



PROGRAMME

Monday, June 2, 2025, 7:00 PM
Professional Foundation, Târgu-Mureș, 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-Mureș, 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-Mureș, Romania
Performance – Shards of Light
Concept and Choreography – Cristina Iușan (Olar)

Studio Theatre

2-5 June 7 pm
6 Kőteles Sámuel street, Târgu-Mureș
Free Entrance



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the European Union

JANUS

FICTION TO ADDRESS VULNERABILITY
WITH THE POSSIBILITY OF RESILIENCE

ERASMUS PLUS
PROJECT NUMBER: 2023-1-R001-KA220-YOU-000154837

TEAM

Festival Coordinator : **University of Arts**
 Project Coordinator: **Lia Codrina Conțiu**

Technical Team of the University of Arts
 Technical Director: **Emil Mureșan**
 Light Technicians: **Szász Endre, Kovács Attila**
 Sound Technicians: **Strete Claudiu, Frunză Marius**
 Prop Technician: **László József**
 Stagehand: **Birta Ladislau.**

Director and Creator of the autobiographical theatre
 methodology: **Domingo Ferrandis**
 Facilitator: **Ana Maria Solís**
SOLIS SRLS, Italy



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AUTOBIOGRAPHICAL THEATRE FESTIVAL



ABOUT JANUS

JANUS is a European project that brings young people's mental health into focus, using Autobiographical Theatre as an honest form of self-expression.

Through stories inspired by real life, we create space for dialogue, emotion, and awareness – giving voice to the things that often go unspoken.

We use the power of fiction as an emotional trigger, offering both stage and voice to young performers, who create characters and stories that reflect their inner experiences and struggles.

It's an artistic and human journey that connects Romania, Cyprus, and Italy, through the collaboration of four partners committed to personal and social change.

JANUS PARTNERS

University of Arts of Târgu-Mureș

(Coordinator, Târgu-Mureș, Romania)

Partners

Fundația Professional (Târgu-Mureș, Romania)

ShipCon Limassol Ltd. (Limassol, Cyprus)

SOLIS SRLS (Modena, Italy)

We're like machines full of desires, caught in a world that tells us how we "should" be. Culture, systems, and society push us to fit in, to be accepted, to succeed. And little by little, we drift away from who we truly are. We lose our inner harmony. Our identity begins to fragment.

Autobiographical theatre – like the art of kintsugi, which mends broken objects by making them more beautiful – reveals the "cracks" within us. Not as flaws, but as signs of resilience and strength.

The truth is, our vulnerabilities and needs are often ignored or crushed by external pressures. What others expect from us, what they project onto us, the demands they place on us...all of this can push us toward self-exploitation, exhaustion, and a recurring unhappiness.

The stories we tell ourselves about what we're going through – alongside what we fear or imagine is coming – are fragments of a mental puzzle. These "neuro-stories" shape how we see ourselves, how we relate, and how we behave.

Young people who create performances inspired by their own lives, through autobiographical theatre, find the courage to bring to light – through fiction – what is often hard to say in real life. And by doing this together, as a community, we create real emotional connection. A kind of deep resonance – between you, me, and all of us – where we can speak openly, without fear, without judgment, without labels, about the suffering of the soul.

What truly hurts us? What makes us retreat into our rooms, or into our imaginations? What turns us into people who are sad, angry, withdrawn, or even violent? Why do we sometimes find ourselves thinking of giving up?

Is it the uncertainty? The loneliness? Financial pressures, lack of meaning, social media, rejection, failure, disappointment, substance use, addiction, or the constant need to be "more"? Maybe all of these. Maybe others, quieter and harder to name.

These are the invisible toxins that cloud our thoughts and weigh down our subconscious – left behind by small but repeated traumas and unfulfilled desires.

That's why we need a space of honesty, where we can breathe. To practice mental hygiene. To tell our stories.

Let's make theatre.

AUTOBIOGRAPHICAL THEATRE

WE'RE NOT MADE OF ATOMS, BUT OF STORIES.

Theatre is like a magic lens – it lets you see reality through the eyes of stories.

It's a place where your past can be rewritten, step by step, with emotion and courage.

Through play and imagination, theatre helps you understand your experiences better and create a new story – one filled with strength and resilience."

The Autobiographical Theatre Model is based on young people's stories transformed into fiction, and follows several key steps: 1. Trust, 2. Stories, 3. Transcription, 4. Research, 5. Narrative, 6. Aesthetics, 7. Theatre, 8. Colloquium, 9. Diffusion, 10. Dissemination

Autobiographical theatre: identification phase

Autobiographical theatre is like a microscope for the soul – it helps us look deeply into how our mind makes sense of the past, how it tells its own story, and how it connects with others.

