



Co-funded by
the European Union

15 April, 2025

NEWS RELEASE
MYndTheater consortium
1 Nov 2024 – 31 Oct 2026

MYndTheater Project

The MYndTheater project is Co-funded by the European Union.

Aims to promote the mental health of young people through the Forum Theater methodology, in response to the threats present in digital environments.

MYndTheater will focus on developing key skills in young people, such as knowledge skills, life skills, psycho-emotional skills, and practical skills that allow them to be better equipped to protect their emotional and psychological well-being during their online interaction and mitigate any negative repercussions on their real life.

The project foresees the application of the forum theater approach in the youth organizations as a non-formal strategy for the development of these skills, promoting expression, dialogue, empowerment, resilience, education, and awareness on these issues, within the dynamics of digital environments.

In addition to simultaneously promoting community participation and social support for the creation of new socio-affective relationships.

Taking into consideration these facts, MYndTheater was created and launched in November 2024.

The project is also in line with the priority of European Commission for the period 2019-2024: a) The “European Digital Agenda” and especially the part of the strategy which is related with the creation of “open, democratic and sustainable digital society”.



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The consortium consists of Two Plus Two – Italy, Action Synergy – Greece, UG DAH Teatar - Serbia, DREAMY - Italy, Prona - Montenegro, Together For Life - Albania, BRAVO - Bosnia and Herzegovina, and SFERA INT – North Macedonia.

The partnership is aimed at valorizing the cooperation between Europe and Western Balkans. In particular, the project aims at improving the collaboration between Italy, Greece, 2 “third countries associated to the Programme” like North Macedonia and Serbia and 3 countries from Western Balkan (Albania, Bosnia and Herzegovina and Montenegro), and contrast the historical scenario that in the past was afflicted by war and violence.

The specific objectives of the project are:

- to broaden knowledge and understanding of the risks, threats, and impact on youth in their lives in digital environments,
- to promote non-formal education methodology based on the application of Forum Theater to the digital environment,
- to provide youth workers involved in youth mental health promotion and theater performance with key knowledge and practical skills related to the approach of the Forum Theater,
- to increase the level of employability of youth workers involved in youth mental health promotion and theater performance,
- to develop in youth workers and young people specific skills that allow them to have a better understanding of virtual environments, to develop specific Soft Skills (Psycho-emotional skills and Life skills) in youth workers, to increase and enhance the cooperation and networking between partners and youth organizations focused on the issues related to the promotion of mental health,
- to promote, at local level, the discussion and the public debate on the issue of mental health, and
- to support the development of youth work in third countries not associated with the program, improving its quality and recognition; strategic alliance with Western Balkans countries.