

AND PERIOD

Santa Cruz de Tenerife 21st-26th of November 2022



presentation

Why don't we call menstruation by its name?

Talking about menstruation, one of the key biological processes for our humanity, is still a taboo subject; full of myths and silences. In all societies we find various euphemisms referring to menstruation.

In a direct way, euphemisms promote taboos, producing important changes in the way we live and understand menstruation, both as individuals and a society. We are creating and reinforcing prejudices, stereotypes, and even socially accepted rejections in many aspects of our daily lives



objectives

1 

Bring together youth workers, active within different sociocultural frameworks, with the intention of learning more about menstrual health and education


2 

Explore together how to involve our youth, our entities and communities in the much-needed process of the naturalization of menstruation

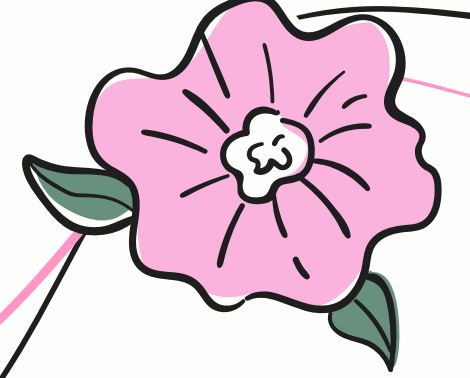


3 

Treat the perspective of the male part of the population,

4 

Create youth activities in order to fight menstrual taboo and/or promote menstrual health for our users and their contexts



activities

Through the methodology of non-formal education and experiential learning, the participants will discuss how to deal with the taboos linked to menstruation, how to work on menstruation with our young people and their families, or other support networks in the lives of persons who menstruate

At the beginning of the course, we will work on relevant concepts and glossaries about menstrual health and education, taking into account the sociocultural differences that influence our framework. The methodology that we incorporate in all our activities is that of non-formal education and experiential learning.

The learning objectives will be divided into 5 working days:

- Group cohesion, sharing European contexts regarding education and menstrual health,
- The premises of menstrual health and education, the glossary of terms. The role of the rule in female identity and its role in society
- Present taboos and stigmas (macro to micro level), sociocultural challenges for people with menstruation taboos and stigmas, with the analysis of the environment of our users
- Exchange of good practices; The role of youth workers and the NFE in the naturalization of menstruation
- Future steps and local youth activities programming



Before applying

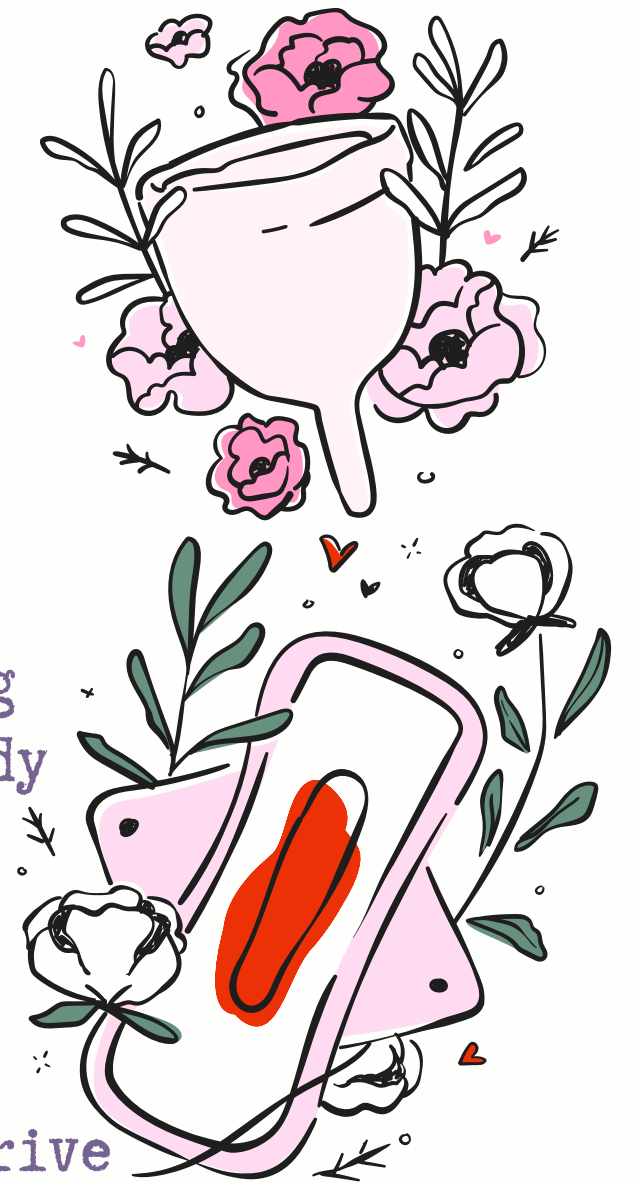
And PERIOD is highly relevant to our society and we are really motivated to work on the topic in such an intercultural environment. Mojo de Caña will select all the participants with the support of our local coordinators.

The participation, besides staying in a nice hotel on a very nice island, involves commitment, support to sustainability of the project and its results, and implementation of future activities locally and with/for youth.

There will be short online meetings with the participants before and especially after the Training. It's very important to keep this in mind before engaging in the training course itself and be ready and willing to participate in dissemination and follow-up activities too.

You will be asked to share posts on your social media accounts and/or organize informatively activities, disseminating the results of And PERIOD, in your local contexts.

COVIDI9 Measures will be updated prior to the travels, rooms will be shared and if you wish to arrive to Tenerife, more than 24h before-after the project your plane ticket can not be reimbursed.

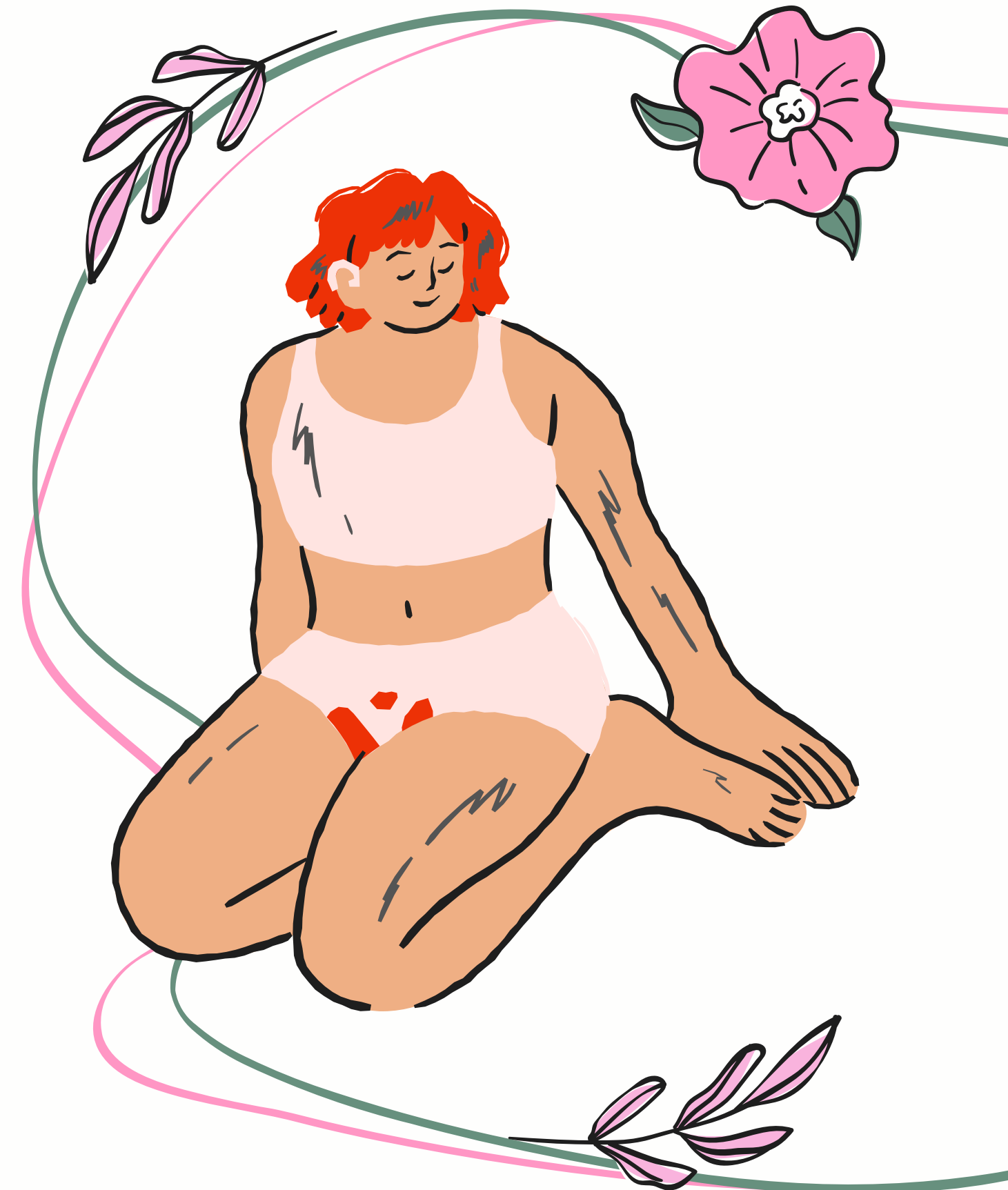


PARTICIPANT PROFILE

- Older than 22
- Active in youth field, related to partners in the project, being members or relevant stakeholder or partners
- Able to communicate in English
- Interested in topic
- Committed to project during and after the meeting in Tenerife
- Agree to share content on social media accounts

Interested persons should fill out this form, and once, and if selected, you will be contacted by Mojo de Caña and your local organization:

FILL IN THIS FORM please, it may take you around 15-20min



Practicalities

The selected participants, by the 21st of October - will be contacted and they may start looking for plane tickets.

Selected participants will receive information on reimbursement steps.

It may take us 10-14 weeks to reimburse the amount to your local organizations, which will, later on, send the money to each participant

BUDGET PER COUNTRY PER PARTICIPANT, INCLUDING EVERY MEANS OF TRANSPORTATION BESIDES TAXI

BELGIUM 530€

CROATIA 530€

GERMANY 530€

POLAND 530€

ITALY 530€

ESTONIA 820€

The accommodation will be in a 4star hotel, shared room triple rooms most certainly, with buffet. Selected participants will receive InfoPack.



CONTACT

For any questions, you may approach your local coordinator or write to jana.pajic@mojodecana.org the organization of the training

THANK YOU

