



symbiotic roots

*Infopack*

# Wild Womb MENSTRUAL EDUCATION, HEALTH AND SOVEREIGNTY

YOUTH WORKERS TRAINING COURSE

Co-funded by the  
Erasmus+ Programme  
of the European Union



# Wild Womb

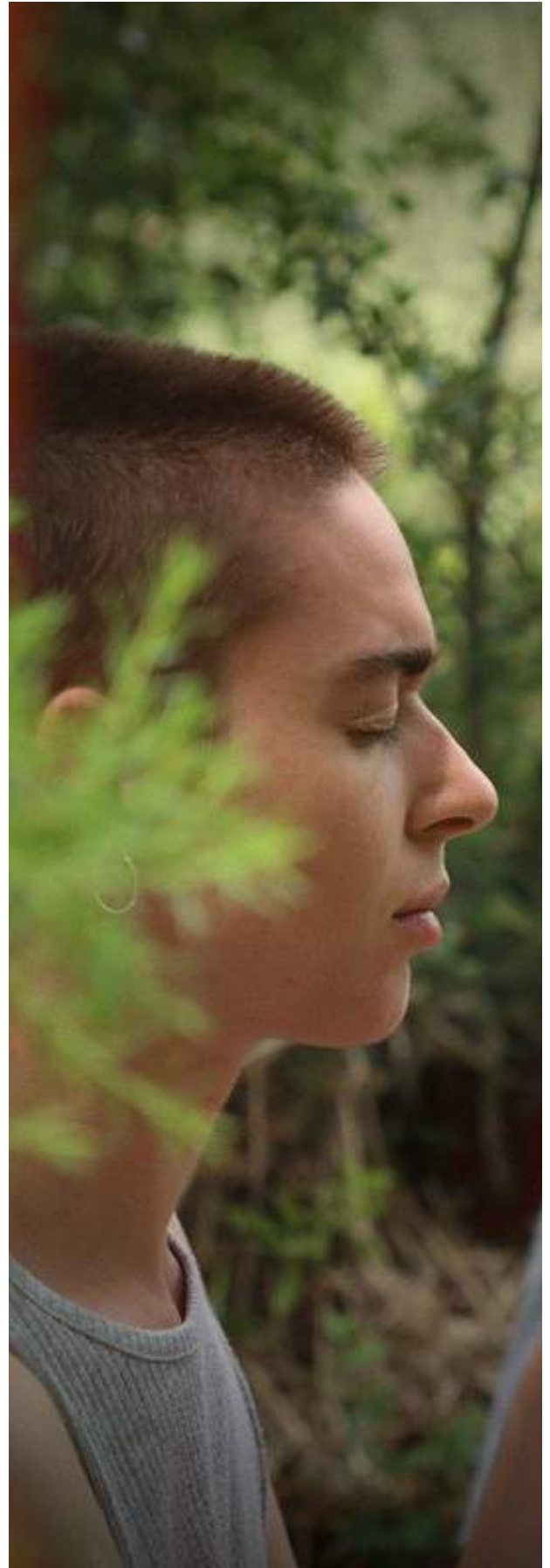
19<sup>th</sup> to 25<sup>th</sup> of October 2025

Welcome to Wild Womb, a 6 days immersive journey where collaboration and participative knowledge becomes the pathway to improve menstrual education in youth work. The project is based on the exploration of the menstrual cycle as a gate to deepen self-knowledge. Participants will acquire physiological knowledge, sustainable hygiene practices and expressive tools and techniques to go along with young menstruators and offer them the resources to gain sovereignty on their menstrual health, both physically and emotionally.



## InpEx

- For whom is the training
- Project activities
- Location, food, accomodation
- What to bring, insurance and visa
- How to get there
- Arrival and departure
- Fully founded
- Budget per country, green travel
- How to apply
- Facilitators
- Partner organisations





## FOR WHOM IS THE TRAINING

Wild Womb: Menstrual Education, Health & Sovereignty is a project designed for menstruating people, involved in youth work and interested in acquiring knowledge about the menstrual cycle, strengthening the link with their bodies and their cyclical nature.

Through somatic tools, expressive arts resources and other experiential learning and participatory methods we will find ways of promoting the health and sovereignty of young people.



We are looking for youth workers, artists, educators, facilitators, therapists, trainers, coaches, activists, representatives of youth organisations and youth leaders, in between 25 and 40 years old, from Jordan, Turkey, Portugal, Italy, Netherlands, Ukraine and Spain, who want to deepen their knowledge on menstrual health and gain new skills on how to empower menstruating people.

## PROJECT ACTIVITIES

The project consists of :

Welcome meeting - **04.10.2025, 11:00-13:00h**

### **Wild Womb Masterclass**

Two virtual workshops:

- "Traveling Within: Anatomy, Physiology, and Cyclicality."  
**-10.10.2025, 18:00-20:00h**
- "Gender and Intersectionality" - **11.10.2025, 11:00-13:00h**

**Wild Womb Training:** In-person training where participants will learn methods and tools focused on providing comprehensive menstrual education that promotes gender equality, menstrual rights, and the well-being of menstruating people.

**Wild Womb Action:** Creation and implementation of follow-up activities, whether individual or group actions, in the form of workshops, talks, or artistic responses, to be carried out in their communities.

**Wild Womb Toolkit:** Generate a collaboratively created virtual guide that integrates components of the three activities mentioned above and the methods and tools used in the project.



## LOCATION

The training will take place in Chincón, a village near Madrid (Spain) in the community **Somos Garaldea**. It is an ecofeminist collective care space that hosts various projects and fosters an intimate relationship of closeness and respect with nature. Garaldea is a community life project that embraces diversity, fostering personal and group autonomy with relationships of respect and listening, working on different levels of the person: emotional, spiritual, and knowledge.



## FOOD

Vegetarian and healthy diet with organic vegetables and fruits from the Garaldea garden and local products.

## ACCOMMODATION

The buildings have rooms with bunk beds, shared bathrooms, dining rooms, kitchens, and activity rooms.



To know more about the space visit <https://somosgaraldea.com>.



## WHAT TO BRING

- ID or passport
- Health Insurance Card
- All the original travel tickets and boarding documents
- Notebook and pens for notes
- Clothes for all weather conditions (raincoat, warm clothes - it can get cold, especially at night)
- Comfortable shoes for walking and hiking
- Towel
- Your water bottle
- Ecological and biodegradable shampoo, toothpaste and soap.
- A torch or headlight
- Sleeping bag and bedding (if it is not possible please let us know and we will try to bring it for you)
- Musical instruments and games (optional)



## INSURANCE AND VISA

Each participant is responsible for arranging their own visa, health and travel insurance for their stay in Spain. It is mandatory to have a travel and health insurance during the project dates to avoid trouble. It is inexpensive and worthwhile.

## HOW TO GET THERE

### ADDRESS :

C/ de las Cintas, Carretera de Navalcarnero a Chinchón, M-404 Km. 49.9  
28370 – Chinchón, Madrid

Google Maps link : <https://goo.gl/maps/1DNkPg4T2TH2h>

**BIKE:** There is a great route from Madrid Río to Garaldea. It takes 3-3.5 hours and is of medium difficulty. Let us know if you choose this option and we will give you more details.

**TRAIN + BIKE / CAR:** Take the Renfe C3 (it passes every 15min from Madrid) to Ciempozuelos. From there, you can come by bike along the Ruta de las Vegas (9 kilometers), or let us know in advance so we can arrange a car ride for you.

**BUS + WALK:** Intercity buses 415 and 416, operated by La Veloz. The nearest stop is in Titulcia. From there, it's a 30-minute walk to the farm.

If needed, we will arrange a taxi service to reach the final destination, we will organize it in our first online meeting.





## Arrival and departure

We wish to start and end this course all together.

Please plan your travels accordingly.

### **ARRIVAL - OCT 19<sup>th</sup> from 17h onwards**

- We will have dinner together at 19:30 (last bus arrives at 19:20)

### **DEPARTURE - OCT 25<sup>th</sup> at the latest by 12:00h**

IMPORTANT - We ask you to arrange your travels and book all tickets by the 19th of September as a way to confirm your assistance to the training.

When you did so, please :

- Upload your tickets to the drive folder with your name [here](#).
- Fill in your travel details in the [Travel excel](#), so we have an overview and it's easier and faster to reimburse you.

To plan your travels with other participants, and to share rides, feel free to use the Travel Topic in the WhatsApp Group that we will create.



fully  
funded

Costs are fully funded by the Erasmus + Program, including travel, accommodation, food and training. Participants must pay for the transport in advance and use green travel whenever possible.

We ask for a symbolic contribution of between 30 and 60 euros for the sustainability of the association to be given in cash during the training. This contribution is voluntary; if you cannot afford it, you are still welcome to participate in the project.

**IMPORTANT:** In order to be able to reimburse your ticket you need to upload a copy of each ticket/receipt to the drive folder with your name [here](#) and fill the information on the [Travel excel](#).



## GREEN TRAVEL

We sincerely invite you to travel by public transportation as much as possible and to only fly when where is no other possibility.

We realise this is quite something to ask and trust everyone to make the best choice for them.

## BUDGET PER COUNTRY

**Ukraine:** 395 euros (non green travel) / 535 (green-travel)

**Jordan:** 580 euros (non green travel) / 785 (green-travel)

**Turkey:** 395 euros (non green travel) / 535 (green-travel)

**Italy:** 309 euros (non green travel) / 417 (green-travel)

**Spain:** 211 (non green travel) / 285 (green-travel)

**Portugal:** 211 (non green travel) / 285 (green-travel)

**Netherlands:** 309 euros (non green travel) / 417 (green-travel)





## HOW TO APPLY

If you want to join **Wild Womb** : apply by filling in the [application form](#).

Priority will be given to youth workers involved in one of the partner organisations and willing to implement their learnings back home. However there is also space for other enthusiasts!

**Application deadline: 01/09/25**

**Selection of participants: latest by 07/09/25**



## FACILITATORS

### PAULA NITA

Creative strategist and enthusiastic researcher in the fields of human potential, heart-centred leadership, resilience and regeneration. Facilitates workshops with a transdisciplinary perspective rooted in expressive arts, therapeutic and social theatre and contemplative practices.



### MIKAELA ESTRADA

Psychologist and specialist in Somatic Experiencing and Integrative Natural Gynecology. She supports women in their path of self-knowledge and in the process of reconnecting with their own bodies and the wisdom and power that lies within. She is trained in expressive arts and theater.



### RAQUEL GIRONÉS LLOP

Coordinates and facilitates trainings to promote community building and psycho-emotional health and empowerment through expressive arts. She is currently studying MA in Biodiversity Conservation to research and promote the connection between humans and territories through traditional ecological Knowledge and ritualization.





## PARTICIPANT ORGANIZATIONS

- Tiny Rewilding (Netherlands)
- Associacao Quinta Das Relvas (Portugal)
- JEF (Ukraine)
- Global Explorers Youth Team (Turkey)
- EuropaMente (Italy)
- Shoora For Building National Consensus (Jordan)



**Symbiotic Roots Association** is made up of 4 women from Spain, Romania, Germany and France-Colombia, with diverse professional backgrounds encompassing the areas of social and environmental rights and psychoemotional health. Their mission is to provide tools and resources to foster the regeneration of ecosystems, societies, cultures and individuals through education, expressive arts, and personal empowerment.

about  
symbiotic  
roots





asociación cultural y educativa

**symbiotic roots**

## **MORE INFO AND CONTACT**

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[www.instagram.com/symbiotic.roots.ace](https://www.instagram.com/symbiotic.roots.ace)

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