



YOUTH VULNERABILITIES IN A EUROPE WITHOUT BORDERS JANUS N° 2023-1-RO01-KA220-YOU-000154837

NEWSLETTER NO 5

Festival of Autobiographical Theatre and Youth Mental Health

As part of the JANUS Project, we organised a theatre festival centred on mental health and young people. Each performance was autobiographical, created and performed by young individuals based on their own personal experiences. The festival aimed to give voice to real stories, offering a space where participants could share, reflect, and connect through theatre.

In collaboration with the University of Arts of Târgu Mureş and consortium partners—SOLIS srls, Fundația, and SIPCON—we designed a visual identity for the event. This included individual posters for each performance and a general festival poster to represent the programme as a whole.

To help the audience better understand

the context and objectives of the project, we also produced a printed handout. It explained why the project was created, what we hoped to achieve, and why autobiographical or autofiction theatre is a meaningful format for addressing mental health, particularly among young people. Each performance was followed by a photocall and a dedicated space for open discussion and audience feedback. In addition, we held an open-format meeting in the theatre foyer, where media representatives, artists, and project partners came together to exchange ideas and insights.

This initiative was designed to foster dialogue, raise awareness, and support young voices through creative expression.

<https://projectjanus.wixsite.com/janus>



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**AUTOBIOGRAPHICAL THEATRE
JANUS FESTIVAL**
Inspired by the methodology of Domingo Ferrandis - SOLIS SRLS

Monday, June 2, 2025, 7:00 PM
Professional Foundation, Târgu-Mureş, Romania
Performance – Breaking the Silence
Directed by: Erika Domokos

Tuesday, June 3, 2025, 2:00 PM
Press Conference – Presentation of the Janus Project

Tuesday, June 3, 2025, 7:00 PM
National College of Arts, Târgu-Mureş, Romania
Guest Performance – Birthday Party
Coordinator: Prof. Laurențiu Blaga

Wednesday, June 4, 2025, 7:00 PM
ShipCon, Limassol, Cyprus
Performance – ???
Directed by: Patricia Jimeno Fernandes

Thursday, June 5, 2025, 7:00 PM
University of Arts, Târgu-Mureş, Romania
Performance – Shards of Light
Concept and Choreography – Cristina Iușan (Olar)

Co-funded by the European Union
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Project Number: 2023-1-RO01-KA220-YOU-000154837
Photo: Cezar Buliga

BREAKING THE SILENCE - FUNDATIA PROFESSIONAL - ROMANIA

On stage, six characters unfold a history that has shaped their path, a history that could well be your own. Word by word, they dismantle the myth of happy adolescence, revealing what often remains hidden in silence: the paralysing anxiety, the brutal pressure to conform, feigning joy when everything crumbles within, the unnamed violence, the panic of others' judgment, wanting to be heard without anyone attempting to fix your life.

Each experience is deeply personal, yet it resonates in the voices of the others. Through intimate objects, everyday gestures, light, and shadow, the stage transforms into a safe space where what burns within can finally be articulated.

In the end, they look at you and ask: what will you do with what you keep silent?

This is testimonial theatre where the narrative does not seek to instruct, but rather to stir.

Cast

Marieta Ujica - Actor 1

Anisia Chivu - Actor 2

Alexandra Beianu - Actor 3

Maia Stefania Șoș - Actor 4

Sergiu Borz - Actor 5

Miruna Truță - Actor 6

Directed by Erika Domokos



What started as an experiment in the art of storytelling turned into an emotional and deeply creative experience for everyone involved.

The play "Breaking the Silence" is the result of the lived stories of these six young people, later enriched with the particularities of theatre.

Sharing personal stories in such a vulnerable way was something entirely new. In this phase, we used simple but effective activities to relax their minds and bodies.

Exercises such as mindful breathing, group movement games, and even silent eye contact taught them to feel safe.

Step by step, we observed how their initial hesitations began to fade. By the end of this stage, they were smiling, laughing and, most importantly, starting to trust in this Process and one another.



INVITED PERFORMANCE - BIRTHDAY PARTY

collective creation

Cast: Ilinca Bălcescu, Adrian Murariu, David Nichita, Alexandru Nicoară, Verona Obreja, Luca Suci, Raluca Troncotă.

Coordinator: prof. Laurențiu Blaga

Târgu-Mureș National Art College - Acting Department

BIRTHDAY PARTY is the result of a devised theatre laboratory developed during the period of February - May 2025 as part of the acting art classes with the participation of students of the XI class (Târgu-Mureș National Art College). Using elements of autobiographical theater, the students questioned the importance of the birthday in everyone's life through a nostalgic incursion into the past but living the present with a look into the future.



PERSONA - SHIPCON LIMASSOL, CYPRUS

a dance piece about turbulent female puberty. A choreography of changes, hormones, validations, loves, losses. A gaze into the chaos and beauty of growing up.

During puberty, your female body shifts without warning. While prey to hormones, you feel how they upheave every cell, producing surges of estrogen and progesterone, triggering a transformation: breasts develop (thelarche), pubic and underarm hair appears, hips widen, your first menstruation arrives (menarche). You either shoot up or remain hobbit-sized. All this unfolds with a brain still evolving.

Psychological and emotional shifts provoke irritability, sadness, or sudden euphoria. Body insecurity stalks the physical changes. One morning you wake euphoric; two hours later, tears fall because someone glanced at you wrong. Self-esteem sways wildly, and every comment feels definitive.



Hypersexualization and overexposure on social media breed a brutal paradox: you're expected to show yourself, but if you do it "too much," you're condemned. Your body becomes "normative" or "hegemonic," embodying dominant cultural standards of beauty—often narrow and exclusionary. "Desirability" slips into "objectified body," making you a consumable object, especially for the male gaze. That damned song from girl to woman. Show yourself, and you get labeled; don't, and you vanish.

Amid the sexualized and decontextualized fragments of your identity lie first loves, jealousy, breakups, the loss of childhood friendships, the fear of exclusion... first disappointments, peer pressure. All while trying to get good grades, choose a career, sometimes even working for money just to "fit in." Experimentation unfolds: with alcohol, drugs, first nights away from home, and travels.

CAST:

Choreography by Melina Nicolaidou
Marieleni Demosthenous
Paola Sawidou
Melina Ioannidou
Irene Leondiou



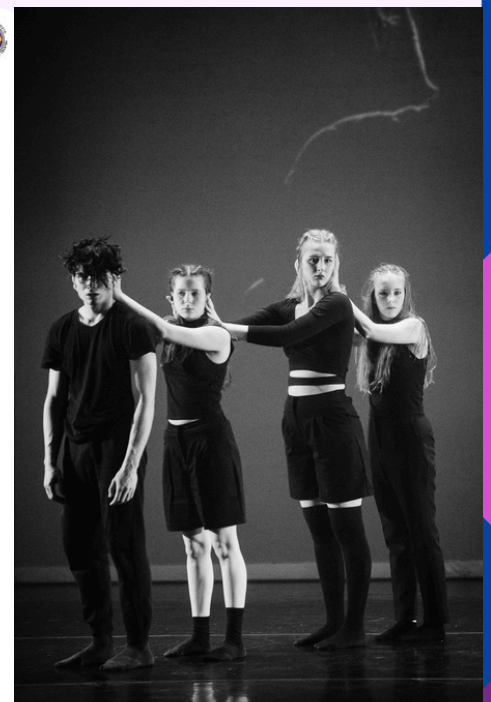
SHARDS OF LIGHT - UNIVERSITY OF ARTS - TÂRGU-MUREȘ, ROMANIA

From the very beginning, our work was rooted in personal truth. The process was not just about crafting a performance but about revealing what lies beneath: fragments of life, often unspoken, that needed form and release.

Improvisation became our language. With each session, we dove deeper—into the tension between the physical and the emotional, between presence and absence, silence and expression. We explored how the body carries memory, how gestures can become testimony, how breath can hold meaning when words are no longer enough.

Choreographic moments emerged gradually, born from individual experiences that we translated into movement. These pieces—intimate, raw, and sometimes fragile—were shaped and reshaped, like shards of glass reflecting different shades of the self. Slowly, they began to connect, like a mosaic of stories waiting to be told.

This is a piece about embracing vulnerability, about finding strength in fragility, and about the slow, determined act of rebuilding balance—even in life's darkest seasons. Multimedia elements are used throughout, deepening the emotional landscape and drawing the audience closer.



Shards of Light is a performance that speaks through the body—through silence, breath, and movement. Built from deeply introspective moments, it unfolds as a living journal of an inner odyssey. Where words fall short, the body finds its voice.

Through therapy, memory, and the courage to face oneself, a fragile but meaningful return to the self becomes possible—a quiet, luminous journey back to light. Above all, though, this is a performance about hope. About the courage it takes to look into a fractured mirror and say, “I’m still here.”

Shards of Light doesn’t offer clear-cut answers, but instead opens a space for reflection, empathy, and recognition. It invites the viewer to face their own shadows—and to know they are not alone.

CAST:

Bianca Baci, Constantin Bucătaru, Ștefania Burdușă,
Adriana Burlacu, Maria Constantin, Alexandru Cruceru, Irisz
Kovacs, Timea Moga, Mihai Rădoi, Raisa Simionov, Bogdan Țenț,
Ariana Vintilă, Polya Zubati

Concept and choreography – Cristina Iușan (Olar)
Video design – Paul Beică, Photo credit – Raul Blaga
Poster design – Alexandra Conțiu



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