

Building Boundaries and Breaking Taboos:

Empowering Tools for Sexual Education

Infopack

Training Course

Ribes de Freser (Girona), Spain

10th to 16th of April 2026

What is the TC about?

This is an intensive 5-day international Training Course that will bring together 17 youth workers, educators, and facilitators from across Europe to explore non-formal education approaches to comprehensive sexuality education. The course will be followed by local pilot activities, where each organization will test and adapt the tools developed during the training.

The project creates space for critical exchange between professionals coming from diverse cultural and national backgrounds—some with prior experience in sexual education, and others just beginning.

The course will focus on building competencies in inclusive, intersectional, and context-sensitive sexual education, supporting youth workers in addressing taboo topics in safe and empowering ways.

Objectives

- Facilitate healthy, stigma-free dialogue about sexuality among youth workers and the communities they serve.
- Address menstrual health, sustainability, and eco-friendly practices in sexual education.
- Raise awareness of the challenges faced by LGBTQIA+ youth and promote inclusive learning environments.
- Share best practices and innovative tools (digital, gamified, participatory) across organizations.
- Produce a practical toolkit for use in youth work, to be tested in each partner's local context.
- Foster cross-cultural exchange and build a strong international network of youth professionals.
- Empower youth workers to actively contribute to social change, gender justice, and democratic engagement through inclusive sexual education.

Participants' Profile

- a) Youth workers, facilitators, and educators who are involved in supporting young people
- b) Youth workers from diverse cultural and national backgrounds with limited or advanced sexual education systems
- c) Youth workers already working or interested in starting to work on sexual education projects
- d) Youth workers interested and available for follow-up and dissemination actions



Organizations

Hosting & Coordinator: Spain - Fedelatina (looking for 1)

Partners (looking for 2 participants from each country):

- Italy - Trinaqueeria
- Sweden - Goodness of People
- Poland - Logos
- Serbia - NAVISSOS
- Portugal - Casa Qui
- Lithuania - Prismatica
- Germany - Loesje



Accommodation

THE VENUE LA CREMALLERA

La Cremallera is a new born initiative by Nina Solà Carbonell and Jordi Font Alonso, stage creators and members of the companies Mambo Project, Cal Teatre, and Cia Jordi Font.



Born out of the need for their own creative space, the three companies joined forces to create La Cremallera, a space for creation and artistic residencies. La Cremallera is an initiative that supports the decentralization of culture and aims to be an artistic agent, fostering the cultural movement of Ripollès by promoting creative projects that challenge, excite, and are rooted in the territory.

Checkout their website: <https://www.lacremallera.art/>

How to reach the venue



DO NOT ARRIVE TO BARCELONA

AIRPORT LATER THAN 16H.

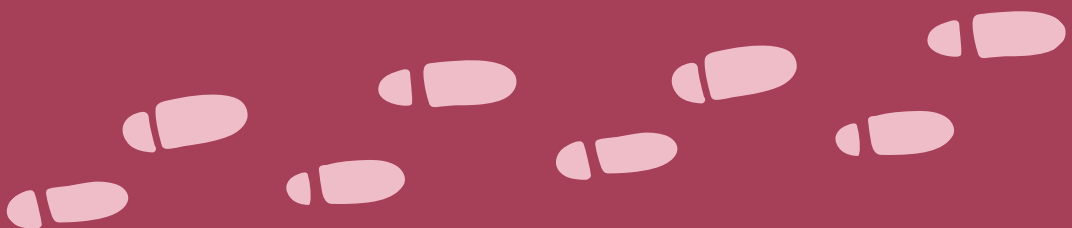
1 **BARCELONA CITY:** If you're traveling from abroad, you'll first need to arrive to the city of Barcelona by bus, train, or plane.

The R3 line of train that arrives to Ribes de Freser is under reconstruction so please follow this instructions to get to the village of Ribes de Freser if you come from Barcelona

More information of the service here:

https://rodalies.gencat.cat/es/detalls/article/06_12_PAT_R3

2 Go to the bus station Barcelona - Fabra i Puig (options by metro, train or bus)

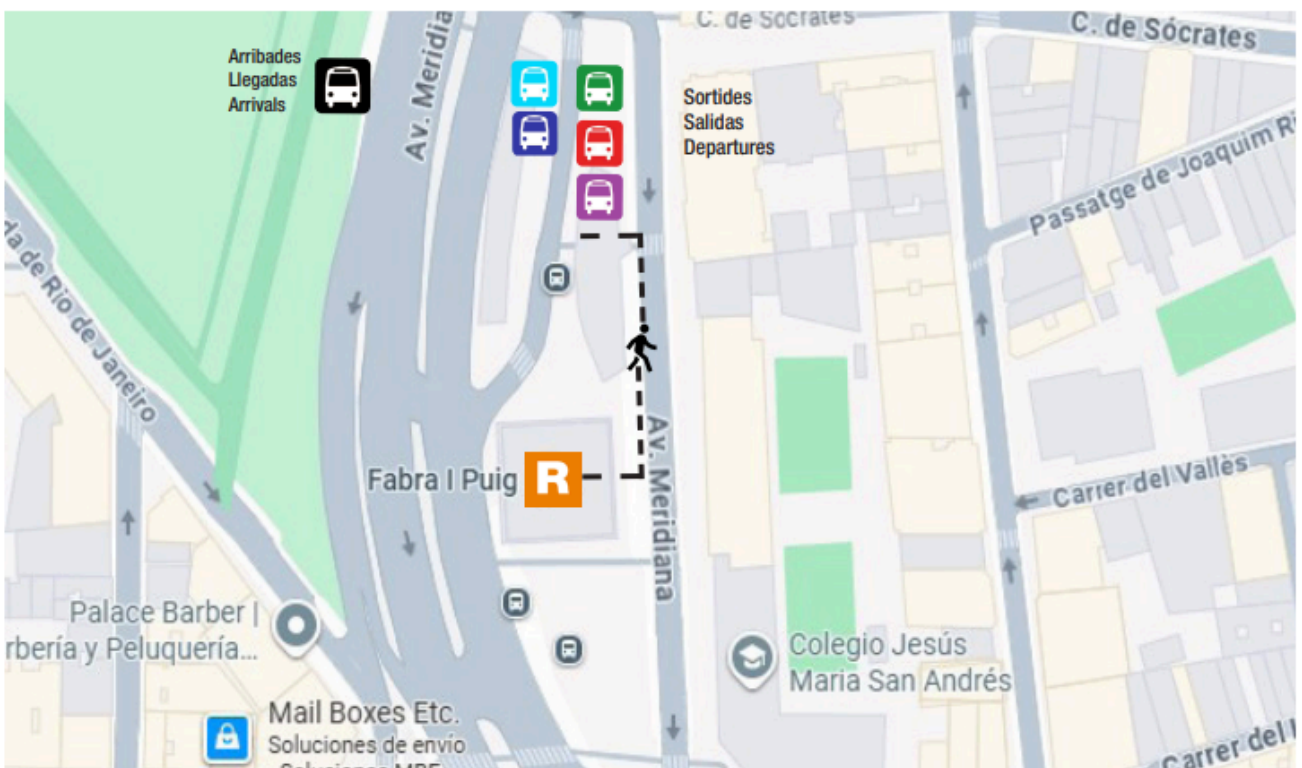


3

Once there take a Bus to la Garriga or Vic,
here you can find a map and the times of it

Maps:https://rodalies.gencat.cat/web/.content/01_Actualitat/2025/06_12_PAT_R3/PAT_R3-Fase-I-Localizacion-PARADAS-BUS-V19-1.pdf

FABRA I PUIG





R Estació de Tren / Estación de Tren / Train station

 1 minut / minuto / minute


Avenida Meridiana - Estació d'autobusos / Avenida Meridiana - Estación de autobuses / Avenida Meridiana - Bus station


Dàrsena / dársena / dock 5 :


 Directe a / directo a / direct to Vic.

 Directe a / directo a / direct to La Garriga.


Dàrsena / dársena / dock 15-16:

 Directe a / directo a / direct to Centelles.

 Amb parades a / con paradas en / with stops at Centelles
Parada a Mollet Sta Rosa, Parets del Vallès, Granollers Canovelles,
Les Franqueses del V., La Garriga i / y / and Centelles.



 Amb parades a / con paradas en / with stops at Granollers Canovelles.
Parada Montcada Ripollet, Sta. Pepètua de la Mogoda La Florida, Mollet Sta. Rosa,
Parets del Vallès i / y / and Granollers Canovelles.

 Servei de transport alternatiu accessible. Servicio de transporte alternativo accesible. Alternative transport service accessible.

 Subjectes a la normativa de transport per carretera. Sujetas a la normativa de transporte por carretera. Subject to road transport regulations.

How to reach the venue



Buses from Barcelona - Fabra i Puig to Vic and La Garriga:



Barcelona - Fabra i Puig	Vic
6:00	7:05
6:20	7:25
6:40	7:45
7:00	8:05
7:20	8:25
7:40	8:45
8:00	9:05
8:20	9:25
8:40	9:45
9:00	10:05
9:20	10:25
9:40	10:45
10:00	11:05
10:20	11:25
10:40	11:45
11:00	12:05
11:20	12:25
11:40	12:45
12:00	13:05



Barcelona - Fabra i Puig	Vic
12:20	13:25
12:40	13:45
13:00	14:05
13:20	14:25
13:40	14:45
14:00	15:05
14:20	15:25
14:40	15:45
15:00	16:05
15:20	16:25
15:40	16:45
16:00	17:05
16:20	17:25
16:40	17:45
17:00	18:05
17:20	18:25
17:40	18:45
18:00	19:05



Barcelona - Fabra i Puig	La Garriga
6:00	6:46
7:00	7:46
8:00	8:46
9:00	9:46
10:00	10:46
11:00	11:46
12:00	12:46
13:00	13:46
14:00	14:46
15:00	15:46
16:00	16:46
16:30	17:16
17:00	17:46
17:30	18:16
18:00	18:46

You may have around 10 min walk from La Garriga bus station to the train station. Please take it into consideration.

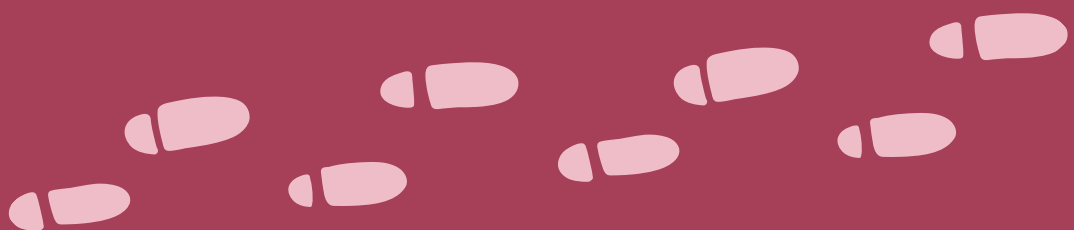
The buses and the train may have delays, so please take it into consideration.

How to reach the venue

- 4 Once you are in La Garriga or Vic, take the R3 train line to Ribes de Freser. There are only a few trains available, so please make sure you arrive in time for the last train, which departs from La Garriga at 20:27h and from VIC at 20:58h.

The diagram shows the R3 train line route with stations from La Garriga to Planoles. The route is marked with red and orange segments. The schedule table below provides the departure times for each station.

La Garriga	Figaró	St. Martí de Centelles	Centelles	Balenyà - Els Hostalets	Balenyà - Tona - Seva	Vic	Manlleu	Torelló	Borgonya	St. Quirze de Besora	La Farga de Bebié	Ripoll	Campdevànol	Ribes de Freser	Planoles
12.27	12.31	12.37	12.42	12.45	12.48	12.58	13.04	13.11	13.15	13.21	13.26	13.44	13.49	14.01	
15.27	15.31	15.37	15.42	15.45	15.48	15.58	16.04	16.11	16.15	16.21	16.26	16.44	16.49	17.01	
17.27	17.31	17.37	17.42	17.45	17.48	17.58	18.04	18.11	18.15	18.21	18.26	18.36	18.41	18.52	
18.57	19.01	19.07	19.12	19.15	19.18	19.28	19.34	19.41	19.45	19.51	19.56	20.10	20.15	20.26	
20.27	20.31	20.37	20.42	20.45	20.48	20.58	21.04	21.11	21.15	21.25	21.30	21.40	21.45	21.56	



Once you are in the station of Ribes de Freser you can go walking to the venue La Cremallera (15 minutes).

Location of la Cremallera

<https://maps.app.goo.gl/1xyjY17iY3CBxbYM9>

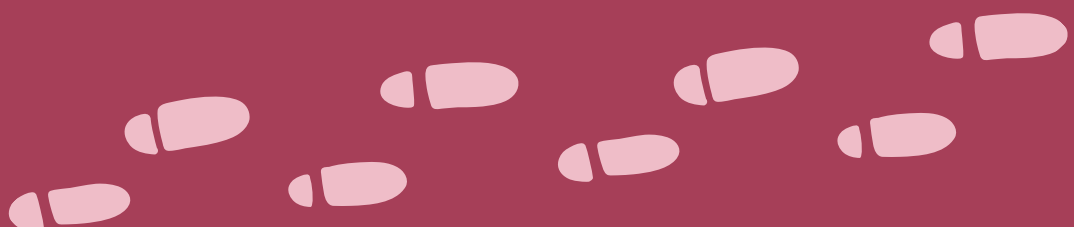


PLEASE REMEMBER: YOU SHOULD NOT ARRIVE TO BARCELONA AIRPORT LATER THAN 16H.

Please always consider green travel options before considering regular travel options

Please don't buy tickets without first confirming your travel plans with the sending organization

The participants can travel up to 2 days prior to or later than official arrival or departure days (other costs during these extra days are not reimbursed)



Reimbursement

Travel expenses round-trip

- **Spain** - 56 eur
- **Portugal** - 417 eur (green travel) / 309 eur (regular travel)
- **Poland** - 417 eur (green travel) / 309 eur (regular travel)
- **Serbia** - 417 eur (green travel) / 309 eur (regular travel)
- **Sweden** - 417 eur (green travel) / 309 eur (regular travel)
- **Lithuania** - 535 eur (green travel) / 395 eur (regular travel)
- **Italy** - 417 eur (green travel) / 309 eur (regular travel)
- **Germany** - 417 eur (green travel) / 309 eur (regular travel)

Reimbursement will be done to each participant or the sending organizations according to the agreement between each partner.

Reimbursement will only occur after dissemination and follow-up plans are taking place.

What to bring

- Personal toiletries.
- Warmer clothes for evenings and rainy days.
- Comfortable outdoor and indoor shoes (slippers).
- Additionally, you're invited to bring a camera, your favourite board game or anything else you think will make your stay more enjoyable.
- Also bring any material your organization may have for sexual education sessions with young people (let's share those tools between ourselves).
- You will be sharing a room with other people, so you may want to take earplugs if you are sensitive to noise.
- A wallet to safely store all receipts, tickets, and boarding passes.
- Any medication you will need during your stay.
- At least one computer for each national group.



Contacts

For more questions about the project and logistics, contact us directly **via email**:

Fedelatina

- **Camila Solari** (host & co-coordinator) - camilasolari@fedelatina.org
- **Mariana Matoso** (co-coordinator & trainer) - marianabmatoso@gmail.com

Thank you!