

Call for participants

Detox your Project

All Gender Lab to unlearn masculinities and
challenge patriarchy

Seminar | 9-15th February 2026 | Würzburg, Northern Bavaria (Germany)

About this seminar

This seminar is a laboratory space for critical engagement with toxic masculinities and their impact on society, us as individuals and our groups. We want to challenge patriarchy by looking at it from the perspective of critical masculinities. We will focus on masculinities in group work contexts like educational projects, activist groups or volunteering camps.

Questions we want to discuss:

- How does masculinity and patriarchy influence our societal structures, individual behaviours and group dynamics?
- How can we address problematic patriarchal behaviours in our own projects?
- How can we challenge patriarchal systems of oppression in our own projects?
- How does patriarchy and images of masculinities influence and affect men, women, INTA-Persons and queerness (differently)? (INTA= Intersex, non-binary, trans- & agender persons)
- What can a collaborative effort to unlearn dominant norms of masculinity look like?

We will create spaces to reflect on, deconstruct, and center different ways of being, relating and working together that move away from the patriarchal norm. Our approach is feminist & intersectional, considering the interconnections between gender and other social positions in society. While it is important to acknowledge that our positions are affected differently by patriarchal structures, we believe that deconstructing these structures together will contribute to better ways of working and ultimately to collective liberation.

By the end of this Lab, a handbook or guideline could emerge, summarizing questions and approaches for addressing masculinities in group contexts. This project plans to connect with and follow up on the last [“Detox your project seminar” in 2022 and it’s produced guidelines.](#)

Aims of the project:

- We want to reflect on and deconstruct masculinities that violently dominate our world: We want to question our own ideas and practices of masculinity and recognize patriarchal structures within them.
- We want to center the question „What can collaboration and collective work for this purpose look like?“ in the context of projects.
- We want to create shared practices (such as proposals or guidelines) for projects and group work that address harmful masculinity dynamics.

Hard Facts

Where:

The Lab will take place in Northern Bavaria, in Würzburg (Germany), between **09.02.2026 and 15.02.2026**

January 2026: 2 hour online awareness raising workshop (date tba) on male privilege and sexism, for participants receiving male privilege.

Costs & Eligible countries:

Thanks to Erasmus+ funding, all costs including meals, accommodation, travel expenses and the educational programme can be covered. Eligible countries for this project are all EU member states + Albania, Algeria, Armenia, Azerbaijan, Bosnia and Herzegovina, Egypt, Georgia, Iceland, Israel, Jordan, Kosovo, Lebanon, Libya, Liechtenstein, Morocco, Moldavia, Montenegro, North-Macedonia, Norway, Palestine, Serbia, Tunisia, Turkey and Ukraine.

Accommodation:

The seminar takes place in a project space with simple, mostly multi-bed rooms of various sizes. Needs and wishes regarding room occupancy will be taken into consideration in advance.

Meals & Care work:

The meals will be organised and coordinated by a separate cooking person; We'll have a plant-based diet. Distributing care work is an important part of gender-justice. This is one of the reasons why the group will participate in meal preparation and other care tasks such as cleaning.

Access & Barriers:

Unfortunately, the seminar house has a lot of physical barriers. The seminar room (1st floor) and sleeping rooms (2nd floor) can only be reached via stairs. We will have a quiet/retreat room in the seminar house. If you have any other accessibility requirements or questions about your individual needs, please let us know in the application form.

Language:

The language used during the seminar will be English. We don't expect you to be fluent (neither are we) and we can support each other in the group with language. Let us know about your needs in the application form.

Children:

The logistic circumstances are not the best for bringing your children to the seminar. We know that this can be an obstacle and are aware that offering childcare can encourage or enable the attendance in some cases. That's why we will try our best to make your participation possible if you bring your children. Let us know about that in the application form.

Who is this seminar for?

All gender: We invite people of all gender identities to participate, that means we welcome Intersex, Non-binary, Trans- and Agender persons (INTA), Cis-men and -women, queer people and all who are currently gender-questioning.* We deliberate open an all-gender space because...

1. We believe that all perspectives are necessary to deconstruct toxic masculinity.
2. We think challenging patriarchy and ending sexism is a collective responsibility.
3. We want to counteract divisions and aim for the shared goal of better collaboration in projects and collective liberation.

Check-in with yourself if the following criteria are matching with you at the moment

- You are 18+
- You actively reflect and engage with topics like sexism, patriarchy and toxic masculinity (without requiring academic knowledge of these topics)
- You are willing to learn, engage with critical feedback, step into discomfort and genuine interest to fight patriarchy
- You can commit to the whole duration of the project
- For participants from Europe: you are motivated to travel ecofriendly without taking a plane.

**New to some terms? Here you can learn which identities/experiences they describe:*

<https://lgbtq.georgetown.edu/glossary-of-lgbtqia-terms/>

Content & Methods

This seminar is not (primarily) about basic awareness-raising on the issue. Our focus is to move deeper into reflection and action that challenges toxic masculinities and patriarchy. A central aim is to explore how collaboration in groups and projects can be designed to create safer and gender-just spaces.

Topics

- Masculinities, male socialisation and their consequences
- Emotional work & vulnerability: Critically masculine approaches to care, intimacy, embodiment, fear, shame and boundaries
- Intersectional perspectives: masculinity in the context of different other positions in society and life experiences
- Critically examining male dynamics in projects: Ways of planning, decision making, communication, roles and group culture, role of facilitators/organisers etc.
- Building solidarity across different gender experiences
- Practices for safer spaces and gender-just ways of working together

Methods

- Interactive and participatory methods: Discussions, reflection exercises, group works and creative methods
- Creative and body-oriented methods: For example, through theatre pedagogy, writing workshops, collective storytelling, role-playing, bodywork, and dialogue formats
- Question-driven approach: We aim to work process-oriented, inviting participants to develop questions and responses together.

Safer and braver spaces

We aim to create, test, and reflect on safer and more inclusive spaces for future projects. At the same time we want to disclaim that in the process of deconstructing masculinities, toxic/harmful masculinities will show up in the lab and we want to make it possible to address them. That means, we can't promise having all-time safer spaces. We use the term "braver space" to describe the kind of plenary space we want to create and hold together where both learning and accountability are possible.

Additionally, the team will repeatedly hold three separate Safer Spaces as an "anchor" to share experiences in smaller and more similar groups. People choose which group best fits their experiences and focus during the week.*

Group 1) Focus mainly on exchanging experiences of intersex-, non-binary-, trans- and agender- participants, with space for empowering, supporting and relating with each other. This group will also include space for multilayered conversations, for example in case of experiencing some privileges from male passing while being marginalised from a cis-heteronormative system (if it concerns people.)

Group 2) Focus mainly on empowerment and strategy work for shared experiences shaped by (all kinds of) gendered roles of 'being a woman', sexism and sexualised violence. We also want to critically engage with women's role in upholding gendered and patriarchal dynamics.

Group 3) Focus mainly on reflecting on male privilege, how to take responsibility, unlearn and act in solidarity. All welcome who also experience male privilege and want to focus on that.

**INTA participants are particularly encouraged to choose which aspects in their experience they want to focus on during this week and are welcome with all their experiences in different groups.*

Travels

Reimbursement of the travel tickets will be 100% up to the maximum amounts indicated in the rules of the Erasmus+ programme after the receipt of original documents. Check [Erasmus Guide 2023](#) or wait for more information about that in the infosheet.

Registration

In our experience, there may be a lot of people interested in a seminar like this. Therefore, please complete the application form by **04.11.2025** at the latest if you would like to take part:

<https://cloud.sci-d.de/index.php/apps/forms/s/WK5zaZ6iAsonkx6SKPJwYFcg>

Please be aware that filling out the survey doesn't necessarily mean that you WILL be part of the project. We will get back to you around one week after the application deadline to let you know whether you have a place or you are on the waiting list. If you urgently need earlier feedback for your planning, please get in touch with us.

It is very important for us, the project and the group that we can reliably plan who will be taking part. We therefore expect a binding confirmation or cancellation from you after our confirmation.

Who is doing this?

The seminar-team consists of three experienced facilitators and one project manager, covering different gender-identities and perspectives on this topic (male, female & non-binary).

SCI Germany is one branch of Service Civil International. Service Civil International (SCI) is a global movement dedicated to fostering peace, social justice, and sustainable development. With a rich history spanning more than 100 years, SCI organises impactful international volunteering projects and innovative educational activities that promote intercultural dialogue and inspire positive change.

For any questions feel free to [contact the team](#) via: sima.jakob@sci-d.de