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SOLIS Srls

A PARTICIPATORY WORKSHOP

European Project Ideas

for psychology, mental health and wellbeing

Dimitrie Cantemir University of Târgu Mureș

Faculty of Psychology

Monday, 25 May 2026 · 16:00 — 18:00

Facilitated by Eng. Ana Maria Solis — SOLIS SRLS (Italy)

Platinum Facilitation Impact Award · 2020 and 2024



Our 2 hours together

From individual reflection to a shared project idea

TIME	DUR.	ACTIVITY	WHAT WE WILL DO
16:00	10'	Welcome & opening circle	Quick check-in: what challenge in mental health or wellbeing matters to you today?
16:10	15'	Introduction to European projects	What an EU project actually is, anatomy of an idea, real examples from psychology
16:25	25'	Mapping needs and challenges	Collective mapping & problem tree — clustering on the wall
16:50	25'	From challenges to project ideas	Small group brainstorm — pick one challenge, sketch a project
17:15	25'	Project Idea Canvas	Each group structures its idea on a one-page canvas
17:40	15'	Gallery walk & dot voting	Brief presentations, collective prioritisation of the most promising ideas
17:55	5'	Closing & next steps	Which idea should we take forward — and why?

16:00 — OPENING

Before we begin

What is one challenge related to mental health, wellbeing or inclusion that you consider important today?

HOW WE'LL DO IT

1. Write your challenge on a post-it — one or two lines.
2. Read it out loud and say your name — I'll take it and put it on the flip chart.
3. No need to fix anything yet — just name what you see.



What is a European project, really?

A group of organisations from different European countries working together on a shared challenge, with EU funding, over a defined period — typically 12 to 36 months.

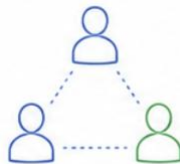
1



Shared challenge

A real problem that several countries face.

2



Cooperation

At least 2–3 organisations from different EU countries.

3



Concrete outputs

Methods, tools, training, research — things that did not exist before.

4



European added value

Something only possible when done together across borders.

The anatomy of a project idea

These 8 questions are the spine of every European application — and of the Canvas you will fill later

1



Need / problem

What are we fixing? Why now?

2



Target groups

Who exactly will benefit?

3



Objective

What change do we want to see?

4



Activities

What will we actually do?

5



Results

What will exist at the end?

6



European added value

Why together, not alone?

7



Partners

Who do we need beside us?

8



Programme & impact

Which EU fund? What lasting effect?

These are not theory — they are real projects

Four Erasmus+ projects coordinated or co-led by SOLIS SRLS, all about psychology and wellbeing

JANUS

2023-1-RO01-KA220-YOU

WHAT IT'S ABOUT

Mental health of vulnerable young people through Autobiographical Theatre

COUNTRIES

Romania · Italy · Cyprus

Led from Romania



SILENCE

2022-3-IT03-KA210-YOU

WHAT IT'S ABOUT

Recovery of young women survivors of gender violence — narrative & dance-theatre

COUNTRIES

Italy · Spain

Coordinated by SOLIS



Erasmus plus Project

SELENE

2021-2-IT02-KA210-ADU

WHAT IT'S ABOUT

Loneliness after COVID-19 in adults 30+ — art as humanistic mediation

COUNTRIES

Italy · Spain

Coordinated by SOLIS



FOR-J

2023-2-IT03-KA220-YOU

WHAT IT'S ABOUT

Conflict resolution in youth, migration & multisensory spaces

COUNTRIES

Italy · Romania · Slovenia · France · Netherlands

Romania in consortium



FOR - J PROJECT

All four projects use Erasmus+ — the most accessible programme for universities and NGOs. KA210 = small-scale (€60K). KA220 = cooperation partnerships (€120–400K).

Three EU programmes for psychology

Don't memorise — just know which door fits your idea, then we find the right call together

ERASMUS+

Education, training, youth, sport

BEST FOR

Universities, schools, NGOs working with young people. Most accessible entry point.

- KA210 small partnerships (€60K, 2 partners min)
- KA220 cooperation partnerships (€120–400K, 3+ partners)
- Youth participation activities
- Mobility for students & staff



CERV

Citizens, Equality, Rights, Values

BEST FOR

Rights, gender equality, anti-discrimination, civic engagement.

- Daphne strand (combating violence)
- Gender equality strand
- Protecting & promoting EU values
- Citizens' engagement & participation



HORIZON EUROPE

Research & innovation

BEST FOR

Strong research consortia with universities and research centres at the core.

- Cluster 1 — Health (mental health calls)
- Cluster 2 — Culture & Inclusive Societies
- Marie Skłodowska-Curie Actions
- Larger budgets, longer timelines



The idea comes first. The right programme reveals itself afterwards.

OUR SHARED THEMATIC FOCUS

Areas this workshop may explore

Pick one, combine several, or surface something we haven't named — the door is open

01

Mental health & emotional wellbeing of young people



02

Psychological support in schools, universities, communities



03

Prevention of anxiety, isolation, burnout, social exclusion



04

Inclusion of vulnerable groups



05

Youth participation, empowerment and resilience



06

Digital wellbeing & the psychological impact of technology



07

Creative & participatory methodologies for wellbeing



08

Training professionals working with young people & families



09

Interdisciplinary cooperation across psychology, education, health, social innovation



16:25 — 25 MINUTES

Mapping needs and challenges

Collective mapping & problem tree — together we name what we see

GUIDING QUESTIONS

- What are the main mental health challenges affecting young people today?
- What needs do students, families, teachers or communities have?
- Which vulnerable groups require more psychological or social support?
- What gaps exist in current services, training or awareness?
- What problems could be addressed through international cooperation?



HOW · Silent post-its (one need per post-it)

16:25 — 25 MINUTES

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WE WILL CLUSTER POST-ITS INTO

- Youth mental health
- Emotional education
- Inclusion & vulnerability
- Digital wellbeing
- Community support
- Professional training
- Prevention & early intervention



HOW · Silent post-its (one need per post-it)

From challenges to project ideas

Small groups · brainstorming · turn one challenge into a possible European project

THE TASK

1. Form groups of 4–5 people.
2. Pick ONE challenge from the wall.
3. Don't try to solve it. Imagine a project that could move it forward.
4. Give your project a working title.



SIX QUESTIONS TO GUIDE YOUR BRAINSTORM

1 Problem

What is the specific problem you're addressing?

2 Target groups

Who is affected — and who will benefit?

3 Desired change

What would things look like if this worked?

4 Activities

What 2–3 concrete things would the project do?

5 Partners

Who from other countries might want to join?

6 Added value

Why is this better done together with Europe?

MOVE FROM “PROBLEMS” TO “POSSIBLE PROJECTS” · Don't aim for perfect — aim for clear



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17:15 — 25 MINUTES

Project Idea Canvas

Each group fills the A3 canvas — 8 boxes — to structure the idea on one page






1. THE NEED / PROBLEM <i>What specific challenge?</i>	2. TARGET GROUPS <i>Who will directly benefit?</i>
3. MAIN OBJECTIVE <i>What change do you want?</i>	4. KEY ACTIVITIES <i>What will the project do?</i>
5. EXPECTED RESULTS <i>What will exist at the end?</i>	6. EUROPEAN ADDED VALUE <i>Why together, not alone?</i>
7. POSSIBLE PARTNERS <i>Which kinds of organisations?</i>	8. FUNDING & NEXT STEP <i>Which programme? Then what?</i>

ONE CANVAS PER GROUP · ONE MARKER · EVERY BOX MUST HAVE SOMETHING — EVEN IF ROUGH

Gallery walk & collective prioritisation

Each group presents briefly · we choose the most promising ideas together

HOW IT WORKS

- 
1 Tape your canvas on the wall.
- 
2 60–90 seconds per group: title, need, one or two activities, why European.
- 
3 Silent gallery walk.
- 
4 3 votes per person. Mark an X on the ideas you think are strongest.
- 
5 Rule: you can't vote for your own group.

ASSESS IDEAS BY



Relevance

Does it address a real, urgent need?



Innovation

Does it bring something new?



Feasibility

Could we actually do this?



Potential impact

Will it change something?



European cooperation

Is it stronger together?



Faculty interest

Worth developing further?



Share ideas. Listen. Learn. Build better — together.

Where we leave it

A short reflection — and a real path forward

“

Which idea should be further developed after this workshop, and why?



WHAT HAPPENS AFTER TODAY

- 1 Refining the most promising ideas with the Faculty
- 2 Identifying the right Erasmus+, CERV or Horizon Europe call
- 3 Searching for international partners
- 4 Drafting a short concept note → a real application



T H A N K Y O U

Now the ideas belong to you.

F A C I L I T A T O R

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Platinum Facilitation Impact Award · 2020 & 2024

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W I T H G R A T I T U D E T O

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