

ENVIRONMENSTRUAL AMBASSADOR PROGRAMME

About the programme

Our vision is to build communities in which women, girls and people who menstruate can manage their periods without harming their health or the planet + no more taboo. Conventional menstrual products contain plastic, causing unnecessary plastic pollution in our oceans, beaches and rivers across the world. Often period education is biased and doesn't include all the options available - both reusables and disposables. Wen (Women's Environmental Network) believes we need unbiased period education in order to make properly informed decisions about menstrual products.

To address this gap, Wen has developed an Environmenstrual Ambassador Training Workshop and we are excited to be able to offer free training to 50 Ambassadors to roll out this model across the UK.

Who do we train?

Individuals who would like to deliver Environmenstrual workshops in their communities.

Please note that the Environmenstrual Ambassador Programme is a volunteer opportunity. We will provide a small stipend to cover travel expenses for the delivery of 2-3 workshops across a 9-month time period.

What is covered in the training?

The training programme will equip Environmenstrual Ambassadors with the tools necessary to enable young people and adults to have access to all the information they need to make informed choices about which menstrual products to use. The training will cover facilitation skills and the following topics:

- 1. Menstrual product options - reusable & disposable**
- 2. Menstrual cycle and female anatomy**
- 3. Period poverty and period taboo**
- 4. Environmental and health impacts of products**
- 5. Disposal issues**
- 6. Environmenstrual Week of Action - period activism**

How do training sessions happen?

We will be holding two Environmenstrual Ambassador Training Workshops in London and Bristol respectively. These will be conducted in a group of around 25 participants



each and will be a full day training. The event will provide participants with time to try out the workshop process and ask questions.

Once participants have completed the training, they will be Wen accredited and need to commit to delivering 2-3 Environmenstrual workshops over a 9-month period.

Resources

We will provide Ambassadors with all the necessary resources to deliver Environmenstrual Workshops including a PowerPoint presentation with speaker notes and an Ambassador Resource Pack which includes sample products.

Check out our current list of [Environmenstrual Resources here](#).

If you are interested in being an Ambassador

Please [complete our Ambassador form here](#).

Spaces are limited for the Environmenstrual Ambassador Programme, so apply now to avoid disappointment!

Ambassadors will be expected to be actively engaged, documenting and sharing the work you do with us – we're always happy to help promote your workshops (if open to the public) on social media and we would love to share photos or stories of what our Ambassadors are doing!

Applications close **2nd December 2019 at 9am**.

Please note Ambassadors will be required to undertake a Disclosure and Barring Service (DBS) check.

Environmenstrual Ambassador Training LONDON

- Thursday, 30th January 2020
- 9:30 am to 4:30 pm
- [Amnesty International UK, 25 New Inn Yard, Hackney, London EC2A 3EA](#)

Environmenstrual Ambassador Training BRISTOL

- Wednesday, 5th February 2020
- 9:30 am to 4:30 pm
- [The Forge, Colston Yard, Bristol BS1 5BD](#)

With thanks to Waitrose & Partners Plan Plastic Fund

In partnership with The City Sea logo features the words "City Sea" in a stylized, cursive font, with a small circular icon containing a wave or similar symbol.