

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. Laurentiu 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

- 📍 6 Köteles Sámuel street, Târgu-Mureș
- ♦ Free Entrance





JANUS

FICTION TO ADDRESS VULNERABILITY WITH THE POSSIBILITY OF RESILIENCE

ERASMUS PLUS

PROJECT NUMBER: 2023-1-R001-KA220-Y0U-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 María Solís SOLIS SRLS, Italy**





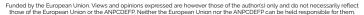






AUTOBIOGRAPHICAL THEATRE FESTIVAL





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

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.

things that often go unspoken.

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. Difussion, 10. Dissemination

Autobiographical theatre: identification phase



Autobiographi
cal 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.

