The FAR FAQ

LGBTQ+ Assoc. Far — Barcelona, Catalunya, Spain



Disclaimer

LGBTQ Assoc. FAR is an independent organization and is not affiliated with any government authorities or official asylum-processing institutions. We hold no influence over government entities, decision-making processes, or the outcomes of asylum applications. Our staff and volunteers are not licensed immigration advisers, attorneys, financial advisors, or travel agents. None of our communications or content constitute legal, financial, or travel advice. All information we provide is free, compiled from public, government, and international sources to help you make informed decisions for your safety and needs. While we aggregate and clarify this data, we strongly encourage consulting certified attorneys, immigration advisers, accountants, and other qualified professionals. For more information on these resources please see our webiste at lgbtqfar.org.

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Contents

About Our Support 3

Asylum Eligibility and Identity 4

Travel and Arrival 5

Housing and Relocation 7

Asylum and Legal Process 8

Healthcare and Documents 9

Special Situations 10

Privacy and Contact 11

Financial Support 12

What If I Get Denied Asylum? 12

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About Our Support

Who does LGBTQ+ Assoc. Far ("FAR") serve?

FAR supports trans, nonbinary, and gender-diverse individuals, with a primary focus on people facing displacement, instability, or safety risks. We currently focus on serving U.S. citizens and residents who are seeking asylum or international protection, relocating because of safety concerns, or navigating unsafe or unstable environments. We prioritize people experiencing discrimination, harassment, violence, housing insecurity, lack of affirming healthcare, or financial instability. Support for partners or chosen family may be considered on a case-by-case basis.

Do you help people relocating to other parts of Spain?

At this time, support is focused on people who are relocating to the Cataluña region and especially Barcelona. Our direct, lived experience navigating emigration and the Catalan asylum system allows us to provide practical and up-to-date guidance. We plan to expand to other regions as we grow.

Can you help relocate people to other countries?

At this time, we are focused only on Spain and can assist with general inquiries of other areas. But we have many partnering organizations worldwide that we can refer you to based on your inquiries and needs.

Can you help if I already live in Spain?

Yes. We can help with care navigation, documentation, safety planning, referrals, and next-step guidance.

Can I ask for help if I am not sure whether I qualify?

Yes. If you are unsure whether your situation fits our support structure, it is still worth reaching out. We can help you think through your circumstances and point you toward the right next steps.

What if I do not have a passport?

If you are working directly with FAR, please mention this to our support team early. This is important because it will affect travel and documentation planning.

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Asylum Eligibility and Identity

Can partners apply together?

Yes, in many cases. Married spouses and registered partners can often apply together. Unmarried partners may need to apply separately but can still reference each other's cases.

Can I apply if I am living with HIV?

Yes. HIV status does not prevent you from applying. It may strengthen a claim if you face discrimination, stigma, denial of medical care, or unsafe treatment access.

Can I apply if I have a disability or medical condition?

Yes. Disability or medical conditions do not disqualify you. They may strengthen a claim if they contribute to discrimination, lack of care, or unsafe living conditions.

Can I apply if I haven't started my transition?

Yes. You do not need to be on hormones, have surgery, or have updated documents. Your identity and risk are what matter.

What if I'm not publicly out?

You can still apply. You are not required to be publicly out. What matters is the risk you would face if returned.

Do I need to be on hormones or have surgery?

No. Your identity and safety situation are what matter, not whether you have started your medical transition.

Do I need updated documents?

No. You can ask for help even if your documents do not yet match your identity.

Can I change my gender marker later?

Yes. You can apply even if your documents do not match your identity and update them later.

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Travel and Arrival

How much money do I need?

Please note that these are approximate values based on current cost of living in Barcelona and that actual moving and other costs will vary. To see cost of living comparisons between cities, there is a free tool available at ***numbeo.com*****.**

What should I bring with me?

Essentials include your passport, birth certificate, ID, medications for one to three months if possible, your phone and charger, and any cash or accessible funds. You should also bring medical records, legal documents, and evidence supporting your asylum claim (if applicable). Keep physical and digital copies of everything. If you are traveling with children, bring their birth certificates, medical records, and any schooling records.

	1 adult	**2 adult**	**Family of 3**	**Family of 4**
Travel to Spain	€350-€1200+	€700–€2,400+	€1,000–€3,600+	€1,400–€4,800+
Arrival setup and paperwork	€100–€300	€150–€500	€200–€700	€250–€900
Monthly living costs	€800–€1,200 minimum, €1,575–€2,460 safer range	€1,100–€1,800 minimum, €2,000–€3,200 safer range	€1,800–€2,800 minimum, €2,800–€4,200 safer range	€2,400–€3,500 minimum, €3,800–€5,700 safer range
Six months living costs	€4,800–€7,200 minimum, €9,450–€14,760 safer range	€6,600–€10,800 minimum, €12,000–€19,200 safer range	€10,800–€16,800 minimum, €16,800–€25,200 safer range	€14,400–€21,000 minimum, €22,800–€34,200 safer range
Emergency fund	€1,000–€2,500	€1,500–€3,500	€2,000–€5,000	€2,500–€6,000
Total for six months	€6,250–€11,200 minimum, €11,900–€18,760 safer range	€8,950–€13,700 minimum, €16,850–€25,600 safer range	€14,000–€21,100 minimum, €21,500–€34,500 safer range	€18,550–€26,700 minimum, €27,950–€45,900 safer range

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Can I bring a pet with me?

For regular immigration/emigration, yes, with proper preparation. Requirements usually include a microchip, rabies vaccination, and a health certificate from a USDA-certified vet. The timing of the paperwork in relation to the day of travel is critical. Costs can vary widely, especially for international travel, and larger animals may also increase travel and housing challenges.

For asylum, official reception centers and emergency shelters in Spain often have strict "no pets" policies. Finding private, pet-friendly temporary housing while your asylum claim is processed can be difficult, which is why we typically do not suggest it.

Approximate Costs for One Pet:

Pet + housing caution:

- Pet travel can narrow housing options.
- Many landlords in Spain do not allow pets.
- Larger pets can cost more, are more expensive and difficult to travel with, and may be harder to place in shared housing.
- Timing matters, because required paperwork can take time.
- Paperwork must be completed by a USDA-approved vet.

Item	Approximate Cost
Pre-travel veterinary paperwork, chip, and vaccination	€250–€1,000+
Airline transport	€90–€600+
Arrival supplies and first-month setup	€75–€200
Monthly pet costs in Spain	€40–€150
Six months pet costs in Spain	€240–€900
Emergency vet fund	€200–€600
Total pet-related cost	€855–€2,900+ for the first six months

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Housing and Relocation

What support is available once I arrive?

In Barcelona, you may be able to access help through organizations that provide asylum guidance, housing referrals, legal orientation, food support, and emergency services. Some support is also available through the national reception system.

Do you help with housing?

We may be able to point you toward housing resources, shared housing options, or support organizations that help with placement.

Can you help if I already have a place to stay?

Yes. Stable housing does not prevent you from asking for help, and we can still help with care, paperwork, and planning.

What if I have no one to stay with when I arrive?

That is an important issue to raise early so we can help you think through temporary options and local resources.

Can you help with a move within Spain?

Yes, if you are relocating to Barcelona or Catalonia and need practical guidance.

Can you help me figure out a budget?

Yes. We can help estimate travel, housing, food, and transition costs so you can plan realistically.

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Asylum and Legal Process

Do you help only with asylum?

No. We can also help with relocation planning, safety concerns, and support referrals connected to your situation.

Can you help if I am not sure whether I qualify for asylum?

Yes. We can help you think through your situation and point you to the right next steps.

What if I already started the asylum process somewhere else?

That could impact your situation. If you are working with FAR, please tell us so we can understand what stage of the process you are in.

Can you help with appeals or denied cases?

Possibly, depending on the situation. We may be able to help you think through your options and next steps.

How long does everything take?

Timelines vary, so we help people plan for delays and build a realistic step-by-step path.

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Healthcare and Documents

How do I access healthcare in Spain?

Asylum seekers in Spain have access to public healthcare, and the practical pathway can depend on your situation and local process. Support organizations can help you understand what documents are needed and where to go next.

What medical records should I bring?

Bring current prescriptions, medical summaries, test results, letters from doctors or therapists, and any records that show ongoing treatment or vulnerability.

Can you help with ongoing prescriptions?

Yes. We can help you prepare the records you need for continuity of care and explain what to bring to a doctor.

Do you help with gender-affirming care?

Yes. We can help with navigation, records, referrals, and practical planning for continued affirming care.

Can you help with mental health support?

Yes. We can help you identify support options, prepare records, and plan for urgent or ongoing care.

What if I need disability accommodations?

Tell us what you need so we can help you plan for accessibility, documentation, and support needs.

Can I bring my old medical records from another country?

Yes, and you should. Continuity of care is much easier if you bring discharge summaries, test results, specialist letters, and a current medication list.

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Special Situations

What if I am living with violence, harassment, or unsafe housing?

That is important to share. Those situations may make support more urgent, especially if they affect your safety, stability, or ability to travel.

Can partners or chosen family be included?

Support for partners or chosen family may be considered case by case.

Can I apply if I live with HIV or another medical condition?

Yes. That does not disqualify you, and it may be relevant if access to care or stigma is part of your situation.

Can I apply if I have not started my transition?

Yes. You do not need hormones, surgery, or updated documents to ask for help.

What if I am not out publicly?

That is okay. You can still seek support and ask for help privately.

What if I need urgent mental health support?

Tell us as early as possible. It is important to share whether you need immediate support, referrals, or help staying safe.

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Privacy and Contact

How can you contact us safely?

Send us an email with *"**RELOCATION**"* in the subject and *"**Seeking services**"* in the body. Please do not include any personal information in the body. We will go over all of that on a secure, encrypted call during your intake.

Will you keep my information private?

Yes. All collected information is kept private on an encrypted server and only shared when needed for support, with your express consent.

Do I have to give my legal name?

No. You can tell us the name and pronouns you want us to use, and we can work from there.

Can I ask for help anonymously at first?

In many cases, yes. You can usually start with general questions before sharing personal details.

What happens after I contact you?

Usually the next step is a short intake conversation so we can understand your situation and what kind of support is possible.



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Financial Support

Do you provide financial assistance?

We are currently volunteer-based and cannot guarantee direct funding. We may be able to help with fundraising guidance, sharing campaigns, or connecting you with resources.

Practical note: We prioritize people who are facing discrimination, housing insecurity, lack of affirming healthcare, financial instability, or other safety risks. If you are not sure whether your situation fits, it is still worth reaching out.

What If I Get Denied Asylum?

What does a denial mean?

A denial means the Spanish authorities have decided you do not qualify for international protection under the asylum system. In many cases, the decision says you must leave Spain within 15 days unless you have another legal basis to stay.

Can I appeal the denial?

Yes. You can usually file an administrative reconsideration appeal within one month, and in some cases a judicial appeal within two months.

Can I stay while I appeal?

Sometimes. An appeal can be accompanied by a request for a suspensive measure, which may pause the obligation to leave while the case is reviewed.

What if I do nothing?

If you do not appeal and no other legal basis applies, the denial may become final and you may be expected to leave Spain.

Can I come back later?

Possibly, but it depends on the exact order issued, whether there is any re-entry restriction, and whether you later get another visa or residence basis.

How long do I need to be away before it matters?

There is no single universal number. For later residence routes, the relevant waiting periods are usually tied to the specific route, not simply time spent outside Spain.

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What are the main later residence routes?

The most common ones are arraigo social, arraigo laboral, arraigo familiar, humanitarian or exceptional-circumstances residence, and newer exceptional routes such as arraigo de segunda oportunidad.

Do I need a lawyer?

Yes. We have partnerships with many lawyers in Spain. During your appointment, we will find one that matches your needs.

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for more information visit lgbtqfar.org
or email us at info@lgbtqfar.org

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