the Mexico section of the guide (p.91).

JOB TRAINING OPPORTUNITIES

Since jobs in Honduras can be quite different from those in the US, you might benefit from further job training or training in a new area. Local organizations and churches may have job training programs that teach skills like baking, barbering, and more. These programs are often informal and shared by word of mouth, so be sure to ask around and check at your local church. The chart below lists some free job training programs.

ORGANIZATION	DESCRIPTION	CONTACT
INSTITUTO NACIONAL DE FORMACIÓN PROFESIONAL (INFOP)	Free online and in-person courses for developing many skills	infop.hn/cursos
SWISSCONTACT	Free in-person workshops for developing various skills in Tegucigalpa, San Pedro Sula, La Ceiba, Choluteca, and Danlí; courses last a minimum of six months	(504) 2235-8843 (504) 2239-8846
ORGANIZACIÓN INTERNACIONAL PARA LAS MIGRACIONES; INTERNATIONAL ORGANIZATION FOR MIGRATION (OIM)	Free classes for returnees, including internships and entrepreneurial skills; learn more at ecampus.iom.int	Search for OIMHonduras on Facebook and Instagram
IGLESIA CATÓLICA ESPÍRITU SANTO	Free courses for developing various skills	Col Germania, Tegucigalpa; visit the church for more information
ACADEMIA LAS AMIGAS	Certifications available; prices vary	WhatsApp: (504) 9595-7762 academialasamigas.co

Education

This section provides information on beginning or continuing your education after your return to Honduras. For more general information on education after deportation or return, you may want to see the "Education" chapter in the Mexico section of the guide (p.98). To learn about job and skills training, see "Job Training Opportunities" in the employment section (on p. 157).

- Enrolling Children in School and Transferring Their Progress
- Adult Basic Education and Language Classes
- Higher Education
- Scholarships



ENROLLING CHILDREN IN SCHOOL AND TRANSFERRING THEIR PROGRESS

Primary and Secondary Education
The school year in Honduras begins in February and ends in November. The table below shows each stage of schooling along with typical ages and years:

SCHOOL LEVEL	GRADES/YEARS	AVG. AGES	DESCRIPTION
EDUCACIÓN PREBÁSICA	2–3 years	4–6 years	Like preschool and kindergarten in the US
EDUCACIÓN BÁSICA	1st–9th grade	6–15 years	Includes primary (primaria) and secondary (secundaria) education
EDUCACIÓN MEDIA	2–3 years	15–18 years	Like high school in the US, but students choose to take either an academic track (for 2 years) or a technical/vocational track (for 2 or 3 years).

To get your child or children back into school as quickly as possible, follow these steps:

1. Make sure they are registered with the RNP. If they are not, see "**Registering Your Child with the RNP**" on p. 148.

2. Go to the office of the Secretaría de Educación de Honduras with a **translated and apostilled** version of their school transcripts or report cards. You can find more information about this process in the "Plan for Possible Deportation" chapter (p.23).

3. The Secretary's office may require that your children take a placement exam to identify their correct grade level.

Next, you will need to choose a school. Like in the US, Honduras offers private and public schools. If you choose the public option, your child will be enrolled in the closest school. You can request a different school, but you may not get it. Public schools are free, but you will have to pay for uniforms, supplies, and transportation.

Like in the US, private schools charge tuition and enrollment fees, but you can choose whatever school you like and can afford. Prices and programs vary, and some private schools have classes taught in both English and Spanish.



ADULT BASIC EDUCATION AND LANGUAGE CLASSES

Language Courses: English is not as common in Honduras than in other Central American countries. Learning Spanish will be essential. To open more employment options, you may also want to consider English classes. The chart below contains a few private language programs located in Honduras. (For additional online learning resources, see the "Education" chapter in the Mexico section of this guide on p.98.)

PROGRAM	DESCRIPTION	CONTACT
HONDURAS SPANISH SCHOOL (HOSS)	Offers Spanish online classes and immersive programs in La Ceiba and Tegucigalpa	WhatsApp: (504) 3333-4302 info@hondurasspanishschool.com hondurasspanishschool.com
GUACAMAYA SPANISH SCHOOL	Offers Spanish online classes and an immersive program at Copan Ruinas, Copan	(504) 8808-5802 info@guacamaya.com guacamaya.com/learning-options
CENTRO HONDUREÑO DE ESPAÑOL (CEHDE)	Offers Spanish online classes and in-person classes in Santa Lucía	(504) 9961-0497 cehde@hotmail.com tinyurl.com/CEHDE-Spanish Facebook: Search for CEHDE
DO IT LEARNING CENTER	Offers English classes in El Progreso, Yoro	(504) 9368-3016 wa.me/50493683016
IHCI ENGLISH CENTER	Offers English classes and exams in Comayagua, Comayagüela, and Tegucigalpa	(504) 9368-3016 wa.me/50493683016
INFOP	Offers professional and English courses, funded by the government both in person and online.	inscripciones.infop.hn
ACADEMIA EUROPEA	Offers in person and online English courses in Tegucigalpa, La Ceiba, San Pedro Sula, and online	(504) 9544-4444

Preply, Italki, and Duolingo also offer online language learning.

If an employer requires certification in Spanish, the Centro Internacional de Español para Extranjeros (CIDES) at the Universidad Tecnológica de Honduras offers Spanish-language certification. Contact them through their website to learn more: cides-uth.org/en/home-en.

Earning a High School Diploma: If you didn't finish high school in the US and don't have a GED, you can get your high school diploma as an adult in Honduras. These programs offer a Bachillerato en Ciencias y Humanidades (Diploma in Sciences and Humanities) for people over age 18. Classes are usually held on the weekends. These institutions offer the program:

- Universidad Tecnológica Centroamericana (Unitec) in San Pedro Sula
- Universidad Tecnológica de Honduras (UTH) in San Pedro Sula
- Instituto Hondureño de Educación por Radio (Iher) in San Pedro Sula and Tegucigalpa
- Centro Politécnico del Norte (CPN) in La Ceiba. Centro Politécnico del Norte offers these classes online as well: cpn.hn/bachillerato-virtual.

For information on validating a US high school diploma or GED, see below.



HIGHER EDUCATION

If you have a Bachillerato en Ciencias y Humanidades from Honduras or a US high school diploma or GED, you can begin or continue your higher education (educación superior) in Honduras. Like US colleges and universities, Honduran universities offer different kinds of degrees:

Técnico Universitario
Practical, career-oriented training; takes 2 or 3 years and is similar to an associate degree.

Licenciatura / Ingeniería
The core university degree; more professional than a US undergraduate degree, and it often takes a little longer (4 to 6 years).

Maestría
Advanced professional or academic training; usually takes 2 years, like a master's degree.

Doctorado
Relatively rare, but like a non-medical US doctorate.

Universities are generally much cheaper than in the US. Tuition at public universities ranges from 150 to 300 HNL per semester, and private universities charge between 17,000 and 45,000 HNL per semester.

Validating Degrees, Diplomas, and GEDs from the US
To enroll in a university or to qualify for certain jobs, you may need to validate diplomas or degrees earned in the US. To do this, you will need an apostilled and translated copy of your diploma/GED or degree.

To validate your high school education, bring these copies to the Secretary of Public Education (Centro Cívico Gubernamental, Cuerpo Bajo B, Tegucigalpa). Take your university degrees to the Dirección de Educación Superior (DES) at the Universidad Nacional Autónoma de Honduras (UNAH) in Tegucigalpa (on the third floor of the CISE Building).

Transferring Credits from the US
If you started but didn't finish a degree program in the US, you may be able to transfer your credits and continue your education in Honduras. To transfer college credits, bring an apostilled and translated copy of your transcripts to UNAH or the university where you want to continue studying. The institution will decide if and how the credits will be accepted.

SCHOLARSHIPS

Government scholarships called "Becas Solidarias" are awarded by the Ministry of Social Development (SEDESOL) to help very-low-income students access higher education. These scholarships may cover tuition, transportation, and materials. To qualify you must:

- Have completed your secondary education or be in your final year
- Live in "extreme poverty" (currently, according to SEDOSOL, this means living on less than 3,383 HNL per month)
- Be unemployed
- Receive no other financial aid or scholarships
- Pass a written exam and an economic assessment
- Be accepted to a program approved by the Council of Higher Education (CES). To find out if the university you plan to attend has been approved, you can ask at the university or check at tinyurl.com/CES-list.

To learn more, visit tinyurl.com/becas-gov. To apply, fill out the two online forms at becas.sedesol.gob.hn and submit them to becasespana@sedesol.gob.hn.

University Scholarships
Universities may offer **merit-based** scholarships to new and current students. This means you need to have high grades or other impressive qualities. For more information, ask at the institution where you study or plan to study.

A few **other organizations,** like the IOM, have scholarships for people who want to go back to school. Reach out to them through their social media channels to see if you are eligible.



Health

Once you have returned, finding health care may be a top priority.

› Healthcare Options
› Health Insurance
› Mental Health
› Substance Use
› Dental and Vision Care



HEALTHCARE OPTIONS

Honduras has a free public healthcare system, and paid private health care is also available.

Public Health Care
The public healthcare system is limited. There is not enough money, medicine, personnel, or equipment, especially in the countryside. Emergencies and urgent cases are treated first, but if you go to the hospital with a non-urgent need, you may have to wait a long time. However, emergency treatment and initial consultations at public hospitals are usually free. You just need to show your DNI at your appointment.

Non-emergency visits are only free at your local public hospital, some medications and follow-up appointments are not free, and not all public hospitals offer the same services. Hospitals in big cities are more likely to offer more. If you need an exam, procedure, or medication that your local public hospital can't provide, you may be directed to a private hospital or pharmacy.

Find a list of all public hospitals here: tinyurl.com/pub-hosp-hn.

Private Healthcare
Private health care is usually faster and better, but you will be responsible for all costs. Health insurance can help (see below).

Depending on the location and doctor, general private medical appointments will probably cost between 1,000 and 1,500 HNL. Visits to specialists start at around 1,500 HNL.

These private hospitals have a good reputation:

- **Hospital Viera, Tegucigalpa**. (504) 2216-6400
- **Hospital Honduras Medical Center, Tegucigalp**a. (504) 2280-1500
- **Clínica San Ángel, Tegucigalpa**. (504) 9845-4790
- **Hospital Bendaña, San Pedro Sula**. (504) 2516-2900
- **Centro Médico de Especialidades Quirúrgicas, Juticalpa**. (504) 9456-6949

Medicine
Medication is less expensive than in the US, and if public hospitals have the medication you need, it may be free. In private clinics and hospitals, however, you will need to pay for your medicine. Some pharmacies, such as Farmacias del Ahorro and Farmacia Simán, offer lower prices, sales, or discount cards.



HEALTH INSURANCE

Depending on the policy you choose, health insurance will cover up to 75 percent of the costs of private healthcare. But most plans will not offer this right away. Usually, you need to be with the same health insurance company for a specified period of time before these benefits begin.

The major health insurance providers in Honduras are Mapfre, Pan-American Life, and Ficohsa Seguros. To buy one of their policies, you will go through an agent. They will send your medical history and personal information to an insurance company and then let you know if you are approved for the policy you want. **Make sure the agent is reliable** and will help you once the sale is done. You will need to go through them every time you need to use your insurance.



DENTAL AND VISION CARE

Small dental and vision problems can lead to serious conditions. If you are having problems, it is important to seek out care. Because Honduras has very few public options for dental and vision care, you may want to pay for private care.

Dental Care
Some public clinics offer basic dental care, including cleanings and extractions. You may have to wait to get an appointment and for service once you're there.

Most Hondurans go to private dentists. Private dentists are available throughout the country and often don't require appointments. Costs vary but often range from 500 to 1,000 HNL for cleanings, 700 to 1,500 HNL for extractions, and 800 to 1,500 HNL for fillings.

You can also contact your local dental school for a lower-cost option. Like in the US, they often offer student-run clinics.

Vision Care
The San Felipe public hospital in Tegucigalpa offers free ophthalmological services with a medical referral from a doctor. You can usually get an eye exam and glasses at a shopping mall.

An eye exam with a private doctor may range from 150 to 400 HNL. If you buy glasses, the exam is often free, but a pair of glasses starts at around 700 HNL. Sometimes NGOs like Médicos Sin Fronteras or the Red Cross provide free glasses at their medical centers (see the directory for contact information on p.260).

PROGRAM	LOCATION	CONTACT
FACULTAD DE ODONTOLOGÍA, UNAH	Edif G1, Ciudad Universitaria, Tegucigalpa	(504) 2216-3000 odontologia.unah.edu.hn
HOSPITAL ODONTOLÓGICO MONSEÑOR AGUSTÍN HOMBACH, UNICAH	Campus Sagrado Corazón de Jesús, Tegucigalpa	(504) 2234-8236 (504) 2234-8250 unicah.edu/hospital-odontologico
CLÍNICA ODONTOLÓGICA, UNITEC	Blvd Kennedy, V-782, Tegucigalpa	(504) 2202-4410 WhatsApp (504) 3252-3995 unitec.mx/clinica-de-odontologia
PADRE PÍO DE PIETRELCINA DEL CAMPUS SAN PEDRO Y SAN PABLO	Col Zerón, Bulevar hacia el Hospital Mario Catarino Rivas, San Pedro Sula	(504) 2561-3901 WhatsApp (504) 9800-0353



MENTAL HEALTH

Coping with the trauma of deportation while starting a new life can be difficult, to say the least. Make sure you talk to someone about the challenges you are facing. If you do not feel comfortable talking with your family or friends, a mental health specialist can be helpful.

Honduras' public mental health services are poor. There is only one psychologist for every 100,000 Hondurans, and outside of the bigger cities, it may be impossible to find any public options. The two main public hospitals that offer mental health services are **Hospital Escuela Universitario** in Tegucigalpa and **Hospital Marino Catarino Rivas** in San Pedro Sula.

Several non-profits provide free mental health services as well:

- **Médicos Sin Fronteras** offers psychological help in areas with a lot of violence
- **World Vision**, **Save the Children**, and **Plan International** often offer psychological help to minors
- **The Red Cross** has psychologists at most of their clinics

Visit psico.org/hn to find a list of psychologists practicing in Honduras. Depending on the provider, their services may be available online or in person, and in some cases they will be free. Private psychologists usually charge from 300 HNL (with health insurance) up to 1,200 HNL per session. The costs for psychiatrists, who can prescribe medication, range from from 1,200 to 2,000 HNL per session.

If you need to talk to someone, here are some numbers you can call for help:

WHO TO CALL FOR HELP	WHAT THEY OFFER	NUMBER TO CALL
CRISIS HOTLINE (TELÉFONO DE LA ESPERANZA DE HONDURAS)	Call this free hotline from 8am to 8pm for emotional support during times of crisis. Responders are trained to listen, but might not be trained as therapists.	**150**
VIOLENCE AGAINST WOMEN HOTLINE	Call to talk to trained specialists if you are experiencing domestic violence. They will listen to you and help you take your next steps.	**114**
VIOLENCE AGAINST CHILDREN HOTLINE (SENAF, SECRETARIA DE NIÑEZ, ADOLESCENCIA Y FAMILIA).	Call to report child abuse and to receive services from trained specialists.	**110**
MENTAL HEALTH HOTLINE (CALIDAD DE VIDA)	Call this hotline to talk to trained mental health specialists.	**(504) 8941-2610** **(504) 8941-2552**
NATIONAL AUTONOMOUS UNIVERSITY OF HONDURAS MENTAL HEALTH CHATLINE	Staffed Monday to Friday from 1 to 9pm by trained psychology students who provide psychological help.	**TINYURL.COM/UNAH-CHAT**
NATIONAL EMERGENCY HOTLINE	Just like in the US, 911 is the number to call for all kinds of emergencies.	**911**



SUBSTANCE USE

If you are struggling with alcohol and/or drugs, you are not alone. These organizations can help:

ORGANIZATION	DESCRIPTION	CONTACT
ALCOHOLICS ANONYMOUS (AA)	Free help with addiction recovery, including online sessions and WhatsApp groups	aainformacionhonduras.net Click through to find listings for all virtual and in-person meetings.
NARCOTICS ANONYMOUS (NA)	Free help with narcotics addiction recovery	(504) 9951-3570 facebook.com/NAHonduras
PROYECTO VICTORIA	Free Christian therapeutic community for males 13 years and older with drug, alcohol, or gang-related problems; rehabilitation centers in San Pedro Sula and Tegucigalpa	(504) 2230-3601 (504) 9921-1854 contralaapostasia.com/proyecto-victoria
INSTITUTO HONDUREÑO PARA LA PREVENCIÓN DEL ALCOHOLISMO, DROGADICCIÓN Y FARMACODEPENDENCIA (IHADFA)	Free outpatient service for the prevention and treatment of addiction; locations in San Pedro Sula and Tegucigalpa	(504) 2239-7410 ihadfahonduras@gmail.com ihadfahonduras@yahoo.com

If mental health care is important to you,

discuss it with your insurance agent before selecting a health plan. Not all plans cover mental health services.

See the "Beginning to Heal" chapter

for resilience-building resources, techniques, and insights from people who have experienced deportation on p.198.

Communication

› Smartphones
› Social Media

Communication in Honduras relies on smartphones and social media.



SMARTPHONES

Having a smartphone will make staying in touch with family and friends—in the US or in Honduras—much easier. This will also help you connect with Honduran organizations and businesses, which often communicate through social media.

Preparing Your Phone
To get a Honduran phone number, make domestic calls, and access the internet on your smartphone, you will need to buy **a SIM card**. If you have a smartphone from the US, make sure your phone is unlocked (to learn more about this, see the "Communications" chapter of the Mexico section of this guide on p.108).

Prepaid SIM cards cost around 20 to 50 HNL and can be bought at any supermarket, *pulperia* (corner shop), or gas station. You will need to show your DNI or passport. To activate and use your prepaid SIM card, you will need to purchase data and minutes for it. You can buy minutes and data online or at the store where you bought your pre-paid SIM card.

Minutes
Domestic calls are cheap. You can buy 200 to 500 minutes for around 100 to 300 HNL, and calls to phones who have the same provider may be free.

Service
You may prefer to have a service contract instead of a pre-paid SIM card. The main phone service providers are TIGO and Claro. TIGO tends to have better coverage in the countryside, and Claro is a bit cheaper. To purchase a service contract, visit an official TIGO or Claro store with your DNI and proof of your home address (an electricity or water bill). They may also ask to see your RTN.

Plans start at around 300 HNL per month and usually last 6 to 12 months. Like in the US, if you need a phone, you can ask about getting one with your service contract.

Wifi
The major providers for at-home internet are Tigo, Claro, and Hondutel. Look for special promotions. Plans start at around 500 HNL per month.



SOCIAL MEDIA

Daily Communication
Many people, businesses, and organizations use WhatsApp, Telegram, or Messenger instead of their phone plans for location sharing and daily communication (texts, voice or video calls, etc.). These apps let you use the internet instead of spending minutes.

These apps also let you make inexpensive calls to family or friends in other countries.

Other Social Media
Hondurans use social media for everything from shopping, news, and real estate to hiring and community building. Facebook is currently the most popular social media app, but other social media platforms popular in the US (like TikTok or Snapchat) are getting more popular.

504 is the country code to call Honduras from the US or another country.

You don't need it for calls within Honduras.

Finances and Taxes

› Banks
› Taxes
› Loans and Micro-credits
› Avoiding Scams

The currency in Honduras is the **Honduran Lempira**, abbreviated as **HNL** or **L**. In some parts of the country, like Roatán, the US dollar is also used.

For more general information on finances in Mexico and Central America, you may want to read through the "Finances, Credit, and Taxes" chapter of the Mexico section of this guide (on p.111). If you are currently incarcerated in the US and want general information on finances, we recommend requesting our reentry guide, ***Mapping Your Future***. Access a pdf here: tinyurl.com/MYFNA.



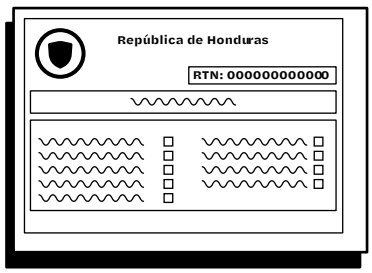
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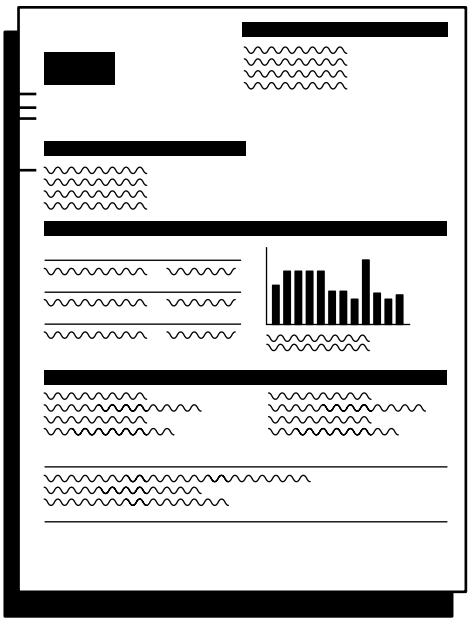
Most Honduran banks offer branches and ATMs only in certain areas, so make sure to choose a bank that works for your location. The main banks in Honduras are Banco Atlántida, Banco Ficohsa, BAC, Banpaís, and Banrural. Like in the US, bank accounts often charge "hidden fees." ATMs from other banks will charge you for withdrawals, and the charges are higher if you use a card from a US bank.

Banking Technology and Informal Saving
Banking technology is less advanced than in the US, so transfers can take longer and online banking can be more limited. Most people simply use cash to buy things. Some people choose to avoid banks completely and save through communal groups or churches instead of in a savings account. You will earn less interest this way, though, and it's risky. You would have no legal protection if something were to happen to your money.

To open an account, you will need to have your DNI, RTN, and proof of your address (such as a receipt for a public service like water or electricity).









LOANS AND MICROCREDITS

Microcredits are smaller loans made to people who want to start or grow a small business but don't have much money. You can apply for microcredits from financial institutions including:

- **Banks** (Banco Atlándia, Ficohsa, BAC Credomatic, Banpaís, Banrural, Davivienda)
- **Credit Cooperatives** (COACEHL, COMIXMUL, Cooperativa Chorotega, CACEENP, Cooperativa Elga)
- **Microfinanciers and NGOs** (Financiera Solidaridad, SENPRENDE, ODEF ONG, Diaconía Nacional, Fundación Covelo)

To apply for a microcredit, you will need to provide:

- Either collateral or a good credit history in Honduras
- A record of your income
- Your RTN and DNI

Credit History
Honduran banks will not see your US credit score. So, if you had a low credit score in the US, you get to start over. But if you need a loan and you had a high credit score in the US, you may want to apply for a loan at an international bank with locations in both Honduras and the US (like BAC, Ficohsa, or Davivienda).



AVOIDING SCAMS

Scams are common in Honduras, especially in the bigger cities such as San Pedro Sula and Tegucigalpa. There are many types of scams, some similar to those in the US.

Beware of employment scams where people pretend to be from a company and ask you to pay for courses, uniforms, etc. Honduran employers do not ask job applicants for money. There are also scams around housing, so be careful when you're looking for a place to live. Go to the property before paying, and if you found it on Facebook and cannot visit, ask for references and documents.

Finally, be careful who you share your DNI and RTN with. Like a Social Security number in the US, these documents can be used for identity theft. If you have to supply a copy or photo of your DNI or RTN, send them a picture with a watermark so it cannot be used for other purposes. (See the note on watermarking scanned documents on p. 149).



TAXES

If you have an RTN and earn money, Honduran law requires you to pay taxes. If you are an employee with formal work, the income tax is usually deducted from your paycheck before you get it. If you do not have a formal job, you will need to file your taxes yourself.

You can pay your taxes through a bank connected to the SAR (Servicio de Administración de Rentas) or online at oficinavirtual.sar.gob.hn.

At the SAR Honduras YouTube channel (youtube.com/@SARHonduras), you can find some videos showing how to use their new online system.

Culture and Connection

This chapter provides information to help you engage with civic life in your community.

- Voting
- Local Organizations and Community Groups
- Cultural Conventions
- LGBTQ+ Community

"The community where I live is made up of real humanitarians. So that has helped me a lot."

—Damaris

VOTING

To vote, you only need to have a valid DNI and be at least 18. You are automatically registered when you get your DNI. To find your polling place, visit the Consejo Nacional Electoral's website at cne.hn. If there's a problem with your registration, you can visit your local CNE or RNP office. When it's time to vote, don't forget to bring your DNI.

Political parties are important in Honduras. People often refer to the major political parties by their colors, and they sometimes wear those colors with pride. To find a detailed description of the major political parties, visit tinyurl.com/hn-politicos.

Be safe on election days. Listen to the news and avoid large crowds. (Learn more on p. 172.)

CULTURAL CONVENTIONS

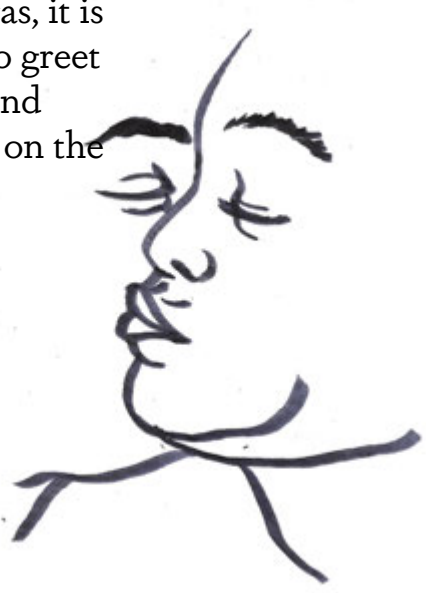
Many of the cultural differences you will experience in Honduras are similar to those throughout Mexico and Latin America. This section includes differences that are specific to Honduras. For more general information, you may want to read the "Culture and Connection" section in the Mexico section of this guide on page 114.

Formality: *Usted* is used as it is elsewhere in Latin America, but the more familiar vos is often used for friends and people you know. Tú may be used between two people who are very familiar, but it is less common.

Body language: Like in the US, too much eye contact isn't usually a good thing, but Hondurans are curious, and if you appear different (as many new arrivals do), people might stare.

Religion: Most people are either Catholic and evangelical christians. Often they go to church and show deep respect for their religious leaders. As you might expect, this shapes daily life and public policy. (Abortion, for instance, is punishable by up to 6 years in prison.) However, the Honduran constitution guarantees religious freedom, and small non-Christian religious communities exist (on p. 170).

In Honduras, it is common to greet a close friend with a kiss on the cheek





LOCAL ORGANIZATIONS AND COMMUNITY GROUPS

Religious Groups
Catholic and evangelical churches often organize activities and host prayer and youth groups. Find out more at your local church.

It may be difficult to connect with other religious communities, especially in rural areas. But cities like San Pedro Sula and Tegucigalpa have a few options:

ISLAMIC COMMUNITY	CONTACT
FUNDACIÓN ISLÁMICA DE HONDURAS FXR9+33H, SAN PEDRO SULA	islamic-invitation.com/country/76/Honduras
COMUNIDAD ISLÁMICA DE HONDURAS	(504) 9791-5602 Mezquitadehonduras@gmail.com Search on Facebook for "Islamen Honduras mezquita"

JEWISH COMMUNITY	CONTACT
SINAGOGA MAGUEN DAVID	Blvd Morazán, 2 Calle SO, 15 Avenida SO, Barrio Supaya, San Pedro Sula
SINAGOGA SHEVET AJIM	3RQF+6VC, Boulevard la Hacienda, 11101 Tegucigalpa

Neighborhood Groups
Known as "juntas de vecinos"or "asociaciones de vecinos," neighborhood groups are often responsible for improving security, water, electricity, and tackling other local issues. If you're trying to meet people, this is a good place to start. To participate or learn more, ask your neighbors or search to see if they have Facebook or WhatsApp groups.

Other Organizations
Search online for local organizations that may advocate for issues that align with your own beliefs (women's rights, animal safety, LGBTQ+ issues, etc.). For more information on connecting in your community, see the "Beginning to Heal" chapter (p.198).



LGBTQ+ COMMUNITY

Living openly as an LGBTQ+ person in Honduras is not easy due to widespread discrimination and even hostility. The "Safety" section (on p. 172) discusses some precautions you may want to take. However, there are LGBTQ+ communities in the bigger cities, and Tegucigalpa and San Pedro Sula even host pride parades.

These are some of the active organizations providing LGBTQ+ people with resources and safe spaces for community building:

ORGANIZATION	DESCRIPTION	CONTACT
COLECTIVO VIOLETA	Provides healthcare, legal aid, psychological support, and a safe place to shower and wash your clothes	(504) 2220 5045 colectivovioleta.org Barrio La Ronda, Avenida Máximo Jerez, casa #1332, Frente Finlay Park Tegucigalpa
COMUNIDAD GAY SAMPEDRANA	A safe space offering health services, an HIV clinic, and help with employment	(504) 553-4362 comunidadgaysampedrana.blogspot.com B Concepcion 2 calle entre 8 y 9 av Sureste, casa #47, San Pedro Sula
COLECTIVO UNIDAD COLOR ROSA	Focuses on advocacy work, self-care, and safety workshops for trans individuals	(504) 3254-2970 Search on Facebook for "Colectivo Unidad Color Rosa" Barrio Guamilito 6 av entre 3 y 4 calle edif local #2 cerca de la tienda de pinturas América

★ Although individuals are not allowed to change their legal name or sex on their DNI, Colectivo Violeta (listed above) can send someone to accompany you to your DNI photo appointment to make sure you appear as you want to.

Safety

› Know Your Neighborhoods
› Kidnapping and Robbery
› Women's Safety
› LGBTQ+ Safety

This chapter provides information on how to keep yourself safe in your new community.



KNOW YOUR NEIGHBORHOODS

Be cautious about what neighborhoods you enter, especially at night, and especially in Tegucigalpa and San Pedro Sula.

These websites offer updated information and advice around crime and safety in Honduras:

- Travel advisories from the US State Department: tinyurl.com/travel-advisories-hn
- travelsafe-abroad.com/honduras

If you don't know if your destination is safe, look for news online or ask friends or neighbors. Try not to walk alone, especially at night.

For important information on how to be safe when you first arrive in Honduras, see p. 144.



LGBTQ+ SAFETY

Discrimination against LGBTQ+ people is common in the workplace, the healthcare system, and the education system. Same-sex marriage is not recognized, and violence against LGBTQ+ people is rarely investigated. The highest rates of violence are in San Pedro Sula, Tegucigalpa, and Choloma. Many churches will not accept LGBTQ+ people, or if they do, they might offer "conversion therapy." For help staying safe or resolving legal issues (e.g., discrimination at work or refusal of healthcare services), you may want to reach out to the organizations listed above (on p. 260).



KIDNAPPING AND ROBBERY

Committed mostly by gangs, kidnappings occur most often in Tegucigalpa, San Pedro Sula, and Choloma. Gangs sometimes target US returnees because they believe their families have money. To decrease your chances of getting kidnapped:

- Do not share your personal information with anyone.
- Use only official registered taxis and buses.
- At the airport, don't use a stranger's phone to call your family. They could use your family's phone number to extort them.

Robberies are also prevalent in bigger cities and areas in the north. They usually happen in public spaces, like buses, markets, malls, and city streets. In addition to the advice above, these tips may increase your safety:

- Do not walk with your phone in your hand.
- Walk confidently, even if you're lost.
- Avoid packed buses and do not use your phone while you're riding.
- Try not to go alone to use an ATM, and choose ATMs in places that have security.
- Avoid flashy jewelry.
- If someone approaches your car while driving, do not speak to them.
- Use double locks on your doors at home, and install cameras if you can.

WOMEN'S SAFETY

Honduras has the highest per capita number of femicides in Latin America. There are laws in Honduras that protect women from violence, but reporting these cases can be difficult and around 90% of femicides remain unresolved.

If you are a woman and have been the victim of violence or feel threatened, these organizations may be able to help:

ORGANIZATION	CONTACT
CIUDAD MUJER	WhatsApp: (504) 9445-2030 tinyurl.com/ciudad-mujer-hn
CENTRO DE DERECHOS A MUJERES (CDM)	(504) 2221-0459 (504) 2221-0657 derechosdelamujer.org
CALIDAD DE VIDA	(504) 2221-6606 Help line: (504) 8841-2552 / (504) 8942-2610 Legal help: (504) 8941-2667 asociacioncalidaddevida.org

Political Violence and Corruption

Election-day violence, politically motivated violence, and corruption are all issues in Honduras.

Avoid election-day violence by carefully following the news on election day and in the weeks leading up to the election. On election day, avoid large groups of people and political demonstrations. If you need to travel, plan ahead and consider what routes will be safest.

Political violence can range from threats to murder, and it occurs mostly in rural areas because of land disputes or environmental conflicts. Activists are often targeted. Most cases are investigated very slowly, if at all, especially when powerful people are involved.

Corruption is a growing concern in Honduras. Reports of corruption are often ignored, and in some cases, those who speak up get punished. Additionally, contract, government jobs (like teaching positions or municipal work), and government benefits are often awarded based on party loyalty. During election season, you may be offered cash in exchange for your vote.

Getting Access and Staying Safe
Seek access to the services and programs you need with persistence, patience, and respect. If possible, get help from officials who you know and trust. Try to learn about the political system and to be aware of corruption. Learn about who is in power, locally and nationally. You may be able to connect with elected officials that can help you, but remember that when people in power do favors for you, they may expect something in return.

El Salvador

This section is for people at risk of deportation to El Salvador and those who have already been deported there. It explains what to expect when you get there, and it provides information and resources to help you stay safe, meet your basic needs, find employment, and more.

For **more general information on life after deportation**, you may want to see the Mexico chapters of this guide (beginning on p.69).

For information on **creating a family plan** and other things you can do to prepare while you're living in the US, see the "Plan for Possible Deportation" chapter (on p.23).

★ If you are currently incarcerated and facing deportation upon release, you may also want to request a copy of our prison reentry guide, *Mapping Your Future: A Guide to Successful Reentry*. You can also access it online at tinyurl.com/MYFNA. It focuses on reentry into communities in the US, but it can also be useful for people facing deportation, especially those who are serving long sentences.

IN THIS SECTION

› If You Have a Criminal Record or Tattoos
› Arriving in El Salvador
› Getting Your IDs and Documents
› Meeting Basic Needs
› Employment
› Education
› Health
› Finances and Taxes
› Culture and Connection
› Safety
› Legal Assistance



If You Have a Criminal Record or Tattoos

CRIMINAL RECORDS IN THE US OR EL SALVADOR

If you've been in jail or prison in the US or had contact with law enforcement (that is, you have an arrest record or your name appears in a gang database), you might be worried about being rearrested when you arrive in El Salvador. Unfortunately, the government is not respecting the rights of deported people with US or Salvadoran criminal records.

What you need to know:

- People with tattoos that might seem gang-related are often arrested just for having the tattoo.
- People who have a criminal record in the US or El Salvador, even if they completed their sentence and were released, are often arrested just for having a record.
- Most people who are arrested upon deportation are taken to Izalco prison.
    - Prison Address: Calle a Cantón Talcomunca, Izalco, Sonsonate
    - Tel: 2486-8300, 2486-8302, 2486-8303
- If you are arrested, the conditions are grim. They include:
    - No letters, phone calls, or visits allowed
    - Years-long pretrial detention
    - Widespread human rights abuses

★ In a recent study of 25 men deported to El Salvador, those who had **both a criminal conviction and tattoos** were at the greatest risk of arrest (10 out of 25 were arrested). Of those with neither a criminal history nor tattoos, none were arrested. Most were arrested right away, but some were arrested weeks or months after their arrival.

IF YOU HAVE TATTOOS

If your tattoos look like they may be gang related (crowns or firearms, for instance) and you are at risk of being deported to El Salvador, consider having your tattoos removed.

★ Many common tattoos that are not gang related (like clocks, sports imagery, indigenous imagery, and other things as well) may still be seen as gang related.

Jails-to-Jobs has created a directory of **free or low-cost tattoo removal program**s in the US. Find it at jailstojobs.org/resources/tattoo-removal-programs.

Removery's "Ink-nitiative" program provides free tattoo removal for qualifying applicants with tattoos on their hands, neck, or face. Learn more or apply at removery.com/services/ink-nitiative.

See the directory (on p.268) for other options in California, Maryland, New York, and Texas.

Arriving in El Salvador

Maybe you haven't been to El Salvador in a long time, or maybe you've lived there more recently. No matter what, deportation can be hard and scary. Know that you are not alone. Other people have gone through this before.

› Location of Arrival
› Reception: What to Expect
› Support Services upon Arrival
› Emergency Housing
› Staying Safe as You Travel
› Community Reintegration Services

LOCATION OF ARRIVAL

Deportation flights from the US to El Salvador will land in the Óscar Arnulfo Romero International Airport, about 31 miles (50 km) from San Salvador. Your flight may make other stops in the US on the way. The address is Carretera al Aeropuerto (Airport Highway), Km. 42, in Comalapa, La Paz.

★ Family members can call the DGME (Dirección General de Migración y Extranjería) at +503 2133-7900 to request the day and time of your arrival.

RECEPTION: WHAT TO EXPECT

When your flight arrives, officials will have a list of everyone on your flight. They will use this to confirm your identity. This usually happens near the landing strip. Next, you will be transferred from the airport to the reception center, although some individuals may be interviewed by the police before they go.

The reception center is sometimes called "Casa del Migrante" or simply "La Chacra," which is the neighborhood where it is located. The center is run by GAMI (Gerencia de Atención al Migrante, or the Migrant Assistance Management Office). GAMI coordinates with different public and private institutions to receive returning citizens.

★ If you had a bag that was taken from you by ICE, **ask for it back** at this stage of the process.

At the reception center, you will be offered **food and water**. After that, you will go through an interview process. During that process, center officials will do the following:

- Take your fingerprints
- Ask your age and gender
- Ask where you plan to return to
- Ask you questions to determine if you are part of a vulnerable group (for example, if you are living with illness or disability or are the victim of human trafficking)
- Ask if you need immediate medical attention for any health conditions
    - They may also be able to refer you to healthcare providers, including for mental health services. People with urgent health needs will be immediately referred to the Ministry of Health.

CONTACT GAMI

GAMI (Gerencia de Atención al Migrante)

- Final Bulevar Coronel Arturo Castellanos, Colonia Quiñonez, sobre 54 Avenida Sur, next to the Policía Nacional Civil (PNC)
- migracion.gob.sv/programa-bienvenido-a-casa
- atencionalmigrante@migracion.gob.sv; +503 2133-7900

"I wish that I would have had information as far as to keep phone numbers or money in my pockets, rather than bags. Just keep anything and everything that you value in your pockets."

—Maria, deported to Mexico

INTERVIEW

Next, if you are 18 or older, you will be interviewed by the National Civil Police (Policía Nacional Civil, PNC). They will:

- Check for your name in national and international criminal databases
- Ask if you have tattoos. Men are usually asked to undress or move clothing aside so the police can check for tattoos; women are usually not required to undress.
- Identify whether you are a "person of interest" in an ongoing investigation
- Take your fingerprints (again) and take a photo of you

SUPPORT SERVICES UPON ARRIVAL

After these interviews, you will be offered items to meet **basic needs**, like:

- Clothes and shoes
- Non-perishable food items
- Baby items like diapers, baby food, formula
- Personal hygiene kits
- Additional items, based on your needs

You may also find **additional resources and services** in the reception center, including bathrooms and showers, free WiFi, and access to phones.

Special Attention for Unaccompanied Minors. An official from the office of the Attorney General (Procuraduría General de República, PGR) office will be at the airport to meet any minors who are traveling alone. When the minor is interviewed (as described above), a public defender will be there to represent them.

CONAPINA (the National Council on Infancy, Childhood, and Adolescence) will also be part of this process. CONAPINA will try to verify that the minor has a family member or guardian in the country. If they do, CONAPINA will reach out to that family to explain the danger the youth may be facing. If a family member or guardian cannot be located, institutional care and support will be provided.

Special Attention for Women. The ISDEMU (Institute for Women's Development) will be at the airport to help returning women. They will:

- Meet with each woman to help connect her with the services she needs, including psychological, social, and legal services
- Help women of any **age and nationality**, including migrants in transit as well as returning Salvadorans
- Provide a document with referral information for continued services

At the reception center, there should be many government agencies ready to help. This table lists the agencies and the kind of help that they can provide:

INSTITUTION	DESCRIPTION
PGR: Procuraduria General de la Republica	Legal representation of minors
MRREE: Ministerio de Relaciones Exteriores	Information about programs
MTPS: Ministerio de Trabajo	Job placement
DAV: Direccion de Atencion a Victimas	For survivors of violence
MINSAL: Ministerio de Salud	Medical and psychological attention
ISDEMU: Instituto para el Desarrollo de la Mujer	Specialized attention for women
CONAPINA: Consejo de la Ninez	Protection of minors
RNPN: Registro Nacional	Issuance of national ID

The government agency that oversees this process is called the DGME (General Directorate of Migration and Foreign Affairs) or "Migration Control."

At the end of the reception process, they can take you to the public bus terminal. They may also pay for your bus ticket, **but you have to ask for that**. You do not have to go to the place where you were born. You can go anywhere in the country where you feel safe. You may also be able to wait for a friend or family member to pick you up.

★ We've done our best to explain what to expect upon your arrival, but your experience could be different. Services can become strained by lack of funding or when multiple flights arrive at the same time. You might not get as much help as you need.



EMERGENCY HOUSING

If you do not have a place to stay when you arrive, or you can't get to your destination right away, there are places you can stay:

- **Centro de Atención Integral para el Migrante** (Comprehensive Care Center for Migrants or **CAIM**). This is the main shelter for returnees.
  - **Location**: Final del Bulevar Venezuela, Colonia Quiñonez (La Chacra), atrás de los talleres de la PNC, San Salvador
  - **Contact**: +503 2133-7902
- The **House of the Migrant of Missionaries of San Carlos** also provides shelter.
  - **Location**: 6° Avenida Norte y Pasaje Viaud, Colonia Magaña, San Salvador.
  - **Contact**: edgarvallecillo@yahoo.es; +503 2221-9725

Some churches and nonprofits have shelters. Don't be afraid to reach out and ask. For a list of shelters and their location and contact information, see the directory (on p.205).

- Dormitorio Público Katya Miranda
  - Colonia Layco, 23 Calle Poniente y 11 Avenida Norte, Municipio de San Salvador
- Dormitorio Municipal Roque Dalton del Distrito I
  - Avenida España y 27 calle Oriente



COMMUNITY REINTEGRATION SERVICES

During the reception process, GAMI can help connect you to other support services that serve migrants, including the Salvadoran Institute for Migrants (INSAMI) **and the Associ**ation for the **Integration of Migrant Workers** (**CIMITRA**):

ORGANIZATION	DESCRIPTION	CONTACT
Salvadoran Institute for Migrants (INSAMI)	Provides care and counseling, health services, and medical support	41st North Avenue, #221, Colonia Flor Blanca, San Salvador insami.foundation insami@imigrante.org; +503 2291-8861
Association for the Integration of Migrant Workers (CIMITRA)	Helps returnees socially and economically reintegrate into their communities; helps reunite families	1a Calle Poniente y 91 Avenida Norte #4727, Colonia Escalón, San Salvador cimitra.org info@cimitra.org; +503 2242-7034



STAYING SAFE AS YOU TRAVEL

The GAMI reception center is in a neighborhood known as La Chacra. Be careful here. There may be people who target returnees for scams or theft.

Be extra cautious. Do not make eye contact or speak with people you don't know. Cover any tattoos with long sleeves and pants. Do not use someone else's cell phone to call your family (their contact information could be used to demand a ransom). Keep important items like money, documents, or phone numbers on your person rather than in a bag.

Stick together. There is safety in numbers. Talk to the returnees you traveled with. Do this while you're still in detention, at the ICE staging site, on the plane, and at GAMI. You may be able to travel together to a safe place or support one another in other ways. If you need to travel on your own, ask GAMI for help with transportation and directions if you do not know the area.

Learn more about arrival in El Salvador from the American Friends Service Committee at afsc.org/facing-deportation-or-returning-el-salvador.

"When I finally got to my hotel, I was exhausted. I had been awake for close to 48 hours. I was traumatized and in shock. I just cried for an hour."

—Alex V., deported to Honduras

The **Ministerio de Relaciones Exteriores** (**MRREE**, known as the **Cancillería**) aims to provide access to basic services, legal protections, job training, and economic opportunity for returnees. In partnership with more than 50 public, private, and international partners, the MRREE offers:

- **Ventanillas de atención a retornados** (service desks for returnees) where returnees can access MRREE services, including legal guidance, psychological support, and referrals to health, education, and employment services. There are 12 service desks across the country (For their locations, see the directory, on p.205.)
- **Economic programs** that provide job training, technical skills certification, and seed capital for new businesses. They also offer job fairs to connect returnees with employment opportunities in various industries.
- **Technical education and scholarships** for returned youth in technical degree programs in fields like software development, hospitality, and mechanics, followed by job fairs. (The MRREE helps people find and apply for these scholarships, but it does not offer its own scholarships.)

Learn more about their programs for returnees at tinyurl.com/Min-Exter. For **additional support organizations** and their contacts, see the directory (on p.205).

★ In El Salvador the term persona retornada (returned person) is used to describe both people who have decided to return and people who have been deported.

Getting Your IDs and Documents



This section describes how to get the following documents:

- Birth Certificate
- Personal Identification Document (Documento Único de Identidad, DUI)
- Passport
- Driver's License

You'll need these documents to begin your new life in El Salvador.

☐ BIRTH CERTIFICATE



You may need a copy of your birth certificate to apply for your DUI (*documento único de identidad* or personal identification document). You can request a copy of your birth certificate online or in person. It will cost $3.50 USD.

- **Online**: Request and download a printable copy of your birth certificate at simple.sv.
- **In Person**: Go to any city hall (alcaldía municipal) to request your birth certificate in person. Find locations at isdem.gob.sv/directorio-de-negocios.

☐ PERSONAL IDENTIFICATION DOCUMENT (DOCUMENTO ÚNICO DE IDENTIDAD, DUI)



Your DUI is the most important identity document in El Salvador. You will need it for many daily tasks, including banking, formal employment, and accessing public services. It is required for all people 18 or over and is valid for 8 years.

How to Apply: Schedule an appointment through DUICentro at www.dui-sv.com or by calling +503 2555-1900. You will need to create an account and select a DUI branch for your appointment.

If this will be your first DUI, it's free. Here's what you should bring to your appointment:

- A photo ID to confirm your identity (for example, your passport, a valid driver's license, *carné de minoridad*, etc.).
  - If you do not have a valid ID, go with one parent with a valid DUI or two witnesses with valid DUIs. If you need witnesses but don't know anyone who can help, ask for help from migrant-support organizations like INSAMI or CIMITRA (for contact information, see the directory on p.205).
- If possible, a birth certificate that has been issued in the last year (in case it is requested)

For renewals and replacements, bring the following to your appointment:

- Your current DUI (if you have it)
  - If you do not have your DUI, you will be asked to sign a declaración jurada (provided at the DUI center).
- **Your birth certificate**
- **Payment**
  - $10.00 USD
  - Pay this fee online or at any bank and bring the printed receipt.
- **Optional:** To add your married surname, bring your amended birth certificate, marriage certificate, or divorce certificate.

The DUI branch office should provide your DUI within one to two hours.

☐ PASSPORT

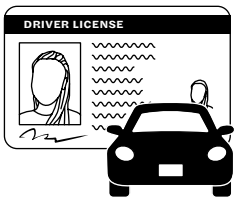


★ **Travel to Bordering Countries:** If you don't feel safe in El Salvador, you may want to travel soon after your return. You can travel to Guatemala with just your DUI, as well as to Honduras and Nicaragua. You must enter by land, and generally you will be allowed to stay for up to 90 days. For all other international travel, you will need a passport.

To apply for your first Salvadoran passport, go in person to the nearest Dirección General de Migración y Extranjería (DGME) branch. (Find it at migracion.gob.sv/horarios-sucursales). Bring your DUI, and be prepared to pay a $25 USD fee.

You can **renew your passport** in person or online at pasaporteenlinea.migracion.gob.sv.

☐ DRIVER'S LICENSE (LICENCIA DE CONDUCIR)



If you plan to drive in El Salvador, you will need a driver's license. There are different license types depending on the vehicle and whether the driver is a youth or an adult. Adult licenses are issued for **five years**.

To apply:

- Go in person to a VMT (Viceministerio de Transporte) testing center to take the **written and driving tests.**
  - Find testing locations at tinyurl.com/VMT-loc.
  - For help preparing for the test, visit manejasv.com.
  - You will receive a ticket (*boleta*) after you have passed both tests.
- Next, go in person to any **Sertracen** branch.
  - Find branch locations at tinyurl.com/Sert-loc.
  - Bring **your ticket** from the testing center, **DUI**, **birth certificate** (the original and a copy), and a **blood type certificate**.
- Complete the **psychological** and **eye** exams
- Pay a fee of $52.82 USD

First-time or renewed licenses are typically issued at the end of this process, but replacements for lost or stolen licenses are not issued immediately. You will receive a 10-day temporary permit and must return to get your official license.

Meeting Basic Needs

› Food
› Shelters and Housing
› Transportation
› Government Financial Support

Living in El Salvador costs much less than living in the US. Many everyday things, like rent, food from the market, and public transportation cost less. As you might expect, most jobs also pay less. In an urban area like San Salvador, the average cost of living—not including rent—for one person is around $750 USD per month.

This section covers the costs of meeting your basic needs and some resources that may help.

★ In 2001, El Salvador made its official currency the US dollar (USD). If you still have any colones, you can exchange them for USD at any bank at the fixed rate of 8.75 colones per $1 USD.

"Goods in El Salvador have recently gotten significantly more expensive, which surprises some Salvadorans returning from the US, especially if they have been gone several years."

—Sarah Bishop, El Salvador Specialist, Amnesty International USA



FOOD

Supermarkets, Local Markets, and AgroMercados. El Salvador has supermarket chains (including Walmart), but prices can be higher there than at local markets. Most cities and towns also have municipal markets and AgroMercados.

AgroMercados sell fresh produce and basic staples at lower prices. They are supported by the government's Ministerio de Agricultura y Ganadería (MAG). *La Prensa Gráfica* published a list of AgroMercado locations at tinyurl.com/MAG-markets, but the best way to find current prices and locations is through MAG's social media.

Soup Kitchens (*Comedores Comunitarios*). Some churches operate community soup kitchens. For a partial list of locations and contact information for Catholic soup kitchens, see our directory (on p.268) or visit CEDES (Episcopal Conference of El Salvador) at iglesia.org.sv. You can also ask about soup kitchens and other assistance programs at your district or local government office.



SHELTERS AND HOUSING

To find housing, start by contacting relatives or friends, even distant ones you haven't spoken to in a while. Ask if they can help you find a place to stay. If you're still in the US, try to do this before your removal.

Shelters
For information on the shelters operated by CAIM and The House of the Migrant of Missionaries of San Carlos, see "Emergency Housing" on p.178. For a longer list of shelters in El Salvador, see the directory on p.205.

Renting a Home
Common rental options in El Salvador include:

- **A room** in a shared house or apartment with access to common areas like the kitchen and laundry ($50–$200 USD/month). This is sometimes arranged informally, without a lease.
- **A small apartments** with one or two bedrooms ($200–$500/month). The cost depends mostly on location.
- **Houses** ($150–$900/month). In San Salvador, houses start at around $300/month, but in many interior areas, they start at $100.

Many people find rentals by word of mouth, but you can also search online at sites like Encuentra24 (tinyurl.com/SAN-rentals) or Facebook Marketplace.

Leases follow the Civil Code and the Tenancy Law. Most require you to pay a security deposit, which is often the cost of one month's rent. Ask for a formal, signed lease whenever possible—and read it before signing. In some areas, landlords may ask for criminal or police records.

Stay Safe While You Search
- Don't share bank details or any personal information in apps or online.
- Visit properties with someone you trust, and ask about the area before you go.
- Offer payment only when you know you will be given a receipt.

Buying
The **Fondo Social para la Vivienda** (Social Housing Fund or **FSV**) is a government program that helps people buy a home. It offers low-interest loans for a range of needs and budgets. Learn more about the requirements for an FSV loan and how to apply by visiting a FSV branch. Find locations at tinyurl.com/FSV-loc.

You can check out prices through the FSV portal (tinyurl.com/FSV-portal), Encuentra24, or Facebook Marketplace. You can also search for less expensive foreclosed houses at viviendarecuperada.fsv.gob.sv.

"I'm in a good environment, I have a great job. My first month was the hardest, but I got everything I needed to get out of my mind, get in a good place... You have to focus on the positives, like, hey you found an apartment!"

—Ivan, deported to Mexico



TRANSPORTATION

City buses are a good, cheap way to get around El Salvador or other cities. They connect neighborhoods and districts with busier, more central locations. Rides cost $0.20 for a city bus and $0.25 for a minibus. Visit cartorux.com for information on routes, costs, and hours of operation. Download the Moovit mobile app for real-time location information and your distance to the nearest bus.

Interdepartmental buses can be used to travel from San Salvador to other departments. Fares range from $1.00–$3.50 USD.



GOVERNMENT FINANCIAL SUPPORT

The government's **Linea de Credito Transforma** program provides loans to small businesses that want to improve how they make things (for example, by buying equipment, expanding, or using new technology). Learn more at fecamype.gob.sv/solicite-un-credito-3/linea-transforma.

Veterans of the civil war (1980–1992), and in some cases their families, may be eligible for several benefits through the government's **INABVE programs**. Learn more at www.inabve.gob.sv/beneficios/.

CONAPINA helps returnee families with children in vulnerable situations. They may give food, training, and sometimes a small business grant. CONAPINA selects which families to help during the reception process. If your family was not selected but you need their support, try requesting their help through one of the Ministerio de Relaciones Exteriores service desks (*ventanillas de atención a retornados*).

The **Ministerio de Relaciones Exteriores** may be able to offer other kinds of help as well. Learn more under their main entry in "Community Reintegration Services" (on p.178).

Employment

› Types of Employment
› Common Job Opportunities
› Training Opportunities and Finding a Job

NOTE:

- **Work Conditions**: This section lists jobs that are often available and companies that offer these jobs. **We are not endorsing these companies**. Before accepting a job, ask around about their work conditions. Be aware that even in formal jobs some employers take advantage of their workers.
- **Background Checks**: Some employers require criminal background checks. These domestic background checks apply only to criminal records in El Salvador, not in the US.
- **Remote Work**: For tips on finding remote or online work and general advice about work after deportation, please see the Employment chapter in the Mexico section of this guide (on p.91).

After getting your IDs and a place to live, your next goal may be employment. It will be difficult to earn as much as you did in the US, but the cost of living in El Salvador is also lower.



TYPES OF EMPLOYMENT

Formal employment is work that is officially registered with the government. It comes with legally required benefits, such as paid vacation and greater job protection. It also includes required contributions from both the employer and employee to a pension fund and to El Salvador's social security system (ISSS), which provides health care, sick leave pay, and maternity and disability coverage.

Formal jobs can be found in many areas, such as government, factories, businesses, farming, and health care. The table below includes ten of the largest formal employers in El Salvador and their contacts for job seekers. This information is **not intended as an endorsement** of these companies. Ask around about their work conditions before accepting an offer.

- **Almacenes Simán.** Department store retail. siman.evaluarjobs.com/el-salvador
  - +503 2298-3777; contacto@siman.com
- **Super Selectos.** Supermarket retail. tinyurl.com/SupSel-Jobs
  - +503 2267-6767; servicioalcliente@superselectos.com.sv
- **Banco Agrícola.** Banking and financial services. tinyurl.com/Agric-Jobs
  - +503 2210-0000 (24/7)
- **Walmart El Salvador.** Retail and grocery. walmartcentroamerica.com/empleo
- **La Constancia.** Beverage production and distribution. tinyurl.com/Const-Jobs
  - +503 2209-7555; +503 2222-8080
- **Pollo Campero.** Fast food restaurants. campero.com/sv/reclutamiento
  - Submit the online form and then speak with a local manager
- **Claro El Salvador.** Telecommunications. claroempleos-aup.com
  - +503 2250-5555; Connect through WhatsApp at website
- **Holcim El Salvador.** Construction materials and services. tinyurl.com/Holcim-Jobs
  - +503 2507-8888; info.elsalvador@holcim.com
- **Ferretería Vidri.** Hardware retail. vidri.com.sv/empleos/job-location-results
  - +503 2271-4033; tallerdeservicio@vidri.com.sv
- **Grupo Bimbo.** Food production and distribution bimbocentroamerica.com/bolsa-de-empleo

Informal employment refers to self-employment and other jobs without legal contracts or official protections. There usually isn't a formal application process for these jobs. These jobs usually pay in cash, but they offer little job security and no benefits. Manual labor jobs are often informal.

Starting your own business: Because El Salvador does not require some businesses to have special permits, starting your own business can be a good option. It will probably require that you have start-up capital (the money to launch a new business). You may be able to obtain start-up capital from the **Consejo Nacional de la Micro y Pequeña Empresa** (National Council for Micro and Small Businesses, or **CONAMYPE**). Find them at conamype.gob.sv/regis-

tro-mype or by calling +503 2592-9000. INSAMI, CIMITRA, or the MRREE (the Cancillería, or Ministry of Foreign Affairs) may also be able to help. Learn more under "Training Opportunities" on p.186.

"Inform yourself before you invest any money in a business. Think about the type of business you want to start and be sure there is really a need."

—Oscar S., deported to Mexico



COMMON JOB OPPORTUNITIES

Many people find work in call centers and factories, online, or in the transportation sector. Watch out for unfair labor practices, even at formal jobs, and be aware that some employers will take advantage of their workers.

Call Centers
If you are bilingual, you may be able to find a job at a call center, with salaries ranging from $600–$1,500 USD per month. To apply, check out the company website and social media. The list below includes the locations and websites for some of the larger call centers.

- **Telus International**. Antiguo Cuscatlán, San Salvador. telusinternational.com
- **Cognizant**. Colonia Escalón, San Salvador. careers.cognizant.com
- **Concentrix** (+ Webhelp). Colonia San Benito, San Salvador. concentrix.com
- **Foundever** (Sykes). Colonia San Benito, San Salvador. foundever.com
- **Atento El Salvador.** Colonia Escalón, San Salvador. atento.com
- **Teleperformance**. Santa Tecla, San Salvador. jobs.teleperformance.com

"I found a job right away working at a property management place out here for foreigners, since I speak English... I worked for two weeks and then they didn't want to pay me. I was like, wow, this is the stuff you hear people in the states going through now I'm going through it here."

—Ivan, deported to Mexico

Please note that we do not endorse any of these companies. Ask around about their work conditions before accepting any offers.

★ Interested in online work? See the "Employment" chapter in the Mexico section (on p.91).

"Sometimes we have the idea that only people from the United States, or Spain, or other countries can get ahead... I've realized that you can get ahead here. Of course, with effort, dedication, and discipline."

—Deybid, deported to Honduras



TRAINING OPPORTUNITIES AND FINDING A JOB

To find a job, it's good to start with your network of family and friends. You can also go to online portals such as *Computrabajo* or *Tecoloco*. Some employers also post jobs on social media (LinkedIn, Facebook Jobs, WhatsApp), but beware of scammers posting fake jobs.

To apply for a job in El Salvador, you will usually need to fill out an application. You may also be asked to submit a resume and cover letter. Most jobs require you to show your DUI. Diplomas and certificates may be required as well (see "Validating Your Education Documents" on p.188).

The **Ministry of Foreign Affairs** (MRREE, Ministerio de Relaciones Exteriores) may be able to help you find work. They offer employment and entrepreneurship services, technical training, seed capital, counseling, and legal assistance specifically for returnees. They have locations throughout the country, including one at the GAMI reception center in San Salvador (Boulevard Venezuela y 54 avenida sur, Colonia Quiñonez, San Salvador Centro) and many with services for women. To learn more about their services and locations, visit tinyurl.com/Min-Exter or call +503 2231-1000 or 2231-2900.

Non-governmental organizations, local organizations, and churches may also have programs to help you find a job or get training. These programs are often informal and shared by word of mouth, so be sure to ask around. Here are a few (for their contact information, see the directory on p.205):

- **US Committee for Refugees and Immigrants** (USCRI) provides technical training, job placement, and personalized technical support for up to six months.
- **CIMITRA** provides job placement services, skills certification programs, seed capital for entrepreneurship, and technical training.
- **INSAMI** provides job training, technical assistance, job referrals, and training and seed capital for entrepreneurs.
- **Servicio Social Pasionista** offers job fairs and career training.

"There are organizations that support immigrants. With their support and our effort, we can get ahead."

—Deybid, deported to Honduras

Education

This section provides information on beginning or continuing your education after your return to El Salvador.

For more general information on education after deportation or return, you may want to see the "Education" chapter in the Mexico section of this guide (on p.91). To learn about job and skills training, see "Training Opportunities and Finding a Job" in the employment section (on p.186).

› Enrolling Children in School
› Adult Basic Education and Language Classes
› Validating Education Documents
› Certification of Skills
› Higher Education



ENROLLING YOUR CHILDREN IN SCHOOL

El Salvador has both public and private schools. The public school system is free and anyone can enroll. It includes:

1. **Educación Inicial** (Early childhood care)
2. **Educación Parvularia** (Early childhood, Pre-primary): Typically for ages 4–6
3. **Educación Básica** (Basic education, grades 1–9): Typically ages 7–15
4. **Educación Media – Bachillerato** (Secondary education, high school)
    - **General Bachillerato**: Equivalent to grades 10–11
    - **or**
    - **Técnico Vocacional Bachillerato** (Technical-vocational school): Grades 10–12 (night programs may include an additional year)

Early childhood, basic, and secondary education are mandatory and free. To enroll your children into the public school system:

1. Research and select a school that best meets your needs.
2. Gather required documents, including the child's original birth certificate, vaccination records, proof of residency, and a parent's DUI. Gather translated and apostilled versions of any school transcripts or report cards. (See note below on **translations**.)
3. Visit the school you selected and request an enrollment package.
4. Complete the enrollment forms and submit them along with all required documents.

For children who were born in the US, you will need a certified and notarized copy of your child's birth certificate as well as a certified translation. Bring these and your child's translated transcripts to the Ministry of Education for approval. Learn more at tinyurl.com/SV-Min-Ed.

You can find more information about this process in the "Plan for Possible Deportation" chapter on p.23.

Translations. If a school or government agency requires you to provide a translated document, an informal translation will usually not be enough. You will probably need a **certified translation** (***traducción certificada***), which is a complete Spanish translation that has been signed by a certified translator (***traductor certificado***) in El Salvador. Requirements vary, so make sure to ask the agency what they need.



ADULT BASIC EDUCATION AND LANGUAGE CLASSES

Adult Education. If you didn't finish high school in the US and don't have a GED, you can get your high school diploma as an adult in El Salvador through the Ministry of Education (Ministerio de Educación, MINED).

MINED's **online program** lasts 20 months, 10 hours per week, and offers help from tutors. Contact the MINED Education Program Unit (***Unidad del Programa Edúcame***) if you need help applying or have questions:

- Contact: +503 2251-821; bachilleratovirtual@udb.edu.sv
- Website: mined.gob.sv/servicios/bachillerato-virtual-en-linea
- Program registration form: tinyurl.com/MINED-reg-form

You can also get your high school diploma through an **accelerated in-person program**. This program lasts one year and is offered in six educational centers in San Salvador. Contact MINED at +503 2593-2600 for more information.

Language Classes. To open up more employment options, you may want to consider language classes. The Salvadoran government has partnered with **Platzi** to offer one year of free classes to all Salvadorans. This includes their English language classes as well as courses in technology, soft skills, economics, finance, and more. For details on the program, visit diaspora.certificate.gob.sv.

★ For online language-learning resources, see the "Education" chapter in the Mexico section of this guide on p.98.

To work on your Spanish, consider CIS El Salvador (Centro de Intercambio y Solidaridad). They offer affordable online and in-person Spanish and English classes in San Salvador. You can learn more about their classes at cis-elsalvador.org and read about their work in the community, including a scholarship program, at cis-elsalvador.org/programs-1.

For contact information for these and other language programs, see the directory (on p.205).

VALIDATING YOUR EDUCATION DOCUMENTS

If you completed your high school diploma in the US and you want to enroll in university or get a job in El Salvador that requires a diploma, you will need to validate your US diploma.

To do this, first gather translated and apostilled versions of your diploma and high school transcript. (See note on **translations**). You can find more information about this process in the "Plan for Possible Deportation" chapter of this guide (on p.23).

You will present these documents (original and copies) along with your birth certificate and DUI in person at the Ministry of Education office. Someone else can also do this for you. There is no cost. Within 60 days, you will receive a certificate of validation (*Resolución de equivalencia de estudios*). You can use this certification to enroll in a university or for employment.

This can only be done at the central Ministry of Education office in San Salvador:

- **Address**: Edif. A3 primer nivel, Plan Maestro, Centro de Gobierno, Alameda Juan Pablo II y calle Guadalupe.
- **Hours of operation**: Monday through Friday, 7:30 a.m. to 3:30 p.m.
- **Contact**: mercedes.clemente@mined.gob.sv

Transferring Credits from the US: If you started but didn't finish a degree program in the US, you may be able to transfer your credits and continue your education in El Salvador. To transfer college credits, bring an apostilled and translated copy of your transcripts to the University of El Salvador, the only free public university. They will decide if and how the credits will be accepted.

CERTIFICATION OF SKILLS

If you worked as an electrician, cosmetologist, programmer, or in another trade in the US, you can become certified in El Salvador to get a job. The Association for the Integration of Migrant Workers (CIMITRA, see p.178 for contact information) certifies skills and knowledge for migrants.



HIGHER EDUCATION

Public University: The University of El Salvador is the only public, free university in El Salvador. It has four main campuses located across the country:

- **Ciudad Universitaria** (UES, Central Campus) in San Salvador
- **Facultad Multidisciplinaria de Occidente** (FMOCC, West Campus) in Santa Ana
- **Facultad Multidisciplinaria de Oriente** (FSO, East Campus) in San Miguel
- **Facultad Multidisciplinaria Paracentral** (FMP) in San Vicente

You can apply from May through October of each year. Because it is the only public university and spots are limited, you may not be admitted, or you may be admitted to a program other than the one you have chosen. To apply, do the following:

- Gather the following:
  - Your high school diploma and high school transcript (see "Validating Education Documents," above)
  - Proof of income and utilities, photos of your home, and other documents as needed
- Take the PAES or AVANZO standardized test.
  - These tests are usually taken at the end of high school. Ask the university admissions office how to take the test if you went to high school in the US.
- Register at the university admissions portal: eel.ues.edu.sv/expediente/registro.
- Take the assessment tests that are part of the admissions process.
- Make a tuition payment online ($10 USD) or at Banco Agrícola.
- In October, take the General Knowledge Test.
  - You can sign up for an optional test prep course when you register.

For more details, contact the UES admissions office:

- ues.edu.sv/admision/ingreso-ues-2026/
- ingreso.universitario@ues.edu.sv
- +503 2511-2000

Other Options: In addition to the University of El Salvador, the following non-public institutions offer affordable higher-education options.

- **La Universidad Católica de El Salvador** (**UNICAES, the Catholic University of El Salvador**) has a strong presence outside of the capital and offers affordable tuition.
- **Universidad Tecnológica de El Salvador** (**UTEC**) offers affordable tuition, flexible scheduling options, and a range of career-oriented programs designed to support working students.
- **Universidad de Oriente** (**UNIVO**) is a private, non-profit university located in San Miguel that offers higher education at a lower cost than many options in San Salvador.
- **Instituto Tecnológico Centroamericano** (**ITCA-FEPADE**) offers affordable, practical higher education with a focus on technical programs and job-ready skills in multiple regions.
- **Universidad Don Bosco** (**UDB**) offers programs in engineering, technology, and education within a structured academic environment at lower cost than many private universities.

Health Care

› Public Health Clinics
› Public Hospitals
› Health Care for Returnees (INSAMI)
› Mental Health Resources

Once you have returned, you will need to access health care. Access to health care in El Salvador is free in the public system, but there are also private options. This section covers public and low-cost mental health and healthcare options.

★ **Call 911 in emergencies**. Just like in the US, you can call for any emergency—including medical emergencies. Response times may vary depending on your location.

PUBLIC HEALTH CLINICS

The Ministerio de Salud de El Salvador (Ministry of Health, **MINSAL** or MSPAS) runs public health clinics across El Salvador. These clinics provide basic medical care, such as doctor visits, vaccinations, and treatment for common illnesses. Their services include:

- General medicine
- Obstetrics and gynecology, including prenatal and postnatal check-ups
- Pediatric care and check-ups
- Family planning
- Minor surgery
- Emergency care (in some locations)
- Injections and vaccinations
- Wound care
- Dental care

In case you need care outside of normal hours, a government program called **FOSALUD** (*Fondo Solidario para la Salud*) keeps many of these clinics open at night and on weekends and holidays, including some that stay open 24 hours. Get a directory of these clinics at tinyurl.com/FOSALUD-loc. Learn about what they can do at fosalud.gob.sv.

What to bring: If you have an ID (like a DUI or passport), bring it. If you do not have documents, you can still get care—especially in an emergency. The clinic or hospital will register you.

PUBLIC HOSPITALS

Public hospitals in El Salvador are run by **MINSAL**. They provide:

- Doctor visits (outpatient care)
- Emergency care
- Lab tests and x-rays
- Overnight stays (if you need to be admitted)
- Specialized medical services

There are public hospitals across the country, including **general hospitals** that treat a wide range of health problems. Three of the main general hospitals are:

- Hospital Nacional Zacamil in San Salvador
- Hospital Nacional Santa Gertrudis in San Vicente
- Hospital Nacional San Rafael in La Libertad

Specialized Hospitals focus on specific types of care. They provide more advanced or specialized treatment, and some patients are sent there from other hospitals or clinics. Three of the main specialized hospitals are:

- Hospital Nacional Rosales offers specialized care for adults with serious or complex health problems
- Hospital Nacional de Niños Benjamín Bloom for children
- Hospital Nacional de Maternidad for pregnancy and childbirth

These three hospitals are all located in San Salvador. For a list of all public hospitals, visit tinyurl.com/MINSAL-Hospitals.



HEALTH CARE FOR RETURNEES (INSAMI)

The Salvadoran Institute for Migrants (INSAMI) offers health care for returnees. INSAMI runs mobile medical clinics throughout the country and in rural and border areas. They offer internal medicine, pediatric care, basic mental health support, and help with medications. See the directory on p.205 for contact information or visit insami.foundation to learn more.

> "Be patient and realistic with yourself, what you can really do, what is within your control. You're going to be facing a lot of things."
>
> —Roberto, deported to Mexico



MENTAL HEALTH RESOURCES

Coping with the trauma of deportation while starting a new life can be difficult, to say the least. If you are struggling, there are mental health professionals who can help.

Suicide Prevention Crisis Hotline. Are you worried about harming yourself or others? **Call 126**, the Suicide Prevention Crisis Hotline in El Salvador. It provides free, confidential support for people experiencing a mental health crisis or suicidal thoughts. You can also call 911.

★ See the "Beginning to Heal" chapter (on p.198) for resilience-building resources, techniques, and insights from people who have experienced deportation.

When you enter El Salvador, **GAMI** (*Gerencia de Atención al Migrante*, or Migrant Assistance Management Office) will provide mental health screening. They may provide referrals, but they do not offer follow-up. Here are a few options for longer term mental health services:

The Association for Training and Research in Mental Health (**ACISAM**, Asociación de Capacitación e Investigación para la Salud Mental) provides mental health services including individual therapy, family intervention and reunification, and community care. To learn more, visit their Facebook page or find their contact information in our directory (on p.205).

Returning women can find mental health support, social support, guidance, and legal advice at the Salvadoran Institute for Women's Development (**ISDEMU**, Instituto Salvadoreño para el Desarrollo de la Mujer). You can access their services by:

- **Calling** their free 24/7 hotline by dialing 127.
- **Writing to them** on WhatsApp at +503 7854 9521.
- **Chatting** with them at 126teorienta.gob.sv.
- **Visiting** one of their six **Ciudad Mujer** centers, located throughout the country.

For more information and locations, visit tinyurl.com/ciud-muj or see the directory (on p.205).

Finances and Taxes

› Opening a bank account
› Taxes



OPENING A BANK ACCOUNT

In El Salvador, banking is simpler than in the US. Most people use either a savings account or a checking account. Savings accounts are typically used to store money and earn interest. Checking accounts are often used for everyday transactions, like making payments or writing checks. Both types of accounts can be used to receive secure payments, including salaries. Like in the US, banks will usually provide a debit card with your account, which you can use to withdraw cash and make payments.

To open a bank account, you will need to show your DUI. Banks may also ask for proof of address and proof of income (or a letter from your employer if your job is new). Some banks will require a small initial deposit of around $15–$25 USD.

When choosing a bank, compare fees, branch and ATM locations, and the services offered. If you plan to get a credit card or loan, be sure to review rates and terms.



TAXES

There are two main types of taxes: value added tax (*impuesto al valor agregado*, IVA) and income tax (*impuesto sobre la renta*, ISR). **IVA** is like the US sales tax.

Income tax (**ISR**): Salaried employees, self-employed workers, and business owners must report their annual income and pay whatever income tax they owe. People who earn less than $6,600 USD per year do not owe any income tax. If you earn more, you will owe between 10 and 30 percent of your income, depending on how much you get paid. People usually fill out their tax forms between January and April, and any tax owed must be paid by April 30. This can be done online using the Ministry of Finance's DGII system, usually through Form F11. Find it here: portaldgii.mh.gob.sv/ssc/home.

Connecting with your Community

› Voting
› Community Organizations and Religious Groups
› Cultural Conventions
› LGBTQ+ Community

This section provides information to help you engage with civic life in your community.



VOTING

Returning citizens have the right to vote. There are three types of elections. Presidential elections are held every five years; the next one will be held in 2029. Legislative and municipal elections are held every three years and take place at the same time. The next legislative and municipal elections will be in 2027.

To vote, you will need to go to your assigned voting location with a valid DUI, and you must be registered on the electoral roll. Citizens are automatically placed on the electoral roll by the Supreme Electoral Tribunal (Tribunal Supremo Electoral, or TSE), so you do not need to separately register to be included. But it is important to check that your information is correct before election day.

To check your registration information and voting location, you can use the TSE online system when it is available. You can find it through the official TSE website (tse.gob.sv) and sometimes through a direct link (e.g., consulta.tse.gob.sv). When the online system is not available, you can call an election information line or visit a TSE office. During election seasons, you can also get registration information and voting location from temporary voter information kiosks. If your information is missing or wrong, contact the TSE as soon as possible.

★ Be safe on election days. Listen to the news and avoid large crowds. (Learn more in the "Safety" section on p.194.)



COMMUNITY ORGANIZATIONS AND RELIGIOUS GROUPS

To adjust to life after deportation, consider connecting with others who have recently returned to El Salvador. The **Alliance for Salvadoran Returnees** (*Alianza de Salvadoreños Retornados*, ALSARE) is a group of returnees who have come together to offer each other support. You can find them online at facebook.com/somosalsare.

You may also want to reach out to your local **Community Development Association** (*Asociaciones de Desarrollo Comunal*, **ADESCOS**). Every community in El Salvador has an ADESCO, which organizes the community's main activities. They usually have information on services in your community. There is no central listing for all ADESCOS, so ask around in your neighborhood to learn more about yours.

Religious Groups. Joining a religious community can be a great way to connect with others. El Salvador has freedom of religion. Christianity is the majority religion (43% are Catholic and 34% are Evangelical Christian). Catholic and evangelical churches often organize activities and host prayer and youth groups. Visit your local church to learn more.

It may be difficult to connect with other religious communities, especially in rural areas, but here are a few options:

- **Mezquita Dar-Ibrahim** (**Casa de Abraham**) is the largest and most consistent Muslim congregation in El Salvador. They offer Friday Jumu'ah, daily prayers. **Address**: 1909 Alameda Franklin Delano Roosevelt, San Salvador. (islam.org.sv, +503 2535-4801)
- **Centro Islámico Árabe Salvadoreño, Mezquita de la Luz** (**An-Nur**) is a Sunni community serving an Arab-Salvadoran and local Muslim population. **Address**: Avenida España No. 317, San Salvador (+503 2531-8949, +503 2221-3440)
- **Comunidad Israelita de El Salvador** (**CIES**) is El Salvador's most established Jewish community. It operates the main synagogue and offers a community center, library, and regular Shabbat and holiday services. **Address**: Bulevar del Hipódromo 626, Colonia San Benito, San Salvador. (+503 2263-8074, dtor.cies@gmail.com)
- **Sinagoga Beit Israel** is an Orthodox synagogue with regular prayer services. **Address**: 9ª Calle Poniente Bis #5266, Colonia Escalón, San Salvador (sibi-sv.org, +503 7732-6794, info@sibi-sv.org)
- **Sede Nacional Bahá'í de El Salvador** offers a Bahá'í Faith community center and hosts study circles and community-building activities. **Address**: Avenida Las Camelias #7, Colonia San Francisco, San Salvador (www.bahaielsalvador.org, +503 2224-3622, secretaria@bahaielsalvador.org)
- To find online **Buddhist** communities, see our chapter on **mindfulness** (at tinyurl.com/ANP-Mindful).

> "I was told 'no, don't trust anybody, they're going to rob you, they're going to extort you' but I was like, no that's a lie. I made a friend here now and I feel like I've known him my whole life. He was really welcoming."
>
> —Ivan, deported to Mexico



CULTURAL CONVENTIONS

Many of the cultural differences you will experience in El Salvador are similar to those throughout Mexico and Latin America. This section includes a few differences that are specific to El Salvador. For more general information, you may want to read the "Culture and Connection" section in the Mexico section of this guide (on p.114).

Language and Slang
Salvadorans use distinctive slang that may feel unfamiliar at first, even if you're fluent in Spanish. Words like ***cipote*** (kid), ***chivo*** (cool), ***pisto*** (money), and ***bolo*** (drunk) are commonly used. Salvadorans also use ***vos*** instead of ***tú*** in informal situations among peers—this is normal and not disrespectful.

National Identity and the Civil War
El Salvador's civil war (1980–92) still shapes daily life in ways that may not be obvious to newcomers. Many families were directly affected, and people may be cautious about discussing politics, the war, or migration experiences with strangers. Trust is often built slowly, and people may share personal or political views only after time and familiarity.

Migration and American Ties
Migration to the US has shaped everyday life in El Salvador. Many families have close relatives there, receive remittances, or move back and forth over time. If people know you have returned from the US, they may assume you have US connections, speak English, or have access to dollars—which can influence prices, expectations, and social interactions.



LGBTQ+ COMMUNITY

In **San Salvador**, Pride marches and public LGBTQ+ events are held each year (usually in June) and have become more visible over time. The city has a small but established network of LGBTQ+-friendly spaces, mostly in Zona Rosa, San Benito, and parts of the historic center. These include bars and nightclubs like Scape, Living SV, and El Hoyo as well as one-off parties or drag events promoted through social media and word of mouth.

Beyond nightlife, several community organizations and service providers offer safe spaces, health services, legal support, and advocacy—particularly for trans women and LGBTQ+ people facing discrimination or violence (see the directory on p.205). Outside the capital, public LGBTQ+ spaces are far more limited, and visibility and safety generally decrease in smaller cities and rural areas, so many people choose to keep a lower profile or seek out trusted community groups.

Safety

› Gang-Related Safety Issues
› Know Your Neighborhoods
› Robbery
› Women's Safety
› LGBTQ+ Safety
› Political Violence and Corruption

This chapter provides information on how to keep yourself safe in your new community.



GANG-RELATED SAFETY ISSUES

While aggressive anti-gang measures have improved safety in El Salvador (see "State of Exception," below), it is still important to exercise caution. Additionally, tattoos can be mistaken for gang affiliations and lead to arrest. If you have visible tattoos, you may want to cover them up, especially in rural and less secure areas.



KNOW YOUR NEIGHBORHOODS

Be cautious about what neighborhoods you enter, especially at night, and especially in San Salvador (outside of Centro Histórico) and cities north and east of the capital, such as Ciudad Delgado and Ilopango.

If you don't know if your destination is safe, look for news online or ask friends or neighbors. Try not to walk alone, especially at night. Avoid roads at night if possible.

The US State Department posts El Salvador travel advisories with updated crime and safety information at tinyurl.com/US-StateDept-SV. Travel Safe Abroad offers safety information for visitors and tourists at travelsafe-abroad.com/el-salvador.



LGBTQ+ SAFETY

Sadly, discrimination and violence against LGBTQ+ people is common in El Salvador. While no laws prohibit same-sex sexual activity, same-sex marriage is not recognized, and same-sex couples do not have the same legal benefits as heterosexual married couples.

★ For trans and gender-diverse people returning to El Salvador, **COMCAVIS TRANS** provides emergency shelter, legal accompaniment, psychosocial support, sexual-health services, and reintegration assistance, prioritizing people in immediate danger. **Contact**: 12 Calle Poniente #2413, Col. Flor Blanca, San Salvador (+503 2564-5029 / 2508-6880; comcavis@gmail.com)

For a list of organizations that provide medical and legal help, support, and advocacy, check the directory (p.205).

ROBBERY

Be aware of your surroundings on public transportation and in scenic spots near roadways. Pickpocketing is common in crowded areas, and day-time burglaries may occur in the residential areas of San Salvador. Border areas near Guatemala and Honduras are considered hotspots for petty crime, including robbery.

These tips may help you to stay safe:

- Be cautious when in isolated, scenic locations, even in tourist areas.
- When possible, use recommended transport or ride-shares instead of public buses or privately owned taxi cabs.
- Walk confidently, even if you're lost.
- If possible, avoid traveling at night.
- Do not walk with your phone in your hand, and avoid wearing flashy jewelry.
- Be wary of multiple motorcycles approaching you. This is a common robbery technique used to quickly attack and escape.
- **Do not physically resist** any robbery attempt.

Call 911. 911 works in El Salvador just like it does in the US.

WOMEN'S SAFETY

El Salvador has laws protecting women from violence, but femicide (*feminicidio*, the killing of women or girls) is still a serious problem. The Salvadoran Institute for Women's Development (**ISDEMU**. Instituto Salvadoreño para el Desarrollo de la Mujer) is a government organization that works to support women and end gender-based violence.

If you are a woman and you feel threatened or have been the victim of violence, you can call 911 for immediate help, and you can access ISDEMU's support services by:

- **Dialing 126** to reach their 24/7 hotline
- **Visiting 126teorienta.gob.sv** to chat online
- **Going in person** to one of their Ciudad Mujer centers (find locations at tinyurl.com/ciud-muj)
- **Messaging them on WhatsApp** at +503 7854-9521.

You can also contact **ORMUSA** (Organización de Mujeres Salvadoreñas por la Paz), a non-government organization that supports women who are experiencing violence. They can help you understand your rights, find legal help, get counseling, and connect with safe services. Learn more online or call them at +503 2556-0032.

POLITICAL VIOLENCE AND CORRUPTION

Politically-motivated arrests and detentions as well as corruption are issues in El Salvador.

A **State of Exception** began in 2022 and is still in place. This has suspended due process rights to crack down on gang activity. People with no apparent gang connections have been arrested because of their tattoos, appearance, and false reports. Activists and journalists are often targeted and held in pretrial detention for days, months, or more.

Corruption is a growing concern. The government is often secretive, and the Access to Public Information Law is unevenly enforced.

Getting Access and Staying Safe: Seek access to the services and programs you need with persistence, patience, and respect. If possible, get help from officials who you know and trust. Try to learn about the political system and to be aware of corruption. Learn about who is in power, locally and nationally. You may be able to connect with elected officials who can help you, but remember that when people in power do favors for you, they may expect something in return.

Legal Support

The legal system in El Salvador can be frustrating or confusing to understand on your own. If you need legal representation or advice after your return, the **MRREE** (known as the Cancillería) or **INSAMI** may be able to help. You can learn about both in the "Community Reintegration Services" section (on p.178).

ORMUSA is a non-government organization that supports women and offers legal support for cases involving violence against women. You can learn more about ORMUSA in the "Women's Safety" section above. **COMCAVIS TRANS** provides legal options for the LGBTQ+ community. Learn more in the "LGBTQ+ Safety" section on the previous page.

You can find brief descriptions and contact information for these and other government and non-profit legal resources in the directory (on p.205).

★ Were your rights violated during detention or deportation? The migrants' rights organization **Justice in Motion** helps migrants after they have left the US. Learn more at justiceinmotion.org/defender-network.

Venezuela



This section is for people at risk of deportation to Venezuela and those who have already been deported there. Because the situation in Venezuela has been changing rapidly, we have chosen to share resources for this country through a separate, **regularly updated online guide** rather than in print. This allows us to keep the information as current and accurate as possible.

You can access the ***A New Path: Deportation to Venezuela*** resource guide at **illinoisimmigrationinfo.org/know-your-rights** and **reentryillinois.net/deportation-to-venezuela.pdf**. This online guide is designed to help people navigate life after returning to Venezuela. It covers:

- What to expect when you first arrive
- How to meet your basic needs once you are there
- Guidance on emotional and social adjustment including how to cope with the challenges of returning and rebuilding your life

For more general information on life after deportation, you may want to see the Mexico chapters of this guide (on p.69). For information on creating a family plan and other things you can do to prepare while you're still in the US, see the "Plan for Possible Deportation" chapter (on p.23).

"We're taking it day by day. At the beginning the emotional shock was a lot, but after a while, you start to figure it out."

—Anonymous, deported to Venezuela

IF YOU FEAR RETURNING

You may be able to request protection such as asylum, withholding of removal, or protection under the Convention Against Torture (CAT). **Speak with an immigration lawyer as soon as possible**. If you are detained, you may have to continue fighting your case from inside a detention center, and you may feel pressured to make quick decisions.

If you have a pending asylum case, TPS, parole, or any other form of protection, tell ICE officers, detention staff, and immigration judges clearly and repeatedly that you are **afraid to return and that you want to speak with a lawyer before signing anything**.

Some Venezuelans have also been offered deportation to a third country such as Mexico instead. This can have serious consequences for your immigration case, so **do not agree to anything without first consulting a lawyer**. For more information, see Detention and Deportation: Opposing Your Removal (on p.47)and the "Third-Country Deportations" section (on p.45)of this guide.

RESOURCES FOR VENEZUELANS

- **Venezuelans and Immigrants Aid** (VIA NYC, vianyc.org): A community-based organization that provides clear information and guidance for Venezuelan migrants, including information about asylum, deportation, and migrant rights. VIA's Spanish-language YouTube channel (@vianycorg) offers practical videos explaining immigration processes in clear terms.
- **National TPS Alliance** (nationaltpsalliance.org/about-us): A national network focused on people with Temporary Protected Status (TPS). They provide:
  - updates on TPS policies and court decisions
  - information about changes that may affect immigration status
  - advocacy and community-based information
- **Venezuelan American Caucus** (venezuelanamericancaucus.com): This Venezuelan-led organization shares important US migration policy updates, including:
  - updates on protections and policy changes
  - general information for Venezuelan migrants
  - connections to broader advocacy efforts



PART 3

HEALING AND MOVING FORWARD

Beginning to Heal

IN THIS SECTION

› Mindfulness
› Kind Thoughts
› Difficult Emotions
› Wellness
› Supportive Relationships

Being arrested, detained, and deported can cause trauma. This chapter explores ways you can heal from this trauma, move forward, and become more resilient. Throughout the chapter, you'll find thoughts and quotes on healing and moving forward from people who—like you—have lived through the experience.

RESILIENCE

Resilience means that when something bad happens (like deportation), you can bounce back from it. It's how you cope with stress instead of getting stuck with bad feelings, and it's what lets you get back up when you've been knocked down. Resilience is *not* something that only certain people have. It's something you can learn. Like building a muscle, it takes time and work, but it can be done.

Having resilience does not make hard things easy. But when you are resilient, you have taught yourself to deal with hard things. Resilience means you have behaviors, thoughts, and actions that help you deal with stress. It means you can use your hardships to help you grow.

There are lots of ways to build resilience, including practicing mindfulness, embracing helpful thoughts, working through difficult emotions, fostering wellness, and building healthy relationships. This chapter looks at how to work in these areas to strengthen your resilience and begin to heal from the trauma of deportation.

★ If you feel stuck or this work seems impossible, you may want to consider help from a mental health professional. Knowing when to seek help is an important part of resilience. For online resources, see "Resources for Support" (below). Local health clinics, community centers, and churches or other places of worship may be able to offer good in-person resources.

Mindfulness

Mindfulness is an excellent way to begin to heal from the trauma of deportation.

Practicing mindfulness is about paying attention to the present. It is about noticing your thoughts, emotions, and how your body feels. It's about not judging yourself or giving yourself a hard time. When you are aware of your five senses and your mind, you are being mindful.

Mindfulness is not about fixing what is wrong with you. Instead, it is about accepting what is going on inside you. It's about being gentle and kind to yourself. It helps us stay connected to the moment and learn to breathe through stressful situations. We can then respond in healthy, caring ways.

Mindfulness has many benefits. It can also help you focus, process your emotions, decrease anxiety and depression, and get better at handling traumatic experiences. Studies have shown it can lower your blood pressure and strengthen immunity. It can even change how your brain works. It can help you not get stuck in bad thoughts. It can help you be happier.

"Have you felt alone, out of place? You are not alone. I experience that regularly. No one seems to understand what I am experiencing. I rely on mindfulness to assist me in channeling my focus. I do so by simply concentrating on the breath. This simple act is what grounds me and allows me to function normally."

—Anonymous

GETTING STARTED

Meditation and deep breathing exercises are common ways to practice mindfulness. You can meditate alone or with others. There is no right or wrong way to meditate, and no formal training is needed. If you can breathe, you can meditate.

If you're just beginning to learn to meditate, try it for just 5 or 10 minutes at a time. It's normal to feel restless, bored, and sleepy during meditation. Your mind may wander. That's totally okay. Meditation takes practice.

Do your best to be curious. No matter what happens, try not to judge yourself. And when you do judge yourself, just notice it, let it go, and return to your meditation.

RESOURCES

- For more information on meditation and mindfulness, you can read our online mindfulness chapter at tinyurl.com/ANP-Mindful.
- Guided meditations or meditation scripts can help people who are practicing meditation on their own. Find scripts at mindfulnessexercises.com/free-guided-meditation-scripts .
- If you would like to learn about meditation from people of color, check out this resource guide, provided by the Education Justice Project: tinyurl.com/BIPOC-mindful.

MEDITATION GROUPS

Meditation groups are great ways to meet people and get support if you're new to meditation practice.

- **Tergar.org** is an international meditation community with local meditation groups (sanghas) all over the world, including ones in Mexico City and Puebla, Mexico. It has programs for beginners, online classes, meditation practice materials, and more. There is also a website in Spanish (espanol.tergar.org).
- **Plum Village** is another international meditation community with sanghas all over the world and online. Visit plumline.org to find a group near you. The Plum Village app (plumvillage.app) is free and provides guided meditations, talks, videos, and links where you can register for meditation retreats.
- Mindfulness meditation comes from the Buddhist **Vipassana** tradition. Those interested in Vipassana retreats and practice may want to visit dhamma.org's directory. This website can be translated into Spanish by clicking the globe icon.

"If you dwell on the negative, it's going to take over your mind, your emotions, or whatever. I'm not going to say it's not hard, it is. You have to focus on the positives, even if it's something little like, hey, you got an apartment."

—Ivan

Kind Thoughts

Focusing on kind and helpful thoughts may sound challenging, especially if you feel angry or even hopeless over what you went through during your removal. But positive thoughts can help you move forward and find a sense of purpose. They can help you cope with the trauma caused by deportation. Below, we offer some ideas that can make this easier.

Accept change. Change is a part of life. Sometimes you can control change. Sometimes you can't. If you can accept the things you cannot control, you will be more able to focus on changing what you can.

Focus on what gives you hope. What helps you feel positive? What do you want and how can you make that happen? Hold those thoughts close and let them guide you. Of course no one feels positive all the time. Let yourself feel upset or disappointed when you need to. Then return to focusing on the things that give you hope.

Learn from your past. Look back at what has helped you in the past during hard times. Remind yourself of how you found strength before. What have you learned about yourself from your past? You may already have the skills and the strength that you need.

Invest in what you do. If you've already found work, you may not love your job. While you can't control that, you are in complete control of how you do your job. What are your strengths? Bring those to your work. Try new things. Be curious. Find ways to do a little extra. Realize the value of the work you do, and honor that.

Be proactive. When you feel stuck or frustrated with something, ask yourself, "What can I do about this?" Set goals for yourself. Break your goals down into smaller steps. Work toward your goals by taking little—or big—steps each day. Every step you take will help you keep moving forward.

Learn new things. Be open to new ideas. Pick up a few books or take a class to learn something new. Challenge yourself. Expand your knowledge and thinking.

"Sometimes we have the idea, or we are given the idea, that only people from the United States, or Spain, or other countries can get ahead. I've realized that you can get ahead here. Of course, with effort, dedication, and discipline."

—Deybid

Difficult Emotions

You may feel grief, fear, anger, guilt, or depression because of what you have endured. These feelings are natural. Be aware of your good or bad feelings. Accepting these feelings is the first step of working through them.

Learn to recognize how your body responds to different emotions. People feel their emotions in their mind and body. Fear can tighten your chest or make you feel sick to your stomach. Anger may make you feel hot, or even start sweating.

While it's normal to feel negative emotions, what you do with these emotions matters. Some feelings can help you change and grow. Others can stop you from growing. When you feel these things, don't push them aside. Try not to blame yourself for feeling something bad. In the long run, that will hurt you and your relationships.

Explore healthy ways to express and manage those emotions. Consider getting help from a therapist or counselor. Find a support group for people who have been deported or for people dealing with anger or grief. Local health clinics, community centers, and churches or other places of worship can offer good resources. There are online support groups as well.

"We tend to have difficulty finding our footing. We have a purpose, but now it is no longer as clear cut as it once was. Moreover, rather than dealing with the trauma, we tend to ignore it or downplay it as if it is completely normal what we just went through. Before anything, we must deal with our trauma. It is not going away magically. We can do it by asking for help, venting, or riding a bicycle for hours, as I love to do. But we have to address it."

—Roberto

RESOURCES FOR SUPPORT

- The International Organization for Migration offers country-specific information for returnees to many countries that may include therapy or psychosocial support. Use this search to find out if they have helpful information for you: "[Your Country] + IOM Missions + Assisted Voluntary Return + contact."
- Search at findahelpline.com to find emergency hotlines and chatlines in over 100 countries. You can search for resources that address your specific needs.
- Search at na.org/meetingsearch/find-na or aa.org/find-aa/world for online support groups and local in-person groups that help with drug or alcohol addiction.
- Find online peer-led support groups that focus on specific issues at heypeers.com/online-support-groups. (This is **not** a clinical resource.)

"Above all, the disappointment of knowing that you went through so much suffering, went through so much to get [to the US], and then they catch you and deport you, it's not easy.... I want people to know that there are organizations, there are groups that support migrants."

—Deybid

Wellness

Taking care of your body will help you become more resilient. Your body needs good food, sleep, water, and exercise. These things can help it fight stress, and that can help you deal with difficult emotions. Consider finding a gym, jogging, walking, biking, practicing yoga, or even using online exercise videos. Practice safe sex by using condoms or other protection.

Avoid negative outlets for stress. Stress can make you want to fight, use dangerous drugs and alcohol, or do other harmful things. These actions may make you feel better in the moment, but they are like Band-Aids on a large wound. And they may open new wounds as well. They will not help you heal. Instead, if you can, consider spending some time outdoors. Nature can be healing. Go for a walk in a local park or forest, do some gardening, or just step outside and take a few deep breaths of fresh air.

"Working out and staying into sports was a way for me to stay healthy and motivated. It gave me physical health but also mental stability. It helped me cope with the anxiety of starting all over again. Going to the gym and working out is much more than just doing exercise. Being fit gives you confidence and builds self-esteem. Being able to endure difficult things like lifting your max or running to the limit of your capacity builds courage and helps prepare you mentally for those difficult experiences you'll have in life, to keep pushing forward."

—Israel P.

Supportive Relationships

With patience and care, you can maintain the important relationships in your life-–even from a distance. You can also begin to build new ones. These relationships can be a source of support after you are deported. They can remind you that you are not alone and help you to heal from the trauma of deportation.

"Now, I mean it's good, I'm in a good environment, I have a great job. The only thing now is just missing my family ... You know, [the ones who are] there when you're going through a hardship...for me, it's my wife, my kids, my parents. That's really who followed me through all this."

—Ivan

STAYING CLOSE, EVEN IF YOU'RE FAR AWAY

Some families choose to stay together and join their loved one in their country of origin. For others, deportation means separation from loved ones. For a lot of people, this separation is the hardest part of deportation. If you have been separated from your family, try to focus on staying as close as possible during this difficult time. It's hard to be separated from your loved ones, but you can still be present. Talk, listen, and support each other when and how you can. Stay in touch through texts, phone calls, letters, and messaging apps.

REBUILDING OLD RELATIONSHIPS

Are you seeking to rebuild old relationships in your country of origin? You might not have seen your family or friends there for many years. You might feel scared, worried, or excited about reuniting with them. It may be very hard to ask for help from family or loved ones if you've been away for a while. Still, learning to ask for help is part of becoming more resilient.

You can start by telling them what you need and what you are hoping for. This could include emotional support, financial support, or both. Perhaps you need a place to stay and are hoping to live with them for a while. Listen to their needs and concerns as well. Reuniting will be easier if you can talk ahead of time about what you each need and expect.

If you were away for a long time, you may need to relearn who your loved ones are, and they may need to know you again, too. Think about the ways you have changed. You and your loved ones have both grown. Know that this growth is good. Be open to the people in front of you and who they are today.

Lee, whose partner was deported, says that "healthy adult relationships aren't about putting your needs in the back seat." She explains:

You want to be considerate and not wear out your welcome. The effect of that is that maybe you're not expressing the things that you need. It's OK to say, "Hey, I need you to do this thing for me." Learn to communicate what you need.

"You are going to need people in your life who are aware of your circumstances and who are willing to offer emotional support. I believe this is something a family can provide and thus the imperative to foster and nourish healthy relationships with your family."

—Roberto

"Get up to date on the apps that let you stay in touch with your loved ones in the US, such as WhatsApp, Facetime, Snapchat and Messenger. Through these apps you can message, send pictures or have phone calls or video chats and see their faces."

—Erick

"Ditch that machismo and ask for help. It's not a bad thing."

—Pablo

FORMING NEW RELATIONSHIPS

If you've been deported, you may feel painfully lonely.

Be proactive about seeking help, getting involved in your community, and making new friends. This will help you be more resilient and heal from the trauma of deportation. Here are a few ideas:

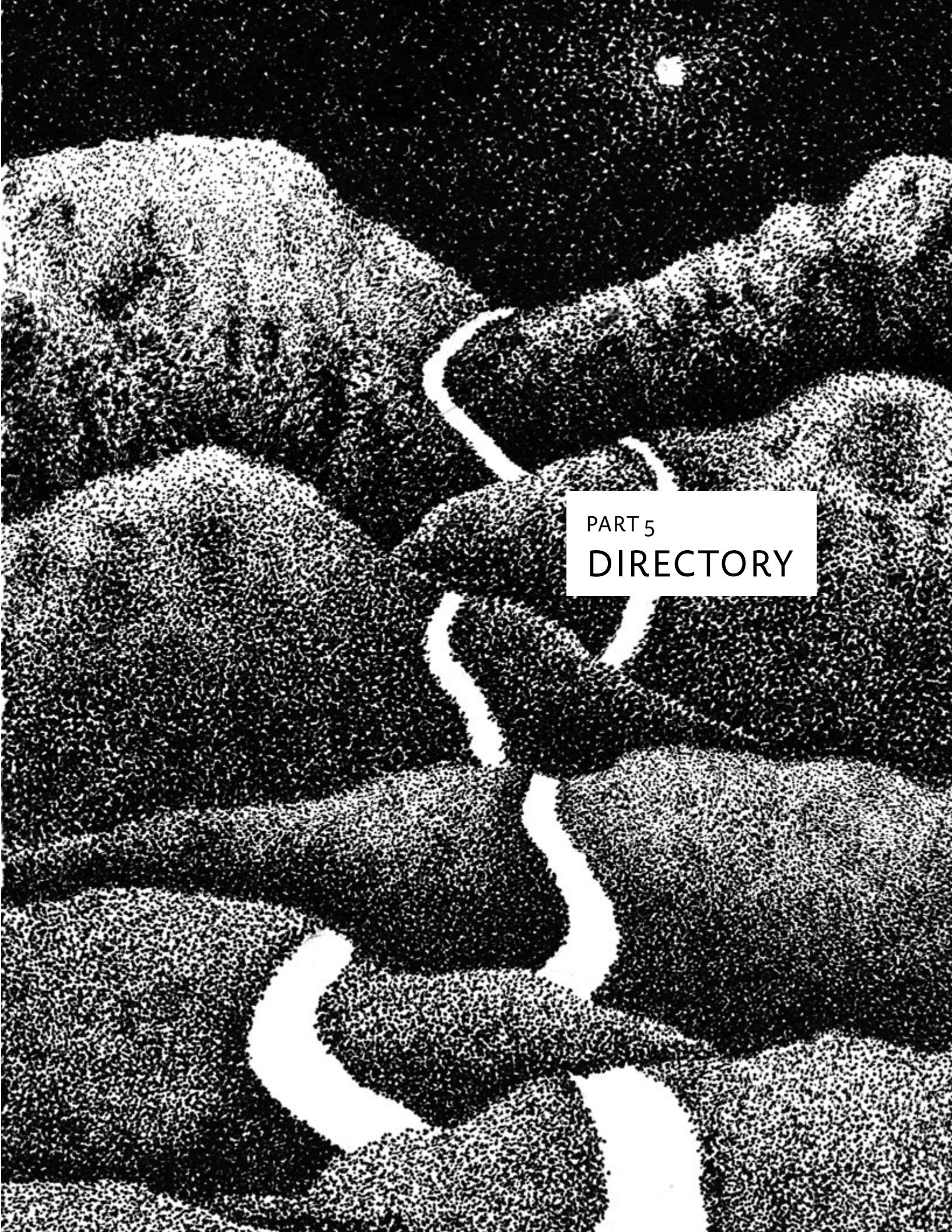
- **Seek out organizations that support migrants**. In addition to helping you meet your basic needs, they can provide emotional support and help you find community. Find local organizations whose values align with your own or search in the directory on p.205.
- **Volunteer**. Your skills are useful. Your help can make a difference through a local school or community group.
- **Join a shared interest group**. Join a sports team, book club, or hobby group or start your own! Your local community center or public library is a good place to find or post notices.
- **Join a community association**. Neighborhood groups organize events, like block parties, potluck meals, and musical events. Search online and on social media for your local organizations. Or just introduce yourself to your neighbors and organize something yourself.
- **Join a religious organization**. Join a church, mosque, synagogue, or other faith community. They can help you find not only meaning and purpose, but fellowship. It may take a while for you to find the place that feels right for you. Don't be discouraged. It's okay to go slow.

"A young woman who was also an immigrant at one time... she let me know that there was an organization that helped migrants... I went to their workshops [and] they gave us psychosocial training and supported us. Psychosocial support is especially important because mentally, you come back ... totally destroyed, like your dreams are over, your plans are over, they're all gone ... You don't have much clarity about what to do, what to grab onto, so the support they give you is very, very, very important. [It] restores the spirit that you have lost."

—Deybid

"I was told no, don't trust anybody, they're going to rob you, they're going to extort you, but I was like, no that's a lie. I made a friend here now and I feel like I've known him my whole life. He was really welcoming. He kind of guided me in other aspects of coming here, like where to go to find a job."

—Ivan



PART 5

DIRECTORY

Directory

- US Based Resources
- Mexico Resources
- Guatemala Resources
- Honduras Resources
- El Salvador Resources

US Resource Directory

- National Resources

UNITED STATES NATIONAL RESOURCES: Immigrant advocacy orgs, legal aid that works with immigrants, national or regional, or state or local, (primarily from Mexico, Honduras, Guatemala, El Salvador)				
Name	**Address**	**Contact**	**Website**	**Description**
ACLU (American Civil Liberties Union)	125 Broad St New York, NY 10004	(212) 549-2500	aclu.org/issues/immigrants-rights?redirect=immigrants-rights	Protects the rights of immigrants in our communities
Al Otro Lado	511 E San Ysidro Blvd, #333 San Ysidro, CA 92173	(323) 238-9935 info@alotrolado.org	alotrolado.org	Holistic legal and humanitarian support to refugees, deportees, andother migrants in the US and Tijuana
American Bar Assocation Commission on Immigration	1050 Connecticut Ave, NW #400 Washington, DC 20036	(202) 662-1000 immcenter@americanbar.org	americanbar.org/groups/public_interest/immigration	Education and policy, pro bono legal services for asylum seekers in South Texas and San Diego, training for those working with children in immigration
American Friends Service Committee: Crossing South	1501 Cherry St Philadelphia, PA 19102	(215) 241-7000	afsc.org/xs	Provides the guide Crossing South, resources for people returning to México, Honduras, El Salvador, and Guatemala
American Immigration Lawyers Association	1331 G St NW #300, Washington DC 20005	(202) 507-7600 executive@aila.org	aila.org/	National association of attorneys and law professors who practice and teach immigration law. Members provide legal services

Name	Address	Contact	Website	Description
ASISTA	PO Box 12 Suffield, CT 06078	(860) 758-0733 questions@asistahelp.org	asistahelp.org	Provides training for those providing legal services to immigrant survivors of crime, advocacy work, and skill training for immigrant survivors
Ayuda		(202) 387-4848	ayuda.com	Legal, social, language, specialized services for all immigrants
Black Diaspora Libery Initiative Inc			bdlinitiative.org	Support and resources for Black LGBTQ+ immigrants
CAIR (Capital Area Immigrants' Rights Coalition)	453 New Jersey Ave SE Washington, DC 20003	(202) 488-8787 info@cair.com	cair.com	Civil rights and legal aid for islamic people in America
Casa Cardo		casacardo tucson@gmail.com	casacardo.org	Shelter for women and children seeking asylum for up to two years
Catholic Charities	2050 Ballenger Ave, #400 Alexandria, VA 22314	(703) 549-1390 info@catholicharitiesusa.org	catholiccharitiesusa.org/our-vision-and-ministry/immigration-refugee-services	Citizenship education, community outreach and education, immigration and legal services
Center for Human Rights and Constitutional Law	1505 E 17th St, #117 Santa Ana, CA 92705	admin@centerforhumanrights.org	centerforhumanrights.org	Legal advice and online trainings on human and constitutional rights
Center for Constitutional Rights	666 Broadway New York, NY 10012	(212) 614-6464 ccrjustice.org		Constitutional protections, legal support, and advocacy

Name	Address	Contact	Website	Description
Chicago Kent College of Law Immigration Clinic	565 W Adams St, #600 Chicago, IL 60661	(312) 906-5000 lawoffices@kentlaw.iit.edu	kentlaw.iit.edu/law/clients-seeking-legal-services/c-k-law-group-practice-areas	Help completing forms, filings with USCIS, representation at asylum interviews, representation before immigration court and board of immigrant appeals
CLINIC (Catholic Legal Immigration Network)		(301) 565-4800 national@cliniclegal.org	cliniclegal.org	Legal services directory, religious immigration services, and advocates for the rights of immigrants
Colectiva Legal Del Pueblo	13838 1st Ave S, Burien, WA 98168	(206) 931-1514 info@colectivalegal.org	colectivalegal.org	Free and low-cost legal services for deportations and immigration
Education Justice Project/ Reentry Resource Program	1001 S Wright St Champaign, IL 61820	(217) 300-5150 info@educationjustice.net	educationjustice.net	National deportation resource guide, scholarships post-displacement, can connect individuals with other resources
Envision Freedom	81 Court St Brooklyn, NY 11201	info@envisionfreedom.org	envisionfreedom.org	Financial assistance for paying bond to be released from detention, housing, employment support
Freedom for Immigrants	440 N Barranca Ave, #6382 Covina, CA 91723	(510) 822-2722 hotline@freedomforimmigrants.org	freedomforimmigrants.org	Advocates for the rights of immigrants, runs a national detention and abuse reporting hotline
General Directory of Resources for Immigrants		directory@immigrationadvocates.org	immigrationadvocates.org	Search for immigration legal services providers by state, county or detention facility

Name	Address	Contact	Website	Description
Global Refuge	700 Light St Baltimore, MD 21230	(410) 983-4000	globalrefuge.org	Refugee resettlement and family reunification services
Heartland Refugee and Immigrant Community Services (RICS)	4822 N Broadway Ave Chicago, IL 60640	(773) 273-7601	heartlandhumancare services.org/program/rics	Education, connection to community, and employment opportunities for immigrants, refugees, or survivors of trafficking
HIAS (Hebrew Immigrant Aid Society)	1300 Spring St #500, Silver Spring, MD 20910	(301) 844-7300 info@hias.org	hias.org	Refugee resettlement, legal services for immigrants, advocacy
Immi			immi.org	Referrals to immigrant friendly legal aid organizations nationwide
Immigrant Defense Project		(212) 725-6422 info@ immdefense.org	immigrantdefe nseproject.org	Updates on immigration policies, know your rights trainings, advocacy, helpline
Immigrant Hope		(612) 516-5422 info@ immigranthope. org	immigranthope.org	Low-cost legal immigration services, centers in multiple states
Immigrant Legal Resource Center			ilrc.org	Education and leadership development for immigrant communities, advocacy
Immigration Advocates Network			immigrationadvocates. org	Access to immigration legal resources and information

Name	Address	Contact	Website	Description
Immigration Justice Campaign		campaignwebsite@immcouncil.org	immigrationjustice.us	Legal services and advocacy
Informed Immigrant			informedimmigrant.com	Legal help, know your rights, DACA, TPS, deportation and detention, mental health, healthcare, COVID, Driver's License, government benefits, employment, support for undocumented students
Innovation Law Lab	PO Box 40204 Portland, OR 97240	(503) 922-3042	innovationlawlab.org	Rapid interventions to provide representation for immigrants in crisis, services to people in detention centers
Interfaith Immigration Coalition			interfaithimmigration.org	Toolkits for refugee welcome, DACA, rapid response
Latino Justice			latinojustice.org	Legal advice workshops, advocacy
Latinx Therapists Action Network			ltan.org	Counseling and mental health support for Latinx migrants
The Mami Chelo Foundation	70 W 36th St, #12A New York, NY 10018	(646) 517-3375 info@mamichelo.org	mamichelo.org	Support for people in detention centers, commissary funds, bail assistance, legal assistance, help filing, advocacy, financial aid post-detention center release, housing, food

Name	Address	Contact	Website	Description
National Immigrant Justice Center	111 W Jackson Blvd, #800 Chicago, IL 60604	(312) 660-1370	immigrantjustice.org	General immigration services, asylum, detained immigrants, human trafficking, LGBTQ immigrant, immigration court help desk, services for unaccompanied immigrant children
National Immigration Law Center	3450 Wilshire Blvd, #108 – 62 Los Angeles, CA 90010	(213) 639-3900 info@nilc.org	nilc.org	Advocates for immigrants with low income
National Immigration Project of the National Lawyers Guild	1763 Columbia Rd NW, #175 Washington, DC 20009	(617) 227-9727	nipnlg.org	Criminal and deportation defense, advocacy for victims of crimes, legal support and advocacy
National Immigration Project			nationalimmigrationproject.org	Advocacy and education for immigrants
National Network for Immigrant and Refugee Rights		(510) 465-1984 nnirr@nnirr.org	nnirr.org	Advocates for immigrants and refugees
PAIR	98 N Washington St, #106 Boston, MA 02114	(617) 742-9296	pairproject.org	Immigration services for detained immigrants and asylum seekers
Pro Bono Net	228 Park Ave S, PMB 90360, New York, NY 10003		probono.net	Connections to legal services and legal information
Project ANAR			projectanar.org	Direct legal services, education, and advocacy for Afghans across the US

Name	Address	Contact	Website	Description
RefugeeOne	6008 N California Ave Chicago, IL 60659	(773) 989-5647 info@refugeeone.org	refugeeone.org	Help completing forms, filings with USCIS
UnidosUS	1126 16th St NW, #600 Washington, DC 20036	(202) 785-1670 info@unidosus.org	unidosus.org	Latino civil rights and advocacy organization. Hosts an affiliate network of 300 community-based organizations in US
United Stateless			unitedstateless.org	Connection to housing, social, and legal services for immigrants

★ For a state-by-state US-based resource directory, see our web-site: reentryillinois.net

Mexico Resource Directory

- Mexican Consulates in the US
- National Mexico Resources
- Mexico City Resources
- Matamoros, Tamaulipas Resources
- Reynosa, Tamaulipas Resources
- Ciudad Juarez, Chihuahua Resources
- Tijuana, Baja California Resources
- Nogales, Sonora Resources
- Hermosillo, Sonora Resources
- Cancun, Quintana Roo Resources
- San Miguel de Allende, Guanajuato Resources
- Leon, Guanajuato Resources
- Cabo San Lucas, Baja California Sur Resources
- Puebla Resources
- Guadalajara, Jalisco Resources
- Monterrey, Nuevo Leon Resources

Mexican Consular Offices in the US: You can visit or contact a Mexican consulate to help you obtain an ID, ensure your rights are protected in prison or detention, help you find contact information for your family members, and help connect you with healthcare and education resources, and more. If you are incarcerated or detained you have a right to speak with your consulate if you so choose. Immigration and police must let your consulate visit or speak with you.

Disclaimer: If you have an asylum claim in the US or you have left the country because the government was unable to protect you, targeted or persecuted you, do not contact them for help.

State/City	Address	Contact	Website
Arizona/ Douglas	1324 G Ave Douglas, AZ 85607	(520) 364-3107 condouglas@sre.gob.mx	consulmex.sre.gob.mx/douglas/index.php

State/City	Address	Contact	Website
Arizona/Nogales	135 W Cardwell St Nogales, AZ 85621	(520) 287-2521 informacionnog@sre.gob.mx	consulmex.sre.gob.mx/nogales/
Arizona/Phoenix	320 E McDowell Rd Phoenix, AZ 85004	(602) 242-7398 conphoenix@sre.gob.mx	consulmex.sre.gob.mx/phoenix
Arizona/Tucson	3915 E Broadway Blvd Tucson, AZ 85711	(520) 882-5595 contucmx@sre.gob.mx	consulmex.sre.gob.mx/tucson
Arizona/Yuma	298 S Main St Yuma, AZ 85364	(928) 343-0066 conyuma@sre.gob.mx	consulmex.sre.gob.mx/yuma
Arkansas/Little Rock	3500 S University Ave Little Rock, AR 72204	(501) 372-6933 conlrock@sre.gob.mx	consulmex.sre.gob.mx/littlerock/
California/ Calexico	408 Heber Ave Caléxico, CA, 92231	(760) 357-3863 infocalexico@sre.gob.mx	consulmex.sre.gob.mx/calexico/
California/ Fresno	7435 N Ingram Ave Fresno, CA 93711	(559) 233-3065 confresno@sre.gob.mx	consulmex.sre.gob.mx/fresno/index.php/es
California/ Los Angeles	2401 W 6th St Los Angeles, CA 90057	(213) 351-6800 lapublico@sre.gob.mx	consulmex.sre.gob.mx/losangeles/index.php/es
California/ Oxnard	3151 W 5th St, #100 Oxnard, CA 93030	(805) 984-8738 consuloxn@sre.gob.mx	consulmex.sre.gob.mx/oxnard
California/ Sacramento	2093 Arena Blvd Sacramento, CA 95834	(916) 329-3500 sacramento@sre.gob.mx	consulmex.sre.gob.mx/sacramento/index.php/inicio
California/ San Bernardino	293 N D St San Bernardino, CA 92401	(909) 910-7993 consbernardino@sre.gob.mx	consulmex.sre.gob.mx/sanbernardino
California/ San Diego	1549 India St San Diego, CA 92101	(619) 231-8414 proteccion@consulmexsd.org	consulmex.sre.gob.mx/sandiego
California/ San Francisco	532 Folsom St San Francisco, CA 94105	(415) 354-1700 consfrancisco@sre.gob.mx	consulmex.sre.gob.mx/sanfrancisco
California/San José	302 Enzo Dr, #200 San José, CA 95138	(408) 856-2840 consjose@sre.gob.mx	consulmex.sre.gob.mx/sanjose
California/Santa Ana	2100 E 4th St Santa Ana, CA 92705	(714) 385-3069 consana@sre.gob.mx	consulmex.sre.gob.mx/santaana

State/City	Address	Contact	Website
Florida/ Miami	1399 SW 1st Ave Miami, FL 33130	(786) 268-4900 conmiami@sre.gob.mx	consulmex.sre.gob.mx/miami/
Florida/Orlando	2550 Technology Dr Orlando, FL 32804	(407) 422-0514 conorlando@sre.gob.mx	consulmex.sre.gob.mx/orlando/
Georgia/Atlanta	1700 Chantilly Dr NE Atlanta, GA 30324	(404) 266-2233 conatlanta@sre.gob.mx	consulmex.sre.gob.mx/atlanta
Idaho/Boise	701 Morrison Knudsen Dr, #102 Boise, ID 83712	(208) 343-6228 infoboise@sre.gob.mx	consulmex.sre.gob.mx/boise
Illinois/Chicago	204 S Ashland Ave Chicago, IL 60607	(312) 738-2383 conchicago@sre.gob.mx	consulmex.sre.gob.mx/chicago/
Indiana/ Indianapolis	331 S East St Indianapolis, IN 46204	(317) 761-7600 indianapolis@sre.gob.mx	consulmex.sre.gob.mx/indianapolis/
Louisiana/New Orleans	901 Convention Center Blvd, #119 New Orleans, LA 70130	(504) 528-3722 connorleans@sre.gob.mx	consulmex.sre.gob.mx/nuevaorleans
Massachusetts/ Boston	55 Franklin St Boston, MA 02110	(617) 426-4181 cmxboston@sre.gob.mx	consulmex.sre.gob.mx/boston/index.php
Michigan/Detroit	1403 E 12 Mile Rd, E Madison Heights, MI 48071	(248) 336-0320 detroit@sre.gob.mx	consulmex.sre.gob.mx/detroit/
Minnesota/Saint Paul	797 E 7th St Saint Paul, MN 55106	(651) 771-5494 contacto@consulmexstpaul.com	consulmex.sre.gob.mx/saintpaul/
Missouri/Kansas City	1617 Baltimore Ave Kansas City, MO 64108	(816) 556-0800 conkansas@sre.gob.mx	consulmex.sre.gob.mx/kansascity/
Nebraska/ Omaha	7444 Farnam St Omaha, NE 68114	(402) 595-1844 conomaha@sre.gob.mx	consulmex.sre.gob.mx/omaha
Nevada/Las Vegas	823 S 6th St Las Vegas, NV 89101	(702) 477-2700 conlvegas@sre.gob.mx	consulmex.sre.gob.mx/lasvegas/
New Mexico/ Albuquerque	1610 4th St NW Albuquerque, NM 87102	(505) 247-2147 consulmex@consulmexalb.net	consulmex.sre.gob.mx/albuquerque
New York/New York	27 E 39th St New York, NY 10016	(212) 217-6400 titularny@sre.gob.mx	consulmex.sre.gob.mx/nuevayork/index.php
North Carolina/ Raleigh	431 Raleigh View Rd Raleigh, NC 27610	(919) 615-3653 conraleigh@sre.gob.mx	consulmex.sre.gob.mx/raleigh/

State/City	Address	Contact	Website
Oregon/Portland	1305 SW 12th Ave Portland, OR 97201	(503) 274-1442 portland@sre.gob.mx	consulmex.sre.gob.mx/portland
Pennsylvania/ Philadelphia	111 S Independence Mall E, #310 Philadelphia, PA 19106	(215) 922-4262 confiladelfia@sre.gob.mx	consulmex.sre.gob.mx/filadelfia/
Puerto Rico/San Juan	654 Ave Luis Muñoz Rivera, #1110 San Juan, PR 00918	(787) 764-8923 cgmexico-sanjuan@sre.gob.mx	consulmex.sre.gob.mx/sanjuan/index.php/inicio
Texas/Austin	5202 E Ben White Blvd, #150 Austin, TX 78741	(512) 478-2866 mexicoenaustin@sre.gob.mx	consulmex.sre.gob.mx/austin/
Texas/ Brownsville	301 México Blvd, #F-2 Brownsville, TX 78520	(956) 544-4267 conbrownsville@sre.gob.mx	consulmex.sre.gob.mx/brownsville/
Texas/Dallas	1210 River Bend Dallas, TX 75247	(214) 932-8670 infodallas@sre.gob.mx	consulmex.sre.gob.mx/dallas/
Texas/Del Rio	2207 N Bedell Ave Del Río, TX 78840	(830) 775-2352 condrio@sre.gob.mx	consulmex.sre.gob.mx/delrio
Texas/Eagle Pass	2252 E Garrison St Eagle Pass, TX 78852	(830) 773-9255 eaglepass@sre.gob.mx	consulmex.sre.gob.mx/eaglepass/
Texas/El Paso	910 E San Antonio Ave El Paso, TX 79901	(915) 533-4280 conepaso@sre.gob.mx	consulmex.sre.gob.mx/elpaso/
Texas/Houston	10555 Richmond Ave Houston, TX 77042	(713) 271-6800 conhouston@sre.gob.mx	consulmex.sre.gob.mx/houston/
Texas/Laredo	1612 Farragut St Laredo, TX 78040	(956) 723-0990 conlaredo@sre.gob.mx	consulmex.sre.gob.mx/laredo/
Texas/McAllen	600 S Broadway St McAllen, TX 78501	(956) 686-0243 conmallen@sre.gob.mx	consulmex.sre.gob.mx/mcallen/
Texas/Presidio	319 W 21 De Marzo St Presidio, TX 79845	(432) 229-2788 conpresidio@sre.gob.mx	consulmex.sre.gob.mx/presidio
Texas/San Antonio	127 Navarro St San Antonio, TX 78205	(210) 227-9145 consantonio@sre.gob.mx	consulmex.sre.gob.mx/sanantonio/
Utah/Salt Lake City	660 S 200 E, #300 Salt Lake City, UT 84102	(801) 521-8502 conslake@sre.gob.mx	consulmex.sre.gob.mx/saltlakecity/

State/City	Address	Contact	Website
Washington/ Seattle	807 E Roy St Seattle, WA 98102	(206) 448-3526 conseattle@sre.gob.mx	consulmex.sre.gob.mx/seattle/index.php/es/

National Mexico Resources

Hotlines			
Name	**Contact**	**Website**	**Description**
National Helpline (Fundación Origin)	(55) 5520-4427 contacto@origenac.org	origenac.or	Free mental health and legal assistance over the phone
National Life Hotline (Línea de la Vida)	(800) 911-2000	gob.mx/lineadelavida	Free mental health assistance over the phone
SAPTEL	(55) 5259-8121 saptel.crlyc@gmail.com	saptel.org.mx	Free mental health assistance over the phone
Suicide Hotline (International Bipolar Foundation)	(52) 5510-2550	ibpf.org/resource/suicide-hotline-mexico	Hotline for people with suicidal thoughts, available 24 hours a day

Government Institutes			
Name	**Contact**	**Website**	**Description**
Civil Registry		miregistrocivil.gob.mx	Birth, marriage, death certificates
National Electoral Institute (INE)	(800) 433-2000 transparencia@ine.mx	ine.mx/servicios-ine	National ID card, voter registration
National Institute for Integral Family Development (DIF)	(55) 3003 -2200 atencion_ciudadana@dif.gob.mx	gob.mx/difnacional	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities

Name	Contact	Website	Description
Institute for Mexicans Abroad (IME)	(55) 3686-5100 consultasime@sre.gob.mx	ime.gob.mx	Support for Mexicans in other countries
Institute of Health for Well-being (INSABI/IMSS-BIENESTAR)	(800) 298-1150 (55) 5320-0179 siemprecontigo@imssbienestar.gob.mx	imssbienestar.gob.mx	Medical care and free medications, list of hospitals
Mexican Institute of Social Security (IMSS)	(800) 623-2323	imss.gob.mx	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	(55) 4000-1000 (55) 5140-9617 atencionciudadana@issste.gob.mx	gob.mx/issste	Health care, pensions, loans, housing, and social security services for federal government employees, retirees, and their families
Secretary of Labor and Social Welfare (STPS)	(55) 2000-5300	gob.mx/stps	Job training and placement, worker protection against abuses, free legal advice
Tax Administration Service (SAT)	(55) 6272-2728	sat.gob.mx/home	Federal tax collection, new business registration
Secretary of Public Education (SEP)	(55) 3601-7599 enlace.educativo@nube.sep.gob.mx	gob.mx/sep	Education, teacher employment, document certification, school enrollment, guidance for foreign students with studies completed abroad
Secretary of Exterior Relations (SRE)	(55) 3686-5100 atencionciudadana@sre.gob.mx	citas.sre.gob.mx	Passports, consular services

National Government Programs		
Name	**Website**	**Description**
Program for the Wellbeing of Girls and Boys, Children of Working Mothers	programasparaelbienestar.gob.mx/programa-de-ninas-y-ninos-hijos-de-madres-trabajadoras/	Bimonthly financial support to children, adolescents, and young people in vulnerable situations due to the temporary or permanent absence of one or both parents. Provides support for children of working mothers and support for children and youth orphaned by maternal loss.

Name	Website	Description
Program for Individuals with Disabilities	programasparaelbienestar.gob.mx/pension-bienestar-personas-con-discapacidad/	Bimonthly payments of 3,200 MXN to individuals under 65 years old with permanent disabilities in 24 Mexican states. In the other 8 states, the benefit is for people under 30 years old, and beyond that age, only Indigenous or Afro-Mexican people and people in highly marginalized communities are eligible. If the applicant cannot register in person, they may appoint a representative, who must present their own ID, CURP, proof of address, and proof of their relationship to the applicant.
Senior Support Program	programasparaelbienestar.gob.mx/pension-bienestar-adultos-mayores/	Bimonthly payments of 6,200 MXN to individuals aged 65 and older. Applicants may choose to have a representative complete the registration process for them, as long as the representative provides valid ID, CURP, proof of address, and proof of their relationship to the applicant.
Women's Wellbeing Program	programasparaelbienestar.gob.mx/pension-mujeres-bienestar/	Bimonthly payments of 3,000 MXN to women who are from 60 to 64 years old. The program is designed to support women's economic independence
National Wellbeing Scholarships	gob.mx/becasbenitojuarez	Scholarships available to all students enrolled in public institutions, including preschool, upper secondary, and higher education.

National Non-Profits			
Name	**Contact**	**Website**	**Description**
Brújula Intersexual	brujulaintersexual@gmail.com	brujulaintersexual.org	Activism and community for intersex individuals
Centro de Apoyo a las Identidades Trans, AC	(55) 2753-8095 centro.apoyo.identidades.trans@gmail.com	cait.org.mx	Human rights defenses for the transgender community
Comunidad en Retorno	info@comunidadenretorno.com	facebook.com/p/Comunidad-en-retorno-100071424504267/	Human rights and reintegration support
Consejo Nacional Para Prevenir la Discriminación (CONAPRED)	(55) 5262-1490 (800) 543 0033	conapred.org.mx	Monitors discrimination

Name	Contact	Website	Description
Covenant House (Casa Alianza) Mexico	(55) 5029-1450 comunicacion@casa-alianzamexico.org	casa-alianzamexico.org	Opportunities and support for vulnerable children
Deportados Unidos en la Lucha	(52) 32213-18854 deportadosunidosmexico@gmail.com	facebook.com/profile.php?id=100087364622418	Community support, solidarity networks such as Mapa Solidaridad: a digital resource platform for migrants and their families
Federación Mexicana de Empresarios LGBT+	(55) 6721-2138 contacto@fmelgbt.mx	fmelgbt.mx	Finance and employment assistance for members of the LGBTQ+ community
Human Rights Campaign: Equidad MX	(800) 777-4723	hrc.org/resources/hrc-equidad-mx-programa-global-de-equidad-laboral	Advocacy, education, and employment for members of the LGBTQ+ community
Mexican Red Cross	(55) 2581-2110	icrc.org/en/where-we-work/mexico	24-hour ambulance services, resources for migrants, family services, human rights resources
México Vivo	(55) 5615-7383 (800) 369-8486 fundacion@mexicovivo.org	mexicovivo.org	Support and education surrounding sexuality
National Commission on Human Rights	(55) 5681-8125	cndh.org.mx	File human right violations online, human rights resources
Racismo Mx	ayuda@racismo.mx	racismo.mx	Advocacy and human rights protections against racism
Rainbow Road	info@rainbowrailroad.org	rainbowrailroad.org	Safety assistance for LGBTQ+ individuals at the U.S.-Mexico border
Yaaj México	(55) 7031-3895 yaajmexico@gmail.com	yaajmexico.org	Human rights protections, community, and education for members of the LGBTQ+ community

Mexico City Resources

Mexico City Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of CDMX	Calle Plaza de la Constitución 1, Col Centro (Área 1), Alcaldía Cuauhtémoc, 06000	(55) 5345-8000 atencionciudadanajg@cdmx.gob.mx	cdmx.gob.mx	Job fairs, vaccine information, property tax payment
Secretary of Public Education (SEP)	República de Argentina 28, Centro Histórico, 06020	(55) 3601-7599 (800) 288-6688	gob.mx/sep	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Popocatepetl Ave 236, General Pedro María Anaya Colony, Benito Juárez Municipality, 03340	(55) 5604-0127 atencion_ciudadana@dif.gob.mx	gob.mx/difnacional	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI)	Various Locations	(55) 5090-3600 (800) 767-8527	gob.mx/insabi	List of public hospitals and clinics
Secretary of Labor and Social Welfare (STPS)	Blvd Adolfo López Mateos 1968, Los Alpes, Álvaro Obregón, 01010	(55) 5003-1000 (55) 2000 5300	gob.mx/stps	Job training and placement, worker protection
Mexican Institute of Social Security (IMSS)	Prol Lerdo 311, Tlatelolco, Cuauhtémoc, 06900		imss.gob.mx	Public hospital for workers at private companies
Secretary of Labor and Employment Promotion	San Antonio Abad 32, Tránsito, Cuauhtémoc, 06820	(55) 5709-3233 (55) 2000 5300	trabajo.cdmx.gob.mx	Job training and placement, worker protection, employment legislation

Name	Address	Contact	Website	Description
Secretary of Public Health (SEDESA)	Ave Insurgentes N, Conjunto Urbano #423, Col Nonoalco Tlatelolco, Alcaldía Cuauhtémoc, 06900	(55) 5132-1250	salud.cdmx.gob.mx	Health services, attention to gender violence
Secretary of Welfare and Social Equity	Calle Plaza de la Constitución 1 Colonia Centro, Alcaldía Cuauhtémoc, 06060	(55) 5345-8000	sebien.cdmx.gob.mx	Programs and policies for social development
Hospital Juárez de México	Ave Instituto Politécnico Nacional 5160, Magdalena de las Salinas, Delegación Gustavo A Madero, 07760	(55) 5747-7560	gob.mx/salud/hjm	Public hospital
Hospital General Gregorio Salas Flores	Calle del Carmen 42, Centro, Cuauhtémoc, 06020	(55) 5702- 0372		Public hospital
Comedor Comunitario CDMX	Calle Fernando de Alva Ixtlilxóchitl #185, Piso 3, Col Tránsito, Alcaldía Cuauhtémoc, 06820	(55) 8957-3466		Soup kitchen

Mexico City Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Ayuda en Accion	Av. Vicente Suárez 94, Colonia Condesa, Cuauhtémoc, 06140	(55) 6845-0607	ayudaenaccion.org.mx	A general services organization that explicitly offers LGBTQ+ focused aid
Asi Legal	Pitágoras 920, Col Del Valle, Benito Juárez, 03100	(55) 5687-8759 comunicando@asilegal.org.mx	asilegal.org.mx	Legal services and education on human rights

Name	Address	Contact	Website	Description
Centro Cultural de la Diversidad	Colima #267, Roma N, Cuauhtémoc, 06700	(55) 5514-2565	diversidad.mx	Community arts center for members of the LGBTQ+ community
Casa de las Muñecas		(55) 4317-4343 munecas.tiresias@gmail.com	munecastiresias.org	Human rights protections and community for members of the trans community
Casa Frida Refugio LGBT+	Carolina 80, Ciudad de los Deportes, Benito Juárez 03710, Ciudad de México,	(55) 8926-0663 casafrida@refugiolgbt.org	refugiolgbt.org	Mental health care, legal services, and advocacy for members of the LGBTQ+ community
Comunidad en Retorno	Ave Taxqueña 1530, #308, Col Campestre Churubusco, 04200	(551) 492-7872 info@comunidadenretorno.com	facebook.com/p/Comunidad-en-retorno-1000 7142 4504267/	Human rights and reintegration support
Condesa Clinic	Benjamin Hill 24, Condesa, Cuauhtémoc Cd, 06140	(55) 5515-8311 programavih sidadf@gmail.com	condesa.cdmx.gob.mx	Specialized healthcare for people living with HIV
Council to Prevent and Eliminate Discrimination in CDMX	Calle Gral Prim 10, Colonia Centro, Centro, Cuauhtémoc, 06000	(55) 5341-3010 quejas.copred@cdmx.gob.mx.	copred.cdmx.gob.mx	Resource on discrimination and how to file a complaint
Directory of LGBTTTI Organizations			angloinfo.com/how-to/mexico/mexico-city/family/lgbt/lgbttti-organizations	Online directory of all LGBTQ+ based organizations and resources
Fundacion ProEmpleo	Herschel 131, Col Anzures, 11590	(55) 5545-0844 informes@proempleo.org.mx	proempleo.org.mx	Business and entrepeneur assistance and resources
IDL Buró Legal	Av de Las Fuentes 624, Jardines del Pedregal, 01900	(55) 4444-3923 info@idl.com.mx	idl.com.mx/en/home	Legal services for members of the LGBTQ+ community

Name	Address	Contact	Website	Description
Letra Ese	Colonia Portales Norte, Benito Juárez Mayor's Office, 03303	(55) 5532-2751 letraese@gmail.com	letraese.org.mx	Healthcare and legal assistance for people living with HIV
Paco IAP	General Lucio Blanco #32, Venustiano Carranza, 15460	(55) 5789-2212 contacto@pacoiap.org	casapaco.org	Food, education, healthcare, housing, clothing
Manos Amigues LGBTQ+ Soup Kitchen	Calle Pedro Moreno 113 Colonia Guerrero 06300	(646) 535-7108 (55) 2915-1201 manosamigues@gmail.com	americasunite.org	Run primarily by LGBTQ+-identified people, this soup kitchen is open to everyone
Tergar Meditation Community		cdmx@tergar.com	espanol.tergar.org/comunidades-y-grupos-de-practica/ciudad-de-mexico/	Meditation community

Matamoros, Tamaulipas Resources

Matamoros Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Matamoros	Calle Sexta s/n, Centro, 87300	(868) 810-8000 contacto@matamoros.gob.mx	matamoros.gob.mx	Job fairs, vaccine information, property tax payment
Tamaulipas State Government	15 y 16 Juárez-Palacio de Gobierno, 3er Piso Cd Victoria, 87000	(834) 318-8000	tamaulipas.gob.mx	Driver's license
Secretary of Public Education (SEP)	Calz Gral Luis Caballero S/N, Fracc Las Flores, Cd Victoria, 87078	(834) 318-6600	tamaulipas.gob.mx/educacion	Education, verification of US educational documents, English teacher positions

Name	Address	Contact	Website	Description
National Institute for Integral Family Development (DIF)	Calle 4a y Camilo Manzo S/N Col Lucero, 87350	(868) 810-9550 (868) 810-9551 (868) 810-9552	difmatamoros.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMSS-BIENESTAR)	Ave Francisco, Madero Np 414, Zona Centro, Cd Victoria, 87000	(834) 318-6300 (834) 318.6305	tamaulipas.gob.mx/salud/infraestructura-en-salud/hospitales-generales	List of public hospitals and clinics
Hospital General Altamira	Carretera Tampico-Mante Km 27, 89603	(833) 260-8000 manuel.courech@tamaulipas.gob.mx		Public hospital
Hospital General Mante	Calle Sabino 300 Ote Col, Altavista, 89980	(831) 233-8160 (831) 233816 (831) 2338900		Public hospital
IMSS General Hospital of Zone 13	Sexta Ocampo 800, Zona Centro, 87300	(868) 812-2391	imss.gob.mx/directorio/?dom_estado=Tamaulipas&direccongeo=Matamoros	Public hospital for workers at private companies
Secretary of Labor and Social Welfare (STPS)	Centro de Oficinas Gubernamentales, Piso 17, Parque Bicentenario Libramiento Naciones Unidas con Prolongación Blvd. Praxedis Balboa S/N C.P. 87083	(834) 107-8694	tamaulipas.gob.mx/trabajo	Job training and placement, worker protection
Tamaulipeca Women's Institute	C Olivia Ramírez 621, Sierra Gorda, 87060	(834) 110-1621	tamaulipas.gob.mx/mujeres	Education, social work, legal assistance, and training for women, support for women experiencing violence
Tamaulipas Institute for Migrants	14 Morelos # 408, Iris Building, 87000	(834) 119-3033	tamaulipas.gob.mx/migrantes	Food, shelter, and more for returnees

Matamoros Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Amigos por ti AC	Profs Romero #73 entre privada 14 y calle 14 Col Industrial, 87350	(868) 816-2269 (868) 175-5110 nancy@amigosportiac.com.mx	amigosportiac.com.mx	Food support
Fundacion FINSA	Séptima Nº 1802 entre Hidalgo e Iturbide Matamoros, Tamps	(868) 812-1255 jparga@finsa.net	fundacionfinsa.net	Scholarships for low-income individuals

Reynosa, Tamaulipas Resources

Reynosa Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Reynosa	Morelos 645, Entre Hidalgo y Juárez, 88500	(899) 932-3200 direcciondesistemas@reynosa.gob.mx	reynosa.gob.mx	Job fairs, vaccine information, property tax payment
Tamaulipas State Government	15 y 16 Juárez, Palacio de Gobierno, 3er Piso, Cd Victoria, 87000	(834) 4318-8000	tamaulipas.gob.mx	Driver's license
Secretary of Public Education (SEP)	Calz Gral Luis Caballero S/N, Fracc Las Flores, 87078	(834) 318-6600 (834) 318-6601	tamaulipas.gob.mx/educacion	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Blvd Miguel Hidalgo 1900, José María Morelos, 88650	(899) 923-0547 (899) 923-0432 mas@reynosa.gob.mx	difreynosa.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMMS-BIENESTAR)	Various Locations	(800) 298-1150	imssbienestar.gob.mx	List of public hospitals and clinics
Mexican Institute of Social Security (IMSS)	Various Locations		imss.gob.mx/directorio/?dom_estado=Tamaulipas&direccongeo=Reynosa	Public hospital for workers at private companies

Name	Address	Contact	Website	Description
Secretary of Labor and Social Welfare (STPS)	Centro de Oficinas Gubernamentales, Piso 17, Parque Bicentenario Libramiento Naciones Unidas con Prolongación Blvd. Praxedis Balboa S/N C.P. 87083, Ciudad Victoria, Tamaulipas	(834) 107 8694 secretaria.deltrabajo@tamaulipas.gob.mx	tamaulipas.gob.mx/trabajo	Job training and placement, worker protection

Reynosa Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Casa del Migrante	Maria J Gonzalex 501, Tamaulipas, 88540	(899) 922-4268 maria.ramostv@uanl.edu.mx	casadelmigrante-reynosa.org	Migrant shelter
Canah	Madero Ote. 1025 Col Centro 88500	(899) 261-1067 grupocanah@live.com	canah.webnode.mx	Mental health care, child services, and education
IRCA	Mina 1017 esq Zaragoza, Col Longoria, Cd Reynosa, Tams	(899) 925-7273	irca.org.mx	Community arts center and free trainings

Ciudad Juarez, Chihuahua Resources

Ciudad Juarez Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Ciudad Juárez	Ave Francisco Villa 950 N, Centro, 32000	(656) 737-0000	juarez.gob.mx	Job fairs, vaccine information, property tax payment
Chihuahua State Government	Venustiano Carranza Ave #1000, Chihuahua	(614) 429-3300	chihuahua.gob.mx	Driver's license
Secretary of Public Education (SEP)	Universidad Tecnológica de Chihuahua (Edificio E) Ave Montes Americanos núm 9501, Col Sector 35, CP 31216,	(656) 629-3300 oficinaenlace.chih@nube.sep.gob.mx	gob.mx/sep/acciones-y-programas/chihuahua-79678	Education, verification of US educational documents, English teacher positions

Name	Address	Contact	Website	Description
National Institute for Integral Family Development (DIF)	Ave Tecnológico 2903, Col Magisterial Chihuahua, 31310	(614) 214-4000	difchihuahua.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Hospital General de Ciudad Juárez	Ave Paseo Triunfo de la República 2404, Partido Escobedo, 32330	(656) 173-0700		Public hospital
Central Hospital Universitario	Antonio Rosales #33000, Col Obrera, 31350	(614) 180-0800		Public hospital
Secretary of Labor and Social Welfare (STPS)	Calle Ignacio Allende #901 Centro Histórico, Chihuahua	(614) 429-3300	stpschihuahua.com	Job training and placement, worker protection
Mexican Institute of Social Security (IMSS)	Calle Ignacio Allende #901 Centro Histórico, Chihuahua		imss.gob.mx/directorio/?dom_estado=Chihuahua&direccionge o=Ciudad%20Juarez	Public hospital for workers at private companies
Programa Secretería de Salud del Estado de Chihuahua			chihuahua.gob.mx/secretariadesalud	Government health program

Ciudad Juarez Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Casa del Migrante en Juárez, AC	Calle Neptuno #1855, Col Satelite, 32540	(656) 687-0676 ivonnedj 105245@yahoo.com.mx		Shelter for migrants
Deported Veterans Support House-Juarez Bunker		(915) 239-1478 panchito25 1144@gmail.com	web.facebook.com/DVSHJuarez/?_rdc=1&_rdr	Food, clothing, shelter, employment, mental helth and legal resources, and advocacy

Name	Address	Contact	Website	Description
Funcion Grupo Imperial	Calzada del Río 9831, San Rafael, Ciudad Juárez	(656) 625-9841 fgi@fundaciongi.org	fundaciongrupoimperial.org	Education, social action, and art programs for community-building

Tijuana, Baja California Resources

Tijuana Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Tijuana	Ave Independencia 1350, Zona Urbana Río, 22010	(664) 973-7000	tijuana.gob.mx	Job fairs, vaccine information, property tax payment
Baja California State Government	Vía Oriente 10252, Zona del Río, 22320	(664) 624-2000	bcs.gob.mx	Driver's license
Secretary of Public Education (SEP)	Ave Independencia 1350, Zona Urbana Río, 22010	(664) 973-7258 (686) 520-0500	sepm.tijuana.gob.mx	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Blvd Insurgentes #1760-8, Fracc Los Alamos, 22110	(664) 608-8200	dif.tijuana.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMMS-BIENESTAR)	José Clemente Orozco #2393, Zona Urbana Rio, Tijuana	(664) 634-6736 bienestartijuana.info@gmail.com	gob.mx/bienestar	List of public hospitals and clinics
General Hospital of Tijuana	Ave Centenario #10851, Zona Río, 22010	(664) 634-7182 info@patronatohgt.org	patronatohgt.org	Public hospital
Secretary of Labor and Social Welfare (STPS)	Av Rómulo O'Farril #938, Col Centro Cívico, Mexicali	(686) 391-8714	bajacalifornia.gob.mx/stps	Job training and placement, worker protection

Name	Address	Contact	Website	Description
IMSS of Tijuana	Blvd Agua Caliente 10610, Aviación, 22420	(664) 660-9940	imss.gob.mx	Public hospital for workers at private companies
ISSSTE Hospital General Fray Junipero Serra	Ave las Palmas 4141, 20 de Noviembre, 22100	(664) 681-4386	gob.mx/issste	Public hospital for state workers

Tijuana Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Agencia Migrante	Blvd Sánchez Taboada 10133-A, Revolución, 22015	(664) 372-2042 contacto@agenciamigrante.org.mx	agenciamigrante.org.mx	Free legal aid, mental health support, counseling, and assistance for people experiencing forced migration
Al Otro Lado de Tijuana	511 E San Ysidro Blvd #333 San Diego, CA, United States, 92173	(664) 208-8994 (323) 238-9935 info@alotrolado.org	alotrolado.org	Holistic legal and humanitarian support
Border Butterflies		(619) 649-8898 info@borderbutterfliesproject.com	borderbutterfliesproject.com	Humanitarian aid, with an emphasis on asylum seekers and the trans community.
Casa del Migrante en Tijuana	Galileo St 239, Col Postal, 22416	(664) 682-5180 casadelmigrantetijuana@gmail.com	casadelmigrantetijuana.com	Migrant shelter, medical care, and employment
Casa Madre Assunta	Galileo St 2305, Col Postal, 22416	(664) 683-0575 centromadreasunta@gmail.com	institutomadreasunta.com.mx	Faith-based welfare and care programs for migrants
Casa Scalabrini's shelter	Calle Galileo 239, Colonia Postal, Tijuana, BC, México, CP 22350	(664) 682-5180 casadelmigrantetijuana@gmail.com	migrantes.com.mx/casas-del-migrante-scalabrinianas	Faith-based migrant shelter and resources
CESFOM	Ernesto Sarmiento 2800, C Ruiz Cortinez, 22406	(664) 682-6882 cesfom@gmail.com	cesfom.org	Training and community center

Name	Address	Contact	Website	Description
Comunidad Cultural de Tijuana LGBTI (COCUT LGBTI AC)	Puente México 8202, Zona Centro, 22000	(664) 290-9007 cocut2010@hotmail.com	blogspot.com	Advocacy for members of the LGBTQ+ community
Deported Veteran Support House	Juan Álvarez 1821, Tomás Aquino, 22414	(626) 569-5491 banishedveteran@yahoo.com	web.facebook.com/DeportedVeteransSupportHousePage	Food, clothing, and shelter for deported veterans
Dreamers' Moms		(754) 234-6924 dreamersmom2012@gmail.com	facebook.com/DREAMersMoms	National movement of women and moms for fair immigration reform
Enclave Caracol (The Snail Collective)	8220 Calle 1ra, Zona Centro, 22000	(664) 379-1818 enclavecaracol@gmail.com	enclavecaracol.wordpress.com	Community social space
Espacio Migrante (Migrant Space)	Av Negrete 8350, Zona Urbana Rio Tijuana, 22010	(664) 907-6171 comunicacion@espaciomigrante.org	espaciomigrante.org	Support and resources for migrants
Lacasitadeut	Calle 8va Miguel Hidalgo #7935, Tijuana, Baja California	(664) 859-4534	facebook.com/lacasitadeut.tijuana	Community organization that provides protection, support, and advice to the LGBTQ+ community and immigrants
Rainbow Railroad		info@rainbowrailroad.org	rainbowrailroad.org	They assist LGBTQ+ individuals at the U.S.-Mexico border by finding them pathways to safety. They generally serve people trying to enter the US, but not exclusively.
YMCA House for Minor Migrants	Blvd Cuauhtémoc Sur 3170, Col Chulavista, 22045	(664) 686-1359 casasymca@pymcadescom.org.mx	facebook.com/profile.php?id=100081558090834	Support for minors who have been deported

Nogales, Sonora Resources

Nogales Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Nogales	Ave Obregón #339, Col Fundo Legal, 84030	(631) 108 0505 contacto@heroicanogales.gob.mx	nogalessonora.gob.mx	Job fairs, vaccine information, property tax payment
Sonora State Government	Comonfort y Dr Paliza S/N, Col Centenario, Hermosillo, 83260	(662) 108-4324 atencionciudadana@sonora.gob.mx	sonora.gob.mx	Driver's license
Secretary of Public Education (SEP)	Blvd Luis Donaldo Colosio S/N, Las Quintas, 83240, Hermosillo, Son	(662) 289 7600 atencionciudadana@sonora.edu.mx	educacion.sonora.gob.mx	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Blvd Luis Encinas S/N, Col San Benito. Hermosillo, Sonora CP 83190	(662) 289-2600 margot.monroy@difnogales.gob.mx	difnogales.webcindario.com	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Secretary of Labor and Social Welfare (STPS)	Blvd Jesús García Morales 114, Montebello, 83210	(662) 212-2228 (622) 212-1777 uesecretariatrabajo @sonora.gob.mx	trabajo.sonora.gob.mx	Job training and placement, worker protection
Institute of Health for Well-Being (INSABI/IMMS-BIENESTAR)	Centro de Gobierno, Edif Sonora, Primer Nivel N, Blvd Paseo Río Sonora y Comonfort, Hermosillo, Sonora	(662) 108-4500	registro.imssbienestar.gob.mx	List of public hospitals and clinics
Hospital General Nogales	Dr Francisco Arreola 1277, Moderna, 84055	(631) 313-3465	redtox.org/centro/hospitales/hospital-general-nogales	Public hospital

Name	Address	Contact	Website	Description
Mexican Institute of Social Security (IMSS)	Ave Obregón 756 esq, Gral Mariano Escobedo, Centro, 84000	(631) 313-5915	imss.gob.mx/directorio/?dom_estado=Sonora&direccion geo=Nogales	Public hospital for workers at private companies

Nogales Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Casa de la Misericordia de Todas las Naciones	Calle de los Tigres 160, Col Bellavista, 84086	(631) 129-5198 Contacto@casamtn.org	casamtn.org	Community, food, shelter, legal aid, mental health care, advocacy and more for migrants
Fundación de Protección y Retorno de Migrantes	Privada la Riviera #30, Col Mediterraneo, 84062		proremi.org	Migrant services and resources
KINO Border Initiative	Blvd Luis Donaldo Colosio #384, Interior A Col FOVISSSTE II, 84020	(631) 316-2086	kinoborderinitiative.org/es	Migrant shelter

Hermosillo, Sonora Resources

Hermosillo Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Hermosillo	Blvd Hidalgo y Comonfort, Col Centenario, 83260	(662) 289-3000	hermosillo.gob.mx	Job fairs, vaccine information, property tax payment
Sonora State Government	Comonfort y Dr Paliza S/N, Col Centenario, 83260	(662) 108-4300 atencionciudadana@sonora.gob.mx	sonora.gob.mx	Driver's license
Secretary of Public Education (SEP)	Blvd Luis Donaldo Colosio, Col Las Quintas, 83240	(662) 289-7600 (662) 289-7601 atencionciudadana@sonora.edu.mx	educacion.sonora.gob.mx	Education, verification of US educational documents, English teacher positions

Name	Address	Contact	Website	Description
National Institute for Integral Family Development (DIF)	Blvd Luis Encinas S/N, Col San Benito. Hermosillo, Sonora CP 83190	(662) 289-2600	dif.sonora.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMSS-BIENESTAR)	Various Locations	(662) 212-4045 siemprecontigo @imssbienestar.gob.mx	registro.imssbienestar.gob.mx	List of public hospitals and clinics
Hospital General del Estado de Sonora (IMSS)	Blvd Luis Donaldo Colosio esq con Av Quintero Arce, 83249	(66) 2689-4537 hospitalgeneralsonora@saludsonora.gob.mx	facebook.com/hospitalgeneralsonora/?locale=es_LA	Public hospital for workers at private companies
ISSSTE Hospital General Zona 2 Hermosillo	Calle Benito Juárez 206, Modelo, 83190		imss.gob.mx/directorio/?page=672	Public hospital for state workers

Hermosillo Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Por La Educacion IAP	Calle Agustín de Iturbide 39, Hermosillo, Sonora	(662) 362-5555 (55) 3955-9613 admin@porlaeducacion.org	porlaeducacion.org	Educational and social programs for migrant children, workshops for migrant parents

Cancun, Quintana Roo Resources

Cancun Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Cancún City Government	Palacio Municipal, Ave Tulum #5 Sm5, Benito Juárez, 77500	(998) 881-2800	cancun.gob.mx	Job fairs, vaccine information, property tax payment

Name	Address	Contact	Website	Description
Secretary of Public Education (SEP)	Palacio de Gobierno Av 22 de Enero No 001 Col Centro 77000	(983) 835-1350 oficinaenlace.qroo@nube.sep.gob.mx	seq.qroo.gob.mx	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Calle 44 Pte Mza 76, SMZ 94, 77500	(998) 888-8921 ayuda@difbenitojuarez.gob.mx	difbenitojuarez.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMSS-BIENESTAR)	Various Locations		imssbienestar.gob.mx	List of public hospitals and clinics
Mexican Institute of Social Security (IMSS)	Av Coba S/N Supermanzana 22 Centro, 77500	(998) 884-1919, (55) 5238-2700	imss.gob.mx/directorio/?dom_estado=Quintana%20Roo&direccion_geo=Cancun	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Libramiento Av Kabah Region 93, C 93, Col Centro, 77517	(998) 888-7261 atencionciudadana@issste.gob.mx	gob.mx/issste	Public hospital for state workers
Secretary of Labor and Social Welfare (STYPS)	Av Héroes de Chapultepec 134, Colonia Centro, Chetumal, Quintana Roo.	(983) 835-1350 (983) 832-7072	qroo.gob.mx/styps	Job training and placement, worker protection

Cancun Non-Profits

Name	Address	Contact	Website	Description
Colectivo para el Impacto Social		info@colectivoimpactosocial.org	colectivoimpactosocial.org	Collective of non-profits working toward social change

Name	Address	Contact	Website	Description
The Comprehensive Women's Care Center CIAM Cancún (CIAM) Cancún	Av Miguel Hidalgo 103, 77539	(998) 253-6649 comunicacion@ciamcancun.com	ciamcancun.org	Advocacy and conflict resolution
Fundacion Ciudad de la Alegria		(998) 578 0907 info@ciudadalegria.org.mx	ciudadalegria.org.mx	Humanitarian aid and community building
Huellas de Pan	Supermanzana 99 Calle 14 Manzana 85 Lote 1, CP 77535, Cancún, Quintana Roo	(998) 120-3768	huellasdepan.org	Food and financial resources

San Miguel de Allende, Guanajuato Resources

San Miguel Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
San Miguel de Allende City Government	Bulevar de la Conspiración 130, Salida a Querétaro	(415) 152-9600	sanmigueldeallende.gob.mx	Job fairs, vaccine information, property tax payment
Guanajuato State Government	Paseo de la Presa 103, 36000	(800) 465-2486	guanajuato.gob.mx	Driver's license
Secretary of Public Education (SEP)	De la Aurora 36, Aurora, 37750	(415) 152-0862	infocedulaprofesional.com.mx/coahuila-de-zaragoza/oficinas-sep-san-miguel-de-allende	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	San Antonio Abad S/N, Centro, 37700	(415) 152-0910 (415) 154-7980	difsanmigueldeallende.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities

Name	Address	Contact	Website	Description
Secretary of Labor and Social Welfare (STPS)	Edificio SELAFE Calle Caminero No 2 Fracc Burócrata De Márfil CP 36250, Guanajuato, Gto	(473) 733-3310,	stps.gob.mx/gobmx/masinfo/directorioDel.html	Job training and placement, worker protection
Caises San Miguel de Allende	Av Arcoiris S/N, Fracc La Lejona 2a, 37736	(415) 152-6210 modulosugsma@gmail.com	facebook.com/caisessanmiguel/	Public hospital
Hospital General San Miguel de Allende "Felipe G. Dobarganes"	Ave 1 De Mayo N° 7, Fracc Ignacio Ramirez, 37748	(415) 120-4746 salud@guanajuato.gob.mx	salud.guanajuato.gob.mx/directorio/unidades-medicas	Public hospital
Mexican Institute of Social Security (IMSS)	Calz de La Aurora S/N, Aurora, 37715	(800) 681-2525	imss.gob.mx/directorio/?dom_estado=Guanajuato&direccion_geo=San%20Miguel%20Allende	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Francisco José de Landeta 1, Insurgentes, 37746	(415) 152-5181 atencionciudadana @issste.gob.mx		Public hospital for state workers

San Miguel Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Ed Caminos	Ignacio Cruces #6, zona de Independencia, San Miguel de Allende	(415) 121-5365 info@edcaminos.org	edcaminos.org	Free education resources and services
Fundación Lokkal	Josefina Orozco #19 Potrero de int 5 Col San Antonio, San Miguel de Allende, Mexico	(415) 125-4792 lokkalfoundation@gmail.com	lokkalfoundationmx.org	Connects people to volunteer opportunities

Leon, Guanajuato Resources

Leon Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of León	Plaza Principal S/N, Centro Histórico León, 37000	(477) 788-0000 atencion.ciudadana@leon.gob.mx	leon.gob.mx	Job fairs, vaccine information, property tax payment
Guanajuato State Government	Paseo de la Presa 103, 36000	(800) 465-2486	guanajuato.gob.mx	Driver's license
Secretary of Public Education (SEP)	Mariano Escobedo #4502, Col San Isidro, 37510	(477) 146-7370	leon.gob.mx/educacion	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Blvd La Luz 3002 Col La Pechuga CP 37288	(447) 215-6300 angeles.franco@leon.gob.mx	dif.leon.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Nuevo Hospital General de León	Blvd Milenio 1002, Fracciones de los Aguirre, 37672 León de los Aldama.	(477) 719-7400	salud.guanajuato.gob.mx	Public hospital
Hospital Angeles León	Ave Cerro Gordo, Lomas del Campestre, 37150	(477) 788-5600	hospitalangeles.com/leon	Public hospital
State Delegation of IMSS in Guanajuato	Blvd Adolfo López Mateos S/N, Los Paraisos, 37320	(477) 717- 4000	imss.gob.mx/directorio/?dom_estado= Guanajuato&direccion_geo=leon	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Cholula 305, Azteca, 37520	(477) 711-5376 atencionciudadana@issste.gob.mx	gob.mx/issste	Public hospital for state workers

Name	Address	Contact	Website	Description
Secretary of Labor and Social Welfare (STPS)	Calle Benito Juárez #204, 3er Piso, Zona Centro, 37000	(473) 733-3310	gob.mx/stps	Job training and placement, worker protection
DIF Comedor Comunitario	Blvd Timoteo Lozano sin número entre Paseo de Jerez y Blvd San Pedro	(477) 424-4163 contacto.difleon@leon.gob.mx		Community kitchen

Leon Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Casa del Migrante Galilea	Calle Río Balsas 211, San Miguel, 37390	(477) 715-5074 casa.migrante.galilea@gmail.com	casagalileamigrante.godaddysites.com	Free food, housing, and clothes for migrants
Fundación León	Col San Juan de Abajo, León, Gto, México, Calle Fray Noé s/n, esquina con Fray Ramón, colonia San Francisco, León, Gto, México	(477) 762-1749, (479) 414-6201	fundacionleon.org.mx	Community center and social development
NIMA	Chiapas #501, Col Bellavista, 37360	(477) 713-2214 contacto.nima@comunidadloyola.org	nima.org.mx	Mental health support, advocacy, and legal services for children
Soup Kitchen	Almuerzo Toñito, Blvd Adolfo López Mateos, Los Paraísos, 37320	(477) 848-1677	almuerzos-tonito.negocio.site	Food

Cabo San Lucas, Baja California Sur Resources

Cabo San Lucas Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Cabo San Lucas City Government	Blvd Mijares N 1413, Entre Calle Zaragoza y Manuel Doblado, Col Centro, 23400	(624) 146-7600 presidencia@loscabos.gob.mx	loscabos.gob.mx	Job fairs, vaccine information, property tax payment

Name	Address	Contact	Website	Description
Director of Municipal Transit	Carretera Transpeninsular Km 34, Col Guaymitas San José del Cabos, 23407	(624) 142-0361	transparencialoscabos.gob.mx/documentos/transparenci a/fraccion-18/tramites/transito/expedicion-licencia-automovilista.pdf	Driver's license
Secretary of Public Education (SEP)	Blvd Luis Donaldo Colosio Esq Valentín Gómez Farias, 23060	(612) 123-8054 (612) 123-8000 accesoalainformacionpublica@sepbcs.gob.mx	sepbcs.gob.mx	Education, verification of US educational documents, English teacher positions
National Institute for Integral Family Development (DIF)	Calle Violetas s/n numero, Playa Caracoles, Col Jacarandas, 23473	(624) 172-5600	difloscabos.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMSS-BIENESTAR)	Villas la Joya, 23747 Cabo San Lucas, B.C.S.		gob.mx/cms/uploads/attachment/file/512008/Baja_California_Sur.pdf	List of public hospitals and clinics
Mexican Institute of Social Security (IMSS)	Various Locations		imss.gob.mx/directorio/?dom_estado=Baja%20Californ ia%20Sur &direccio ngeo=Cabo%20San%20Lucas	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Ignacio Zaragoza, Entre Alikan, 12 de Octubre y, Ildefonso Green, 23470		issste.gob.mx	Public hospital for state workers

Cabo San Lucas Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Casa Hogar	Calle Playas S/N entre Playa del Amor y Playa El Medano, Cerro de Los Venados, 23473	(624) 123-1285 info@casahogarcabo.com	casahogarcabo.com	Housing and education for children and teens
La Paz Es Diversa		(612) 355-0077 lapazesdiversa@gmail.com	facebook.com/lapazesdiversa	Community-building and advocacy for members of the LGBTQ+ community
Mexican Red Cross	Blvd Antonio Mijares S/n, Centro, 23400 San José del Cabo, B.C.S.	(624) 192-3305 javazquez.bcs@cruzrojamexicana.org.mx	cruzrojamexicana.org.mx	Free emergency medical services, 24-hour ambulance
Unicorn Generation Foundation	Av Leona Vicario 922, Ejidal Chamizal, 23470	info@unicorngeneration.org	facebook.com/UniGenFun	Free legal assistance for elders and women who have faced abuse

Puebla, Puebla Resources

Puebla Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Puebla City Government	Av 11 N #2, Centro Histórico, 72000	(222) 309-4300 Puebla.H.ayuntamiento.2021@gmail.com	pueblacapital.gob.mx	Job fairs, vaccine information, property tax payment
Secretary of Infrastructure, Mobility and Transport	Av Reforma 3302C, Amor, 72140 Puebla. Pue		citasenlinea.puebla.gob.mx/Default.aspx	Driver's license
Secretary of Public Education (SEP)	Av Jesús Reyes Heroles S/N, Col Nueva Aurora, 72070	(222) 229-6900	sep.puebla.gob.mx	Education, verification of US educational documents, English teacher positions

Name	Address	Contact	Website	Description
National Institute for Integral Family Development (DIF)	Calle Cinco de Mayo 1606, Centro, 72000	(222) 229-5200 sedifestatal@puebla.gob.mx	difestatal.puebla.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Institute of Health for Well-Being (INSABI/IMMS-BIENESTAR)	Calle 4 Nte 2005, Centro histórico de Puebla, 72089 Heroica Puebla de Zaragoza, Pue	(222) 229-8300	imssbienestar.gob.mx	List of public hospitals and clinics
Mexican Institute of Social Security (IMSS)	4 N 2055, Centro, 72000	(222) 246-3931	imss.gob.mx/directorio/?dom_estado=Puebla&direcciongeo=Puebla	Public hospital for workers at private companies
Secretary of Labor and Social Welfare (STPS)	Callejón de la 10 N, P de San Francisco 806, Barrio del Alto, 72290	(55) 3000-4100	stps.gob.mx	Job training and placement, worker protection
Secretary of Health Puebla	Calle 6 N 603, Centro, 72000	(800) 581-4444	ss.puebla.gob.mx/servicios/directorio-hospitales-y-c-de-salud	List of public hospitals and clinics
The Institute for Social Security Services for the Workers of the State (ISSSTE)	3 poniente 1906 72140	atencionciudadana@issste.gob.mx	gob.mx/issste	Public hospital for state workers

Puebla Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Banco de Alimentos Cáritas Puebla	Camino viejo a Tlaxcala 209, Parque Industrial, 72680 San Francisco Ocotlán	(222) 288-6161	bapuebla.org.mx	Food bank

Name	Address	Contact	Website	Description
Human Rights Commission's Migrant Services Directory			cdhpuebla.org.mx/v1/images/cartillas/8-Directorio AtencionMigrantes2018.pdf	Migrant services directory
Tergar Meditation Community	Calle Huauchinango 40, La Paz, 72160	(222) 708-5245 informacion@tergarpuebla.org	espanol.tergar.org/comunidades-y-grupos-de-practica/puebla	Meditation community

Guadalajara, Jalisco Resources

Guadalajara Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Government of Guadalajara	Hidalgo 400, Col Centro, 44100	contacto@guadalajara.gob.mx	guadalajara.gob.mx	Job fairs, vaccine information, property tax payment
Jalisco State Government	Av Fray Antonio Alcalde 1221, Col Miraflores, 44266	(33) 3668-1804	jalisco.gob.mx	Driver's license
National Employment Service (SNE) Job Bank		(800) 841-2020	empleo.gob.mx/vacantes/jalisco	Government job placement, career counseling
National Institute for Integral Family Development (DIF)	General Eulogio Parra 2539, Lomas de Guevara Neighborhood, Guadalajara, Jalisco	(33) 3848-5000 contacto@difgdl.gob.mx	difgdl.gob.mx	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Seguro Medico		(33) 3823-3220	segurosalud.jalisco.gob.mx	Free government health program
Centro de Salud ACATIC	Calle Gral Pablo Rodrigues 405, La Española, 45470	(378) 715-0399	ssj.jalisco.gob.mx	Public hospital
Centro de Salud El Chico	Francisco I Madero 37, Col Centro, 48948	(33) 3030-5000 regionautlan@gmail.com	ssj.jalisco.gob.mx	Public hospital

Name	Address	Contact	Website	Description
HGR 45 Guadalajara Hospital IMSS	Calle San Felipe 1014 Guadalajara, Col Centro, 44100	(33) 3825-3903	imss.gob.mx/directorio/?dom_estado=Jalisco&direccionngeo=Guadalajara	Public hospital for workers at private companies
Hospital Regional Dr. Valentín Gómez Farias ISSSTE	Av Soledad Orozco 203, El Capullo, 45100	(55) 5140-9617	gob.mx/issste?fbclid=IwAR2medaioz2c-gNBfoFa1qok2TzI3T50OCLeBuJ_hbWUN45bHxdJ2HAra0u0	Public hospital for state workers
Secretary of Public Education (SEP)	Av Central #615, Col Residencial Poniente, Zapopan, Jal.	(33) 3819-2752, (33) 3030 7500 oficinaenlace.jal@nube.sep.gob.mx	se.jalisco.gob.mx	Education, verification of US educational documents, English teacher positions
Secretary of Labor and Social Welfare (STPS)	Calz de las Palmas 96, Col La Aurora, 44460	(33) 3030-1000 Ext 21005, 21038	stps.jalisco.gob.mx	Job training and placement, worker protection
Secretary of Health Jalisco	Dr Baeza Alzaga 107, Zona Centro, 44100	(33) 3030-5000	ssj.jalisco.gob.mx/inicio	Government health program

Guadalajara Non-Profits

Name	Address	Contact	Website	Description
Banco de Alimentos de Guadalajara	Hacienda de la Calerilla 360, Santa Maria Tequepexpan, Tlaquepaque, Jalisco	(33) 3810-6595 comunicacionbamx@bdalimentos.org	bdalimentos.org	Food banks and soup kitchens operated throughout the city
Casa Scalabrini Case del Migrante		(33) 3236-2419 (33) 3811-3342 cpmcs@yahoo.com	migrantes.com.mx/guadalajara	Faith-based shelter and substance use support
CODISE A.C.	Juan Manuel 917 Col Centro, 44100	(33) 3367-9219; contacto@codise.org.mx	codise.org.mx	Health services, legal assistance, employment training, and advocacy

Name	Address	Contact	Website	Description
FM4 Paso Libre	Calderón de la Barca 468-A, Col Arcos Vallarta, 44150	(33) 3330-0306 (33) 2003-0939 contacto@fm4pasolibre.org	fm4pasolibre.org/?lang=en	Food, education, basic resources, and advocacy
Justice Center for Women (Centro de Justicia para las Mujeres)		(33) 3668-1880 contacto@redcjm.gob.mx	redcjm.jalisco.gob.mx	Mental health, legal, and basic medical services for women who have experienced domestic violence
Refugio Casa del Migrante	Constitucion #300 Col Cerro del Cuatro, 45599	(33) 3675-1475 elrefugiocomunica@gmail.com	facebook.com/elrefugiogdl/?locale=es_LA	Food and shelter for migrants
The Rhizome Center for Migrants		(33) 2182-0836 connect@rhizomecenter.org	rhizomecenter.org/es	Community-building, advocacy, education, and other services for migrants

Monterrey, Nuevo Leon Resources

Monterrey Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Monterrey City Government	Palacio Municipal de Monterrey, Zaragoza y Ocampo S/N, Centro, 64000	(81) 8130-6565	monterrey.gob.mx/oficial	Job fairs, vaccine information, property tax payment
Delegation of Vehicle Control Institute	Various Locations		retys.nl.gob.mx/servicios/licencia-de-conducir-para-automovilista-chofer-o-motociclista-expedicion	Driver's license

Name	Address	Contact	Website	Description
National Institute for Integral Family Development (DIF)	Loma Redonda 1500 Col Loma Larga, 64710	(81) 5102-8600	facebook.com/DIFMonterrey-221260114722610	Food assistance, mental health care, legal support, community development, and stipends for people with disabilities
Ministry of Health	Calle Matamoros #520 Ote Entre Escobedo y Zaragoza Col Centro, Monterrey, NL CP 64000	(81) 8130-7000 contacto@saludnl.gob.mx	nl.gob.mx/es/salud	Public healthcare system
Mexican Institute of Social Security (IMSS)	Manuel L Barragán 4850, Hogares Ferrocarrileros, 64260	(81) 8351-5194	imss.gob.mx/directorio/?dom_estado=Nuevo%20Le%C3%B3n&direccion_geo=Monterrey	Public hospital for workers at private companies
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Degollado Sur 734, Obispado, 64060	(800) 400-1000	issste.gob.mx	Public hospital for state workers
Secretary of Public Education (SEP)	Calle Nueva Jersey 4038, entre Nueva Irlanda y Nueva Australia, Fraccionamiento Industrial Lincoln, 64310	(81) 2020-5050 atencionciudadana@senl.gob.mx	nl.gob.mx/educacion	Education, verification of US educational documents, English teacher positions
Secretary of Labor and Employment (STPS)	Calle de las Palmas #96, Col La Aurora, 44460	(33) 3030-1000 Ext 21005, 21038 ricardo.barbosa@jalisco.gob.mx	stps.jalisco.gob.mx/inicio	Job training and placement, worker protection

Monterrey Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Caritas de Monterrey	Francisco G Sada #2810, Col Deportivo Obispado, 64040	(81) 1340-2090 serviciosocial@caritas.org.mx	caritas.org.mx	Food, medications, clothes, healthcare, housing, emergency assisstance, and more resources for migrants
COMAC Comunidad		info@comacmty.org	facebook.com/comacmty/?locale=es_LA	Online educational resource on living with HIV
"Comedor de Los Pobres" Soup Kitchen	Calle Castelar #1490 (Juan Pablo II), Colonia Pio X, Monterrey, Nuevo León C.P 64710	(81) 8375-1163	comedordelospobres.org	Free daily meals
Paso de Esperanza	Paso de Esperanza, Ignacio Zaragoza 1000, Centro, 64000 Monterrey, NL	(81) 8344-4624	pasodeesperanza.com.mx	Food, advocacy, and humanitarian rights

Guatemala Resource Directory

- Guatemalan Consular Offices in the US
- Shelters
- Government Institutes
- Government Programs
- Non-Profits

Guatemalan Consular Offices in the US: You can visit or contact a Guatemalan consulate to help you obtain an ID, ensure your rights are protected in prison or detention, help you find contact information for your family members, and help connect you with healthcare and education resources, and more. If you are incarcerated or detained you have a right to speak with your consulate if you so choose. Immigration and police must let your consulate visit or speak with you.

Disclaimer: If you have an asylum claim in the US or you have left the country because the government was unable to protect you, targeted or persecuted you, do not contact them for help.

State/ City	Address	Contact	Website
Arizona/ Phoenix	55 E Thomas Rd Phoenix, AZ 85012	(602) 200-3660 consphoenix@minex.gob.gt	facebook.com/consuladogtaz
Arizona/ Tucson	100 N Stone Ave, #704 Tucson, AZ 85701	(520) 398-6912 constucson@minex.gob.gt	facebook.com/ConsuladoGuatemalaTucson
California/ Los Angeles	1975 Riverside Dr Los Ángeles, CA 90039	(213) 900-1098 conslosangeles@minex.gob.gt	facebook.com/consGUAenLAX
California/ San Bernardino	330 N “D” St San Bernardino, CA 92401	(909) 572-8800 conssanbernardino@minex.gob.gt	facebook.com/ConsGuaSB
California/ San Francisco	659 A Merchant St San Francisco, CA 94111	(415) 563-8319 conssanfrancisco@minex.gob.gt	facebook.com/ConsGTSanFrancisco
Colorodo/ Denver	1001 S Monaco Pkwy, #300 Denver, CO 80224	(303) 629-9212 consdenver@minex.gob.gt	facebook.com/Consguadenver
Florida/ Lake Worth	1926 10th Ave N, #104-106 Lake Worth, FL 33461	(561) 660-6223 conslakeworth@minex.gob.gt	facebook.com/ConsgtLakeWorth

State/ City	Address	Contact	Website
Florida/ Miami	999 Ponce de León Blvd, #100 Coral Gables, FL 33134	(305) 679-9945 consmiami@minex.gob.gt	facebook.com/ ConsGuateMiami
Georgia/ Atlanta	192 Technology Pkwy, #150 Peachtree Corners, GA 30092	(470) 657-2510 consatlanta@minex.gob.gt	facebook.com/ ConsGuatAtlanta
Illinois/ Chicago	5559 N Elston Ave, #100 Chicago, IL 60630	(312) 540-0781 conschicago@minex.gob.gt	facebook.com/ ConsGtChicago
Maryland/ Rockville	979 Rollins Ave Rockville, MD 20852	(240) 485-5050 consmaryland@minex.gob.gt	facebook.com/ consmarylandgt
Nebraska/ Omaha	1010 N 96th St, #200 Omaha, NE 68114	(531) 910-0230 consomaha@minex.gob.gt	facebook.com/ ConsGTOmaha
Nevada/ Las Vegas	3785 E Sunset Rd Las Vegas, NV 89120	(702) 605-5420 consnevada@minex.gob.gt	facebook.com/ ConsGTLasVegas
New York/ New York City	276 Park Ave S, Floor 2 New York, NY 10010	(212) 686-3837 consnewyork@minex.gob.gt	facebook.com/ ConsGuateNY
New York/ Riverhead, Long Island	1333 E Main St, #1 Riverhead, NY 11901	(631) 405-5010 consriverhead@minex.gob.gt	facebook.com/ Consriverhead
North Carolina/ Raleigh	6050 Six Forks Rd Raleigh, NC 27609	(984) 200-1601 consraleigh@minex.gob.gt	facebook.com/ consraleighgt
Ohio/ Columbus	2105 S Hamilton Rd, #100 Columbus, OH 43232	(614) 762-8119 consohio@minex.gob.gt	facebook.com/ ConsGtOhio
Oklahoma/ Oklahoma City	5909 NW Expy, #100 Oklahoma City, OK 73132	(405) 603-6631 consoklahoma@minex.gob.gt	facebook.com/ ConsGtOklahoma
Pennsylvania /Philadelphia	417 N 8th St, #201 Philadelphia, PA 19123	(267) 322-2044 consphiladelphia@minex.gob.gt	facebook.com/ ConGtFiladelfia
Rhode Island/ Providence	555 Valley St, #61-321 Providence, RI 02908	(401) 270-6345 consrhodeisland@minex.gob.gt	facebook.com/ ConsGuateRI
Tennessee/ Nashville	1645 Murfreesboro Pike, M Nashville, TN 37217	(615) 988-8624 consnashville@minex.gob.gt	facebook.com/ ConsGTNashville

State/ City	Address	Contact	Website
Texas/ Dallas	4405 N Beltwood Pkwy Farmers Branch, TX 75244	(469) 886-9922 consdallas@minex.gob.gt	facebook.com/ ConsGTDallas
Texas/ Del Río	106 Foster Dr Del Río, TX 78840	(830) 422-2201 consdelrio@minex.gob.gt	facebook.com/ consGUAendelRio
Texas/ Houston	6300 Richmond Ave, #103 Houston, TX 77057	(713) 953-9531 conshouston@minex.gob.gt	facebook.com/ ConsGtHoustonTx
Texas/ McAllen	705 S Broadway St McAllen, TX 78501	(956) 429-3413 consmcallen@minex.gob.gt	facebook.com/ ConsulGuateMcAllen
Washington/ Renton	711 Powell Ave SW Renton, WA 98057	(564) 241-1480 consseattle@minex.gob.gt	facebook.com/ ConsGTEstadoWA/

Shelters

Disclaimer: We've done our best to list all shelters that we believe are open to migrants. Some may be full or have closed down. To get current information, we recommend calling these shelters, asking other returnees, and contacting the churches and non-profits listed here.

Name	Address	Contact	Website
Asociación de Mujeres de Petén Ixqik	6av y 6a calle equina, zona 3, Barrio Valle Nuevo, San Benito, Petén	mujeresdepetenixqik.wordpress.com	grassrootsjusticenetwork.org/connect/organization/asocaciacion-de-mujeres-de-peten-ixqik/
Casa del Migrante Guatemala	15 Ave 1, Ciudad de Guatemala, Guatemala Km 15 Calzada Roosevelt 4-54 Zona 3 de Mixco. Guatemala, CA Apartado Postal 1698	(502) 2230-2781 (502) 2227-9843 cscalapm@gmail.com	movilidadhumana.com/index.php/casa-del-migrante-guatemala
Casa del Migrante Belén	Frontera de "El Ceibo", la Libertad, Petén	(502) 4748-5962	
Casa del Migrante Betania	6ª calle entre av 'A' y 4ª av zona 2 Barrio Antigua Población, Flores, Petén	(502) 5015-0683	
Casa del Migrante Emaus Adesi	Zona 1, Playa Grande Ixcán, Quiché	(502) 5807-5163	

Name	Address	Contact	Website
Casa del Migrante San José	Km 223.3 Ruta Esquipulas -frontera Agua Caliente, Esquipulas	(502) 5933-0760	scalabriniguate.org
Casa del Migrante Scalabrini Guatemala	15th Ave 1-94 A, Zone 1, Guatemala City	(502) 2230-2781 casadelmigranteguate@gmail.com	scalabriniguate.org
Casa del Migrante, Tecún Umán, San Marcos	0 Av 0-22 Colonia Olguita de Leon, Tecún Umán, San Marcos	(502) 7776-8416 (502) 7776-8417 casadelmigrantetecun@gmail.com	scalabriniguate.org
Casa Peregrina del Migrante Santo Hermano Pedro	6a Calle Oriente No 20, Antigua Guatemala, Sacatepéquez	(502) 2474-9976 (502) 2477-2076 (502) 7931-2100 asociacion@obrashermanopedro.org	
Covenant House/ La Alianza Guatemala	13 Ave 0-37 Zona 2 de Mixco Colonia La Escuadrilla Ciudad de Guatemala	(502) 2509-5555 development@la-aliaza.org.gt desarrollo@la-alianza.org.gt	la-alianza.org.gt
Pastoral de Movilidad Humana de la Conferencia Episcopal de Guatemala	Kilometer 15 Calzada Roosevelt 4-54 Zone 3 of Mixco Guatemala City	(502) 2432-5654 (502) 5599-9885 (502) 2227-9843 frjuanluis@hotmail.com	movilidadhumana.com
Centro integral de atención a migrantes “Casa Mirna Mack”	11 Ave 12-55, Ciudad de Guatemala	(502) 5749-3807	
Casa del migrante Beatos Tulio y Luis Obdulio	Aldea entre rios, Km 283, carretera a la frontera El Chinchado, Izabal	(502) 7947-5173	

Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Guatemalan Institute of Migration	6ta Ave 3-11, Zona Guatemala	(502) 2411-2411	igm.gob.gt	"Return Home Plan" initiative, assistance reintegrating to Guatemala, passports
Guatemala Tax Administration (SAT)	7a Avenida 3-73, Zona 9 Edificio Torre SAT Ciudad de Guatemala, Guatemala	(502) 2329-7070	portal.sat.gob.gt/portal	Tax registration for returned migrants, new business registration, customs procedures
Ministry of Education Guatemala	6a Calle 1-87 Zona 10, 01010 Guatemala	(502) 2411-9595 info@mineduc.gob.gt	edu.mineduc.gob.gt	Training and certifications, can certify training from other countries, access to education for returned migrants and their children
Ministry of Labor and Social Welfare (MINTRAB)	7 Ave 3-33, Zona 9, Edif Torre Empresarial, Guatemala	(502) 2422-2501 (502) 2422-2500 comunicacion@mintrabajo.gob.gt	mintrabajo.gob.gt	Job fairs, employment placement, specific programs for returned migrants to find employment, facilitates labor reinsertion
Ministry of Public Health and Social Assistance (MSPAS)	6ta Ave 3-45, Zona 11, Guatemala	(502) 2444-7474 consultas@mspas.gob.gt	mspas.gob.gt	Public hospitals and clinics, vaccine information
Ministry of Social Development (MIDES)	5a Ave 8-78, Zona 9 Edificio Plaza Lauderdale Guatemala City	(502) 2300-5400 info@mides.gob.gt	mides.gob.gt	Offers the Community Dining program that provides food and the Bolsa Social program that provides families in Guatemala City Q250 for food
National Civil Registry (RENAP)	Calzada Roosevelt 13-46, Zona 7	(502) 2416-1900 contactenos@renap.gob.gt	renap.gob.gt	Assistance for returned migrants and free documents upon arrival

Name	Address	Contact	Website	Description
National Council of Attention to Migrants of Guatemala (CONAMIGUA)	5a Ave "A" 13-28, Zona 9, Cdad Capital	(502) 2299-5600 (502) 3998-7996 conamigua@conamigua.gob.gt	conamigua.gob.gt	Food, clothing, hygiene kits, and other resources for migrants with offices in Guatemala City, Todos Santos Cuchumatán, Hehetenango, San Marco, Coban, Santa Cruz del Quiche, Zacapa, and Peten

Government Programs			
Name	**Who It Helps**	**What It Provides**	**Where to Learn More**
CEMUCAF	Young people and adults in underdeveloped areas; returned migrants and people in mobility contexts, especially those seeking reintegration through employment or skills development	Employability/ entrepreneurship skills, Life Skills and Human Development certification	mineduc.gob.gt/mineduc/es/saladeprensa/informacion-publica-noticias/digeexrealizoactualizaciondentrodelprogramacemucaf
Community Dining Program	People living in poverty or extreme poverty, elderly individuals, children and adolescents, people with disabilities, urban and rural populations, migrants who face food insecurity	Access to food, safe spaces to eat, and free, nutritious daily food (breakfast and lunch) for children	mides.gob.gt/programas-sociales/comedores
Correspondence Education for Adults Program (PEAC)	People who didn't finish school, workers with time constraints	Accelerated path to completing a primary education	mineduc.gob.gt/mineduc/es/saladeprensa/informacion-publica-noticias/tallerfortalecelaensenanzademematicasinclusiva
FOPAVI	Families who want to buy a new home or fix up their current home, migrants facing housing insecurity	Housing subsides, housing development, access to formal housing programs	fopavi.gob.gt

Name	Who It Helps	What It Provides	Where to Learn More
Improving the Socioeconomic Conditions of Women	Women living in poverty or extreme poverty, female heads of household, women in vulnerable social conditions, women with limited access to income-generating opportunities	Training and education to improve work and support families: economic empowerment, financial assistance, capacity building, social support	tramites.gob.gt/servicio/1958/index.html
Language Learning Center (CALUSAC)	People who want to become fluent in a language other than Spanish	Affordable language classes including English,certification	calusacusac.usac.edu.gt
Life Program	Parents of girls under 14 who became mothers due to sexual violence	Regular payments of Q1,500	mides.gob.gt/programas-sociales/vida
My First House	First-time home buyers who wish to apply for housing valued at no more than 170 minimum wages and whose income ranges from 1 to 6 minimum wages (individually or as a family unit)	Financial housing subsidies, support for home construction/ improvement, access to social housing projects	miprimeracasa.gob.gt
My Golden Years	Senior citizens	Comprehensive daytime and residential care focused on nutrition, health, and social integration	tramites.gob.gt/servicio/1960/
National Alternative Education Program (PRONEA)	People who never attended/finished school or people missing school transcripts	Free primary and secondary education (both online and self-guided), allows students to earn certification through proficiency exams based on life experience	pronea.edu.gt
Quedate	At-risk and returning adolescents	Contributes to reintegration by: reducing risk of re-migration, promoting local economic stability, supporting community-based reintegration	sbs.gob.gt/2026/01/09/centros-de-formacion-quedate-inician-inscripciones-para-el-ciclo-2026/

Name	Who It Helps	What It Provides	Where to Learn More
Return Home	Returned and deported Guatemalans	Food, transportation, orientation upon arrival, documentation and administrative support, psychosocial support, access to social protection programs, employment, vocational training, flexible education programs	igm.gob.gt/prh/
Senior Citizens' Economic Contribution Program	Elderly people without access to pensions or formal social security, vulnerable older adults	Monthly payments of Q500 to help cover basic needs, social protection for aging populations	tramites.gob.gt/servicio/1919/
Social Bonus Program	Pregnant women and low-income families with children who meet certain health and education requirements	Regular payments of Q500, access to health services	mides.gob.gt/2026/
Social Scholarships	Adults, preferably women, living in poverty	Conditional cash transfers toward skills and job training as well as secondary and higher education. Regular payments of Q325 on a debit card that can be used for basic food products at approved stores	mides.gob.gt/programas-sociales/becas/#PSBAP4
Social Stock Program	Low-income families in Guatemala City	Regular payments of Q325 on a debit card that can be used for basic food products at approved stores	mides.gob.gt/mides-amplia-cobertura-del-programa-bolsa-social-en-el-departamento-de-guatemala/
Young Protagonists Program	Vulnerable teens and young people living in poverty	Free education and support	mides.gob.gt/programas-sociales/jovenes-protagonistas/

Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
The Alliance	13 Ave 0-37 Zona 2 de Mixco Colonia La Escuadrilla Guatemala	(502) 2509-5555 desarrollo@la-aliaza.org.gt	la-alianza.org.gt	Shelter and recovery programs for children and mothers who are survivors of sexual exploitation or trafficking
American Friends Service Committee		(215) 241-7000 afsc.org/contact	afsc.org/crossing-south	Crossing South, detailed online reentry guide
Association Pop No'j	Cdad de 3A Ave 0-80, Cdad de Guatemala 01002, Guatemala	(502) 2251-5716 info@asociacionpopnoj.org	asociacionpopnoj.org	Financial and mental health support for returned migrant children
Brother Pedro's Social Works	6a Calle Oriente No 20, Antigua Guatemala, Sacatepéquez	(502) 7931-2100 asociacion@obrashermanopedro.org	hermanopedrogt.org	Medical and mental health care, day care center, rehabilitation, services available to anyone in a vulnerable situation
Comprehensive Support Center for Women Survivors (CAIMUS)	2a calle 8-28, zona 1, Edif Los Cedros, Tercer Nivel, Ciudad de Guatemala	(502) 2250-0235 (502) 2230-2674 ggm@ggm.org.gt	ggm.org.gt/caimus	Legal help, 24-hour helpline, temporary shelter, psychological support, and social services to survivors of violence
Casa de Colores	4th ave C 2-61 zona 1 Retalhuleu	(502) 4283-3796 accreu16@gmail.com	facebook.com/casa.de.colores.328434	Human rights advocacy, nutrition, education, and access to food
Casa del Migrante	15 Ave 1, Cdad de Guatemala, Guatemala	(502) 2230-2781 (502) 2227-9843 cscalapm@gmail.com	movilidadhumana.com	Immediate humanitarian assistance for migrants
Connects You	4ta Ave 15-70 Zona 10, 3ra Calle 4-44 Zona 10, FLACSO, Guatemala	(502) 2333-6891 (502) 3003-3422 Info@teconecta-ong.com	facebook.com/teconecta2016/	Immediate support upon arrival, job counseling, interview training, free training, document help

Name	Address	Contact	Website	Description
Clinics for Victims of Sexual Violence	6 Av 3-45, zona 11, Guatemala City	(502) 2444-7474	mspas.gob.gt/servicios/clinicas-de-atencion-a-la-violencia-sexual	24-hour specialized clinics available in most emergency rooms for survivors of sexual violence and pregnant girls under 14; part of MSPAS
Desgua	8 Ave 5-19, Zona 1, Quetzaltenango, Guatemala 09001	DESGUAinfo@desgua.org	desgua.org	Various initiatives for returned migrants, educational and economic opportunities
Fundación Arcoiris/ Rainbow Foundation	Quetzaltenango, Guatemala, Quetzaltenango, Guatemala, 09001	(502) 4846-2367 (502) 4907-2276 arcoiris_quetzaltenango@hotmail.com	facebook.com/fundaarcoirisxela/	Healthcare, financial assistance, advocacy, and community events for members of the LGBTQ+ community
GAX	Diagonal 3, 4-37 zona 1, "Edif Julio Weissenberg" Quetzaltenango	(502) 5754-6059 grupoapoyogax@gmail.com	gaxong.gt	Youth services and education resources, supports the LGBTQ+ community
Guatemalan Association of Returnees	15 calle D 7-58 Zona 13 Col Aurora I, Cdad de Guatemala	(502) 2294-9217 info@arg.com.gt	facebook.com/Retornadosgt	Human rights defense and advocacy
INTECAP	Calle Doroteo Guamuch Flores 7-51, zona 5, Guatemala City	(502) 2410-5555 becas.retornados@intecap.edu.gt	intecap.edu.gt/becasretornados	Vocational training, certification programs, in-person courses, scholarships for returnees
International Organization for Migration (IOM)	Edif Reforma 10, en la Ave Reforma 09-55, Zona 10, Cdad de Guatemala	(502) 2414-7401 iomguatemala@iom.int	nortedecentroamerica.iom.int/es/guatemala	Employment workshops, information about migration and discriminatory practices, humanitarian assistance for migrants, gender equality advocacy, and more

Name	Address	Contact	Website	Description
Kajib Kawoq Cuatro Guardianes	7th Ave 6-68 zona 1 Quetzaltenango	(502) 4270-559	facebook.com/cuatroguardianes	Human rights advocacy and health care for indigenous LGBTQ+ individuals
Kids in Need of Defense (KIND)	1750 Pennsylvania Ave NW, Box #27839 Washington, DC 20036	(202) 932-7047 Info@supportkind.org	supportkind.org	Transportation, family reunification, and reintegration support for youth returning to Guatemala and Honduras
Línea 1572		1572		24/7 hotline for women facing abuse or violence
Norwegian Refugee Council Guatemala		(502) 3021-8354 nrc@nrc.no	nrc.no/countries/south-america/guatemala	Legal protection, social inclusion, capacity building, and assistance to internally displaced persons and asylum seekers in Guatemala
OTRANS Trans Queens of the Night Organization	Edif Pan Am, 6a Av 11-43 Z1, 4o Nivel Oficina 401	(502) 2251-0685 infootrans@gmail.com	reinasdelanoche.org.gt	Legal assistance, mental health care, and advocacy for trans people
Parallel Lives	Quetzaltenango	(502) 3396-1094 coordinacion@vdsparalelas.org	vdsparalelas.org	Self-help programs, social justice and advocacy for lesbian and bi-sexual women
Spouses of Deportees Living in Guatemala			facebook.com/groups/DeporteeSpousesLivinginGuatemala	Online support group for spouses of people deported to Guatemala
Survivors Foundation	12 calle 11-63 Zona 1, Ciudad Guatemala	(502) 2245-3000 sobrevivientes@sobrevivientes.org	sobrevivientes.org	Legal assistance, counseling, job programs, and social support for survivors of domestic and sexual violence

Name	Address	Contact	Website	Description
SWISSCONTACT	18 Ave B 8-94 Zona 15, Vista Hermosa I, Cdad de Guatemala	(502) 2369-8798 gtm.info@swiss-contact.org	swisscontact.org/es/paises/guatemala	Can certify education or training from other countries, call center for questions about reintegration and migration
UNHCR CAPMiR	Andén B, Rampa 1, Planta Alta, Centra Sur, Zona 12, Villa Nueva, Guatemala	(502) 2277-2650 guagu@unhcr.org	help.unhcr.org/guatemala	Information about rights, services, asylum requests, shelter referrals, medical and psychological support, protection for children, basic supplies, legal assistance, and phone or internet access
Asociación Vida Digna Guatemala	Quetzaltenango		vidadignaguatemala.org	Youth resources and family reunification, advocacy for inigenous populations
Violet House	3 Ave 5-72 Zona 1, Ciudad de Guatemala	(502) 2230-5647 (502) 3100-8707 info@omesgt.org	omesgt.org/casa-violeta	Temporary shelter, psychological attention, legal support, and prevention programs for women and girls

Honduras Resource Directory

- Honduran Consular Offices in the US
- Shelters
- Government Institutes
- Government Programs
- Non-Profits

Honduran Consular Offices in the US: You can visit or contact a Honduran consulate to help you obtain an ID, ensure your rights are protected in prison or detention, help you find contact information for your family members, and help connect you with healthcare and education resources, and more. If you are incarcerated or detained you have a right to speak with your consulate if you so choose. Immigration and police must let your consulate visit or speak with you.

Disclaimer: If you have an asylum claim in the US or you have left the country because the government was unable to protect you, targeted or persecuted you, do not contact them for help.

State/City	Address	Contact
Arizona/ Phoenix	3724 N 3rd St, #300 Phoenix, AZ 85012	(480) 390-2699 consuladohondurasphoenixaz@yahoo.es
California/ Los Angeles	425 E Colorado St, #500 Glendale, CA 91205	(470) 751-9077 infoconsuladola@gmail.com
California/ San Francisco	1700 California St, #460 San Francisco, CA 94109	(470) 751-9077 consuladohnensanfrancisco@gmail.com
Florida/ Miami	777 NW 72nd Ave, #3015 Miami, FL 33126	(470) 751-9077 proteccionhn.miami@gmail.com
Georgia/ Atlanta	6755 Peachtree Industrial Blvd, #120 Atlanta, GA 30360	(706) 940-1042
Illinois/ Chicago	6200 N Hiawatha Ave Penthouse, Chicago, IL 60646	(470) 751-9077 chicago@sre.gob.hn
Louisiana/ New Orleans	1250 Poydrast St Suite, #100 New Orleans, LA 70113	(470) 751-9077 infonolahn@gmail.com
Massachusetts/ Boston	90 Everett Ave Chelsea, MA 02150	(470) 751-9077 info@consuladobostonhn.com

State/City	Address	Contact
New York/ New York City	120 W 23rd St New York, NY 10011	(470) 751-9077 emergenciaconsuladony@gmail.com
North Carolina/ Charlotte	5820 E WT Harris Blvd, #3118-G Charlotte, NC 28215	(980) 339-7850 consuladohncharlotteproteccion@gmail.com
Texas/ Dallas	2520 W Irving Blvd, #400 Irving, TX 75061	(972) 986-5110 hondurasdallas@hotmail.com
Texas/Houston	9800 Centre Pkwy Houston, TX 77036	(470) 751-9077 consuladohondurashouston@gmail.com
Texas/McAllen	1209 Galveston Ave McAllen, TX 78501	(470) 751-9077 mcallen@sre.gob.hn
Washington/ Seattle	1107 Grady Way SW, #100 Renton, WA 98057	(470) 751-9077 consuladoseattle@gmail.com
Washington DC/ Washington DC	1990 M St NW, #104 Washington, DC 20036	(470) 751-9077 info@wadchn.com

Shelters

Disclaimer: We've done our best to list all shelters that we believe are open to migrants. Some may be full or have closed down. To get current information, we recommend calling these shelters, asking other returnees, and contacting the churches and non-profits listed here.

Name	Address	Contact	Website
Calidad de Vida	Barrio San Felipe una cuadra adelante del Hospital San Felipe frente a la repostería "El Hogar", Tegucigalpa	(504) 2221-6606	asociacioncalidaddevida.org
Casa de Migrante, San Jose de Ocotepeque	Col las Americas, Nuevo Ocotepeque	(504) 2654-3258	
Casa Alianza	Av Miguel de Cervantes, Calle Morelos frente a Óptica Matamoros, Tegucigalpa	(504) 2237-1494 contacto@casaalianza.org.hn	casa-alianza.org.hn/new.casa-alianza.org.hn
Central de Descanso Temporal	32H4+4FR, Trojes, El Paraíso	The center is commonly known as "Las Carpas."	

Name	Address	Contact	Website
Fundación Alivio del Sufrimiento: Proyecto Casa del Migrante	Barrio San José edificio Hospital Alivio del Sufrimiento, El Paraíso, El Paraíso, Honduras	funadsu@gmail.com	fundacionaliviohn.org
International Organization for Migration (IOM)	Col Palmira, 3ra Av, Cll del Brasil, Bloque 3, Casa 12	(504) 2237-7460 iomtegucigalpa@iom.int	iom.int/countries/Honduras
Parroquia Sagrado Corazón	Multiple locations in El Arenal, Danlí, and El Paraíso. Call for more information	(504) 2239-1312 (504) 2230-4292 contacto@sagradocorazontgu.com	sagradocorazontgu.com
Plan International Honduras	Edif Metrópolis, Torre 2, Piso 22, Tegucigalpa	(504) 2270-7328 comunicaciones.hn@plan-international.org	plan-international.org/honduras

Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
CONMIGHO	Juan Ramón Molina, Antiguo Edif del Banco Central, Tegucigalpa	(504) 2236-0200 conmigho@gmail.com	conmigho.sreci.gob.hn	Resources on consulates and migration, protections for migrants
Honduras Tax Administration (SAR)	Edif Cuerpo Bajo "A" Blvd Juan Pablo II, Centro Cívico Gubernamental José Cecilio del Valle, Tegucigalpa	(504) 2216-5800 asistencia@sar.gob.hn	sar.gob.hn	Support filling out contracts and documents, access to tax documents
National Commission of Banks and Insurance (CNBS)	Edif de la Comisión Nacional de Bancos y Seguros, Residencial la Hacienda, Esq Blvd la Hacienda y Blvd Suyapa, Tegucigalpa MDC	(504) 2290-4500 webmaster@cnbs.gob.hn	cnbs.gob.hn	Social security assistance, financial education for migrants

Name	Address	Contact	Website	Description
National Registry of Persons (RNP)	Col Palmira, frente a Distrito Hotelero Plaza San Martín, Tegucigalpa	respuesta@rnp.hn	www.rnp.hn	Registration for the civil registry and obtaining a national ID card
Secretary of Education	Centro Cívico Gubernamental, Cuerpo Bajo B, Tegucigalpa, MDC	(504) 2226-6200 ext 1100 angelica.gallardo@se.gob.hn	se.gob.hn	School enrollment support, educational orientation, and access to health and mental health services for children
Secretary of Labor and Social Security (STSS)	Cuerpo Bajo B, Centro Cívico Gubernamental José Cecilio del Valle, Boulevard Juan Pablo II, Tegucigalpa	(504) 2242-7830 comitedeetica@trabajo.gob.hn	trabajo.gob.hn	Food, employment assistance, vouchers, and financial help for starting a business for migrants
Secretary of Public Health (SESAL)	Bo El Centro, Av Cervantes, Cll El Telégrafo, Contiguo Av Miguel Cervantes, Tegucigalpa	(504) 2222-5771	salud.gob.hn	Access to healthcare and vaccines, access to Returning Migrant Care Centers (CAMR)
Secretary of Social Development (SEDESOL)	Centro Cívico Gubernamental, Torre 2, Blvd Juan Pablo II, Esq República de Corea Tegucigalpa	(504) 2242-7981 ext 11101 transparencia@sedesol.gob.hn	sedesol.gob.hn	Promotes socioeconomic development and reintegration of migrants through the Returned Migrant Assistance System

Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Association for a Better Life (APUVIMEH)	Tegucigalpa, Honduras; casa alberge Renacer	(504) 8786-9845 apuvimeh@yahoo.com	facebook.com/APUVIMEH	Medical care, mental healthcare, housing, advocacy, and support for returning LGBTQ+ migrants and people living with HIV or AIDS

Name	Address	Contact	Website	Description
Caritas	Bo Buena Vista subida a Buenos Aires una cuadra antes de Papelería Quiñonez Casa #352, Apartado Postal #1787, Tegucigalpa	(504) 2220-6698 (504) 2237-6594 caritas_de_honduras@caritas.hn	caritas.org/where-caritas-work/latin-america/honduras/	Emergency relief, food support, civic responsibility, and violence prevention advocacy
Casa Alianza	Cll Morelos, Av Cervantes, Frente Optica Matamoros, Tegucigalpa	(504) 2237-3623 contacto@casaalianza.org.hn	casa-alianza.org.hn/new.casa-alianza.org.hn	Shelter, medical care, food, help obtaining birth certificates, protection and reintegration for returning migrant youth
Ciudad Mujer	Multiple locations, call for more information	(504) 9445-2030 direccionnacional@ciudadmujer.gob.hn	ciudadmujer.gob.hn	Medical care, housing, legal advice, economic assistance, and reintegration assistance for female migrant returnees
Colectivo Violeta	Bo La Ronda, Av Máximo Jerez, Casa #1332, contiguo a sala de belleza Gladis, Frente al parque Finlay, Tegucigalpa MDC Francisco Morazán	(504) 2220-5045 oficialddhhcv@gmail.com	colectivovioleta.org	Access to legal defense for members of the LGBTQ+ community, support for returned migrants who face discrimination
Cristosal		comunicacion@cristosal.org	cristosal.org	Human rights protections, legal support, food, housing assistance, mental health care
Honduran Institute for the Prevention of Alcoholism and Drug Addiction (IHADFA)	Centro Cívico Gubernamental, Torre 1, Piso N° 17, Tegucigalpa, MDC	(504) 2242-8611 cvaleriano@ihadfa.gob.hn		Substance use support services

Name	Address	Contact	Website	Description
International Organization for Migration (IOM)	Col Palmira, 3ra Av, Cll del Brasil, Bloque 3, Casa 12	(504) 2237-7460 iomtegucigalpa@iom.int	nortedecentroamerica.iom.int/es/honduras	Shelter, employment workshops, information about migration and discriminatory practices, humanitarian assistance for migrants
JA Honduras	Edif COHEP, Col Tepeyac, Cll Yoro, Tegucigalpa	(504) 2235-3336 jahonduras@ja.hn	ja.hn	Educational programs for children focusing on financial literacy and job-readiness
Lesbian Network CATRACHAS	Col San Carlos, Tegucigalpa, FM	(504) 2221-0001 cattrachas@hotmail.com	cattrachas.org	Defense of LGBTQ+ rights
Lutheran World Federation (LWF)	PO Box 2861 Barrio villa Adela, 19 Calle entre 5ta y 6ta, Av Casa, 518 Comayagüela	(504) 2225-4893 presidencia.iclh@gmail.com	lutheranworld.org	Emergency relief, employment assistance, financial support, family resources, mental health support, and youth migrant network
Mennonite Social Action Commission (CASM)	Bo Guadalupe, 21 y 22 Cll, 3 Av NE Casa 2114, San Pedro Sula, Cortés	(504) 2553-5437 casm@casm.hn	casm.hn	Social and economic assistance for reintegration for returned migrants
National Forum for Migration in Honduras (FONAMIH)	Col Palmira, Calzada Los Olivos, Casa #352, a un costado del Edif Italia, Tegucigalpa	(504) 2205-8396 fonamih@yahoo.com		Legal representation and support at the border for migrants
Norwegian Refugee Council (NRC)	Multiple locations	(504) 3373-5003 (504) 8814-5837 nrc@nrc.no	nrc.no/countries/south-america/honduras	Food, shelter, education, legal advice, and mental health care for migrants
ODEF Financiera SA	Col Alameda, 4 Calle, entre 13 y 14 Av SE Edif 1314 San Pedro Sula, Cortés	(504) 2512-1910 (504) 3259-4006	odeffinanciera-sa.hn	Financial inclusion and education for migrants

Name	Address	Contact	Website	Description
Pastoral de Movilidad Humana del Conferencia Episcopal de Honduras	Apartado Postal 30014, Comayagüela, Honduras	info@pmhhonduras.com pmhhonduras5@gmail.com	pastoraldemovilidadhumanahonduras.wordpress.com	Support groups, mental health care, family reunification, shelter, food, and healthcare
Proyecto Victoria	Col Las Palmas, detrás de los silos del IHMA, frente a la Col Kennedy en Tegucigalpa	(504) 2230-3601 (504) 9921-1854	contralaapostasia.com/proyecto-victoria	Therapeutic community for men that focuses on substance use difficulties, gang involvement, and violence
Rainbow LGBT Association of Honduras	Comayaguela, FM 3ra Ave, 10 y 11 Cll, frente a Autorepuestos Reyes	arcoirisghn@yahoo.com	facebook.com/lgtp.arcoiris	Healthcare, legal advice, and rights protections for members of the LGBTQ community
Red Cross	Av 2, Bo Concepción, Tegucigalpa	(504) 2237-1800	icrc.org/en/where-we-work/honduras	Public shelters, transportation from the border, medical care and legal advice for migrants
Somos CDC (Center for LGBTQ+ Development and Cooperation)	Casa #2238, Calzada Victoria, Col Humuya, Tegucigalpa	(504) 2239-9076 comunicaciones@somoscdc.hn	somoscdc.hn	Educational, financial, and legal programs for members of the LGBTQ+ community and migrants that promote human rights of vulnerable populations
SWISSCONTACT	Centros de Negocios La Reforma Col La Reforma, a 30 metros de la Av La Paz Tegucigalpa	(504) 2235-8843 (504) 2239-8846 info.honduras@swisscontact.org	swisscontact.org/es/paises/honduras	Programs for social and professional reintegration for migrants, call center
The American Friends Service Committee			afsc.org	Detailed online guide on re-entering Honduras
UNAH	Blvd Suyapa, Tegucigalpa, MDC	(504) 2216-6100 info@unah.edu.hn	unah.edu.hn	Low-cost dental services, education resources

Name	Address	Contact	Website	Description
UNICAH	Cll de los Alcaldes, Tegucigalpa	(504) 9500-0132	unicah.edu	Low-cost dental services, food, and more resources for migrants
UNITEC	Blvd Kennedy, V-782, frente a Residencial Honduras, Tegucigalpa, Francisco Morazán, 11101	(504) 2268-1000 admisionesteg@unitec.edu	unitec.edu	Free mental health services, low-cost dental care, and employment workshops and trainings for migrants
Women's Rights Center (CDM)	Col Lara Norte, Ave Manuel José Arce, Calle Lafra N 834 Tegucigalpa, Honduras, Apartado Postal 4562	(504) 2221-0657 (504) 9816-7488 cdm@derechosdelamujer.org	derechosdelamujer.org	Advocacy and assistance for female migrant returnees, especially those who face violence or social exclusion

El Salvador Resource Directory

- Salvadoran Consular Offices in the US
- Shelters
- Government Institutes
- Service Desks for Returnees
- Government Programs
- Non-Profits

Salvadoran Consular Offices in the US: You can visit or contact a Salvadoran consulate to help you obtain an ID, ensure your rights are protected in prison or detention, help you find contact information for your family members, and help connect you with healthcare and education resources, and more. If you are incarcerated or detained you have a right to speak with your consulate if you so choose. Immigration and police must let your consulate visit or speak with you.

Disclaimer: If you have an asylum claim in the US or you have left the country because the government was unable to protect you, targeted or persecuted you, do not contact them for help.

State/City	Address	Contact
Arkansas/ Springdale	3875 W Sunset Ave Springdale, AR 72762	(888) 301-1130 consuladospringdale@rree.gob.sv
Arizona/ Tucson	5447 E 5th St, #249 Tucson, AZ 85711	(888) 301-1130 consuladotucson@rree.gob.sv
California/ Fresno	49 W Alluvial Ave Fresno, CA, 93650	(888) 301-1130 consuladofresno@rree.gob.sv
California/ Los Angeles	3250 Wilshire Blvd, #550 Los Angeles, CA 90010	(888) 301-1130 consuladoesla@rree.gob.sv
California/ San Bernardino	3505 Highland Ave, #C San Bernardino, CA 92346	(888) 301-1130 consuladosanbernardino@rree.gob.sv
California/ San Francisco	500 Golden Gate Ave San Francisco, CA 94102	(888) 301-1130 consuladosanfrancisco@rree.gob.sv
Colorado/ Aurora	1450 S Havana St, #110 Aurora, CO 80012	(888) 301-1130 consuladoaurora@rree.gob.sv
Florida/ Doral	8550 NW 33rd St, #100 Doral, FL 33122	(888) 301-1130 consuladosv-doralfl@rree.gob.sv
Georgia/ Duluth	3550 Corporate Wy, #A Duluth, GA 30096	(888) 301-1130 consuladoduluth@rree.gob.sv

State/City	Address	Contact
Illinois/ Chicago	8605 W Bryn Mawr Ave, #310 Chicago, IL 60631	(888) 301-1130 consuladochicago@rree.gob.sv
Maryland/ Silver Spring	926 Philadelphia Ave Silver Spring, MD 20910	(888) 301-1130 consuladosilverspring@rree.gob.sv
Massachusetts /Boston	46 Bennington St E Boston, MA 02128	(888) 301-1130 consuladoboston@rree.gob.sv
Minnesota/ St Paul	60 Plato Blvd E, #150 St Paul, MN 55107	(888) 301-1130 consuladominnesota@rree.gob.sv
Nebraska/ Omaha	11422 Miracle Hills Dr, #205 Omaha, NE 68154	(888) 301-1130 consuladoomaha@rree.gob.sv
Nevada/ Las Vegas	765 N Nellis Blvd, #C-5 Las Vegas, NV 89110	(888) 301-1130 ConsuladoLasVegas@rree.gob.sv
New Jersey/ Elizabeth	40 Parker Rd, #100 Elizabeth, NJ 07208	(888) 301-1130 consuladonewjersey@rree.gob.sv
New York/ Plainview	111 Express St Plainview, NY 11803	(888) 301-1130 consuladoplainview@rree.gob.sv
New York/ New York City	14 W 37th St New York, NY 10018	(888) 301-1130 consuladonyc@rree.gob.sv
North Carolina/ Charlotte	1520 W Blvd, #C Charlotte, NC 28208	(888) 301-1130 consuladocharlotte@rree.gob.sv
Tennessee/ Nashville	311 Plus Park Blvd, #110 Nashville, TN 37217	(888) 301-1130 consuladonashville@rree.gob.sv
Texas/ Dallas	7610 Stemmons Fwy, #400 Dallas, TX 75247	(888) 301-1130 consuladodallas@rree.gob.sv
Texas/ El Paso	400 W San Antonio St, #B El Paso, TX 79901	(888) 301-1130 consuladoelpasotx@rree.gob.sv
Texas/ Houston	8300 Bissonnet St, #400 Houston, TX 77074	(888) 301-1130 consuladohouston@rree.gob.sv
Texas/ McAllen	701 S Broadway St McAllen, TX 78501	(888) 301-1130 consuladomcallen@rree.gob.sv
Texas/ San Antonio	12521 Nacodoches Rd San Antonio, TX 78217	(888) 301-1130 consulado.sanantonio@rree.gob.sv
Utah/ Salt Lake City	124 S 400 E, #410 Salt Lake City, UT 84111	(888) 301-1130 consuladosaltlakecity@rree.gob.sv

State/City	Address	Contact
Virginia/ Woodbridge	14517 Potomac Mills Rd Woodbridge, VA 22192	(888) 301-1130 consuladovirginia@rree.gob.sv
Washington/ Seattle	615 2nd Ave, #50 Seattle, WA 98104	(888) 301-1130 consuladoseattle@rree.gob.sv
Washington DC/ Washington DC	1400 16th St NW, #100 Washington, DC 20036	(202) 595-7500 infoeeuu@rree.gob.sv

Shelters

Disclaimer: We've done our best to list all shelters that we believe are open to migrants. Some may be full or have closed down. To get current information, we recommend calling these shelters, asking other returnees, and contacting the churches and non-profits listed here.

Name	Location	Contact	Specialty
Albergue Divina Misericordia	Sexta Calle Oriente, N° 623 del barrio San Esteban de San Salvador (Como referencia a un costado de la iglesia Nuestra Señora de la Merced y a media cuadra del castillo de la Policía.)	(503) 7069-2868 albergued m@gmail.com es-la.facebook. com/AlbergueDivin aMisericordiaES/	
Asociacion Casa albergue "SOLO POR HOY"	San Salvador, El Salvador	(503) 2235-9521 soloporhoyalbergue@ gmail.com centroderehabilitacion- asoc iacioncasaalbergue soloporhoy.org	Provides housing and treatment for men struggling with addiction to drugs or alcohol
Casa Del Migrante Scalabrini	Colonia Mugdan, 6a Avenida Norte y Pasaje Viaud, 716. San Salvador	(503) 2221-9725 migrantesv@gmail.com migrantes.com.mx/san- salvador	Services directed more towards migrants
Dormitorio Público FUSATE, San Miguelito	25 calle oriente, n° 139, Barrio San Miguelito, San Salvador	(503) 2517-2877 facebook.com/fusate. ong	For the elderly
Dormitorio Público FUSATE, Santa Tecla	1ª calle Poniente y 10ª Avenida Norte, N° 5-14, Santa Tecla, La Libertad	(503) 2228-9912 fusate.org	For the elderly

Government Institutes				
Name	**Address**	**Contact**	**Website**	**Description**
Ministry of Foreign Affairs (MRREE)	Salvador Blvd Cancillería, Calle El Pedregal, Antiguo Cuscatlan, La Libertad, El Salvador CA	(503) 2231-1000 atencion.usuarios@migracion.gob.sv	rree.gob.sv/ventanillas-de-atencion-a-retornados-un-servicio-a-favor-del-desarrollo-de-los-compatriotas/	Access for returning migrants to: legal protections, job training, economic opportunity, service desks, technical education, and scholarships
Ministry of International Relations	Blvd Cancillería, Calle El Pedregal, Antiguo Cuscatlan, La Libertad	(503) 2231-1000	rree.gob.sv/programas/4-programa-nacional-de-atencion-y-reinsercion-a-personas-retornadas	Resources and welcoming services for returned migrants
Ministry of Health	Calle Arce #827, San Salvador	(503) 2591-7000 webmaster@salud.gob.sv	salud.gob.sv	Medical care, housing, reintegration services, mental health care
Ministry of Labor	Alameda Juan Pablo II y 17 Ave Nte Edificios 2, 3 y 4, Centro de Gobierno, San Salvador	(503) 2529-3700 buzon.sugerencias@mtps.gob.sv	mtps.gob.sv	Employment services for returned migrants
Ministry of Education (MINED)	Alameda Juan Pablo II y Calle Guadalupe, Edificio A, San Salvador	(503) 2592-2000 educacion@mined.gob.sv	mined.gob.sv	Training programs, educational resources, reintegration into school system, online education program
National Registry	Alameda Manuel Enrique Araujo, Edif Carbonell N° 1, Col Roma, San Salvador	(503) 2521-9300 info@rnpn.gob.sv	rnpn.gob.sv	Birth certificate and ID services
National Council for Micro and Small Businesses (CONAMYPE)	Alameda Manuel Enrique Araujo, Edificio CONAMYPE, Centro Comercial Plaza Suiza	(503) 2592-9000	conamype.gob.sv/registro-mype	Financial and technical support for small businesses

Name	Address	Contact	Website	Description
FOSALUD		(503) 2528-9700	fosalud.gob.sv informacion@ fosalud.gob.sv	24 hour and weekend health services
Colón Ciudad Mujer Center	Km 29 ½ Carretera a Sonsonate, desvío a las 600, Cantón Entre Ríos, Colón, La Libertad	(503) 2565-0800		Healthcare, financial advice, career training and more for women; aid for victims of violence against women
Usulután Ciudad Mujer Center	9ª Calle Oriente y Final 8ª Av. Sur, Barrio El Calvario, frente al Centro de Gobierno	(503) 2609-1200		Healthcare, financial advice, career training and more for women; aid for victims of violence against women
Santa Ana Ciudad Mujer Center	Km 61 ½ Carretera Panamericana, Finca Santa Teresa, Cantón Chupadero, al poniente de Residencial Luna Maya	(503) 2404-2500		Healthcare, financial advice, career training and more for women; aid for victims of violence against women
San Martín Ciudad Mujer Center	Km 16 ½ Carretera de Oro, Finca Gran Bretaña, San Martín, San Salvador	(503) 2555-1400		Healthcare, financial advice, career training and more for women; aid for victims of violence against women
San Miguel Ciudad Mujer Center	Antiguo FENADESAL, 15ª Calle Oriente, entre 10ª y 8ª Av. Sur, San Miguel	(503) 2660-0377		Healthcare, financial advice, career training and more for women; aid for victims of violence against women
Morazán Ciudad Mujer Center	Carretera Panamericana, cantón Llano de Santiago, El Divisadero, Morazán	(503) 2609-6391		Healthcare, financial advice, career training and more for women; aid for victims of violence against women

Service Desks for Returnees

Locations where returnees can access MRREE services, including legal guidance, psychological support, and referrals to health, education, and employment services. There are 12 service desks across the country: rree.gob.sv/ventanillas-de-atencion-a-retornados-un-servicio-a-favor-del-desarrollo-de-los-compatriotas/

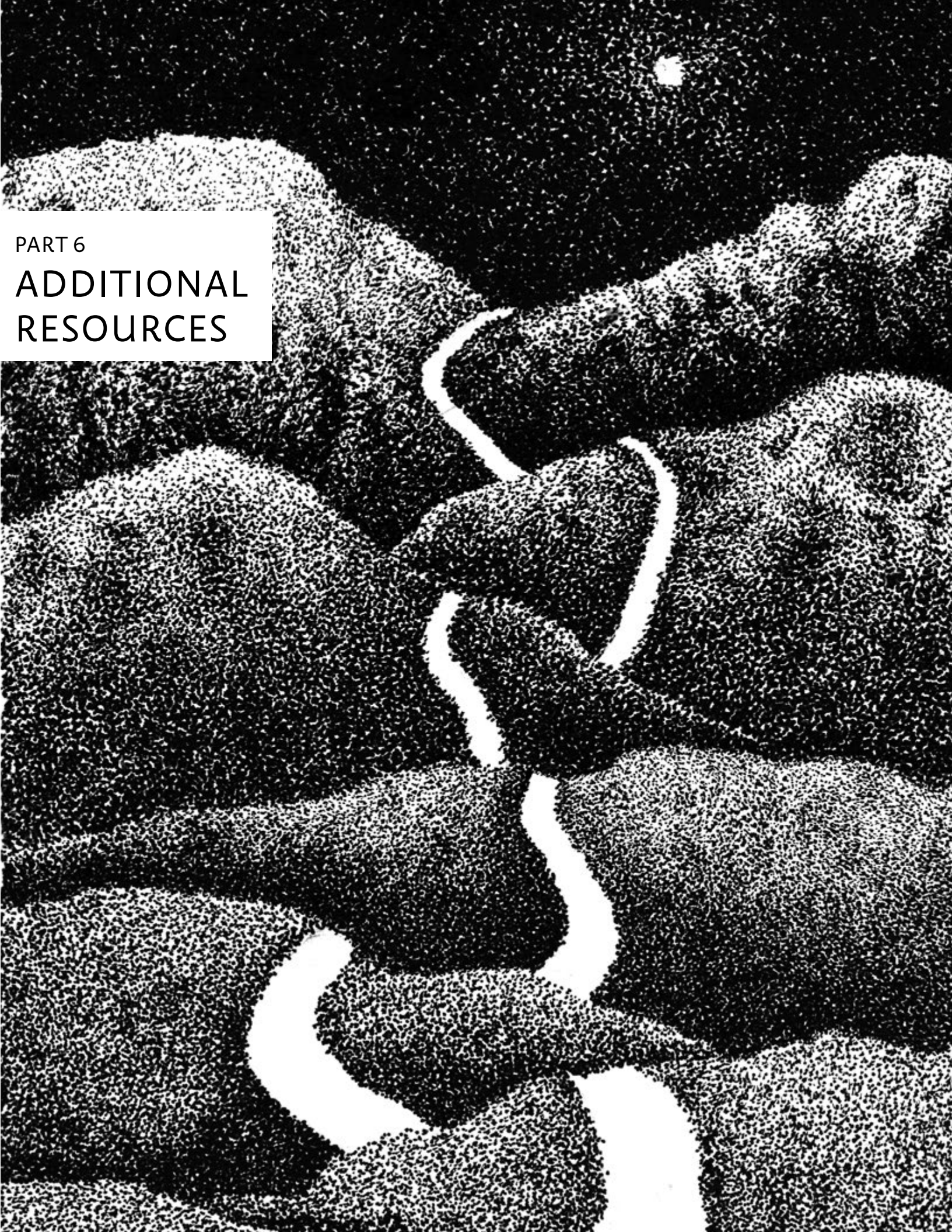
Department	Address
San Salvador (GAMI)	Boulevard Venezuela y 54 avenida sur, Colonia Quiñonez, San Salvador Centro, San Salvador
San Salvador	Final 17 Avenida Norte, Edificio 4, Centro de Gobierno, San Salvador, El Salvador
San Salvador (support for women returnees)	Kilómetro 16 ½, Carretera de Oro, Finca Gran Bretaña, municipio de San Martín, Departamento de San Salvador
Chalatenango	4° Calle Poniente y Avenida Libertad N 11 Gobernación departamental de Chalatenango
San Miguel	6a calle oriente #304, frente al ex Instituto Migueleño de Comercio y contigüo a Comercial René, Barrio La Cruz, San Miguel
San Miguel, support for women returnees	15ª Calle Oriente, y 8ª, Avenida Sur, Centro de Gobierno. San Miguel
Usulután, support for women returnees	9ª Calle Oriente y Final 8ª. Avenida Sur, Barrio El Calvario, frente al Centro de Gobierno, departamento de Usulután
Usulután	11ª calle Oriente entre 4a y 6a avenida sur, Gobernación Departamental de Usulután
Santa Ana, support for women returnees	Km 61 ½ carretera, Panamericana, finca Santa Teresa, Cantón Chupadero, Santa Ana, al poniente de Residencial Luna Maya
Santa Ana	Calle Libertad Oriente entre 9 y 11 Avenida Norte Centro de Gobierno Santa Ana
La Libertad, support for women returnees	Kilómetro 29.5, Carretera a Sonsonate, calle desvío a las 600, cantón Entre Rios, Colón, La Libertad
Morazán, support for women returnees	Carretera Panamericana, cantón Llano de Santiago, Municipio El Divisadero, departamento de Morazán

Non-Profits				
Name	**Address**	**Contact**	**Website**	**Description**
Agencia de la ONU para los refugiados (ACNUR)	Edif ACNUR, Calle La Mascota #519, Col San Benito, San Salvador	(503) 2507-2800 ayudaelsalvador@unhcr.org	acnur.org/pais/el-salvador	Protection services for returned migrants, psychosocial resources
Alliance of Salvadoran Returnees (ALSARE)	Blvd Los Héroes, Condominio Los Héroes, Séptimo Nivel, Apartamento #7-D 503, San Salvador	(202) 360-4530 alsat.retornados16@gmail.com	iaf.gov/es/grants/el-salvador/2018-alsare	Small business assistance, mental health care, legal services, economic and social reintegration aid
American Friends Service Committee (AFSC)			afsc.org	Detailed online reentry guide
Archdiocese of San Salvador Soup Kitchen	Col Médica, Av Dr. Emilio Álvarez y Dr Max Bloch	(503) 2234-5300		Catholic soup kitchen
Asociacion Aspidh Arcoiris Trans	Urbanización Santa Adela, 19 Calle Poniente y 7 Avenida N, Pasaje 3, N° 26, San Salvador	(503) 2200-5469 aspidh.arcoiris.trans@gmail.com	aspidhsv.org	Legal, mental health, and employment services for LGBTQ+ migrants
Asociación Colectivo Alejandría	Colonia Las Rosas 2, pasaje 2 123 San Salvador	(503) 2235-2486	colectivoalejandriaelsalvador.org	Job training, HIV education, and more for young LGBTQ+ people
Association Committee of Relatives of Deceased and Disappeared Migrants of El Salvador (COFAMIDE)	Final 4ª Calle Poniente y 25 Avenida Sur, Edif Cuscatlán, Tercer Nivel, Local #302, San Salvador	(503) 2542-3778 cofamide.elsalvador@yahoo.com	missingpersons.icrc.org/directory/cofamide	Protects the rights of returned migrants, advice and accompaniment throughout the deportation process
Association for Training and Research in Mental Health (ACISAM)	Jardínes de Miramonte, Calle Los Sisimiles #48, San Salvador , San Salvador, El Salvador	(503) 2274-8633		Community based mental health, trauma recovery, and peer support

Name	Address	Contact	Website	Description
Association of Salvadoran Women for Peace (ORMUSA)	7ª calle poniente bis #5265, colonia Escalón. San Salvador	(503) 2226-5829 ormusa@ormusa.org	ormusa.org	Legal support for cases involving violence against women
Caritas of El Salvador	Av Olímpica y Pasaje 3, Casa #130, San Salvador	(503) 2511-4300 info@caritas.sv	caritas.sv	Mental health care, spiritual accompaniment through deportation, promotes community amongst returned migrants
Casa del Migrante (House of Scalabrini Order)	Col Mugdan 6ta, Ave N, Pasaje Viaud 716 503, San Salvador	(503) 2221-9725 migrantesv@gmail.com	migrantes.com.mx/san-salvador	Temporary housing, food, legal aid, mental health resources, training programs, and more
CIMITRA	1a Calle Poniente y 91 Avenida Norte #4727, Colonia Escalón, San Salvador	(503) 2242-7034	cimitra.org	Social and economic reintegration support for returning migrants
COMCAVIS TRANS El Salvador	12 Calle Poniente #2413, Col Flor Blanca, San Salvador	(503) 2564-5029 comcavis@gmail.com	comcavis.org.sv	Temporary housing, legal, social, health, employment and safety resoures for LGBTQ+ migrants
DIKÉ LGBTI+ (formerly known as Astrans)	C Gabriela Mistral 521, San Salvador	(503) 7004-3453 org.dike@gmail.com	dike.org.sv	Health referrals for gender affirming care, human rights, LGBTQ+ advocacy
Diocese of Chalatenango Soup Kitchen	Calle San Martín No 4, Barrio El Centro	(503) 2301-0211 (503) 2335-2066		Catholic soup kitchen
Diocese of Santa Ana Soup Kitchen	9a Av Norte No 52, Barrio Santa Bárbara	(503) 2441-1948 (503) 2447-2520		Catholic soup kitchen
Diocese of San Miguel Soup Kitchen	4a Calle Poniente y 7a Av Norte No 506, Barrio San Felipe	(503) 2660-2277		Catholic soup kitchen
Diocese of San Vicente Soup Kitchen	1ra Calle Oriente y 10a Av Norte	(503) 2393-0131		Catholic soup kitchen

Name	Address	Contact	Website	Description
Diocese of Santiago de María Soup Kitchen		(503) 2663-0297 (503) 2663-0223		Catholic soup kitchen
Diocese of Sonsonate		(503) 2451-5224 (503) 2416-2800		Catholic soup kitchen
Diocese of Zacatecoluca		(503) 2334-0287		Catholic soup kitchen
Entre Amigos	Carretera a Quezaltepeque, Km 17.5, Polígono 1, Lote 28, Lotificación El Cedral, Nejapa	(503) 7035-3207 info.entreamigos@gmail.com	facebook.com/Entreamigossv	HIV prevention, mental health support for members of the LGBTQ+ community
Grupo de Monitoreo Independiente de El Salvador (GMIES)	Final 13 avenida norte pasaje dos poniente casa #37, Colonia Santa Rosa, San Salvador	(503) 2260-8001 comunicagmies@gmail.com		Legal support for migrant workers, their families, and their rights
INSAMI (Salvadoran Institute for Migrants)	41 Av Norte Nº 221 Col Flor Blanca San Salvador	(503) 2207-2331 contacto@insami.foundation	insami.foundation	Political advocacy and protection for returning Salvadoran migrants
International Organization for Migration (IOM)	Urbanización Madre Selva, Pasaje H # 5 01101 Antiguo Cuscatlán	(503) 2521-0500 iomasansalv@iom.int	triangulonorteca.iom.int/es/el-salvador	Employment support, economic and social development, and more for returned migrants
Líderes con Orgullo	San Miguel		facebook.com/lideresconorgullo/?locale=es_LA	Community based support, human rights
Passionist Social Service	41 Av Norte Nº 221 Col Flor Blanca San Salvador	(503) 2207-2331 contacto@insami.foundation		Violence prevention, human rights advocacy, community building
Platzi			diaspora.certificate.gob.sv	English language classes free to all Salvadorans for one year

Name	Address	Contact	Website	Description
Norwegian Refugee Council	San Salvador	(503) 7989-2043 nrc.ncaym@nrc.no	nrc.no	Legal, ID, mental health, food, hygiene, and financial services for returned migrants
Red Cross	Calle 2, Santa Lucía, San Salvador	(503) 2239-4900 relacionespublicascrs@cruzrojasal.org.sv	cruzrojasal.org.sv	Mental health support, family services, basic medical care, reintegration workshops for returned migrants
United States Committee for Refugees and Immigrants (USCRI)	Col San Francisco, Calle Los Bambués y Calle Los Abetos, 37-A y B, San Salvador	(503) 7685-0804 eolan@uscrica.org	refugees.org/who-we-are	Legal, human rights, social, health, and employment services for returning migrants
Universidad Centroamericana "José Simeón Cañas" (UCA)	Bulevar Los Próceres, Antiguo Cuscatlán, La Libertad	(503) 2210-6600 asistencia.legal@uca.edu.sv	uca.edu.sv	Professional training, reintegration services, legal help for people with financial difficulties
SWISSCONTACT	Residencial Escalonia y Calle Escalonia, Casa #14-E Colonia Escalón, San Salvador	(503) 2262-0680 sv.info@swisscontact.org	swisscontact.org/es/paises/el-salvador	Can certify education or training from other countries, call center for questions about reintegration and migration, social and professional reintegration help
Tutela de Derechos Humanos del Arzobispado de San Salvador	Av Dr Emilio Álvarez y Av Dr Max Bloch, Col Médica Edificio Arzobispado, Local No 6, San Salvador	(503) 2234-5321 tuteladh@gmail.com		Legal support for human rights violations



PART 6

ADDITIONAL RESOURCES

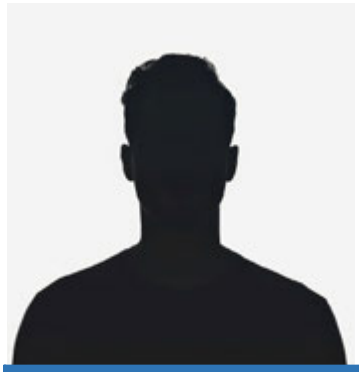
MigrantApp, a Great Tool for Your Return

The MigrantApp, developed by the International Organization for Migrants (IOM), a UN Migration Agency, includes a number of features that may be of use to you:

- **Protection and Assistance Information**: Simplified access to information on health centers, consulates and embassies, migration offices, human rights protection centers, and shelters. The App also includes information on training and employment, and on assistance for particularly vulnerable groups, including victims of human trafficking.
- **Migration Information**: Information on the requirements for entering Mexico and Central American countries for 27 nationalities.
- **Remittances**: Allows you to compare the costs of available options for sending money.
- **My Route**: Allows you to privately share your location in real-time.
- **News**: Up-to-date, country-specific migration news and alerts in case of emergencies such as hurricanes and epidemics.

Your personal information is confidential, but you can also deactivate the GPS feature on your mobile device.

You can download the MigrantApp for Apple (iOS) or Samsung (Android). Additional information on the MigrantApp is available on IOM's Mesoamerica Programme website: programamesoamerica.iom.int/es/migapp.



Currículum Vitae

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Raul Navarro

RESUMEN DE EXPERIENCIA PROFESIONAL	Hablante nativo de inglés y español. Tengo cuatro años de experiencia enseñando inglés y un año de experiencia de asistente voluntario de enseñanza de matemáticas. Tengo experiencia aplicando diversas estrategias educativas en todos niveles.
EDUCACIÓN	**Diplomado en ciencias, el arte y la educación general** Carl Sandburg Community College Galesburg, IL **Año**: 2009
EXPERIENCIA PROFESIONAL DOCENTE	**Universidad de Illinois Urbana-Champaign , Programa de socios de lengua** **Funciones**: Maestro de inglés como segundo idioma (ESL), tutor de estudiantes **Año**: Agosto de 2014- Abril de 2016
VOLUNTARIADO	**Danville Area Community College** Danville, IL **Funciones**: Asistente voluntario de enseñanza de matemáticas, tutor de estudiantes **Año**: Julio de 2016- abril de 2018
IDIOMAS	Inglés lengua materna Español lengua materna
HONORES	Premio de liderazgo de John Dewey, Universidad de Illinois, Urbana Champaign **Año**: 2014
CONOCIMIENTOS TECNOLÓGICOS	Microsoft Office: Word, PowerPoint, Excel

Immigration Forms for Self-Representation

If you can talk to an immigration attorney, we strongly recommend it. If you cannot, you may need to represent yourself in Immigration Court. This section contains copies of some forms that are commonly used. You can tear them out and submit them. The table below lists the forms, what they are used for, and where you can find them.

Commonly Used Forms			
Form	**Who the Form is For**	**What the Form is For**	**Page**
I-589	People who fear harm in their nation of origin	To apply for **asylum**, **withholding of removal**, or protection under the **UN Convention Against Torture (CAT)**	283
EOIR 42A	Lawful permanent residents in removal proceedings ("green card" holders who are facing deportation)	To apply for **cancellation of removal**	295
EOIR 42B	People without legal immigrant status who are facing deportation. The EOIR 42B is for "**ten-year cancellation**." Learn more about the different kinds of cancellation of removal on p.64.	To apply for **cancellation of removal**	302
EOIR 26 (Notice of appeal)	People who want to change a decision they received in Immigration Court	To open a case with the Board of Immigration Appeals and pause your case in Immigration Court	310
EOIR 26A (Fee Waiver)	People who are filing an EOIR 29 and can't pay the fee (see tinyurl.com/NIPNLG-fee-waiver)	To cancel the fee for opening an appeal (with the EOIR 29); see "**Fee Waivers for Immigration Court**," below	318

Some of these forms may have been revised after this guide was printed in June 2026. Current copies of these forms (and others) can be found at justice.gov/eoir/eoir-forms, as well as the official instructions and advice on using the forms.

Fee Waivers for Immigration Court: The EOIR 26A is primarily for the Board of Immigration Appeals, but immigration courts can accept them. However, you may also want to also write a letter to the court. It may need to be in English.

SAMPLE FEE WAIVER LETTER FOR IMMIGRATION COURT

The sample letter below requests a fee waiver from the Immigration Court for a Cancellation of Removal request. It would be submitted with an EOIR 42B form.

[**Your name**]
A-Number: [**Your A-number**]
Immigration Court: [**City, State**]
RE: Request for Fee Waiver

I am requesting a waiver of the filing fee for my application for Cancellation of Removal (EOIR-42B).

I cannot afford to pay the filing fee. I do not have sufficient income or savings. [**Explain your situation here. For example:** *I am detained and have no income; I am unemployed; I support my children.* **Be honest, specific, and brief.**]

I respectfully ask the Court to waive the filing fee. Thank you for your consideration.

[**Your signature**]
[**Your printed name**]
[**Date**]

★ Include your **A-number** on every page, and if you can, **attach proof** to support your letter (for example, recent pay stubs, bank statements, proof of receiving public benefits, or bills or other evidence of your financial obligations).

Application for Asylum and for Withholding of Removal

Department of Homeland Security
U.S. Citizenship and Immigration Services

USCIS
Form I-589
OMB No. 1615-0067
Expires 09/30/2027

START HERE - **Type or print in black ink. See the instructions for information about eligibility and how to complete and file this application.**

NOTE: ☐ Check this box if you also want to apply for withholding of removal under the Convention Against Torture.

Part A.I. Information About You

1. Alien Registration Number(s) (A-Number) *(if any)*	**2.** U.S. Social Security Number *(if any)*	**3.** USCIS Online Account Number *(if any)*

4. Complete Last Name	**5.** First Name	**6.** Middle Name

7. What other names have you used *(include maiden name and aliases)?*

8. Residence in the U.S. *(where you physically reside)*

Street Number and Name	Apt. Number

City	State	Zip Code	Telephone Number
			( )

(**NOTE:** *You must be residing in the United States to submit this form.*)

9. Mailing Address in the U.S. *(if different than the address in Item Number 8)*

In Care Of *(if applicable)*:	Telephone Number
	( )

Street Number and Name	Apt. Number

City	State	Zip Code

10. Sex ☐ Male ☐ Female

11. Marital Status: ☐ Single ☐ Married ☐ Divorced ☐ Widowed

12. Date of Birth *(mm/dd/yyyy)*	**13.** City and Country of Birth

14. Present Nationality *(Citizenship)*	**15.** Nationality at Birth	**16.** Race, Ethnic, or Tribal Group	**17.** Religion

18. *Check the box, a through c, that applies:* **a.** ☐ I have never been in Immigration Court proceedings.

b. ☐ I am now in Immigration Court proceedings. **c.** ☐ I am **not** now in Immigration Court proceedings, but I have been in the past.

19. *Complete 19 a through c.*

a. When did you last leave your country? *(mm/dd/yyyy)* **b.** What is your current I-94 Number, if any?

c. List each entry into the U.S. beginning with your most recent entry. *List date (mm/dd/yyyy), place, and your status for each entry. (Attach additional sheets as needed.)*

Date	Place	Status	Date Status Expires	
Date	Place	Status		
Date	Place	Status		

20. What country issued your last passport or travel document?	**21.** Passport Number	**22.** Expiration Date *(mm/dd/yyyy)*
	Travel Document Number	

23. What is your native language *(include dialect, if applicable)?*	**24.** Are you fluent in English? ☐ Yes ☐ No	**25.** What other languages do you speak fluently?

Part A.II. Information About Your Spouse and Children

For EOIR use only.	For USCIS use only.	Action:	Decision:
		Interview Date: _____	Approval Date: _____
		Asylum Officer ID No.: _____	Denial Date: _____
			Referral Date: _____

Your spouse ☐ I am not married. (Skip to **Your Children** below.)

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Date of Birth *(mm/dd/yyyy)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Other names used *(include maiden name and aliases)*
9. Date of Marriage *(mm/dd/yyyy)*	10. Place of Marriage	11. City and Country of Birth	
12. Nationality *(Citizenship)*	13. Race, Ethnic, or Tribal Group	14. Sex ☐ Male ☐ Female	
15. Is this person in the U.S.? ☐ Yes *(Complete Blocks 16 to 24.)* ☐ No *(Specify location):*			
16. Place of last entry into the U.S.	17. Date of last entry into the U.S. *(mm/dd/yyyy)*	18. I-94 Number *(if any)*	19. Status when last admitted *(Visa type, if any)*
20. What is your spouse's current status?	21. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	22. Is your spouse in Immigration Court proceedings? ☐ Yes ☐ No	23. If previously in the U.S., date of previous arrival *(mm/dd/yyyy)*
24. If in the U.S., is your spouse to be included in this application? *(Check the appropriate box.)* ☐ Yes ☐ No			

Your Children. List **all** of your children, regardless of age, location, or marital status.

☐ I do not have any children. *(Skip to Part A.III., Information about your background.)*

☐ I have children. Total number of children: _____.

(**NOTE:** *Use Form I-589 Supplement A or attach additional sheets of paper and documentation if you have more than four children.)*

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female
13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location):*			
14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*
18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No	
21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)* ☐ Yes ☐ No			

Part A.II. Information About Your Spouse and Children (continued)

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female

13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location)*:

14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*

18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No

21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)*
☐ Yes
☐ No

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female

13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location)*:

14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*

18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No

21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)*
☐ Yes
☐ No

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female

13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location)*:

14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*

18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No

21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)*
☐ Yes
☐ No

Part A.III. Information About Your Background

1. List your last address where you lived before coming to the United States. If this is not the country where you fear persecution, also list the last address in the country where you fear persecution. *(List Address, City/Town, Department, Province, or State and Country.)*
(NOTE: *Use Form I-589 Supplement B, or additional sheets of paper, if necessary.)*

Number and Street *(Provide if available)*	City/Town	Department, Province, or State	Country	Dates From *(Mo/Yr)*	Dates To *(Mo/Yr)*

2. Provide the following information about your residences during the past 5 years. List your present address first.
(NOTE: *Use Form I-589 Supplement B, or additional sheets of paper, if necessary.)*

Number and Street	City/Town	Department, Province, or State	Country	Dates From *(Mo/Yr)*	Dates To *(Mo/Yr)*

3. Provide the following information about your education, beginning with the most recent school that you attended.
(NOTE: *Use Form I-589 Supplement B, or additional sheets of paper, if necessary.)*

Name of School	Type of School	Location *(Address)*	Attended From *(Mo/Yr)*	Attended To *(Mo/Yr)*

4. Provide the following information about your employment during the past 5 years. List your present employment first.
(NOTE: *Use Form I-589 Supplement B, or additional sheets of paper, if necessary.)*

Name and Address of Employer	Your Occupation	Dates From *(Mo/Yr)*	Dates To *(Mo/Yr)*

5. Provide the following information about your parents and siblings (brothers and sisters). Check the box if the person is deceased.
(NOTE: *Use Form I-589 Supplement B, or additional sheets of paper, if necessary.)*

Full Name	City/Town and Country of Birth	Current Location
Mother		☐ Deceased
Father		☐ Deceased
Sibling		☐ Deceased
Sibling		☐ Deceased
Sibling		☐ Deceased
Sibling		☐ Deceased

Part B. Information About Your Application

*(**NOTE:** Use Form I-589 Supplement B, or attach additional sheets of paper as needed to complete your responses to the questions contained in Part B.)*

When answering the following questions about your asylum or other protection claim (withholding of removal under 241(b)(3) of the INA or withholding of removal under the Convention Against Torture), you must provide a detailed and specific account of the basis of your claim to asylum or other protection. To the best of your ability, provide specific dates, places, and descriptions about each event or action described. You must attach documents evidencing the general conditions in the country from which you are seeking asylum or other protection and the specific facts on which you are relying to support your claim. If this documentation is unavailable or you are not providing this documentation with your application, explain why in your responses to the following questions.

Refer to Instructions, Part 1: Filing Instructions, Section II, "Basis of Eligibility," Parts A - D, Section V, Completing the Form," Part B, and Section VII, "Additional Evidence That You Should Submit," for more information on completing this section of the form.

1. Why are you applying for asylum or withholding of removal under section 241(b)(3) of the INA, or for withholding of removal under the Convention Against Torture? Check the appropriate box(es) below and then provide detailed answers to questions A and B below.

I am seeking asylum or withholding of removal based on:

- ☐ Race
- ☐ Religion
- ☐ Nationality
- ☐ Political opinion
- ☐ Membership in a particular social group
- ☐ Torture Convention

A. Have you, your family, or close friends or colleagues ever experienced harm or mistreatment or threats in the past by anyone?

☐ No ☐ Yes

If "Yes," explain in detail:

1. What happened;
2. When the harm or mistreatment or threats occurred;
3. Who caused the harm or mistreatment or threats; and
4. Why you believe the harm or mistreatment or threats occurred.

B. Do you fear harm or mistreatment if you return to your home country?

☐ No ☐ Yes

If "Yes," explain in detail:

1. What harm or mistreatment you fear;
2. Who you believe would harm or mistreat you; and
3. Why you believe you would or could be harmed or mistreated.

Part B. Information About Your Application (continued)

2. Have you or your family members ever been accused, charged, arrested, detained, interrogated, convicted and sentenced, or imprisoned in any country other than the United States (including for an immigration law violation)?

☐ No ☐ Yes

If "Yes," explain the circumstances and reasons for the action.

3.A. Have you or your family members ever belonged to or been associated with any organizations or groups in your home country, such as, but not limited to, a political party, student group, labor union, religious organization, military or paramilitary group, civil patrol, guerrilla organization, ethnic group, human rights group, or the press or media?

☐ No ☐ Yes

If "Yes," describe for each person the level of participation, any leadership or other positions held, and the length of time you or your family members were involved in each organization or activity.

3.B. Do you or your family members continue to participate in any way in these organizations or groups?

☐ No ☐ Yes

If "Yes," describe for each person your or your family members' current level of participation, any leadership or other positions currently held, and the length of time you or your family members have been involved in each organization or group.

4. Are you afraid of being subjected to torture in your home country or any other country to which you may be returned?

☐ No ☐ Yes

If "Yes," explain why you are afraid and describe the nature of torture you fear, by whom, and why it would be inflicted.

Part C. Additional Information About Your Application

(**NOTE:** *Use Form I-589 Supplement B, or attach additional sheets of paper as needed to complete your responses to the questions contained in Part C.*)

1. Have you, your spouse, your child(ren), your parents or your siblings ever applied to the U.S. Government for refugee status, asylum, or withholding of removal?

☐ No ☐ Yes

If "Yes," explain the decision and what happened to any status you, your spouse, your child(ren), your parents, or your siblings received as a result of that decision. Indicate whether or not you were included in a parent or spouse's application. If so, include your parent or spouse's A-number in your response. If you have been denied asylum by an immigration judge or the Board of Immigration Appeals, describe any change(s) in conditions in your country or your own personal circumstances since the date of the denial that may affect your eligibility for asylum.

2.A. After leaving the country from which you are claiming asylum, did you or your spouse or child(ren) who are now in the United States travel through or reside in any other country before entering the United States?

☐ No ☐ Yes

2.B. Have you, your spouse, your child(ren), or other family members, such as your parents or siblings, ever applied for or received any lawful status in any country other than the one from which you are now claiming asylum?

☐ No ☐ Yes

If "Yes" to either or both questions (2A and/or 2B), provide for each person the following: the name of each country and the length of stay, the person's status while there, the reasons for leaving, whether or not the person is entitled to return for lawful residence purposes, and whether the person applied for refugee status or for asylum while there, and if not, why he or she did not do so.

3. Have you, your spouse or your child(ren) ever ordered, incited, assisted or otherwise participated in causing harm or suffering to any person because of his or her race, religion, nationality, membership in a particular social group or belief in a particular political opinion?

☐ No ☐ Yes

If "Yes," describe in detail each such incident and your own, your spouse's, or your child(ren)'s involvement.

Part C. Additional Information About Your Application (continued)

4. After you left the country where you were harmed or fear harm, did you return to that country?

☐ No ☐ Yes

If "Yes," describe in detail the circumstances of your visit(s) (for example, the date(s) of the trip(s), the purpose(s) of the trip(s), and the length of time you remained in that country for the visit(s).)

5. Are you filing this application more than 1 year after your last arrival in the United States?

☐ No ☐ Yes

If "Yes," explain why you did not file within the first year after you arrived. You must be prepared to explain at your interview or hearing why you did not file your asylum application within the first year after you arrived. For guidance in answering this question, see Instructions, Part 1: Filing Instructions, Section V. "Completing the Form," Part C.

6. Have you or any member of your family included in the application ever committed any crime and/or been arrested, charged, convicted, or sentenced for any crimes in the United States (including for an immigration law violation)?

☐ No ☐ Yes

If "Yes," for each instance, specify in your response: what occurred and the circumstances, dates, length of sentence received, location, the duration of the detention or imprisonment, reason(s) for the detention or conviction, any formal charges that were lodged against you or your relatives included in your application, and the reason(s) for release. Attach documents referring to these incidents, if they are available, or an explanation of why documents are not available.

Part D. Your Signature

I certify, under penalty of perjury under the laws of the United States of America, that this application and the evidence submitted with it are all true and correct. Title 18, United States Code, Section 1546(a), provides in part: Whoever knowingly makes under oath, or as permitted under penalty of perjury under Section 1746 of Title 28, United States Code, knowingly subscribes as true, any false statement with respect to a material fact in any application, affidavit, or other document required by the immigration laws or regulations prescribed thereunder, or knowingly presents any such application, affidavit, or other document containing any such false statement or which fails to contain any reasonable basis in law or fact - shall be fined in accordance with this title or imprisoned for up to 25 years. I certify that I am physically present in the United States or seeking admission at a Port of Entry when I execute this application. I authorize the release of any information from my immigration record that U.S. Citizenship and Immigration Services (USCIS) needs to determine eligibility for the benefit I am seeking.

WARNING: **Applicants who are in the United States unlawfully are subject to removal if their asylum or withholding claims are not granted by an asylum officer or an immigration judge. Any information provided in completing this application may be used as a basis for the institution of, or as evidence in, removal proceedings even if the application is later withdrawn. Applicants determined to have knowingly made a frivolous application for asylum will be permanently ineligible for any benefits under the Immigration and Nationality Act. You may not avoid a frivolous finding simply because someone advised you to provide false information in your asylum application. If filing with USCIS, unexcused failure to appear for an appointment to provide biometrics (such as fingerprints) and your biographical information within the time allowed may result in an asylum officer dismissing your asylum application or referring it to an immigration judge. Failure without good cause to provide DHS with biometrics or other biographical information while in removal proceedings may result in your application being found abandoned by the immigration judge. See sections 208(d)(5)(A) and 208(d)(6) of the INA and 8 CFR sections 208.10, 1208.10, 208.20, 1003.47(d) and 1208.20.**

Print your complete name.	Write your name in your native alphabet.

Did your spouse, parent, or child(ren) assist you in completing this application? ☐ No ☐ Yes *(If "Yes," list the name and relationship.)*

(Name)	*(Relationship)*	*(Name)*	*(Relationship)*

Did someone other than your spouse, parent, or child(ren) prepare this application? ☐ No ☐ Yes *(If "Yes," complete Part E.)*

Asylum applicants may be represented by counsel. Have you been provided with a list of persons who may be available to assist you, at little or no cost, with your asylum claim? ☐ No ☐ Yes

Signature of Applicant *(The person in Part. A.I.)*

➡ [_____]

Sign your name so it all appears within the brackets

Date (mm/dd/yyyy)

Part E. Declaration of Person Preparing Form, if Other Than Applicant, Spouse, Parent, or Child

I declare that I have prepared this application at the request of the person named in Part D, that the responses provided are based on all information of which I have knowledge, or which was provided to me by the applicant, and that the completed application was read to the applicant in his or her native language or a language he or she understands for verification before he or she signed the application in my presence. I am aware that the knowing placement of false information on the Form I-589 may also subject me to civil penalties under 8 U.S.C. 1324c and/or criminal penalties under 18 U.S.C. 1546(a).

Signature of Preparer	Print Complete Name of Preparer		
Daytime Telephone Number ( )	Address of Preparer: Street Number and Name		
Apt. Number	City	State	Zip Code

To be completed by an attorney or accredited representative (if any).	☐ **Select this box if Form G-28 is attached.**	**Attorney State Bar Number** (if applicable)	**Attorney or Accredited Representative USCIS Online Account Number** (if any)

Part F. To Be Completed at Asylum Interview, if Applicable

NOTE: *You will be asked to complete this part when you appear for examination before an asylum officer of the Department of Homeland Security, U.S. Citizenship and Immigration Services (USCIS).*

I swear (affirm) that I know the contents of this application that I am signing, including the attached documents and supplements, that they are ☐ all true or ☐ not all true to the best of my knowledge and that correction(s) numbered ____ to ____ were made by me or at my request. Furthermore, I am aware that if I am determined to have knowingly made a frivolous application for asylum I will be permanently ineligible for any benefits under the Immigration and Nationality Act, and that I may not avoid a frivolous finding simply because someone advised me to provide false information in my asylum application.

Signed and sworn to before me by the above named applicant on:

Signature of Applicant

Date *(mm/dd/yyyy)*

Write Your Name in Your Native Alphabet

Signature of Asylum Officer

Part G. To Be Completed at Removal Hearing, if Applicable

NOTE: *You will be asked to complete this Part when you appear before an immigration judge of the U.S. Department of Justice, Executive Office for Immigration Review (EOIR), for a hearing.*

I swear (affirm) that I know the contents of this application that I am signing, including the attached documents and supplements, that they are ☐ all true or ☐ not all true to the best of my knowledge and that correction(s) numbered ____ to ____ were made by me or at my request. Furthermore, I am aware that if I am determined to have knowingly made a frivolous application for asylum I will be permanently ineligible for any benefits under the Immigration and Nationality Act, and that I may not avoid a frivolous finding simply because someone advised me to provide false information in my asylum application.

Signed and sworn to before me by the above named applicant on:

Signature of Applicant

Date *(mm/dd/yyyy)*

Write Your Name in Your Native Alphabet

Signature of Immigration Judge

Application for Asylum and for Withholding of Removal Supplement A

Department of Homeland Security
U.S. Citizenship and Immigration Services

USCIS
Form I-589
OMB No. 1615-0069
Expires 09/30/2027

A-Number *(If available)*	Date
Applicant's Name	Applicant's Signature

List All of Your Children, Regardless of Age or Marital Status

(NOTE: *Use this form and attach additional pages and documentation as needed, if you have more than four children)*

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female
13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location)*:			
14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*
18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No	
21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)* ☐ Yes ☐ No			

1. Alien Registration Number (A-Number) *(if any)*	2. Passport/ID Card Number *(if any)*	3. Marital Status *(Married, Single, Divorced, Widowed)*	4. U.S. Social Security Number *(if any)*
5. Complete Last Name	6. First Name	7. Middle Name	8. Date of Birth *(mm/dd/yyyy)*
9. City and Country of Birth	10. Nationality *(Citizenship)*	11. Race, Ethnic, or Tribal Group	12. Sex ☐ Male ☐ Female
13. Is this child in the U.S. ? ☐ Yes *(Complete Blocks 14 to 21.)* ☐ No *(Specify location)*:			
14. Place of last entry into the U.S.	15. Date of last entry into the U.S. *(mm/dd/yyyy)*	16. I-94 Number *(If any)*	17. Status when last admitted *(Visa type, if any)*
18. What is your child's current status?	19. What is the expiration date of his/her authorized stay, if any? *(mm/dd/yyyy)*	20. Is your child in Immigration Court proceedings? ☐ Yes ☐ No	
21. If in the U.S., is this child to be included in this application? *(Check the appropriate box.)* ☐ Yes ☐ No			

Application for Asylum and for Withholding of Removal Supplement B

Department of Homeland Security
U.S. Citizenship and Immigration Services

USCIS
Form I-589
OMB No. 1615-0069
Expires 09/30/2027

Additional Information About Your Claim to Asylum

A-Number *(if available)*	Date
Applicant's Name	Applicant's Signature

NOTE: *Use this as a continuation page for any additional information requested. Copy and complete as needed.*

Part _____

Question _____

OMB#1125-0001

U.S. Department of Justice
Executive Office for Immigration Review

Application for Cancellation of Removal for Certain Permanent Residents

PLEASE READ ADVICE AND INSTRUCTIONS BEFORE FILLING IN FORM

PLEASE TYPE OR PRINT

Fee Stamp (Official Use Only)

PART 1 - INFORMATION ABOUT YOURSELF

1) My present true name is: *(Last, First, Middle)*		2) Alien Registration (or "A") Number(s):		
3) My name given at birth was: *(Last, First, Middle)*		4) Birth Place: *(City and Country)*		
5) Date of Birth: *(Month, Day, Year)*	6) Sex: ☐ Male ☐ Female	7) Height:	8) Hair Color:	9) Eye Color:
10) Current Nationality and Citizenship:	11) Social Security Number:	12) Home Phone Number:	13) Work Phone Number:	
14) I currently reside at:		15) I have been known by these additional name(s):		

16) I have resided in the following locations in the United States: (List PRESENT ADDRESS FIRST, and work back in time for at least 7 years.)

Street and Number - Apt. or Room # - City or Town - State - Zip Code	Resided From: *(Month, Day, Year)*	Resided To: *(Month, Day, Year)*
		PRESENT

PART 2 - INFORMATION ABOUT THIS APPLICATION

17) I, the undersigned, hereby request that my removal be cancelled under the provisions of section 240A(a) of the Immigration and Nationality Act (INA). I believe that I am eligible for this relief because I have been a lawful permanent resident alien for 5 or more years, have 7 years of continuous residence in the United States, and have not been convicted of an aggravated felony. I was admitted as or adjusted to the status of an alien lawfully admitted for permanent residence on _____ *(Date)*

at _____ *(Place)*.

Please continue answers on a separate sheet as needed.

PART 3 - INFORMATION ABOUT YOUR PRESENCE IN THE UNITED STATES

18) My first arrival into the United States was under the name of: *(Last, First, Middle)*

19) My first arrival to the United States was on: *(Month, Day, Year)*

20) Place or port of first arrival: *(Place or Port, City, and State)*

21) I: ☐ was inspected and admitted.
- ☐ I entered using my Lawful Permanent Resident card which is valid until _____ *(Month, Day, Year)*.
  Category on Lawful Permanent Resident card _____
- ☐ I entered using a _____ *(Specify Type of Visa)* visa which is valid until _____ *(Month, Day, Year)*.

☐ was not inspected and admitted.
- ☐ I entered without documents. Explain: _____.
- ☐ I entered without inspection. Explain: _____.

☐ Other. Explain: _____.

22) I applied on _____ *(Month, Day, Year)* for additional time to stay and it was ☐ granted on _____ *(Month, Day, Year)* and valid until _____ *(Month, Day, Year)*, or ☐ denied on _____ *(Month, Day, Year)*.

23) Since the date of my first entry, I departed from and returned to the United States at the following places and on the following dates:
(Please list all departures regardless of how briefly you were absent from the United States.)
If you have never departed from the United States since your original date of entry, please mark an X in this box: ☐

1	Port of Departure *(Place or Port, City and State)*	Departure Date *(Month, Day, Year)*	Purpose of Travel	Destination
	Port of Return *(Place or Port, City and State)*	Return Date *(Month, Day, Year)*	Manner of Return	Inspected and Admitted? ☐ Yes ☐ No
2	Port of Departure *(Place or Port, City and State)*	Departure Date *(Month, Day, Year)*	Purpose of Travel	Destination
	Port of Return *(Place or Port, City and State)*	Return Date *(Month, Day, Year)*	Manner of Return	Inspected and Admitted? ☐ Yes ☐ No

24) Have you ever departed the United States: a) under an order of deportation, exclusion, or removal?. ☐ Yes ☐ No
b) pursuant to a grant of voluntary departure?. ☐ Yes ☐ No

PART 4 - INFORMATION ABOUT YOUR MARITAL STATUS AND SPOUSE *(Continued on page 3)*

25) I am not married: ☐
I am married: ☐

26) If married, the name of my spouse is: *(Last, First, Middle)*

27) My spouse's name before marriage was:

28) The marriage took place in: *(City and Country)*

29) Date of marriage: *(Month, Day, Year)*

30) My spouse currently resides at:
Apt. number and/or in care of
Number and Street
City or Town *State/Country* *Zip Code*

31) Place and date of birth of my spouse: *(City & Country; Month, Day, Year)*

32) My spouse is a citizen of: *(Country)*

33) If your spouse is other than a native born United States citizen, answer the following:
He/she arrived in the United States at: *(Place or Port, City and State)* _____.
He/she arrived in the United States on: *(Month, Day, Year)* _____.
His/her alien registration number(s) is: A# _____.
He/she was naturalized on: *(Month, Day, Year)* _____ at _____ *(City and State)*.

34) My spouse ☐ - is ☐ - is not employed. If employed, please give salary and the name and address of the place(s) of employment.

Full Name and Address of Employer	Earnings Per Week *(Approximate)*
	$
	$
	$

Please continue answers on a separate sheet as needed.

PART 4 - INFORMATION ABOUT YOUR MARITAL STATUS AND SPOUSE *(Continued)*

35) I ☐ - have ☐ - have not been previously married: *(If previously married, list the name of each prior spouse, the dates on which each marriage began and ended, the place where the marriage terminated, and describe how each marriage ended.)*

Name of prior spouse: *(Last, First, Middle)*	Date marriage began: Date marriage ended:	Place marriage ended: *(City and Country)*	Description or manner of how marriage was terminated or ended:

Name of prior spouse: *(Last, First, Middle)*	Date marriage began: Date marriage ended:	Place marriage ended: *(City and Country)*	Description or manner of how marriage was terminated or ended:

36) Have you been ordered by any court, or are otherwise under any legal obligation, to provide child support and/or spousal maintenance as a result of a separation and/or divorce? ☐ - Yes ☐ - No

PART 5 - INFORMATION ABOUT YOUR EMPLOYMENT AND FINANCIAL STATUS

37) Since my arrival into the United States, I have been employed by the following named persons or firms: *(Please begin with present employment and work back in time. Any periods of unemployment or school attendance should be specified. Attach a separate sheet for additional entries if necessary .)*

Full Name and Address of Employer	Earnings Per Week *(Approximate)*	Type of Work Performed	Employed From: *(Month, Day, Year)*	Employed To: *(Month, Day, Year)*
	$			PRESENT
	$			
	$			

38) If self-employed, describe the nature of the business, the name of the business, its address, and net income derived therefrom:

39) My assets (and if married, my spouse's assets) in the United States and other countries, not including clothing and household necessities, are:

Self

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $ 0.00

Jointly Owned With Spouse

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $ 0.00

40) I ☐ - have ☐ - have not received public or private relief or assistance (e.g., Welfare, Unemployment Benefits, Medicaid, TANF, AFDC, etc.). If you have, please give full details including the type of relief or assistance received, date for which relief or assistance was received, place, and total amount received during this time:

41) Please list each of the years in which you have filed an income tax return with the Internal Revenue Service:

Please continue answers on a separate sheet as needed.

PART 6 - INFORMATION ABOUT YOUR FAMILY *(Continued on page 5)*

42) I have_____*(Number of)* children. Please list information for each child below, include assets and earnings information for children over the age of 16 who have separate incomes:

Name of Child: *(Last, First, Middle)* Child's Alien Registration Number:	Citizen of What Country: Birth Date: *(Month, Day, Year)*	Now Residing At: *(City and Country)* Birth Place: *(City and Country)*	Immigration Status of Child
A#:			
Estimated Total of Assets: $_____		Estimated Average Weekly Earnings: $_____	
A#:			
Estimated Total of Assets: $_____		Estimated Average Weekly Earnings: $_____	
A#:			
Estimated Total of Assets: $_____		Estimated Average Weekly Earnings: $_____	

43) If your application is denied, would your spouse and all of your children accompany you to your:

Country of Birth - ☐ Yes ☐ No

Country of Nationality - ☐ Yes ☐ No

Country of Last Residence - ☐ Yes ☐ No

If you answered "No" to any of the responses, please explain:

44) Members of my family, including my spouse and/or child(ren) ☐ - have ☐ - have not received public or private relief or assistance (e.g., Welfare, Unemployment Benefits, Medicaid, TANF, AFDC, etc.). If any member of your immediate family has received such relief or assistance, please give full details including identity of person(s) receiving relief or assistance, dates for which relief or assistance was received, place, and total amount received during this time:

45) Please give the requested information about your parents, brothers, sisters, aunts, uncles, and grandparents, living or deceased. As to residence, show street address, city, and state, if in the United States; otherwise show only country:

Name: *(Last, First, Middle)* Alien Registration Number:	Citizen of What Country: Birth Date: *(Month, Day, Year)*	Relationship to Me: Birth Place: *(City and Country)*	Immigration Status of Listed Relative
A#:			
Complete Address of Current Residence, if Living:			
A#:			
Complete Address of Current Residence, if Living:			

Please continue answers on a separate sheet as needed.

(4)

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PART 7 - MISCELLANEOUS INFORMATION *(Continued on page 6)*

46) I ☐ - have ☐ - have not entered the United States as a crewman after June 30, 1964.

47) I ☐ - have ☐ - have not been admitted as, or after arrival in the United States acquired the status of, an exchange alien.

48) I ☐ - have ☐ - have not submitted address reports as required by section 265 of the Immigration and Nationality Act.

49) I ☐ - have ☐ - have never (either in the United States or in any foreign country) been arrested, summoned into court as a defendant, convicted, fined, imprisoned, placed on probation, or forfeited collateral for an act involving a felony, misdemeanor, or breach of any public law or ordinance (including, but not limited to, traffic violations or driving incidents involving alcohol). *(If answer is in the affirmative, please give a brief description of each offense including the name and location of the offense, date of conviction, any penalty imposed, any sentence imposed, and the time actually served. You are required to submit documentation of any such occurrences.)*

50) Have you ever served in the Armed Forces of the United States? ☐ - Yes ☐ - No. If "Yes" please state branch *(Army, Navy, etc.)* and service number: _____

Place of entry on duty: *(City and State)* _____

Date of entry on duty: *(Month, Day, Year)* _____ Date of discharge: *(Month, Day, Year)* _____

Type of discharge: *(Honorable, Dishonorable, etc.)* _____

I served in active duty status from: *(Month, Day, Year)* _____ to *(Month, Day, Year)* _____

51) Have you ever left the United States or the jurisdiction of the district where you registered for the draft to avoid being drafted into the military or naval forces of the United States? ☐ Yes ☐ No

52) Have you ever deserted from the military or naval forces of the United States while the United States was at war? ☐ Yes ☐ No

53) If male, did you register under the Military Selective Service Act or any applicable previous Selective Service (Draft) Laws? ☐ Yes ☐ No
If "Yes," please give date, Selective Service number, local draft board number, and your last draft classification: _____

54) Were you ever exempted from service because of conscientious objection, alienage, or any other reason? ☐ Yes ☐ No

55) Please list your present or past membership in or affiliation with every political organization, association, fund, foundation, party, club, society, or similar group in the United States or any other place since your 16th birthday. Include any foreign military service in this part. If none, write "None." Include the name of the organization, location, nature of the organization, and the dates of membership.

Name of Organization	Location of Organization	Nature of Organization	Member From: *(Month, Day, Year)*	Member To: *(Month, Day, Year)*

Please continue answers on a separate sheet as needed.

PART 7 - MISCELLANEOUS INFORMATION *(Continued)*

56) Have you ever:

- ☐ Yes ☐ No been ordered deported, excluded, or removed?
- ☐ Yes ☐ No overstayed a grant of voluntary departure from an Immigration Judge or the Department of Homeland Security (DHS), formerly the Immigration and Naturalization Service (INS)?
- ☐ Yes ☐ No failed to appear for deportation or removal?

57) Have you ever been:

- ☐ Yes ☐ No a habitual drunkard?
- ☐ Yes ☐ No one whose income is derived principally from illegal gambling?
- ☐ Yes ☐ No one who has given false testimony for the purpose of obtaining immigration benefits?
- ☐ Yes ☐ No one who has engaged in prostitution or unlawful commercialized vice?
- ☐ Yes ☐ No involved in a serious criminal offense and asserted immunity from prosecution?
- ☐ Yes ☐ No a polygamist?
- ☐ Yes ☐ No one who brought in or attempted to bring in another to the United States illegally?
- ☐ Yes ☐ No a trafficker of a controlled substance, or a knowing assister, abettor, conspirator, or colluder with others in any such controlled substance offense (not including a single offense of simple possession of 30 grams or less of marijuana)?
- ☐ Yes ☐ No inadmissible or deportable on security-related grounds under sections 212(a)(3) or 237(a)(4) of the INA?
- ☐ Yes ☐ No one who has ordered, incited, assisted, or otherwise participated in the persecution of an individual on account of his or her race, religion, nationality, membership in a particular social group, or political opinion?
- ☐ Yes ☐ No a person previously granted relief under sections 212(c) or 244(a) of the INA or whose removal has previously been cancelled under section 240A of the INA?

If you answered "Yes" to any of the above questions, explain:

58) Name of School, Type of School, Degree Earned / Date (if any), Location (City/Country), Attended From (MM/YY) To (MM/YY)

59) The following certificates or other supporting documents are attached hereto as part of this application (Refer to the Instructions for documents which **should be attached**.)

Please continue answers on a separate sheet as needed.

PART 8 - SIGNATURE OF PERSON PREPARING FORM, IF OTHER THAN APPLICANT

(Read the following information and sign below)

I declare that I have prepared this application at the request of the person named in Part 1, that the responses provided are based on all information of which I have knowledge, or which was provided to me by the applicant, and that the completed application was read to the applicant in a language the applicant speaks fluently for verification before he or she signed the application in my presence. I am aware that the knowing placement of false information on the Form EOIR-42A may subject me to civil penalties under 8 U.S.C. § 1324c.

Signature of Preparer:	Print Name:	Date:
Daytime Telephone #:	Address of Preparer: *(Number and Street, City, State, Zip Code)*	

PART 9 - SIGNATURE

APPLICATION NOT TO BE SIGNED BELOW UNTIL APPLICANT APPEARS BEFORE AN IMMIGRATION JUDGE

I swear or affirm that I know the contents of this application that I am signing, including the attached documents and supplements, and that they are all true to the best of my knowledge, taking into account the correction(s) numbered _____ to _____, if any, that were made by me or at my request.

(Signature of Applicant or Parent or Guardian)

Subscribed and sworn to before me by the above-named applicant at _____

Immigration Judge

Date: (Month, Day, Year)

PART 10 - PROOF OF SERVICE

I hereby certify that a copy of the foregoing Form EOIR-42A was: ☐ - delivered in person ☐ - mailed first class, postage prepaid

on _____ to the Assistant Chief Counsel for the DHS (U.S. Immigration and Customs Enforcement-ICE)
(Month, Day, Year)

at _____
(Number and Street, City, State, Zip Code)

❑ No service needed. I electronically filed this document, and the opposing party is participating in ECAS.

Signature of Applicant (or Attorney or Representative)

Please continue answers on a separate sheet as needed.

(7)

Form EOIR-42A
Rev. Feb. 2025

U.S. Department of Justice
Executive Office for Immigration Review

Application for Cancellation of Removal and Adjustment of Status for Certain Nonpermanent Residents

PLEASE READ ADVICE AND INSTRUCTIONS BEFORE FILLING IN FORM

PLEASE TYPE OR PRINT

Fee Stamp (Official Use Only)

1) My present true name is: *(Last, First, Middle)*

2) Alien Registration (or "A") Number(s):

3) My name given at birth was: *(Last, First, Middle)*

4) Birth Place: *(City and Country)*

5) Date of Birth: *(Month, Day, Year)*

6) Sex: ☐ Male ☐ Female

7) Height:

8) Hair Color:

9) Eye Color:

10) Current Nationality and Citizenship:

11) Social Security Number:

12) Home Phone Number:

13) Work Phone Number:

14) I currently reside at:

15) I have been known by these additional name(s):

16) I have resided in the following locations in the United States: (List PRESENT ADDRESS FIRST, and work back in time for at least 10 years.)

Street and Number - Apt. or Room # - City or Town - State - Zip Code	Resided From: *(Month, Day, Year)*	Resided To: *(Month, Day, Year)*
		PRESENT

17) I, the undersigned, hereby request that my removal be cancelled under the provisions of section 240A(b) of the Immigration and Nationality Act (INA). I believe that I am eligible for cancellation of removal because: (Check all that apply.)

☐ My removal would result in exceptional and extremely unusual hardship to my:

	UNITED STATES CITIZEN	LAWFUL PERMANENT RESIDENT
☐ spouse, who is a	☐	☐
☐ father, who is a	☐	☐
☐ mother, who is a	☐	☐
☐ child/children, who is/are a	☐	☐

☐ I, or my child, have been battered or subject to extreme cruelty by a United States citizen or lawful permanent resident spouse or parent.

With the exception of absences described in question #23, I have resided in the United States since: _____
(Month, Day, Year)

Please continue answers on a separate sheet as needed.

Form EOIR-42B

PART 3 - INFORMATION ABOUT YOUR PRESENCE IN THE UNITED STATES

18) I first arrived in the United States under the name of: *(Last, First, Middle)*

19) I first arrived in the United States on: *(Month, Day, Year)*

20) Place or port of first arrival: *(Place or Port, City, and State)*

21) I: ☐ was inspected and admitted.
- ☐ I entered using my Lawful Permanent Resident card which is valid until _____. Category on Lawful Permanent Resident card _____. *(Month, Day, Year)*
- ☐ I entered using a _____ *(Specify Type of Visa)* visa which is valid until _____. *(Month, Day, Year)*

☐ was not inspected and admitted.
- ☐ I entered without documents. Explain: _____
- ☐ I entered without inspection. Explain: _____

☐ Other. Explain: _____

22) I applied on _____ *(Month, Day, Year)* for additional time to stay and it was ☐ granted on _____ *(Month, Day, Year)* and valid until _____ *(Month, Day, Year)*, or ☐ denied on _____ *(Month, Day, Year)*.

23) Since the date of my first entry, I departed from and returned to the United States at the following places and on the following dates:
(Please list all departures regardless of how briefly you were absent from the United States.)

If you have never departed from the United States since your original date of entry, please mark an X in this box: ☐

1	Port of Departure *(Place or Port, City and State)*	Departure Date *(Month, Day, Year)*	Purpose of Travel	Destination
	Port of Return *(Place or Port, City and State)*	Return Date *(Month, Day, Year)*	Manner of Return	Inspected and Admitted? ☐ Yes ☐ No
2	Port of Departure *(Place or Port, City and State)*	Departure Date *(Month, Day, Year)*	Purpose of Travel	Destination
	Port of Return *(Place or Port, City and State)*	Return Date *(Month, Day, Year)*	Manner of Return	Inspected and Admitted? ☐ Yes ☐ No

24) Have you ever departed the United States:
a) under an order of deportation, exclusion, or removal?. ☐ Yes ☐ No
b) pursuant to a grant of voluntary departure?. ☐ Yes ☐ No

PART 4 - INFORMATION ABOUT YOUR MARITAL STATUS AND SPOUSE *(Continued on page 3)*

25) I am not married: ☐
I am married: ☐

26) If married, the name of my spouse is: *(Last, First, Middle)*

27) My spouse's name before marriage was:

28) The marriage took place in: *(City and Country)*

29) Date of marriage: *(Month, Day, Year)*

30) My spouse currently resides at:
Apt. number and/or in care of
Number and Street
City or Town *State/Country* *Zip Code*

31) Place and date of birth of my spouse: *(City & Country; Month, Day, Year)*

32) My spouse is a citizen of: *(Country)*

33) If your spouse is other than a native born United States citizen, answer the following:
He/she arrived in the United States at: *(Place or Port, City and State)* _____
He/she arrived in the United States on: *(Month, Day, Year)* _____
His/her alien registration number(s) is: A# _____
He/she was naturalized on: *(Month, Day, Year)* _____ at _____ *(City and State)*

34) My spouse ☐ - is ☐ - is not employed. If employed, please give salary and the name and address of the place(s) of employment.

Full Name and Address of Employer	Earnings Per Week *(Approximate)*
	$
	$
	$

Please continue answers on a separate sheet as needed.

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PART 4 - INFORMATION ABOUT YOUR MARITAL STATUS AND SPOUSE *(Continued)*

35) I ❑ - have ❑ - have not been previously married: *(If previously married, list the name of each prior spouse, the dates on which each marriage began and ended, the place where the marriage terminated, and describe how each marriage ended.)*

Name of prior spouse: *(Last, First, Middle)*	Date marriage began: Date marriage ended:	Place marriage ended: *(City and Country)*	Description or manner of how marriage was terminated or ended:

36) My present spouse ❑ - has ❑ - has not been previously married: *(If previously married, list the names of each prior spouse, the dates on which each marriage began and ended, the place where the marriage terminated, and describe how each marriage ended.)*

Name of prior spouse: *(Last, First, Middle)*	Date marriage began: Date marriage ended:	Place marriage ended: *(City and Country)*	Description or manner of how marriage was terminated or ended:

37) Have you been ordered by any court, or are otherwise under any legal obligation, to provide child support and/or spousal maintenance as a result of a separation and/or divorce? ❑ Yes ❑ No

PART 5 - INFORMATION ABOUT YOUR EMPLOYMENT AND FINANCIAL STATUS

38) Since my arrival into the United States, I have been employed by the following named persons or firms: *(Please begin with present employment and work back in time. Any periods of unemployment or school attendance should be specified. Attach a separate sheet for additional entries if necessary .)*

Full Name and Address of Employer	Earnings Per Week *(Approximate)*	Type of Work Performed	Employed From: *(Month, Day, Year)*	Employed To: *(Month, Day, Year)*
	$			PRESENT
	$			
	$			

39) If self-employed, describe the nature of the business, the name of the business, its address, and net income derived therefrom:

40) My assets (and if married, my spouse's assets) in the United States and other countries, not including clothing and household necessities, are:

Self

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $

Jointly Owned With Spouse

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $

41) I ❑ - have ❑ - have not received public or private relief or assistance (e.g.,Welfare, Unemployment Benefits, Medicaid, TANF, AFDC, etc.). If you have, please give full details including the type of relief or assistance received, date for which relief or assistance was received, place, and total amount received during this time:

42) Please list each of the years in which you have filed an income tax return with the Internal Revenue Service:

Please continue answers on a separate sheet as needed.

PART 6 - INFORMATION ABOUT YOUR FAMILY *(Continued on page 5)*

43) I have_____*(Number of)* children. Please list information for each child below, include assets and earnings information for children over the age of 16 who have separate incomes:

Name of Child: *(Last, First, Middle)* Child's Alien Registration Number:	Citizen of What Country: Birth Date: *(Month, Day, Year)*	Now Residing At: *(City and Country)* Birth Place: *(City and Country)*	Immigration Status of Child
A#:			
Estimated Total of Assets: $		Estimated Average Weekly Earnings: $	
A#:			
Estimated Total of Assets: $		Estimated Average Weekly Earnings: $	
A#:			
Estimated Total of Assets: $		Estimated Average Weekly Earnings: $	

44) If your application is denied, would your spouse and all of your children accompany you to your:

Country of Birth - ☐ Yes ☐ No

Country of Nationality - ☐ Yes ☐ No

Country of Last Residence - ☐ Yes ☐ No

If you answered "No" to any of the responses, please explain: _____

45) Members of my family, including my spouse and/or child(ren) ☐ - have ☐ - have not received public or private relief or assistance (e.g., Welfare, Unemployment Benefits, Medicaid, TANF, AFDC, etc.). If any member of your immediate family has received such relief or assistance, please give full details including identity of person(s) receiving relief or assistance, dates for which relief or assistance was received, place, and total amount received during this time: _____

46) Please give the requested information about your parents, brothers, sisters, aunts, uncles, and grandparents, living or deceased. As to residence, show street address, city, and state, if in the United States; otherwise show only country:

Name: *(Last, First, Middle)* Alien Registration Number:	Citizen of What Country: Birth Date: *(Month, Day, Year)*	Relationship to Me: Birth Place: *(City and Country)*	Immigration Status of Listed Relative
A#:			
Complete Address of Current Residence, if Living:			
A#:			
Complete Address of Current Residence, if Living:			

Please continue answers on a separate sheet as needed.

PART 6 - INFORMATION ABOUT YOUR FAMILY *(Continued)*

IF THIS APPLICATION IS BASED ON HARDSHIP TO A PARENT OR PARENTS, QUESTIONS 47-50 MUST BE ANSWERED.

47) If your parent is not a citizen of the United States, give the date and place of arrival in the United States including full details as to the date, manner, and terms of admission into the United States:

48) My father ☐ - is ☐ - is not employed. If employed, please give salary and the name and address of the place(s) of employment.

Full Name and Address of Employer	Earnings Per Week *(Approximate)*
	$

49) My mother ☐ - is ☐ - is not employed. If employed, please give salary and the name and address of place(s) of employment.

Full Name and Address of Employer	Earnings Per Week *(Approximate)*
	$

50) My parent's assets in the United States and other countries not including clothing and household necessities are:

Assets of father consist of the following:

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $

Assets of mother consist of the following:

Cash, Stocks, and Bonds..... $
Real Estate..... $
Auto (dollar value minus amount owed)..... $
Other (describe on line below)..... $
TOTAL $

PART 7 - MISCELLANEOUS INFORMATION *(Continued on page 6)*

51) I ☐ - have ☐ - have not entered the United States as a crewman after June 30, 1964.

52) I ☐ - have ☐ - have not been admitted as, or after arrival in the United States acquired the status of, an exchange alien.

53) I ☐ - have ☐ - have not submitted address reports as required by section 265 of the Immigration and Nationality Act.

54) I ☐ - have ☐ - have never (either in the United States or in any foreign country) been arrested, summoned into court as a defendant, convicted, fined, imprisoned, placed on probation, or forfeited collateral for an act involving a felony, misdemeanor, or breach of any public law or ordinance(including, but not limited to, traffic violations or driving incidents involving alcohol). *(If answer is in the affirmative, please give a brief description of each offense including the name and location of the offense, date of conviction, any penalty imposed, any sentence imposed, and the time actually served. You are required to submit documentation of any such occurrences.)*

55) Have you ever served in the Armed Forces of the United States? ☐ Yes ☐ No. If "Yes" please state branch *(Army, Navy, etc.)* and service number:

Place of entry on duty: *(City and State)*

Date of entry on duty: *(Month, Day, Year)* Date of discharge: *(Month, Day, Year)*

Type of discharge: *(Honorable, Dishonorable, etc.)*

I served in active duty status from: *(Month, Day, Year)* to *(Month, Day, Year)*

56) Have you ever left the United States or the jurisdiction of the district where you registered for the draft to avoid being drafted into the military or naval forces of the United States?

☐ Yes ☐ No

Please continue answers on a separate sheet as needed.

PART 7 - MISCELLANEOUS INFORMATION *(Continued)*

57) Have you ever deserted from the military or naval forces of the United States while the United States was at war? ☐ Yes ☐ No

58) If male, did you register under the Military Selective Service Act or any applicable previous Selective Service (Draft) Laws? ☐ Yes ☐ No
If "Yes," please give date, Selective Service number, local draft board number, and your last draft classification: _____

59) Were you ever exempted from service because of conscientious objection, alienage, or any other reason? ☐ Yes ☐ No

60) Please list your present or past membership in or affiliation with every political organization, association, fund, foundation, party, club, society, or similar group in the United States or any other place since your 16th birthday. Include any foreign military service in this part. If none, write "None." Include the name of the organization, location, nature of the organization, and the dates of membership.

Name of Organization	Location of Organization	Nature of Organization	Member From: *(Month, Day, Year)*	Member To: *(Month, Day, Year)*

61) Have you ever:

☐ Yes ☐ No been ordered deported, excluded, or removed?
☐ Yes ☐ No overstayed a grant of voluntary departure from an Immigration Judge or the Department of Homeland Security (DHS), formerly the Immigration and Naturalization Service (INS)?
☐ Yes ☐ No failed to appear for removal or deportation?

62) Have you ever been:

☐ Yes ☐ No a habitual drunkard?
☐ Yes ☐ No one whose income is derived principally from illegal gambling?
☐ Yes ☐ No one who has given false testimony for the purpose of obtaining immigration benefits?
☐ Yes ☐ No one who has engaged in prostitution or unlawful commercialized vice?
☐ Yes ☐ No involved in a serious criminal offense and asserted immunity from prosecution?
☐ Yes ☐ No a polygamist?
☐ Yes ☐ No one who brought in or attempted to bring in another to the United States illegally?
☐ Yes ☐ No a trafficker of a controlled substance, or a knowing assister, abettor, conspirator, or colluder with others in any such controlled substance offense (not including a single offense of simple possession of 30 grams or less of marijuana)?
☐ Yes ☐ No inadmissible or deportable on security-related grounds under sections 212(a)(3) or 237(a)(4) of the INA?
☐ Yes ☐ No one who has ordered, incited, assisted, or otherwise participated in the persecution of an individual on account of his or herrace, religion, nationality, membership in a particular social group, or political opinion?
☐ Yes ☐ No a person previously granted relief under sections 212(c) or 244(a) of the INA or whose removal has previously been cancelled under section 240A of the INA?

If you answered "Yes" to any of the above questions, explain: _____

Please continue answers on a separate sheet as needed.

PART 7 - MISCELLANEOUS INFORMATION *(Continued)*

63) Are you the beneficiary of an approved visa petition? ❑ Yes ❑ No

If yes, can you arrange a trip outside the United States to obtain an immigrant visa? ❑ Yes ❑ No If no, please explain:

64) Name of School, Type of School, Degree Earned / Date (if any), Location (City/Country), Attended From (MM/YY) To(MM/YY)

65) The following certificates or other supporting documents are attached as part of this document. : (Refer to the Instructions for documents which should be attached.)

PART 8 - SIGNATURE OF PERSON PREPARING FORM, IF OTHER THAN APPLICANT

(Read the following information and sign below)

I declare that I have prepared this application at the request of the person named in Part 1, that the responses provided are based on all information of which I have knowledge, or which was provided to me by the applicant, and that the completed application was read to the applicant in a language the applicant speaks fluently for verification before he or she signed the applica- tion in my presence. I am aware that the knowing placement of false information on the Form EOIR-42B may subject me to civil penalties under 8 U.S.C.§1324c.

Signature of Preparer:	Print Name:	Date:
Daytime Telephone#:	Address of Preparer: *(Number and Street, City, State, Zip Code)*	

Please continue answers on a separate sheet as needed.

PART 9 - SIGNATURE

APPLICATION NOT TO BE SIGNED BELOW UNTIL APPLICANT APPEARS BEFORE AN IMMIGRATION JUDGE

I swear or affirm that I know the contents of this application that I am signing, including the attached documents and supplements, and that they are all true to the best of my knowledge, taking into account the correction(s) numbered_____to_____, if any, that were made by me or at my request.

(Signature of Applicant or Parent or Guardian)

Subscribed and sworn to before me by the above-named applicant at _____

Immigration Judge

Date (Month, Day, Year)

PART 10 - PROOF OF SERVICE

I hereby certify that a copy of the foregoing Form EOIR-42B was: ☐ - delivered in person ☐ - mailed first class, postage prepaid

on_____ to the Assistant Chief Counsel for the DHS (U.S. Immigration and Customs Enforcement - ICE)
(Month, Day, Year)

at _____
(Number and Street, City, State, Zip Code)

☐ No service needed. I electronically filed this document, and the opposing party is participating in ECAS.

Signature of Applicant (or Attorney or Representative)

Please continue answers on a separate sheet as needed.

(8)

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U.S. Department of Justice
Executive Office for Immigration Review
Board of Immigration Appeals

OMB #1125-0002
Notice of Appeal from a Decision of an Immigration Judge

1. List Names and Alien Numbers (A-Numbers) of all Respondents/Applicants.

WARNING: Names and A-Numbers for everyone appealing the Immigration Judge's decision must be written in item #1. The names and A-Numbers listed will be the only ones considered to be the subjects of the appeal.

Staple check or money order here. Include name and A-Number for the lead Respondent/Applicant on the face of the check or money order.

FOR OFFICIAL USE ONLY

U.S. Department of Justice
Executive Office for Immigration Review
Board of Immigration Appeals

OMB #1125-0002
Notice of Appeal from a Decision of an Immigration Judge

2. I am ☐ the Respondent/Applicant ☐ DHS-ICE *(Mark only one box.)*

3. I am ☐ DETAINED ☐ NOT DETAINED *(Mark only one box).*

4. My last hearing was at: _____ *(Location, City, State)*

5. **What decision are you appealing?**

Mark only one box below. If you want to appeal more than one decision, you must use more than one Notice of Appeal (Form EOIR-26).

☐ I am filing an appeal from the Immigration Judge's decision *in **merits** proceedings* (example: removal, deportation, exclusion, asylum, etc.) dated _____

☐ I am filing an appeal from the Immigration Judge's decision *in **bond** proceedings* dated _____ (For DHS use only: Did DHS invoke the automatic stay provision before the Immigration Court? ☐ Yes ☐ No)

☐ I am filing an appeal from the Immigration Judge's decision ***denying a motion to reopen or a motion to reconsider*** dated _____

☐ I am filing an ***interlocutory appeal*** from the Immigration Judge's decision dated _____

(Please attach a copy of the Immigration Judge's decision that you are appealing.)

6. State in detail the reasons for this appeal. Please refer to the General Instructions at item F for further guidance. You are not limited to the space provided below; use more sheets of paper if necessary. Write your name(s) and A-Number(s) on every additional sheet.

(Attach additional sheets if necessary)

WARNING: You must clearly explain the specific facts and law on which you base your appeal of the Immigration Judge's decision. The Board may summarily dismiss your appeal if it cannot tell from this Notice of Appeal, or any statements attached to this Notice of Appeal, why you are appealing.

7. Do you desire oral argument before the Board of Immigration Appeals? ☐ Yes ☐ No

WARNING: If you mark "Yes" in item #7, you should also include in your statement in item #6 why you believe your case warrants review by a three-member panel. The Board ordinarily will not grant a request for oral argument unless you also file a brief.

8. Do you intend to file a separate written brief or statement after filing this Notice of Appeal? ☐ Yes ☐ No

WARNING: If you mark "Yes" in Item #8, you will be expected to file a written brief or statement after you receive a briefing schedule from the Board. The Board may summarily dismiss your appeal if you do not file a brief or statement within the time set in the briefing schedule.

9. Signature of Person Appealing (or attorney or representative):

Print Name:

Sign Here:

Date:

10. Mailing Address of Respondents/Applicants:

Name:

Street Address:

Apartment or Room Number:

City, State, Zip Code:

Telephone Number:

NOTE: You must notify the Board within five (5) working days if you move to a new address or change your telephone number. You must use the Change of Address Form/Board of Immigration Appeals (Form EOIR-33/BIA).

11. Mailing Address of Attorney or Representative for the Respondents/Applicants:

Name:

Street Address:

Suite or Room Number:

City, State, Zip Code:

Telephone Number:

Email:

NOTE: If an attorney or representative signs this appeal for you, he or she must file *with this appeal*, a Notice of Entry of Appearance as Attorney or Representative Before the Board of Immigration Appeals (Form EOIR-27).

U.S. Department of Justice
Executive Office for Immigration Review
Board of Immigration Appeals

OMB #1125-0002
Notice of Appeal from a Decision of an Immigration Judge

12. **PROOF OF SERVICE**
You must complete this section.

I

mailed or delivered a copy of this Notice of Appeal on

to

at

☐ No service needed. I electronically filed this document, and the opposing party is participating in ECAS.

SIGN HERE:

NOTE: If you are the Respondent or Applicant, the "Opposing Party" is the Assistant Chief Counsel of DHS – ICE.

WARNING: If you do not complete this section properly, your appeal will be rejected or dismissed. If you do not attach a fee payment receipt, fee, or a completed Fee Waiver Request (Form EOIR-26A) to this appeal, your appeal may be rejected or dismissed.

U.S. Department of Justice
Executive Office for Immigration Review
Board of Immigration Appeals

OMB #1125-0002
Notice of Appeal from a Decision of an Immigration Judge

HAVE YOU?

- ☐ Read all of the General Instructions.
- ☐ Provided all of the requested information.
- ☐ Completed this form in English.
- ☐ Provided a certified English translation for all non-English attachments.
- ☐ Signed the form.
- ☐ Served a copy of this form and all attachments on the opposing party, if applicable.
- ☐ Completed and signed the Proof of Service.
- ☐ Attached the required fee payment receipt, fee, or Fee Waiver Request.
- ☐ Attached a completed and signed EOIR-27 for each respondent or applicant represented by an attorney or representative.

U.S. Department of Justice
Executive Office for Immigration Review

OMB# 1125-0003

Fee Waiver Request

NAME AND ALIEN ("A") NUMBER

Answer all items in English. (Type or Print)

If more than one respondent is included in your application, motion, or appeal, only the lead respondent need file this form.

Name (Last, First, Middle)

Alien ("A") Number

AFFIDAVIT IN SUPPORT OF FEE WAIVER REQUEST.

(This affidavit is to be signed by the respondent, not the respondent's attorney or representative of record.)

I declare under penalty of perjury, pursuant to 28 U.S.C. § 1746, that I am the person above and that I am unable to pay the filing fee. I believe that my application/motion/appeal is valid and not frivolous, and I declare that the following information is true and correct to the best of myknowledge.

(Print name of respondent filing the form)

(Signature of respondent filing the form)

(Date signed)

The Immigration Judge may grant your fee waiver request for an EOIR application or motion filed with the Immigration Court if you show that you are unable to pay the filing fee. The Board of Immigration Appeals (BIA) may grant your fee waiver request for an appeal or motion filed with the BIA if you show that you are unable to pay the filing fee. If this fee waiver request does not establish your inability to pay the required fee, your application, motion, application, or appeal will not be deemed properly filed. 8 C.F.R. §§ 1003.8 and 1003.24(d). You must answer all questions on the form even if the answer is "$0.00".

1. Estimate your average monthly amount of money received from each of the following sources. Adjust any amount that was received weekly, biweekly, quarterly, semiannually, or annually to show the average monthly rate. Use gross amounts, that is, amounts before any deductions for taxes and other state/federal payroll withholdings.

Income Sources	Monthly Average
Employment, including self-employment	$ 0.00
Income from real property (such as rental income)	$ 0.00
Interest from checking and/or saving account(s)	$ 0.00
All other income, including but not limited to these and other sources: alimony, child support, interest, dividends, social security, annuities, unemployment, public assistance, etc.	$ 0.00
1.A.: TOTAL AVERAGE MONTHLY INCOME	$ 0.00

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2. Estimate your average monthly expenses. Adjust any payments that are made weekly, biweekly, quarterly, semiannually, or annually to show the monthly rate.

Expense Sources	Monthly Average
Rent or home-mortgage payment(s) (include lot rented for mobile home)	$ 0.00
Utilities (electricity, heating fuel, water, sewer, telephone, internet, etc.)	$ 0.00
Installment payments or outstanding debits (credit card(s), store credit card(s), vehicle payment, personal loan(s), etc., but not including rent or home-mortgage payments)	$ 0.00
Living expenses (food, clothing, transportation, child care, tuition, etc.)	$ 0.00
All other expenses, including but not limited to these and other sources: alimony, child support, insurance, medical, health, any state or federal taxes, attorney fees, etc.	$ 0.00
2.B: TOTAL AVERAGE MONTHLY EXPENSES	$ 0.00

3. Calculate ability to pay filing fee (total income minus total expenses):

TOTAL AVERAGE MONTHLY INCOME (1.A):	$ 0.00
TOTAL AVERAGE MONTHLY EXPENSES (2.B):	- $ 0.00
TOTAL:	$ 0.00

4. Provide any other information that will help explain why you cannot pay the filing fees for your appeal, motion, or application. Include your name and "A" number on all pages of any additional document(s) or additional pages.

Attorney or Representative (if any):
(If an attorney or representative is submitting this form, the attorney or representative must complete, sign, and date below.)

I hereby attest that I have reviewed the details provided herein and I am satisfied that this fee waiver request is made in good faith.

Signature of Attorney or Representative	Print Name	EOIR ID Number	Date

Paperwork Reduction Act Notice: Under the Paperwork Reduction Act, a person is not required to respond to a collection of information unless it displays a valid OMB control number. We try to create forms and instructions that are accurate, can be easily understood, and which impose the least possible burden on you to provide us with information. The estimated average time to complete this form is one (1) hour. If you have comments regarding the accuracy of this estimate, or suggestions for making this form simpler, you can write to the Executive Office for Immigration Review, Office of the General Counsel, 5107 Leesburg Pike, Suite 2600, Falls Church, Virginia 22041.

Privacy Act Notice: The information on this form is requested to determine if you have established eligibility for the fee waiver you are seeking. The legal right to ask for this information is located at 8 C.F.R. § 1003.8(a)(3). EOIR may provide this information to other Government agencies. Failure to provide this information may result in denial of your request.

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