

CONNECT WITH US!

BPSU Migrant Workers Committee

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**MIGRANT WORKERS:
YOUR GUIDE TO
SUCCESSFUL INTEGRATION
IN BERMUDA**

"EMPOWERING MIGRANT VOICES, EMBRACING UNITY"

Migrant Workers:

Your Guide to Successful Integration in Bermuda

Moving from one country to another for work can be simultaneously daunting and exciting. We understand that being an immigrant involves more than just navigating work permits and government regulations. It encompasses ensuring your successful and seamless integration into Bermuda's labor market and society. The BPSU Migrant Workers Committee and the BPSU Mental Health Campaign Committee extends a warm welcome to our beautiful island and aims to provide you with helpful tips to assist in your successful integration.

Bermuda Integration Tips: Your Journey to Success

CONNECT

- **Connect with Migrant Staff at Work:** Having a contact at your workplace will provide you with the necessary support and knowledge of available resources (medical services, housing, banking, transportation, and driving instructors, etc.). Your workplace contact will offer regular check-ins, guidance on daily procedures, act as an island guide, and ensure your well-being and job satisfaction.
- **Connect with Your Union:** The Bermuda Public Services Union (BPSU) is here to support and advocate for your rights as a migrant worker. You can also seek assistance from the elected shop steward in your department who can provide guidance and support specific to your workplace.
- **Connect with Our Migrant Workers Committee:** We serve as an excellent source of information, organize activities for you to participate in, and offer networking opportunities. By connecting with us, you can stay informed about your rights and benefits as a migrant worker. Additionally, our committee can advocate on your behalf to address any concerns or challenges you may face during your journey of discovering and integrating into Bermuda.
- **Connect with Our Mental Health Campaign Committee:** Your mental well-being is essential, and our BPSU Mental Health Campaign Committee is here to support you. They provide resources, guidance, and initiatives aimed at promoting mental health awareness and well-being among migrant workers. Don't hesitate to reach out to them for assistance, advice, or to participate in our mental health events. Your mental health matters to us.

- **Connect with Your Country's Association:** Building bonds with fellow countrymen and women offers stability and a link to your roots, mitigating potential reverse culture shock. Engage in cultural associations, embrace events, and honor traditions for seamless integration, enriching your experience while fostering unity within Bermuda's diverse community.

GET/STAY ACTIVE

- **Re-establish or Build Your Routine and Hobbies on the Island:** This helps you adjust to your new environment, maintain normalcy, connect with others, and promote your mental well-being and personal growth.
- **Local Entertainment, Cultural Events, and Holiday Traditions:** Staying up-to-date with local entertainment, cultural festivities, and holiday traditions allows you to stay connected with your community and culture. It provides a profound sense of belonging, strengthens your cultural identity, and serves as an excellent opportunity to forge new friendships and connections.

BE KNOWLEDGEABLE

- **Cultural Awareness:** Embracing Bermuda's rich tapestry of traditions, customs, and history through a deep understanding of the local culture is essential for seamless integration. Immerse yourself in local events, celebrations, and activities, including union events, to enrich your experience and foster cultural appreciation within Bermuda's vibrant community.
- **Explore Bermuda:** Exploring Bermuda is not only an opportunity to appreciate the island's history, culture, and natural beauty but also a chance to discover its diverse religious communities and places of worship. Engaging with various religious traditions can enrich your understanding of Bermuda's multicultural tapestry and foster connections within the local community.

We believe that these valuable tips will not only assist but empower you in your journey of successful integration into the vibrant community of Bermuda. Your well-being and success are our top priorities. Should you require further guidance, information, or support, do not hesitate to connect with us at the BPSU Migrant Workers Committee and the BPSU Mental Health Campaign Committee. Together, we can ensure your experience here is enriching and fulfilling.

WELCOME TO BERMUDA!