

Committee Guide

European Council



**Protecting and Advancing
the Rights of Migrant
Workers Within Europe**



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1. Personal Introductions

1.1. Sonja Sjöberg

Hi everyone,

My name is Sonja Sjöberg and I will turn 20 years old this summer! I live in Sweden and will graduate from my last year of gymnasium one week before OLMUN 2026 starts. One of the best things I have ever done is go on an exchange year in Germany 2023/2024, where I got to learn so much about myself and German culture! This means I speak fluent Swedish and English and some daily German (but I warn you, my grammar is horrible #CancelDerDie-Das)

My OLMUN journey began in the year of 2024 as a delegate of the HRC. As you can tell I loved my experience with OLMUN, therefore I proceeded to participate the following year (2025) as a first-timer chair of the GA2nd and now I am chairing again this year for the European council! A little fun fact is that my dear co-chair Sebastian and I were also delegate neighbours of HRC during my first OLMUN, Costa Rica (me) and Cuba (him: aka best delegate) and now we're co-chairing together!

In my spare time I love to hang out with my friends and family and my dream is to visit as many countries as possible! I also really love getting to know new people and seeing a person develop throughout the friendship. I am aware that I can speak for hours and hours, but I am also a very good listener, so if you have any questions do not hesitate to ask them!

Excited to see you all in June!

1.2. Sebastian Joseph Körbs

Hey everyone,

My name is Sebastian and I am 18 years old. I am currently in my second to last year of school before graduation. I live in the (somewhat) beautiful and quaint Osnabrück, which is about 90 minutes from Oldenburg. I love to cycle (you might catch a glimpse of my funky foldable bike during the conference) and am very interested in public transportation of all sorts.

My first time at OLMUN was in 2023 in the GA1st as the delegate of Belize. As Sonja already wrote in her text, I was the delegate of Cuba in the UNHRC the year before, which was a great experience and motivated me to become a chair myself. The year after, in 2025,

I chaired for the first time, as the president of the UNEP. So you see, Sonja's and my OLMUN-experience has been much the same, which is why I am very excited to co-chair with her this year!

Of course, I am also very excited to meet you all in June! I hope you have fun and successful preparations for the conference! It is the second time you will read it in this guide (and by far not the last time), but please contact us if you have any questions or concerns.

See you all very soon!

2. How to Use This Guide

First of all, we are grateful for all of you, who will be part of our committee this year. This guide should serve as the starting point of your preparatory work. After you have read this guide, you will know:

1. Who will be chairing the committee,
2. Where, when and why the committee was created,
3. What the topic is we're dealing with,
4. How to start your research,
5. What to hand in prior to the conference.

Firstly, we want to emphasize that this committee guide should not be viewed as an all-inclusive summary and should not serve as the sole source of your research. Rather, it is intended to provide an initial orientation to allow you to conduct your own research individually and in depth.

Secondly, this guide only focuses on the general topic, hence you need to adapt your research to your own specific country. For this, you should be familiar with your country in certain areas such as politics, culture, geography, economy and history. Please also stick to your country's official stance and represent your delegation's point of view, even if it might not be your own opinion.

Have fun, making it all the way through the guide!

3. About European Council

The European Council (EC) is a committee made up of the 27 heads of state of all member states of the European Union, as well as the President of the European Commission, Ursula von der Leyen. It also has its own president, an office which currently is held by António Costa. The task of the EC is to define the general political direction and goals of the EU, without actually wielding any legislative power itself. It was formalised as an EU Institution in 2007 in the Treaty of Lisbon, after originally being founded in 1975 as an informal summit. In order to accomplish its goals of defining European politics, the European Council adopts conclusions which deal with specific issues. In these conclusions, the EC concretely defines specific issues and lays out possible solutions to combat these exact problems as a united Europe. Additionally, these conclusions can include what particular action should be taken by the European Union and set deadlines for the presentation of legislative proposals in the European Commission. However, it is important to keep in mind that the European Council itself can not make legally binding decisions, and only submit proposals to the European Commission, which in turn implements EU laws which are applicable to all EU member states.

Your task as delegates of the European Council will be to draft a resolution, the topic of which will be explained in greater detail later on. To accomplish this, as a delegate in the European Council you will engage in debates, propose solutions, and negotiate resolutions to the problems within the EU. Our committee will include external delegates that are not in the real European Council. However, it is essential that all delegates strive to come up with a solution for this years' issue, which benefits all parties involved.

4. Topic overview

This years' topic of Protecting and Advancing the Rights of Migrant Workers Within Europe refers to the ongoing commitment of the European Council to ensure that individuals who move across borders for employment are treated with fairness, dignity, and equality. In the European context, migrant workers include both citizens of European Union Member States who exercise their right to free movement and third-country nationals who legally reside and work within the EU.

Importantly, migrant workers typically do not strive to attain citizenship in the country they work in and are looking for temporary employment.

4.1. Distribution and Number of migrant workers in the EU

As stated before, migration within the European Union is one of the two types of labour migration. In 2024, there were more than 7 million migrant workers, who as citizens of a EU member state, were working in another EU member state. The number of total migrants within the EU has increased constantly in the last few years and has even remained somewhat stable during the pandemic. There still were 6.5 million migrant workers in 2020 and 2021, which is only a slight decrease compared to the 6.8 million in 2019, before the pandemic.

With around 2.6 million EU citizens working there in 2024, Germany attracted a lot of migrant workers. But also other western European nations, like Italy (0.7 million), Spain (0.9 million) or France (0.6 million), had a lot of migrant workers from within the EU. Eastern Europe receives much less labour migration from within the EU, with Hungary and Poland only being host to 21 000 and 18 000 migrant workers respectively. Additionally, eastern European countries tend to be the countries that migrant workers leave. In 2017, about 20% of Romania's working age population lived outside of Romania. The same is true for 12% of Bulgaria's working age population, but only for 1% of Germany's, France's and Sweden's. Not only is migration from within the EU a significant financial factor and show of European connection, as about 4.4% of the European working-age population belongs to this group. However it also shows a clear trend for Inner-European migration happening from east to west.

Arguably, migrant workers from outside of the EU make up an even more important amount of the workforce within the EU. As of 2024, about 12.6% of the total working-age population of the EU was born outside of the EU. This type of labour migration is growing at a much faster rate than the other type, as 2014 it only made up 8% of the total workforce.

As with migrant workers within the EU, western European states typically have a higher rate of migrant workers than eastern European countries. Only 2-3% of Poland's, Hungary's, Bulgaria's or Romania's working-age population consists of immigrants from outside the EU. For Germany, Spain and Belgium, this portion makes up 15-20%.

4.2. The rights of migrant workers

Your task will be to find a resolution, which both protects and advances the rights of migrant workers in the EU. So it is important to know, what problems are present in the EU right now.

Oftentimes, migrant workers are exploited, even though the law of the respective member state would forbid that. Examples of this exploitation include being paid low wages under minimum wage (or being paid by workload done, not by hour) or working hours that are longer than the legal maximum. Other common problems are bad living conditions, stress and

social isolation.

The latter aspect can be explained, as many migrant workers are employed in a field, where they do not need to meet language requirements. Thus, they often do not sufficiently speak the language of the country they are working in to fully take part in social life. Additionally, this causes another big problem: many migrant workers do not know their own rights. Law texts are typically written in a rather difficult manner, which a person with only limited knowledge of the language can not understand.

Furthermore, migrant workers often heavily depend on their employer for their residence permit, which makes it hard for them to legally work against their employer. A process which is complex and requires a lot of money and understanding of the language of the country they work in. Additionally, a substantial amount of migrant workers work illicitly, meaning that they do not have a contract. In 2018, Italy's Ministry of Labour found that the same was true for 25-35% of migrant workers. Oftentimes, contracts cover a shorter period of time than the period of time that migrant workers are (informally) employed.

Lastly, migrant workers are often the victim of human trafficking. Human Trafficking is the recruitment, transportation, transfer, harbouring or receipt of people through force, fraud or deception, with the aim of exploiting them for profit. In the EU, human trafficking goes both against EU-citizens and third-country-nationals and 37% of the total cases of human trafficking relate to labour trafficking.

5. How to Continue

5.1. Research

Firstly, you should do research on your country, because you will be representing its interests and not your own. See it as an opportunity to learn about a country, about which you might have not known a lot before and getting to debate the issue from a different perspective. Consider what side of the debate you will be on, and what your country's goals are and who potential allies could be.

Also keep in mind that some countries are not necessarily in favour of the goal of advancing and protecting migrant workers rights. In that case that applies to your country, you might want to „sneakily“ protect the status quo or even argue for worse rights, while pretending to do the opposite. You truly need to understand your country's standpoint!

You will also find helpful links that you can use to begin your research at the end of the guide. However, you are very much encouraged to use other sources as well. The better you are prepared, the better the debates will be, and the more fun we will have. There are also existing regulations in place, like the Employer Sanctions Directive or Anti-Trafficking Directive of the EU. These can help get a feel for what has already been done by the EU.

5.2. Policy Statement and Draft Resolution

To participate effectively, it is vital that you start with your preparation as soon as possible. Make sure you understand your country's point of view on this year's topic. At the end of this committee guide, we have included several links where you can start your research from. Additionally, you are required to write a policy statement and a draft resolution.

A policy statement is a brief, concise declaration giving an overview on your country's position on the topic and its policy. It offers you the chance to give a first impression of your country's policy, and simultaneously to hear out other countries, which eases to find cooperation partners during lobbying. You are also encouraged to read out your policy statement at the first committee session! You can also hold a short speech!

A resolution states the problems of the topic and proposes solutions. It is deemed as a formal statement of a decision in the United Nations and enables delegates to debate a topic efficiently.

For more information regarding these documents, it is helpful to have a look at the OLMUN handbook. Additionally, it provides great information about the proceedings and other important information about the conference in general (structure of the UN, dresscode, etc.). To be fully prepared for the debate, we advise you to look at the Rules of Procedure, which contain the main principles of the OLMUN debate. We have attached both at the end of this guide, but you can also find them on the official OLMUN website.

5.3. Use of AI and Sources

While we are sure that an AI could write a somewhat decent policy statement and draft resolution, it can not attend the conference for you. It is a vital part of the preparation to write these texts yourself to get immersed into the conference and your role as the delegate of a country.

Thus, we ask you to please refrain from using AI to write the entirety of your texts. You may use it to get inspiration, to spellcheck or something similar.

Additionally, to ensure the reliability and transparency of the information presented in your texts, it is required that you add sources to back up your major claims and numbers. These

sources do not need to follow a specific lay-out, but you can adopt a lay-out similar to what we did. Please ensure your sources are reliable and up to date!

If we have a well-founded suspicion that substantial aspects of your text are written by AI or missing sources, we might ask you to rewrite or verify those parts. Since we can't prove the use of AI beyond a doubt, we ask you to please be honest with us and not let a computer do all your work. The conference is way more fun, if you work on it yourself!

6. Deadlines and requirements

Please send your policy statements by the 22nd of May and your draft resolution by the 29th of May to ec@olmun.org

Both documents are to be sent as .pdf-files and in a legible format. The policy statements should be around 250 words and the draft resolution should contain a minimum of four per-ambulatory and four operative clauses.

If you for some reason cannot make it by these deadlines, please let us know. While that of course is not the best case, it is better than not hearing from you at all. Similarly, if you have any questions, please do not hesitate to ask us!

If you want to make a speech at the first committee session or read out your policy statement or do both, please contact us by the 30th of May.

In case you want to make an opening speech at the opening ceremony, feel free to reach out to us or directly send your short speech to president@olmun.org by the 31st of May. Be aware that you will only have 45 seconds and that this is completely optional!

We ask you to abide by these deadlines and try to prepare sufficiently to enable all of us to have a fruitful and fun debate. We are sure you will all do very well and are excited to receive your texts and meet you at OLMUN!

7. Useful links and sources

7.1. Sources

- number of EU citizen migrant workers within the EU https://ec.europa.eu/eurostat/databrowser/view/LFSA_PGANWS_custom_6625412/default/table?lang=en
- number of citizens working abroad by EU member state <https://ec.europa.eu/eu->

rostat/documents/2995521/8926076/3-28052018-AP-EN.pdf/48c473e8-c2c1-4942-b2a4-5761edacda37

- share of working age population born in another country https://economy-finance.ec.europa.eu/migration-mobility-and-eu-labour-market_en#_ftn1
- Exploitative behaviour towards migrant workers https://www.institut-fuer-menschenrechte.de/fileadmin/Redaktion/Publikationen/Analyse_Studie/Analysis_Live_in_Labour_Exploitation.pdf
- see above <https://www.oxfamintermon.org/hubfs/Oxfam-Website/oi-informes/esenciales-invisibles-explotadas-migrantes-en.pdf>
- definition of human trafficking <https://www.unodc.org/unodc/en/human-trafficking/human-trafficking.html>
- figures on human trafficking https://home-affairs.ec.europa.eu/policies/internal-security/organised-crime/together-against-trafficking-human-beings_en

7.2. Further useful links

<https://www.un.org/en/chronicle/article/protection-migrants-rights-and-state-sovereignty>

<https://fra.europa.eu/sv/publication/2018/protecting-migrant-workers-exploitation-eu-boosting-workplace-inspections>

https://eca.iom.int/sites/g/files/tmzbdl666/files/documents/IOM_Policy-Brief_V3.pdf

<https://www.ilo.org/media/333951/download>

<https://www.youtube.com/watch?v=zJzUCzuqtvI>

<https://www.youtube.com/watch?v=RGPG-FExA-s>

<https://fra.europa.eu/sv/publication/2018/protecting-migrant-workers-exploitation-eu-boosting-workplace-inspections>

<https://www.bmi.bund.de/EN/topics/migration/immigration/labour-migration/labour-migra->

[tion-node.html](#)

Employer Sanctions Directive <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX:%3A32004L0038>

Anti-Trafficking Directive <https://eur-lex.europa.eu/eli/dir/2024/1712/oj/eng>

<https://www.giz.de/en/downloads/giz2025-en-migrant-workers-know-your-rights.pdf>

https://link.springer.com/chapter/10.1007/978-3-031-55424-7_4

8. Final words

Lastly, we want to motivate you to try actively participating at the conference. We know that it might seem overwhelming or intimidating at first to speak up during the debates, especially for the first-time delegates. But don't be afraid to hold a speech or debate in front of the committee! As we like to say in Germany: "everyone is only cooking with water", meaning everyone has the same starting point and it is completely fine to not get everything to be perfect on the first try.

Likewise, neither your draft resolutions nor your policy statements need to be perfect by any means, but please earnestly try. We would like to emphasize that you should refrain from letting ChatGPT (or any AI for that matter) write everything for you.

We hope we will enable fun debates with you! If you have any questions or concerns, please don't hesitate to contact us. You can reach us via email at: ec@olmun.org



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