UK Asylum Information	Last Updated: 27 October 2026	English

15 Asylum Appeals

Appealing an asylum decision means making a formal legal challenge to the Home Office's decision and ask an independent judge to look at the evidence in your case.
First, make sure you read your decision letter carefully to understand if you have the right to appeal. it should be written after the decision. Some decisions made by the Home Office can not be appealed and this also will be stated clearly in the letter.
This sheet explains the process of an asylum appeal and how to prepare your case.

How long do I have to submit an appeal?

The asylum decision letter will be sent to you by email or by post to your address. It may be sent to your lawyer if you have one.
Make sure you note the date on the letter: you have **14 days** to submit an appeal. Make sure you submit your appeal during that period.
If you miss this deadline, you must explain why you were late and give evidence to support your explanation if you can. The tribunal will decide if they accept your appeal out-of-time.

How can I lodge an appeal?

- **Online**: Most appeals are submitted online through the UK government service. https://www.appeal-immigration-asylum-decision.service.gov.uk/start-appeal.
- The Right to Remain Toolkit has a step-by-step guide with screenshots on how to do this https://righttoremain.org.uk/toolkit/preparingappeal/#appeal
- **By Post or Email**: If you cannot access the online service, you can submit your appeal using form IAFT-5 by email or post.
- **Choose a Hearing Type**: On the form, ask for an Oral Hearing so you can speak to the judge directly.

How do I understand the Refusal Letter?

The Home Office refusal letter explains why your claim was not accepted. Most refusals fall under the following examples. Read your letter carefully to see which ones apply to you.

1. "**We do not believe you**r story" (Credibility)
   - Why they refuse: They claim your story changed between interviews, lacked detail, or you claimed asylum late.
   - **How to challenge it:**
     - Point out translation mistakes or misunderstandings during your interview.
     - Provide medical reports if trauma or distress affected your memory.
2. **"Your country can protect you" (Sufficiency of Protection)**
   - Why they refuse: They agree you faced danger, but believe your home country's police or government can keep you safe.
   - **How to challenge it:**
     - Show proof that you asked for help and were ignored or turned away.
     - Explain why reporting to the authorities was unsafe (e.g., corrupt police).
3. "**You can live safely in another city" (Internal Relocation)**
   - Why they refuse: They think you can move to a different part or city of your home country where you won't be in danger.
   - **How to challenge it:**
     - Find evidence your persecutors can track you down anywhere in the country.
     - Show that moving would cause extreme hardship (e.g., no family support, medical care, or safety).
4. **"You are not at risk for a Convention Reason"**
   - Why they refuse: They claim your problem is a private dispute rather than persecution based on race, religion, nationality, political opinion, or social group (e.g., LGBTQ+).
   - How to challenge it: Explain clearly how the danger you face links directly to one of these protected reasons.

15 Preparing Evidence & What Happens Next

UK

What evidence can I prepare for my appeal?

Evidence is information that supports your story and shows why it is unsafe for you to return to your Country of Origin.

- **Witness Statement**: A detailed written statement in your own words explaining what happened to you and why you are afraid to return.
- **Documentary Evidence**: Medical reports, police reports, news articles, or letters from organizations supporting your claim. Any documents not in English must be translated by an official translator.
- **Country Information: Official reports** or news showing that people in your situation face danger in your home country.
- **Witnesses:** People who know your situation and can speak for you at the hearing, or they can provide a written statement if they are not in the UK.

What is the Appellant's Explanation of Case (AEC)?

- The Home Office will submit documents they will rely on in the appeal, this is called the Respondent's bundle. It will usually include the refusal letter, a copy of your asylum interview transcript.
- After this, the Tribunal will send you a list of instructions called **Directions**. You will be asked to submit an Appellant's Explanation of Case (AEC).
- The AEC is a written document that explains why you disagree with the refusal letter point-by-point, based on your evidence.

What happens at the Appeal Hearing?

- **Location:** The hearing takes place at a Tribunal or online via video link.
- **Who is there?** An independent judge, a Home Office presenter (who argues against you), your lawyer (if you have one), and an interpreter if you requested one.
- **What you do**: You will be asked questions about your story and your evidence.

What happens to my asylum support and access to healthare during my appeal?

- **You keep your support:** If you already receive asylum support (housing and/or money on an ASPEN card), it continues automatically while your appeal is being decided, if you submitted an appeal within the 14 day deadline.
- **Free NHS healthcare:** You can still see a doctor (GP) and get emergency hospital care for free.
- **No right to work:** You are still not allowed to work while waiting for the appeal decision, unless you previously had permission to work as an asylum seeker.

Important!

- **Keep your contact details up to date:** If you change address, email or phone number, tell the Tribunal and Home Office immediately. **You should update your contact details on my HMCTS and via email.**
- This is useful email you can use to update the Home Office with your details **ahrocentralcommunicationshub@contactus.homeoffice.gov.uk**
- **Keep copies:** Save every letter, email, and receipt you receive or send.
- **Get Support:** Reach out to local refugee support charities and consult the Right to Remain toolkit if you need help understanding the process
- Try to find a lawyer to represent you in your appeal. you can check this link to look for one in your area https://find-legal-advice.justice.gov.uk/