

A photograph of a man with a mustache and dark hair, wearing a striped shirt, shaving the head of an older man with a beard. The older man is reclined in a chair, wearing a brown shawl and a white towel draped over his shoulders. They are outdoors in front of a building with a balcony. The background is slightly blurred.

PAKISTAN

COUNTRY FACT SHEET 2022

Photo: Unsplash/ Shan A. Rajpoot 2020

PUBLISHER

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The information contained in this Country Fact Sheet was researched with best intentions and care. However, IOM Germany assumes no responsibility or liability for any errors or omissions. Furthermore, IOM Germany cannot be held accountable for conclusions or decisions drawn from the information provided in this Country Fact Sheet.

For further information on voluntary return and reintegration, please visit the information portal www.ReturningfromGermany.de, or contact your local return and reintegration office.

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1 HEALTH CARE

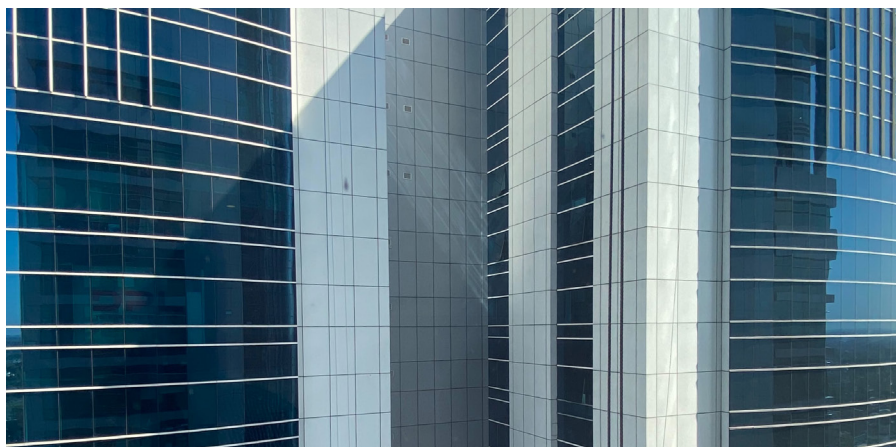
General information on health care

Pakistan is among those developing countries that lack a public medical insurance system with full or partial coverage. However, many private companies provide health insurance; their insurance plans provide inpatient hospitalization and outpatient coverage that include doctor's/surgeon's fees, medicine, diagnostic tests, consultation fees, maternity, room charges and other expenses related to medical care. Costs vary depending upon the nature of health insurance plan. Flexible packages, tailored to meet specific client needs are made available. Following are some leading insurance companies that offer a wide range of health insurance: (Contact details/addresses are in the 'Contacts' section)

- Jubilee Life Insurance
- SPI health insurance
- UIC – The Universal Insurance Company
- TPL INSURANCE
- Sehat Sahulat Card
- IGI Health Insurance

Availability of medical facilities and doctors

In Pakistan, the healthcare system consists of a private and public sector. Federal and provincial governments separately administer the public healthcare system which runs parallel with a competing formal and informal private sector. The private sector serves nearly 70% of the population whereas the rest of 30% is covered by the public sector. The government of Pakistan has introduced Sehat Sahulat Program for people living below the poverty line. It is a free of cost indoor healthcare service. Currently everyone earning less than \$2/day in all four provinces and federally administered areas are eligible for this facility. In urban areas, access to hospitals, clinics and other medical facilities is not a problem. The general quality of public healthcare services, however, is not very promising. In the rural areas, people usually live far from hospitals and basic healthcare units. Evidently, accessing the healthcare facilities is a challenge in itself.



1 HEALTH CARE

Admission to medical facilities

Initially, patients are referred to public/government hospitals/other health-care facilities for emergencies, general checkups, surgery and all kinds of medical assistance (primary, secondary or tertiary care). However, it is the patient's choice to obtain private healthcare at their own expense.

Availability and costs of medication

- Emergency and out/in-patient services are free of cost in public hospitals, but the patients have to pay if they are treated in a private facility
- Vaccinations are free in public healthcare facilities
- Medicine is free only in public healthcare facilities. Prescription and over-the-counter medicines can be purchased from privately owned pharmacies/medical stores.
- Medication costs range from low to high depending on the nature of the medicine and the pharmaceutical brands.

Access for returnees

Eligibility and requirements: Returnees and their families are eligible for accessing healthcare facilities both public and private. Individuals/families can also obtain private health insurance suitable for their needs.

Registration procedure: No specific registration procedures are required to access the public and private healthcare facilities. Returnees can walk-in to public/private hospitals, basic health units, rural health centers, dispensaries, private doctors' clinics and diagnostic laboratories for primary, secondary and tertiary healthcare.

For health insurance, detailed information and quotes can be obtained from reliable insurance providers' websites, toll-free numbers and by visiting their offices.

Required documents: No specific documents are necessary for accessing healthcare facilities. To register for health insurance however, current medical records/lab reports, government issued identification and other related documents are required.

2 LABOUR MARKET

General information on labour market

Due to a vast population – above 212 million – Pakistan has one of the largest labour and human resources in the world. Compiled from officially recognized sources, the total labour force in Pakistan was reported to be 73.9% in 2019 (according to the World Bank). Employment to population ratio of males is about three to four times as compared to females. This is at variance with the cause of gender equity; however, the gap is bridging slowly. Share of industry in total employment sets out to be a rising trend (approximately 24%). In comparison, Agriculture's share trends low (approximately 37%). Services make up around 39% of the total work force of Pakistan. The unemployment rate is nearly 6%. Mean monthly income ranges from 15,000 PKR to 30,000 PKR. Government servants' wages start from around 20,000 PKR (lowest average). This average monthly salary includes housing, transport and other benefits. Salaries vary drastically between different jobs/careers.

Finding employment

Finding a job is a daunting task in today's challenging economy. In Pakistan, job seekers adopt a number of ways to find suitable employment options, for example, newspaper ads, word of mouth, personal references and online job portals (government and private sector). Online resources for employment seekers are:

- Careers Pakistan (Government): <https://careerspakistan.com/all-jobs-in-pakistan/>

public-sector-organization -jobs-govt-jobs-june-2020/

- SMEDA: Small and Medium Enterprises Development Authority (Government): <https://smeda.org/>
- Job Placement Centers (Government): <http://jobplacement.gov.pk/>
- ROZEE (Private): <http://www.rozee.pk/>
- BrightSpyre (Private): <http://new.brightspyre.com/>
- Bayrozgar (Private): <http://www.bayrozgar.com/>
- Mustakbil (Private): <https://www.mustakbil.com/>

Unemployment assistance

Government departments approve different projects from time to time in order to support youth/students and job seekers. Entrepreneurship schemes, easy loans for small businesses (Prime Minister's Youth Business Loan), scholarships/talent schemes for graduate and post-graduate students and for people interested in opening a business are available.

Further education and training

Opportunities for further education and vocational trainings are available. Government of Pakistan's initiatives such as National Vocational & Technical Education Commission (NAVTEC) and Technical Education and Vocational Training Authority (TEVTA – provincial program of the Punjab government and also in other 3 provinces) offer a variety of training courses. Some of

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them are: Computer Hardware Repair and Maintenance, Microsoft Unlimited Potential, Computer Textile Designing, Computer Application for Business, Mobile Repairing, Textile Fitter, Import / Export Documentation, AutoCAD, Auto Electrician, Motor Cycle Mechanic, Embroidery, Dress Making, Beautician.

- National Vocational & Technical Education Commission (NAVTEC): <http://navttc.org/>
- Technical Education and Vocational Training Authority (TEVTA): <http://www.tevta.gop.pk/>
- <https://btevta.gob.pk> (Balochistan)
- <https://stevta.gob.pk> (Sindh)
- <https://kptevta.gob.pk> (KP)

Access for returnees

Eligibility and requirements: Educated persons – 21-45 years – can apply for business loans from financial institutions. Pakistani nationals are eligible to apply if they meet the required criteria. Some loans are interest free like Kamyab Pakistan Program, Ehsas Interest free loan program, PM Kamyab Jawan program etc.. The amount and interest rates vary depending upon multiple factors such as the education level, feasibility of the business plan, guarantors, repayment options etc.



Photo: Unsplash/ Abdul Rauf Khalid 2020

3 HOUSING

General information on housing

The Average rent for one bedroom (unfurnished, excluding utilities) starts from 10,000 PKR (in urban areas). Utilities may also cost a substantial amount, especially electricity and gas. In big cities, apartments/single portions of houses are easily available, though rent and other expenses are high. On the other hand, housing options in rural areas and small towns (situated in the outskirts of cities) are not only affordable but are available in abundance. In Pakistan, temporary housing is normally not available for newcomers/returnees. Short-term rental apartments can be an option, but the rent is usually high.

Finding accommodation

The best way to find accommodation is through real-estate agents and personal contacts. In all cities, big or small, real-estate agencies are easily accessible. Online resources/websites can also prove helpful for finding suitable housing options, such as <http://www.zameen.com/> or https://www.olx.com.pk/houses_c1719/q-house-for-rent

Social grants for housing

In Pakistan, no social grants are specified for housing in particular. However, to mobilize financial resource for the development of the housing sector for low income families, National Housing Authority (NHA) devises short and long term plans and policy guidelines. Their contact info is +92 51 926 1134. The Overseas Pakistanis Foundation offers housing schemes and residential

assistance in many different cities of Pakistan (Islamabad, Lahore, Gujrat, Peshawar, Dadu, Larkana and Mirpur (AJK). Residential land/plots are sold to Pakistanis living overseas. Their contact info is +92-51-9219126, +92-51-9203267, +92-51-9206687, +92-301-5555375, <http://www.opf.org.pk>.

Access for returnees

Temporary housing facilities: Unfortunately, temporary accommodation is not available in Pakistan. Hotels and short-term rental units are the only option for returnees.

Social housing: Not available in Pakistan.

Required documents: Not applicable. However, identification documents (CNIC or Form-B, passport) for first month's rent along with security deposit and, in some cases, a reference, are required for renting an accommodation.

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Photo: Unsplash/ Ahmed Yaghaal 2019

4 SOCIAL WELFARE

Social welfare system

The social welfare system in Pakistan is not able to adequately meet the needs of the less fortunate people. State provides social security schemes, cash transfer schemes, Zakat funds and pension/disability funds, yet these are not sufficient. Social assistance, child support or unemployment allowance are not structured in a way to benefit each eligible individual/family. However, a number of organizations – mainly charitable and a few government funded – are actively helping out the poor and needy.

Bait-ul-Mal is a governmental Social Welfare organization, working on many projects such as Dar-ul-Ehsaas (orphanage), Individual Financial Assistance, Vocational Schools, Child Support programs, Women Empowerment Centre, Pakistan Thalassaemia Centre and other social welfare initiatives. Individuals with major ailments/disabilities, widows and their dependent children, orphans, poor students with proven and consistent track record of academic achievement, destitute persons and low income families are eligible for these services.

Edhi Foundation is a non-profit (and one of the largest) social welfare organization working across Pakistan and around the world without any discrimination of color, class and religion. The Foundation was founded by Abdul Sattar Edhi in 1951. Main areas of services include: Ambulance Service, Hospitals, Funeral and Graveyard Services, Child Services, Edhi Homes and Orphanage Centers, Educational Services, Missing-persons Service, Marriage Service, Free Kitchen (Langar), Refugees Assistance, Helpline.

The Citizens Foundation (TCF) is a professionally managed, non-profit organization set up in 1995 by a group of Pakistani citizens who aimed to bring about positive social change through education. 25 years later, TCF is now one of Pakistan's leading organizations in the field of education for the less privileged. The Citizen Foundation runs a network of 1,652 school units across Pakistan. Their moto is "Empowering dreams through education". All TCF schools are landmarks in their communities. Each school building is equipped with airy classrooms, playgrounds, libraries, and computer and science labs to provide students with a stimulating learning environment. In addition, TFC has developed other innovative projects for adult literacy, women empowerment and community development such as: Vocational Training for Financial Independence, Aagahi – TCF's Adult Literacy Program

The name Aga Khan needs no introduction. *Aga Khan Foundation* is an NGO that has implemented innovative, community-driven solutions to development challenges around the globe. Alongside its sister AKDN agencies, Aga Khan Foundation (AKF) has been working for more than 45 years to improve the quality of life for villagers and is reaching out to vulnerable populations, irrespective of their race, religion, ethnicity or gender.

Al-Khidmat Foundation is a non-profit charitable organization based in Lahore. It focuses on a wide range of humanitarian services across Pakistan. Al-Khidmat Foundation runs schools and orphan homes, manages clean water projects, provides ambulance services, sets up

4 SOCIAL WELFARE

medical camps, offers help to prisoners who are falsely accused and arranges goods and supplies to those in need.

Shaukat Khanum Cancer Hospital is one of the largest charity hospitals in Pakistan. With its successful operation in Lahore and Peshawar, Shaukat Khanam Cancer Hospital employs modern technology and advanced machinery for the detection and treatment of various types of cancer.

Bali Memorial Trust, a public charity, aims to support the underprivileged in many different capacities. The trust is currently running the Bali Memorial Helpline, Orphanage - Bali Girls Shelter, Bali Old People's Homes, Bali Women's Crisis Centre, Bali Memorial Health Services, Bali Memorial Schools, Relief and Rehabilitation Services

Transparent Hands is a technological platform in the healthcare sector of Pakistan. It offers a complete range of free healthcare services including medical and surgical treatments, medical camps and tele-health facility to the underprivileged community of Pakistan.

The Chhipa Welfare Association is a very efficient charity working mainly in Karachi and the surrounding towns. It provides 24/7 ambulance service and free or low-cost food to people with low income. Chhipa Welfare is purely a non-profit NGO working to serve humanity.

Pakistan Sweet Home is a welfare, not for profit organization striving to support the poor and helpless children who have lost their parents particularly in the acts of terrorism or due to natural disasters.

Kashf Foundation focuses on enhancing the role of women by improving their economic status and building their entrepreneurship skills. Their main focus is women's self-reliance and financial independence, Micro financing for small businesses, Teaching financial management skills, Capacity building trainings, Providing micro-insurance services

Pension system

Only retired employees of federal and provincial governments, government of Azad Jammu & Kashmir, armed forces, semi government/autonomous bodies are eligible for receiving pensions. Since most retirees of the formal sector are eligible for pensions, only a small portion of old-age population benefits from social schemes and the retirement welfare system. Evidently, the elderly population working in the informal sector remains largely unprotected by these social security schemes. The pension system provides following four types of benefits to insured persons or their survivors: Old-Age Pension (or Reduced Pension), Survivors' Pension, Invalidity Pension, Old-Age Grant (if an employee is not eligible for pension).

Access for returnees

Eligibility and requirements: Only employees of the formal working sector (government/semi government/autonomous organizations) are eligible for pensions. Private sector employees and old-age population in general (self-employed, seasonal workers) are usually not eligible for pension or any other kind of retirement benefits.

Vulnerable groups

A number of national and international NGOs along with some government departments are working to provide help and support to vulnerable groups living across Pakistan (especially in KPK, FATA and remote areas of Punjab and Sindh). These programs/organizations provide vulnerable individuals/communities food, shelter, clothes and other basic necessities of life.

General information on education

Education in Pakistan is administered by the Federal Ministry of Education and the provincial governments. The federal government mostly assists in curriculum development, accreditation and in the financing of research and development. Gender-isolated education (separate schools for boys and girls) is usually preferred by the community, but co-education is also common in urban cities. Public and private education systems run parallel in urban and rural areas. These are commonly examined disciplines:

- Arts
- Computer Studies and ICT
- General Science (including Physics, Chemistry and Biology)
- Modern languages with literature i.e. Urdu and English
- Mathematics
- Religious Education i.e. Islamic Studies
- Social Studies (including Civics, Geography, History, Economics, Sociology)



Most schools also offer drama studies, music and physical education but these are usually not examined or marked. Home economics is sometimes taught to female students, whereas topics related to astronomy, environmental management and psychology are frequently included in textbooks of general science. Provincial and regional languages such as Punjabi, Sindhi, Pashto and others may be taught in their respective provinces, particularly in language-medium schools. Some institutes teach foreign languages such as German, Turkish, Arabic, Persian, French and Mandarin. The language of instruction depends on the nature of the institution itself, whether it is an English-medium or an Urdu-medium school. The education system in Pakistan is generally divided into preschool (ages 3-5), primary (ages

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5-10), middle school (ages 10-13), high school (ages 13-15), higher secondary/college (ages 15-17), vocational training, university, and professional education.

Cost, loans, and stipends

Public education up to higher secondary level/intermediate (grade 12) is free of cost. Tuition fees of private schools/colleges range from 1000/-PKR to 25000/-PKR. Govt. of Pakistan gives 1000 PKR/month stipend to poor students (if they meet the eligibility criteria). Some private schools which are operated under public private partnership also provide free education with free textbooks to eligible. Examples of such programs are PEF (Punjab Education Foundation) in Punjab SEF (Sindh Education Foundation) in Sindh etc. Different government funded institutions such as TEVTA and NAVTEC provide free vocational training for youth and adults. Some Banks and universities provide loans for higher education. To register, students need to meet the admission requirements and, in some cases, provide guarantors.



- National Vocational & Technical Education Commission (NAVTEC): <http://navttc.org/>
- Technical Education and Vocational Training Authority (TEVTA): <http://www.tevta.gop.pk/>

Approval and verification of foreign diplomas

The Higher Education Commission (HEC) and the Ministry of foreign affairs issue equivalence certificates of relevant degree/Diplomas. Cost is 5000 PKR per certificate. HEC also provides equivalence certificates for the foreign degree/diplomas. Apply online on the HEC website, pay the fees, submit original documents for verification or equivalence: <https://www.hec.gov.pk/english/Pages/home.aspx>.

Access for returnees

Registration procedure: Returnees should visit the local public or private school of their choice to get their children enrolled. Children will need a school uniform, books, school bag and stationary items before they start regular school. Public schools do provide textbooks to all students up to grade 10.

Required documents: Returnees need the following documents in order to get admission in schools/colleges/universities: Birth Certificate or Form-B for primary, middle & secondary schools. For further education, Higher Secondary Certificate (grade 12), Secondary School Certificate (Matric) are required. SSC, HSC and CNIC (national ID card) are a requirement for the admission in universities and professional education.

General situation of children and infants

Children make up over 45% of Pakistan's total population. In remote areas and in vulnerable communities, the general conditions around health, education and care are not satisfactory. This is not the case with the urban population however. Although the overall socioeconomic situation of Pakistan is progressive, this has not brought any significant change in the living conditions of millions trying to survive poverty. This situation is further worsened by the lack of awareness and gender-biased social norms. Provincial governments are working to establish a public child protection case management and referral system which will be implemented within the next two years.

(Non-) governmental actors dealing with children's well-being and rights

The national policy and the plan of action on child labour focuses on the immediate elimination of the worst forms of child labour. *Pakistan Bait-ul-Mal School for the Rehabilitation of Child Labour* was established countrywide in 1995. Children between the ages of 5-14 years are weaned away from hazardous labour and enrolled in these centers where they are provided free education, clothing, footwear and stipend along with a subsistence allowance to their parents. Currently, 159 centers are operating in (Punjab – 73, Sindh – 37, Khyber Pakhtunkhwa & FATA – 24, Baluchistan – 14, ICT/AJK & N.A – 11). At present 17,871 students (boys and girls separately) are benefiting from primary education in these centers.

Rozan mainly works on the emotional health of children and youth with a particular focus on Child Sexual Abuse (CSA). This program (*Aangan*) raises awareness on child sexual abuse, child body protection, children's emotional health and life skills through orientation sessions or seminars with community groups and schools. Interventions are structured with a prevention (awareness-raising, mobilization, skills-building) and protection (law enforcement, service delivery and advocacy) perspective. *Aangan* also organizes public campaigns to raise awareness on the subject.

Child Care Foundation of Pakistan (CCF) is a non-profit, non-governmental organization set up in October 1996. Its mandate is to develop comprehensive strategies in collaboration with Government, NGOs, Trade Unions, UN Bodies, Donor Agencies, Private Sector Organizations and concerned members of civil society to ensure the prevention, elimination and rehabilitation of all forms of child labor in Pakistan. CCF has designed and implemented Non-Formal Education Program & Schools for the most disadvantaged rural or child-labourer communities. Schooling/education is entirely free, and does not necessarily require a large school building or any pre-requisites of formal education. Non-Formal Education is flexible, adaptable and practical in nature, allowing children to carry out their work and study simultaneously. Non-Formal Basic Education (NFBE) Programs are community based in approach and aim to provide education to children at their doorstep. In addition to Non-Formal Schools, CCF is presently running 21 Formal Primary / Middle Schools in

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five districts of Central Punjab [Attock, Nankana Sahib, Sheikhupura, Faisalabad and Gujranwala]. Thousands of underprivileged children and their siblings are getting completely free quality education from these schools.

Save the Children believes every child deserves a future. Since their founding over 100 years ago, they've changed the lives of over 1 billion children. Child Protection, Child Rights Governance, Education and Child Development, Food Security and Livelihood, Health and Nutrition, Humanitarian Response

SPARC – Society for the Protection of the Rights of the Child. Their mission is to promote and protect the rights of children and to empower them using international standards as a yardstick through advocacy supported by research, awareness raising, service delivery, and human and institutional development. SPARC has offices in Multan, Rawalpindi, Peshawar, Karachi and Hyderabad



SOS Children's Villages is a private social welfare organization that provides orphans and abandoned children a home, nurturing and safe environment and a fair chance in life. : a new and permanent home. SOS has offices in 17 major cities of all four provinces and in Azad Jammu & Kashmir. The organization aims to admit children who are completely orphans or social orphans through a standard admission policy. Their services are focused on following themes: Home for Children: providing quality alternative care for children who can no longer live with their parents, Stronger Families: providing adequate care to families experiencing crisis or extreme hardship and helping them stay together, Children's Rights: taking a stand on children's rights and creating awareness for communities and decision-makers about fundamental rights every child must have, Emergencies: providing protection to children and their families at SOS centers during humanitarian emergencies

Sahil has been working since 1996 on child protection especially against child sexual abuse. The organization reaches out to provincial districts for extending a helping hand for the victims of child abuse and neglect. Staff at the head office and regional offices monitors the national, regional and local newspapers on a daily basis to collect data on Child Sexual Abuse, abduction and early/forced marriage cases. With head office in ISLAMABAD, Sahil is operating in four provincial offices [Abbottabad (Khyber Pakhtunkhwa), Jaffarabad (Baluchistan), Lahore (Punjab), Sukkur (Sindh)]. Sahil provides services/help in the following areas: Awareness on child protection,

6 CHILDREN

Free Legal Aid (provided to the victims of Child Sexual abuse & to women, Counselling service, Community Based Child Protection Mechanism. Sahil Child Protection Networks are established in villages/rural towns and are linked up with local administration and other stakeholders for support services. Sahil has launched an online self-help stress management program and a direct helpline for counseling. The direct line for counseling is +92-51-2850574.

Access for returnees

Entry requirements: Birth certificate or proof of birth-date is an important document. If a child is born outside of Pakistan, parents are strongly advised to bring a documental proof of birth to avoid complications. Keeping a vaccination record is also crucial for child's health and safety from communicable diseases.

Immediate steps upon return: Returnees can register their children in local schools according to their convenience. However, it is advised that they avoid delaying school admission. Child's birth certificate or Form-B will be sufficient to get the children enrolled in public or private schools.

7 CONTACTS

Pakistan Bait-UI-Mal

Support programs for vulnerable

Head Office:
Street No: 7, Sector: H-8/4,
Islamabad.
Toll-free No: 0800-66666
Tel: 051-9101138

Edhi Foundation

Welfare organization

Sarafa Bazar, Boulton Market,
Mithadar, Karachi. 0092 (21)
32413232
Contact Info: 0092 (21)
32413232
<https://edhi.org/>

The Citizen Foundation

Education

TCF Head Office – Karachi
Plot No. 20, Sector # 14, Near
Brookes Chowrangi, Korangi
Industrial Area, Karachi, 74900,
Pakistan.

Al-Khidmat Foundation

Humanitarian services

Al-Khidmat Complex, 3km
Khayaban-e-Jinnah, Lahore,
Punjab, Pakistan
Phone: +92 42 3595 7260
Fax: +92 42 3595 7261
Email: info@alkhidmat.org

Shaukat Khanum Memorial Cancer Hospital and Research Centre

Cancer hospital

7-A Block R-3, M.A. Johar Town,
Lahore
Tel: +92 42 3590 5000
Fax: +92 42 3594 5208
Toll-free: 0800 11555

Bali Memorial Trust

Support for underprivileged

1-C/2 Canal Park
Sikandar Malhi Road
Guberg II, Lahore,
Phone: +92 42 35751192-93, +92
301-4777902, +92303-4190020
balimtrust@hotmail.com

Transparent Hands

Platform for health services

605A, Block C Faisal Town,
Lahore, Punjab 54700
Phone: (042) 35201124
Email: info@transparenthands.org
<https://www.transparenthands.org/>

Chhipa Welfare Association

Welfare organization

CHHIPA Head Office
Plot No. ZC-5, Sector 8/A,
Shahrah-e-Faisal, Karachi-74400,
Sindh, Pakistan
Phone: +92-21-111-111-134
UAN: +92-21-111-92-1020
Email: info@chhipa.org
<https://www.chhipa.org/>

Pakistan Sweet Home

Children, orphanage

Pakistan Sweet Home Angles &
Fairies Place near HEC Building,
Sector H-9/4, Islamabad
Phone +92-051-4865856
0333-1911881
Email: info@sweethomes.com.pk
<https://sweethomes.com.pk/>

Kashaf Foundation

Women empowerment

1-C, Shahrah Nazrea-e-Pakistan,
Lahore
Tel: 042-111-981-981
<http://kashf.org/>

Rozan

Gender equality, empowerment

Adjacent Bahria Enclave, Pind
Bhagwal Road, Islamabad 44000,
Pakistan
Phone: 051-2721900-2
Email: info@rozan.org
<https://rozan.org/>

Childcare Foundation of Pakistan

Children's rights, protection

A-6-A-E, 105, New Super Town,
Defense Main Boulevard, Lahore
Phone: +92-42-3662-1031
ccf@nexus.net.pk
<http://www.ccfp.org.pk/>

Save the Children Pakistan

Children's rights, protection

First Floor, National
Telecommunication
Corporation Headquarters,
North Wing, Sector G-5/2,
Islamabad, Pakistan, Postal Code:
44000
Phone +92 51 921 8458-61
<https://pakistan.savethechildren.net/>

Society for the Protection of the Rights of the Child (SPARC)

Children's rights, protection

Head Office: SOS Children's
Villages of Pakistan Ferozepur
Road, Lahore-54600, Pakistan
Phone: 92-42-35918035-6 /
+92-42-35917846-7
national@sos.org.pk

Sahil

Children's rights, protection

Office No.13, First Floor, Al-
Babar Center, F-8 Markaz,
Islamabad, Pakistan
Phone: (92-51) 2260636,
2856950
E-mail: info@sahil.org
<http://sahil.org/>
Counselling: +92-51-2850574

7 CONTACTS

PIMS Hospital Islamabad

Hospital, medical services

G-8/3 G 8/3 G-8, Islamabad,
Islamabad Capital Territory
Phone: (051) 9261170

Polyclinic Islamabad

Hospital, medical services

44 Luqman Hakeem Rd, G-6/2
G 6/2 G-6, Islamabad, Islamabad
Capital Territory
Phone: (051) 9218300

CDA Hospital Islamabad

Hospital, medical services

Street 31, G-6/2 G 6/2 G-6,
Islamabad, Islamabad Capital
Territory
Phone: (051) 9221334

Shifa International Islamabad

Hospital, medical services

4 Pitras Bukhari Rd, H-8/4 H
8/4 H-8, Islamabad, Islamabad
Capital Territory
Phone: (051) 8464646

Ali Medical Centre Islamabad

Hospital, medical services

Kohistan Rd, F-8 Markaz F 8
Markaz F-8, Islamabad, Islamabad
Capital Territory
Phone: (051) 8090200

CMH Hospital Baluchistan

Hospital, medical services

Combined Military Hospital,
Quetta, Baluchistan, Pakistan
PHONE: 9281-75825-2360

Akram Hospital Quetta

Hospital, medical services

Zarghun Road near Sajid
Hospital, Quetta City, Quetta
PHONE: 0812869238

National Hospital Quetta

Hospital, medical services

National Hospital, Junction of
Pir Abdul Khair road and Prince
Road, Near Quetta Laboratory
Prince Road, Quetta

Government Lady Hospital Peshawar

Hospital, medical services

Government Lady Reading
Hospital, Peshawar
PHONE : 9291-9211430-49

Govt Naseer Ullah Babar Memorial Hospital Peshawar

Hospital, medical services

Akbar Colony, Peshawar, Khyber
Pakhtunkhwa

Jinnah Hospital Lahore

Hospital, medical services

Usmani Rd, Quaid-i-Azam
Campus, Lahore, Punjab 54550
Phone: (042) 99231400

Landy Willingdon Hospital Lahore

Hospital, medical services

Ravi Rd, Walled City of Lahore,
Lahore, Punjab
Phone: (042) 3659001

Shaukat Khaum Memorial Cancer Hospital and Research Lahore

Hospital, medical services

7AKhayaban-e-Firdousi, Block
R3 Block R 3 M.A Johar Town,
Lahore, Punjab
Phone: (042) 35905000

Fatima Memorial Hospital Lahore

Hospital, medical services

Shadman Rd, Ichhra Lahore,
Punjab 54000
Phone: (042) 111 555 600

Government Social Security Hospital Gujranwala

Hospital, medical services

Industrial Estate Model Town,
Gujranwala, Punjab
Phone: 0300 9645958

7 CONTACTS

DHG Teaching Hospital Gujranwala
Hospital, medical services

DHQ Hospital, Hospital Rd, Civil Lines, Gujranwala, Punjab 52250
Phone: (055) 9200110

Allied Hospital Faisalabad
Hospital, medical services

Dr. Tusi Rd, Faisalabad, Punjab
Phone: (041) 9210082

Shifa International Hospital Ltd. Faisalabad

Hospital, medical services
Main Jaranwala Rd, Faisalabad, Punjab 38000
Phone: (041) 8740951

District Headquarter Hospital Rawalpindi

Hospital, medical services
Kashmiri Bazaar Road, Raja Bazar, Rawalpindi, Punjab 46000
Phone: (051) 5556311

Holy Family Hospital Rawalpindi
Hospital, medical services

Holy Family Rd, Block F Block E Satellite Town, Rawalpindi, Punjab
Phone: (051) 9290321

Sindh Government Hospital Karachi

Hospital, medical services
Sharifabad Block 1 Gulberg Town, Karachi, Karachi City, Sindh

Aga Khan University Hospital Karachi

Hospital, medical services
National Stadium Rd, Aga Khan University Hospital, Karachi, Karachi City, Sindh 74800
Phone: (021) 111 911 911

Indus Hospital Karachi
Hospital, medical services

Plot C-76, Sector 31/5, Opposite Crossing Darussalam Society Sector 39 Korangi, Karachi, Karachi City, Sindh
Phone: (021) 35112709

Dr. Ziauddin Hospital: Private Hospitals & Health Care Services

Hospital, medical services
Block-B North Nazimabad Town, Karachi, Karachi City, Sindh 74700
Phone: (021) 36648237

Sindh Government Hospital Hyderabad

Hospital, medical services
Wadhu Wah Rd, Qasimabad, Hyderabad, Sindh

AIMS Hospital Azad Jammu and Kashmir

Hospital, medical services
Muzaffarabad, Azad Jammu and Kashmir
Phone: (058224) 39306

SKBZ CMH Muzaffarabad

Hospital, medical services
CMH Rd, Muzaffarabad, Azad Jammu and Kashmir
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DHQ Hospital Mirpur

Hospital, medical services
AkMian Mohammad Road New Mirpur City, Azad Jammu and Kashmir 10250

Ladies and Children's Hospital Mirpurrrrr

Hospital, medical services
F1 Road Sector F-1 Sector F 1 New Mirpur City, Azad Jammu and Kashmir 10250
Phone: (058274) 37200

DHQ Hospital Gilgit

Hospital, medical services
Hospital Rd, Gilgit, Gilgit-Baltistan
Phone: (058119) 20253

Migrant assistance in Pakistan

The Virtual Counselling project is implemented by the International Organization for Migration (IOM) in Germany. Migrants living in Germany who are considering a return are offered return and reintegration counselling by IOM staff in Pakistan. Local IOM staff can be contacted in Urdu and English through online messengers.

This service aims to empower migrants to return in dignity by informing them about various return and reintegration options and assistance programmes.

Contact Farzana at IOM Pakistan

WhatsApp: +92 301 859 094 8
Skype: IOM Pakistan



Measures to be undertaken before return

- **Documents:** Valid Passport OR Emergency Passport OR valid travel permit issued by Pakistani Consulate in Germany; CNIC/NIC (valid or expired Computerized/National Identity Card or a copy of the card if do not possess the original); birth Certificates of children if born in Germany (request local authorities to issue birth certificates if you have not obtained them before); other documents related to return process
- **Education:** Certificates/diplomas/degrees of education/training completed in Germany, both for you and your dependent children or valid documental proof of attendance in educational institution/s in Germany
- **Health:** Medical records or treatment history if any (in English)

Measures to be undertaken immediately upon arrival

- **Documents:** Renew or apply for a new CNIC at the local NADRA office; update Form-B at the local NADRA office for any changes in family e.g. marriage, new children
- **Education:** Enroll children in schools as soon as possible
- **Employment:** Use personal networks and/or online resources to find job opportunities according to your skillset, educational qualification, and experience

