

01 MYTH: "PEOPLE SEEKING ASYLUM ARE GIVEN LOADS OF FINANCIAL BENEFITS THAT BRITISH CITIZENS DO NOT GET, AND NONE OF THEM ARE EVEN WORKING."

Reality: The majority of people seeking asylum have to survive on very limited amounts of money. Those in hotel accommodation receive £9.95 per week. Those in flats receive £49.18 per week, which is meant to cover food, clothing, and any other living expense.

Most people seeking asylum are legally not allowed to work. They can apply for permission to do so after waiting a year, and even then are only allowed to apply for certain jobs on a limited list.



MYTHS ABOUT MIGRATION: BEYOND THE HEADLINES



02 MYTH: "WHY DIDN'T THEY STAY IN THE SAFE COUNTRIES THEY PASSED THROUGH TO GET TO THE UK?"



Reality: Most refugees do stay in the first country they arrive in! Others come to the UK for existing connections with family and friends in the country or because they speak English.

Also, there is no legal requirement for people to seek asylum in the first country they arrive to.

03 MYTH: "EVERYONE IS COMING TO EUROPE AND NORTH AMERICA."

Reality: Most people who are fleeing violence and conflict never cross the borders of their own countries. The majority of people who do have to leave their countries of origin settle in neighbouring countries.

The countries that host the most refugees are in the world are: Turkey, Pakistan, Uganda, Germany and Sudan. In effect, 75% of refugees worldwide are hosted by low and middle income countries.



04 MYTH: "REFUGEES AND MIGRANTS ARE TAKING UP ALL OF OUR SOCIAL HOUSING."



Reality: Decisions about who gets social housing are not made based on immigration status. Also, most people living in the UK with a temporary immigration status (work, study, or family visas) are not even eligible for social housing.

About 0.2% of social housing in the UK goes to refugees. There is a housing crisis, but migrants and refugees are not responsible for this.

05 MYTH: "THE UK IS ALREADY DOING MORE THAN OTHER COUNTRIES TO SUPPORT REFUGEES."

Reality: The UK is home to just 1% of refugees who have been displaced across the world. 2025 stats on population?

In fact, net migration to the UK fell by a fair amount in both 2024 and 2025.



06 MYTH: "PEOPLE SEEKING ASYLUM ARE LIVING IN LUXURY HOTELS FOR FREE."

Reality: Asylum accommodation is far from luxury. Many people live in overcrowded hotels or temporary buildings with shared rooms, poor food provision and very limited privacy. Receiving just £9.95 per week also means many people cannot afford transport or activities outside the hotel.

Many organisations are striving to end the use of hotels to accommodate people seeking asylum, arguing that they are not suitable for people seeking safety and that they have become magnets for far-right attention.

They are also extremely costly – about six times more expensive than other types of accommodation. This is not a good solution for anyone.



08 MYTH: "REFUGEES AND MIGRANTS DON'T WANT TO WORK. THEY SHOULD BE REQUIRED TO WORK. THEY'RE TAKING ALL OUR JOBS."

Reality: These statements conflict with each other – which one is it? Most people are trying desperately to find work to support themselves and their families, while many people seeking asylum are legally prevented from working.

Due to these restrictions and barriers such as accessing English classes or converting qualifications, they are not "taking all the jobs" away from British citizens.

10 MYTH: "WHY IS IT ALL YOUNG MEN COMING HERE?"

Reality: It is certainly not only young men coming to the UK. We routinely work with women and families and are also aware of unaccompanied children living in the UK.

However, often it is men who are considered able to make the dangerous journey to seek asylum, and then attempt to reunite with their families in a safer way down the line. Women and children are both less likely to survive and more likely to be exploited during the journey.

07 MYTH: "WHY DO THEY ALL HAVE SMARTPHONES IF THEY DON'T HAVE ANY MONEY?"

Reality: For many people, smartphones are an absolutely vital possession. While they are far from family and friends at home, they can stay in touch and share and receive important developments.

They are necessary for translation of important documents, communicating with service providers, accessing local information, navigating a new city, and now even displaying one's e-visa.

Knowing that lacking a smartphone will make people even more vulnerable, it is completely reasonable for this to be a prioritised cost. Recently a professor at The Open University demonstrated that the most important items refugees take when they are forced to leave their homes are water, phone, and food (in that order).

09 MYTH: "THEY SHOULD HAVE TO LEARN ENGLISH BEFORE THEY GET SUPPORT IN THE UK."

Reality: Learning English can make life much easier in the UK, but withholding support on this basis makes little sense. When someone is struggling to access basic essentials, learning a new language may not be their immediate priority.

Many people also face barriers to attending classes, including oversubscribed services, transport costs or disabilities. Seeking safety should not depend on speaking perfect English from the start.



 The Welcoming

SOURCES/LINKS

For sources and further reading, visit our website:

