



Erasmus+

DU GRAIN À MOUDRE



CALL FOR PARTICIPANTS - TRAINING COURSE

# WORDS FOR CHANGE



TC 1 - FRANCE- 13/10/2025 - 21/10/2025

TC 2 - PORTUGAL - 21/11/2025 - 29/11/2025



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# GENERAL BACKGROUND

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In an increasingly connected, intercultural and sexualized society, young people as well as adults find every kind of information on the internet. **The sexual behaviour** of young people has evolved with the new resources made available to them. In addition to being a place of information, the internet has become a place of exchange, flirtation, and a new space of freedom that young people have taken over, but it can also lead to abuses: photo/video exchanges, cyber harassment, revenge porn, threats, blackmail, etc.

Even though medias have an open discourse about sexuality, it often implies **many stereotypes, discrimination, and fixed gender/ sexual roles**.

The health aspect is also revealing despite strong prevention campaigns, it can be emphasised that the number of contaminations with STDs and certain STIs is constantly increasing throughout Europe. However, **sex education and gender education** remain taboo in many societies.

Moreover, after several decades of steady progress, Europe is facing a new wave of opposition to equal gender and sexual rights, claims gathered under the term **“theory” or “ideology” of gender**. This opposition manifests itself on various issues, such as the opening of marriage to same-sex couples, abortion, reproductive technologies, sex education, anti-discrimination legislation or the rights of trans people.

At the same time, the 4th wave of feminism emerged. Where previous waves bring voting rights, political representation, access to education, social rights and giving voice to women,

Formal education tends to be based solely on an anatomical/biological approach to sex education and gender, while non-formal education focuses on prevention around health risks or around harassment issues.

***What is our place as youth workers in non-formal education? What tools are at our disposal to address these important issues with young people?***

Professionals working with youth are sometimes lost in all the notions and the variety of tools to be able to talk with young people. There are not a lot of places where youth workers can be trained and reflect upon the subject to be able to propose young people an inclusive and open vision of sexual and gender education.

**We want to equip youth workers to be able to address sex education in their project and explore the link between gender stereotypes and what this implies about sexuality.**

Trainers of the association Du Grain à Moudre have been working on the topic with the partners associations (Experimentaculo, Viaje a la Sostenibilidad, Concordia, etc.) on four previous trainings that took place in France and Italy in 2022, and France and Portugal in 2023, and Estonia in 2024.

Those sessions were a real success and partners' associations were very interested to participate in another training on this theme.

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# DESCRIPTION

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**We are proposing two trainings ;**

## **Training 1**

During the seven days of training, participants will first have time for analysis (which will have been prepared upstream by sending recommended readings from the trainers) in order to fully understand the theme, followed by a reflection phase with work in small groups before moving on to practice. Throughout the training, writing will be the main support.

We will alternate theoretical moments with text studies and more playful moments where the use of tools and educational games will make it possible to personalize the reflection.

## **Training 2**

The second training will deepen the knowledge of the participants on the theme of sexual and affective education, with theoretical inputs and knowledge exchanges. Participants will have the space to share their resources and practices linked to the theme or the tools.

The entire program will be based on the expectations collected upstream from the participants and will be adapted to the daily feedback during the training.

# OBJECTIVES

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We wish more specifically to:

- develop knowledge on the concepts linked to gender and sexuality and their history
- develop participants ability to reflect and position themselves on the topics as youth workers
- create educational tools and a toolkit about gender and sexuality useful in the participants' professional life
- exchange good practices of each participant on the different topics of the project
- encourage a network of european peers working in sexual and gender education and actor's synergy in future projects

# Frame of work

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Participant will come from **different background, experiences and knowledges**. We would like the participants to have sufficient perspective on their life experience to talk about it, share, build on this experience and accept to be confronted.

This training is a place of learning and **every participant need to be able to put themselves in a pedagogical position**. We also ask every participant to be respectful and to take in consideration the sensitivity of others.

we will work on professional posture and it implies to question ourselves about our own path through our own sexual education.

- **We ask all participants to be on time and to participate to every session**
- **We will live collectively during both training, and will ask the help of the participant for some daily tasks**

# METHODOLOGY

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The training will be based on methods and tools of **non-formal education**. Participants are active in the training, and they will be proposing energizers and workshops, as we can learn better by experiencing tools and being in action.

Theoretical content will be proposed by the trainers with a participative methodology, but most of the training will be based on knowledge sharing and mutual enrichment between the whole group where participants will bring and share their experience on the topic.

Methodologies used (fish-bowl, moving debates, skim reading, etc.) are all participative and developing collective intelligence. Centred on **individual and group learnings**, the planning will be adapted to the needs of participants.

# PROFILE OF PARTICIPANTS

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We are looking for **professional youth workers** interested in the topics of gender and sexual education. It is important to have participants who will use the learnings of this training in their professional life and who will be able to bring their experience in the training.

**The profile can be social workers, teachers, psychologists, health professionals, trainers, youth leaders, who are leading projects related to gender and sexual education, etc.**

We encourage the participation of different profiles, experiences and needs. **We also would like participants to be able to participate in the two trainings.**



# LOCATION / ACCOMODATION

## TC 1- FRANCE - CORNUS



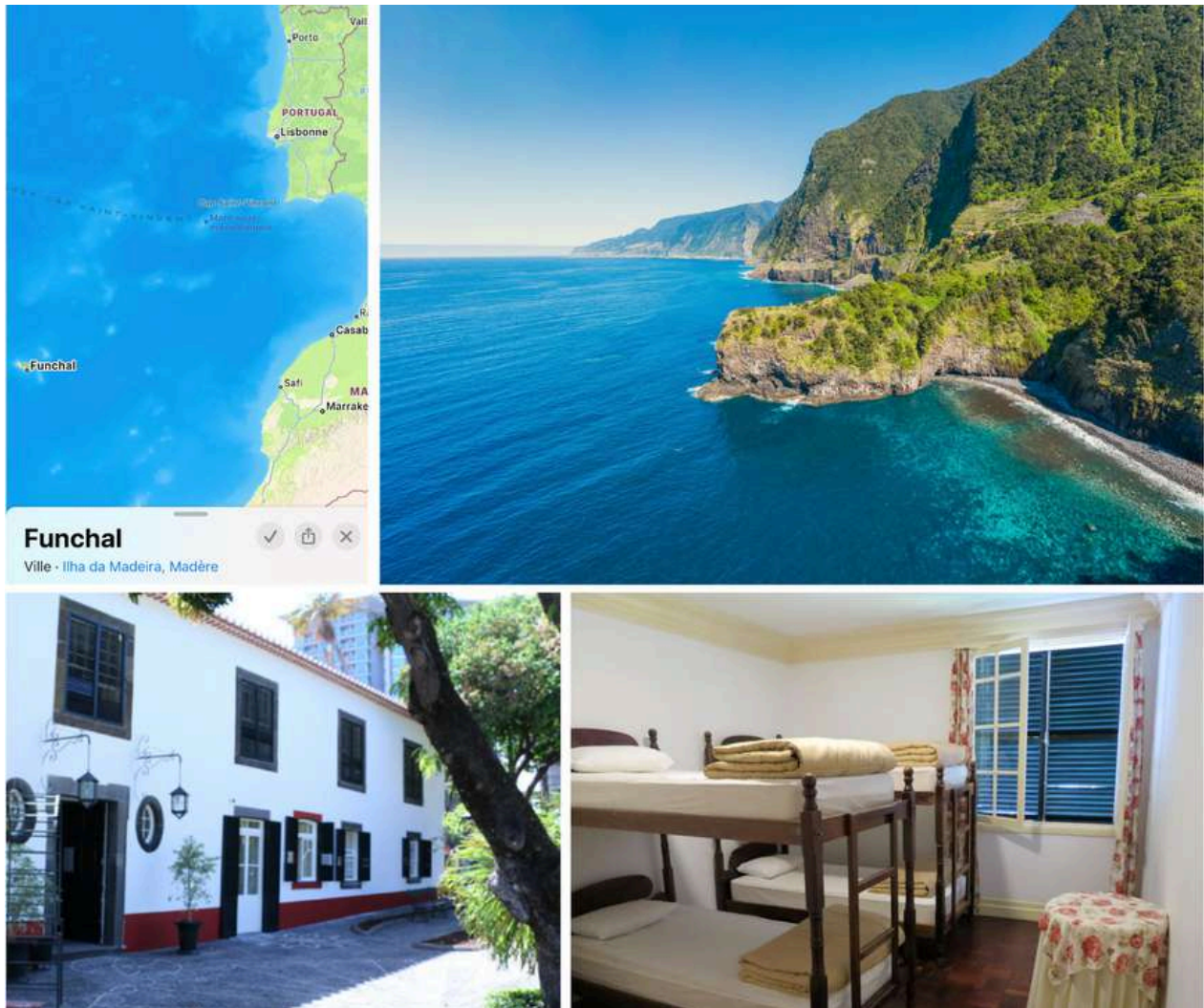
## PLACE TO SLEEP



The first meeting will take place in Cornus, few kilometers from Montpellier. Accommodation will be in a gîte in shared rooms. Each room has its own bathroom.

# LOCATION / ACCOMODATION

## TC 2 - PORTUGAL - Madeira (Funchal)



The second part of the project will take place in Portugal, in Funchal (Madeira).

Accommodation will be in a in shared rooms in a Youth Hostel - Pousada da Juventude (Funchal)

<https://visit.funchal.pt/item/pousada-da-juventude/>



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# FINANCIAL CONDITIONS

- Travel costs will be covered based on the unit costs of the program. Please note that participants will be reimbursed the real costs of their transport fees up to a certain limit as per information below.
- 100% lodging and food are covered. **Du Grain à Moudre** would like to encourage participants to buy travel tickets ASAP to enjoy economical prices.

**Please do not buy travel tickets until Du Grain à Moudre has approved your participation.**

*All the travel costs will be reimbursed the earliest 3 months after the end of the training course. Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants.*

Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

*Based on the travel distance per participant. Travel distances calculated using the distance calculator supported by the European Commission*

*\*Green travel = Environmentally responsible means of transport - A trip that uses low-emission transport for the majority of the journey, such as bus, train or carpooling.*

*\*Please note that green travel is only available for certain partners. Please wait for confirmation from Du Grain à Moudre to check your eligibility.*

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# You are interested? Contact us!

***grainamoudre.asso@gmail.com***

**ATTENTION:** Please note that your application does not constitute acceptance.

**The Grain à Moudre team will probably be able to contact you for a short discussion regarding your application.**

**Please wait for confirmation from the Grain à Moudre team!**

