

In Their Own Words:

"TBA is a place where you aren't judged for being who you are, it is inclusive. TBA is a place of freedom."

"To me the contact went deeper at TBW than at other trans meetings. The reason was the approached subjects, the atmosphere of trust and respect that was created..."

"TBA gave me the confidence to start to come to terms with who I really am."

"For 'starters' like me, TBW is a gift from heaven. So much information in a short period of time, and nice to hear and to share so many experiences."

"TBA has... taught me my body is beautiful and that I can and should embrace who I am. It's also allowed me to feel more comfortable with saying I am disabled."

"TBW has meant a big deal to me. The bare part in particular was very confrontational, but therefore very useful too. I'm very glad that I participated. I have learned a lot, both about others and about myself."

"TBA has given me body confidence and enabled me to feel that I am totally worthy of love as a trans person."

"TBA has given me the opportunity to be myself in a safe, fully inclusive space without any fear... I have been able to come to a point of loving my body and living as myself and truly believing in and accepting myself and knowing that that is OK."

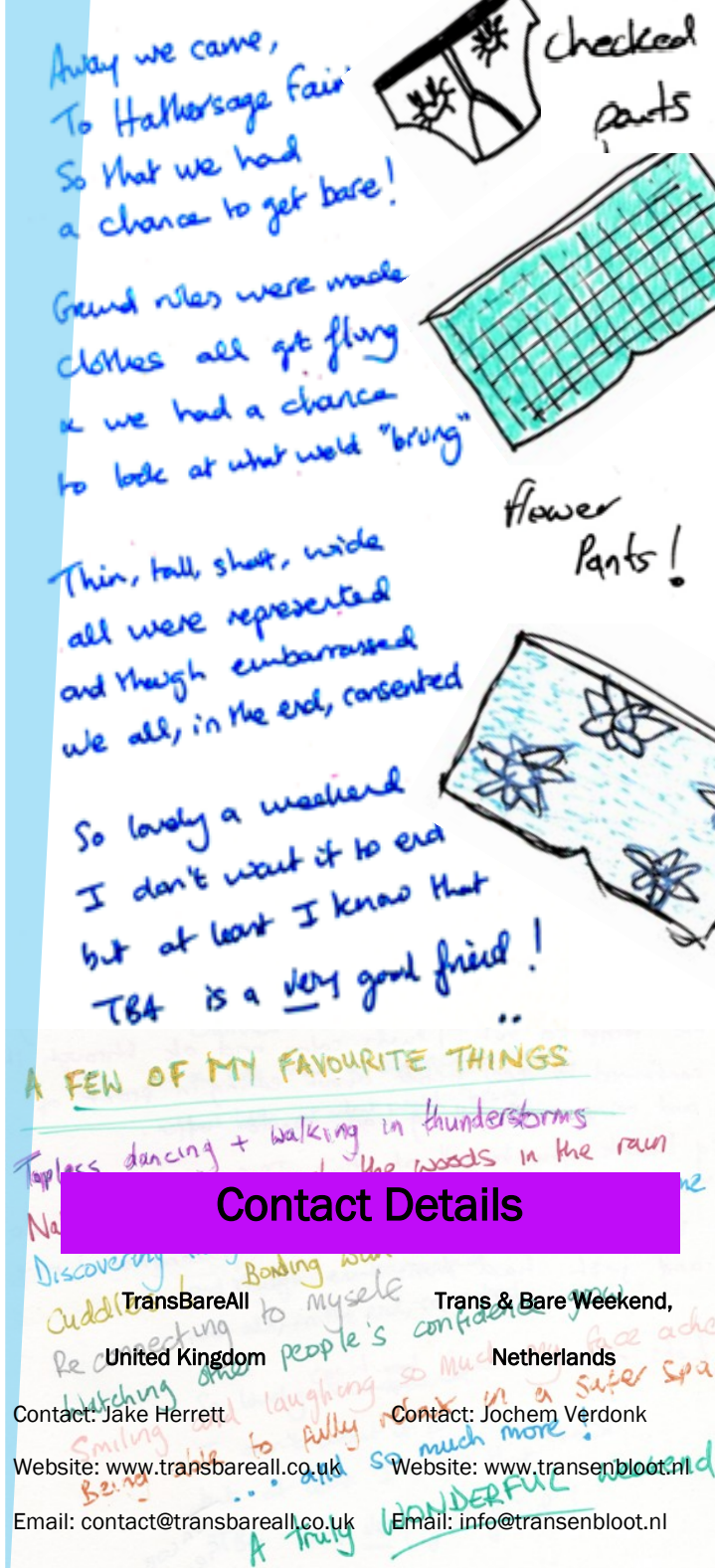
"TBA is a safe place to share experiences and learn from other people's... There's no equal to seeing surgery results 'in the flesh' and being able to ask about them, and this gives one of those very rare and extremely valuable opportunities."

"TBA has been life changing and reaffirming for me. It's where I fell in love with my body for the first time."

"Felt safe for the first time, in a long time."

"I came a big step closer to myself."

"TBW has meant very much to me."



Contact Details

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Proud of our Bodies:
The positive impact of
TransBareAll and
Trans & Bare Weekend

Information Booklet

Transgender Europe TGEU

Conference

Bologna, Italy, 2016

History of TransBareAll, UK

TransBareAll was set up by Lee Gale and Jay McNeil and was born from the Transtastic Men Calendar project produced in 2008. The aim of the calendar was to raise awareness of trans men, showing the community that we are proud of who we are, and to raise some much needed funds for trans organisations in the UK. From this, Lee and Jay realised that many trans people could benefit from this experience, gaining confidence about their bodies, as for trans people, there is little opportunity to experience this and discuss our sexual desires, taboo's and needs within the community.

Throughout the years, TransBareAll has also expanded their remit to social events, working in conjunction with other organisations and groups, combining expertise and knowledge. In 2015, such was the demand for TransBareAll weekends that Lee and Jay recruited fellow community leaders to join, creating a management team dedicated to maintaining the TBA ethos.

History of Dutch Trans & Bare Weekend

In 2011, Jochem participated in the TransBareAll Retreat in the UK. This was an impressive and instructive experience. Never before had he seen other trans men in their naked glory. What was more special, was that people were present in all stages of medical treatment. This weekend was so special that Jochem dreamed of bringing this concept to the Netherlands. It took some time, and we're proud that we managed to do this in 2015.

The success of this first TBW made a follow-up self-evident and a new tradition is evolving...

Why we do what we do...

Many people are (very) insecure about their bodies or find it difficult to accept their bodies. This is the same for trans people, for a number of reasons.

The TBA Retreats in the UK and the TBW's in the Netherlands focus on people of all genders. During these weekends we work with individuals to empower, increase self-awareness, self-esteem, and self-acceptance. We want to celebrate and build confidence around our bodies.

The various retreats and workshops offered since 2009 have given people the opportunity to come together in a supportive and safe environment in order to explore their bodies and identities, and feel more confident, more proud and more at home in their bodies.

Each retreat provides several workshops around the theme of the particular weekend, with discussion, body work and/or energy work.

We also build in the opportunity for people to be naked if they want to, with no pressure to be partially or fully naked if they don't feel comfortable with this. We've found it to be really empowering, giving a unique opportunity to see other bodies in a safe and supportive environment.

The impact of the weekends carry on long after the retreats. Lifelong friendships, long term support and connections are formed.

Why Naked..?

Many people are most nervous about this aspect of the TBA and TBW experience, and wonder why it's so important...

A lot of trans people have never seen other trans people's naked bodies. Trans bodies aren't seen in (mainstream) media, unless in a medical way to show about medical procedures. Our weekends are about making people familiar with trans bodies, and to show the variety between trans bodies.

In our weekends we sit naked and talk, sometimes about trans related issues. This shows that being naked isn't always that big an issue. We also show our bodies and share experiences, how we feel about various parts and medical procedures we've had or would like to explore.

Creating safer spaces

We understand that it is impossible to create an absolutely safe space, as we can never know what is happening in people's heads. However, we can try to make spaces as safe as possible. Some of the ways we do that is through, clear communication, codes of conduct, and most importantly, listening to people's needs. For more info, please see the toolkit.

This sounds great! How do I take part ?

We have also created a toolkit that you might want to use, if you decide to start with the wonderful process of setting up a similar initiative as TBA and TBW.

You can contact the team (details over leaf) for more information.

