

What are my rights at work and in professional spaces?

Starting a new job, internship, or volunteer activity can feel exciting, but also confusing. Many women do not fully know their rights at work, especially when they are new to a country or working in an international environment.



Across Europe, everyone has the right to:

- dignity,
- fair treatment,
- safe working conditions,
- equal opportunities,
- and protection from harassment or exploitation.

Not all workplace problems are obvious.

Sometimes pressure appears through:

- unpaid extra work,
- emotional pressure,
- unfair treatment,
- language discrimination,
- or being told to “stay quiet”.

Many women stay silent because they are afraid of losing opportunities or creating conflict.

Understanding your rights also means understanding your personal boundaries. You have the right to:

- ask questions,
- request clarification,
- say no to unsafe situations,
- and seek support when needed.

There are organizations and services in Europe that can help people understand their rights and find support in difficult situations.

Understanding your rights is the first step to protecting yourself.



Did you know?

Many women hesitate to report workplace pressure because they fear losing opportunities or being judged.



Reflection

Have you ever stayed silent in a situation that felt unfair or uncomfortable?



HERIZON PROJECT

2025-1-FR01-KA220-ADU-000351314