

International Training on Dignified Menstruation

Dates: 4-8 December, 2026

Venue: Kathmandu, Nepal

Introduction

[Global South Coalition for Dignified Menstruation \(GSCDM\)](#), is pleased to announce an International Training on Dignified Menstruation, a three-day immersive learning program that will bring together practitioners, researchers, academics, educators, development partners, activists, youth leaders, and advocates from all around the world.

This training offers a dynamic learning space where participants from different countries and sectors come together to explore menstrual discrimination through the lens of Dignified Menstruation. Participants will have the opportunity to share experiences, learn from Nepal's innovative approaches and each other's contexts, and build the knowledge and skills needed to design meaningful, context-specific interventions in their own communities. By connecting practitioners, advocates, policymakers, and researchers, the training also aims to strengthen a global network of individuals committed to advancing menstrual dignity and addressing menstrual discrimination through collaborative, rights-based action.

GSCDM conducts training on Dignified Menstruation at both the national and global levels. To date, over **1,104** representatives from over 16 countries, including China, India, Indonesia, Kenya, Laos, Myanmar, Nepal, the Philippines, Sri Lanka, Sudan, Sweden, Switzerland, Thailand, Togo, the United Kingdom, and Vietnam, and beyond have completed the Dignified Menstruation training and enriched their advocacy efforts.



Background

Menstruation is a natural biological process experienced by more than half of the world's population throughout their lifetime. However, it continues to be associated with shame, stigma, myths, taboos, discrimination, and exclusion in many societies. Across countries, menstruators (those who are born with a uterus and ovaries) are forbidden or restricted from exercising their basic fundamental human rights because of menstrual discrimination. Menstrual discrimination (MD) refers to all silence, taboos, shame, stigma, restrictions, abuse, violence, and deprivation from resources and services that are associated with menstruation throughout the life cycle of menstruators in all diversity. It is a form of sexual and gender-based violence (SGBV) and a violation of human rights. It occurs across the globe with different names, forms, and degrees. It is complex and multifaceted. It plays a vital role in the construction and shaping of power and patriarchy (GSCDM, 2019).

Over the past decades, menstruation has received increasing global attention through the Sustainable Development Goals (SDGs), gender equality initiatives, education programs, and public health interventions. While these efforts have generated important progress, many continue to focus primarily on menstrual management, including health, by emphasizing products, facilities, and education. Despite these interventions, they alone cannot dismantle the underlying unequal power relations and structural inequalities that perpetuate menstrual discrimination.

To overcome these gaps, GSCDM designed a three-day training on Dignified Menstruation, where participants will critically examine how menstrual discrimination operates within households, schools, the workplace, health systems, the legal framework, humanitarian settings, media, and governance institutions. The participants will explore practical strategies for transforming discriminatory norms and designing programs that place dignity at the center. It will also be advantageous to learn directly from Nepal's experiences in community mobilization, policy advocacy, legal reform, research, education, movement building, and social transformation.

Training Goal

To strengthen global leadership and institutional capacity to advance Dignified Menstruation by equipping participants with evidence-based knowledge, practical skills, policy tools, and collaborative networks for addressing menstrual discrimination through a comprehensive rights-based framework.

Learning Objectives

By the end of the training, participants will be able to:

- Understand the principles of Dignified Menstruation

- Analyze menstrual discrimination through gender, intersectionality, unequal power relations, and human rights perspectives
- Understand Dignified Menstruation in program design and policy development
- Strengthen advocacy, communication, and leadership skills
- Develop monitoring and evaluation indicators for Dignified Menstruation initiatives
- Design context-specific action plans for implementation in their own countries.

Who Should Participate?

The training program welcomes professionals from across the globe, including but not limited to the representatives of INGOs, NGOs, Academic institutions, researchers, public health professionals, teachers and educators, gender specialists, human rights advocates, SRHR practitioners, disability inclusion experts, climate justice advocates, youth leaders, development partners, UN agencies, and private sector CSR representatives.

Expected Outcomes

The training will contribute to a stronger global community of practice capable of integrating Dignified Menstruation into policies, programs, research, education, humanitarian action, workplace systems, and governance. Participants will leave with enhanced technical knowledge, practical skills, institutional strategies, and international networks to champion dignified menstruation in their countries.

Beyond the Training

Global South Coalition for Dignified Menstruation is the pioneer organization to mark December 8 as an International Dignified Menstruation Day since 2019. The International Training is designed as the opening event of International Dignified Menstruation Week 2026. Participants will be invited to join the 8th International Dignified Menstruation Day on 8 December 2026, where global leaders, researchers, practitioners, policymakers, youth representatives, and development partners will gather to share evidence, innovations, and commitments for advancing menstrual dignity worldwide. This provides participants with an exceptional opportunity to extend their learning, build international partnerships, and become part of a growing global movement committed to ending menstrual discrimination and ensuring dignity for all menstruators.

Important Notes*:

Deadlines:

- Announcement of Training: August 1, 2026
- Deadline for application: August 30, 2026
- Reach out to the selected participants: September 10, 2026
- Provide visa facilitation documents: September 15, 2026

- Participant submitting the visa approval letter or scanned copy of the visa application with the payment of the visa fee: September 22, 2026

Logistics:

1. Covered by GSCDM

a. Training Fee and other stationaries

Training fee, internal and external resource person fee, and stationery (reading materials on Dignified Menstruation, diary, pen, clear bag, sticker cum batch on Dignified Menstruation) will be covered by GSCDM.

b. Meals

The following meals will be covered by GSCDM:

- Breakfast
- Lunch
- High tea

Please note that dinner is not included in the conference package and will be the responsibility of each participant. If a participant would like to enjoy any other refreshment, then it should be covered by themselves.

c. Accommodation Arrangement

Accommodation will be provided on a shared-room basis. Participants who wish to stay in a single room may request this option, subject to availability. Any additional cost associated with single-room accommodation must be borne by the participant.

Please note that the training venue and accommodation venue will be in the same hotel.

d. Visa Facilitation

To support participants with their visa application process, GSCDM will provide the necessary supporting documents upon request. These may include, but are not limited to:

- Official invitation letter
- Accommodation confirmation letter

Please note that the decision to issue a visa rests solely with the respective embassy or consulate. While GSCDM will provide the required documentation to facilitate the application process only, it cannot guarantee visa approval. Participants are responsible for submitting their visa applications in a timely manner and for covering all visa-related fees and associated expenses.

2. Covered by participants

- International and domestic airfare or other travel costs to and from the venue.
- Visa application fees and any associated service charges.
- Travel and health insurance.
- Airport transfers and local transportation.
- Dinner and any meals not listed in the training package.
- Personal expenses, including laundry, telephone calls, minibar charges, room service, and recreational activities.
- Additional accommodation costs for early arrival, late departure, or room upgrades (e.g., single-room accommodation).
- Costs associated with accompanying family members or guests.
- Any bank charges or foreign exchange fees related to registration or other payments.
- Medical expenses and medications not covered by personal insurance.
- Any incidental expenses incurred during the training.