

# Participatory Workshop on European Project Ideas

Faculty of Psychology – Dimitrie Cantemir University of Târgu Mureș

|                   |                                                                                                |
|-------------------|------------------------------------------------------------------------------------------------|
| Proposed by:      | SOLIS SRLS                                                                                     |
| Facilitated by:   | Ana Maria Solis / SOLIS SRLS                                                                   |
| Date:             | Monday 25 May 2026, 4 PM                                                                       |
| Host Institution: | Dimitrie Cantemir University of Târgu Mureș                                                    |
| Host Professor:   | Assoc. Prof. Sorina-Mihaela Bălan, PhD                                                         |
| Duration:         | Maximum 2 hours                                                                                |
| Target group:     | Students, professors, researchers and/or staff from the Faculty of Psychology                  |
| Format:           | Participatory workshop with short inputs, facilitated group work and collective prioritisation |

## 1. General Objective

The workshop aims to support participants from the Faculty of Psychology in identifying, discussing and co-creating innovative ideas for future European projects related to psychology, mental health, emotional wellbeing, inclusion, education and community support.

The session will be designed as a participatory and practical workshop, not as a traditional lecture. It will use facilitation techniques to encourage active involvement, collective reflection and the development of concrete project ideas that could later be explored for European funding opportunities.

## 2. Specific Objectives

- Introduce participants to the basic logic of European cooperation projects.
- Create a collaborative space where participants can share needs, challenges and opportunities from the field of psychology.
- Use participatory facilitation methods to transform ideas into possible European project concepts.
- Identify topics with potential for international cooperation.
- Develop one or more preliminary project ideas that could be further explored after the workshop.

## 3. Proposed Thematic Focus

The workshop may explore project ideas connected to:

- Mental health and emotional wellbeing of young people.
- Psychological support in schools, universities and community contexts.
- Prevention of anxiety, isolation, burnout and social exclusion.
- Inclusion of vulnerable groups through psychological and educational approaches.
- Youth participation, empowerment and resilience.
- Digital wellbeing and the psychological impact of technology.
- Creative and participatory methodologies for wellbeing.
- Training of professionals working with young people, families or communities.
- Interdisciplinary cooperation between psychology, education, health and social innovation.

## 4. Methodological Approach

The workshop will be based on a participatory facilitation process. Participants will be actively involved through individual reflection, guided dialogue, small group work and collective prioritisation.

The facilitation approach will help participants move from general reflections to concrete project ideas. The workshop will combine a concise introduction to European project logic with practical exercises designed to identify needs, generate ideas and structure them into preliminary project concepts.

The following facilitation techniques may be used:

- Opening circle / quick check-in.
- Collective mapping of needs and challenges.
- Problem tree or thematic clustering.
- Brainstorming in small groups.
- Project Idea Canvas.
- Gallery walk or short group presentations.
- Dot voting or visual prioritisation.
- Closing reflection.

## Proposed Agenda

**Total duration:** Maximum 2 hours / 120 minutes

| Time          | Activity                                   | Duration | Facilitation Method               |
|---------------|--------------------------------------------|----------|-----------------------------------|
| 00:00 – 00:10 | Welcome and participatory opening          | 10 min   | Opening circle / quick check-in   |
| 00:10 – 00:25 | Short introduction to European projects    | 15 min   | Interactive presentation          |
| 00:25 – 00:50 | Mapping needs and challenges in psychology | 25 min   | Collective mapping / problem tree |
| 00:50 – 01:15 | From challenges to project ideas           | 25 min   | Brainstorming / small group work  |
| 01:15 – 01:40 | Project Idea Canvas                        | 25 min   | Co-design template                |
| 01:40 – 01:55 | Presentation and collective prioritisation | 15 min   | Gallery walk / dot voting         |
| 01:55 – 02:00 | Conclusions and next steps                 | 5 min    | Closing round                     |

## 5. Description of the Workshop Activities

### 5.1 Welcome and Participatory Opening

**Duration:** 10 minutes | **Facilitation technique:** Opening circle / quick check-in

The session will begin with a short welcome and presentation of the workshop objectives. Participants will be invited to briefly introduce themselves and answer a simple opening question, such as: “What is one challenge related to mental health, wellbeing or inclusion that you consider important today?”

This activity will help create an open, participatory and collaborative atmosphere from the beginning.

### 5.2 Short Introduction to European Projects

**Duration:** 15 minutes | **Format:** Brief interactive presentation

A concise introduction will be provided on how European cooperation projects are usually structured. The presentation will explain the basic elements of a project idea: the need or problem addressed, target groups, objectives, activities, expected results, European added value, possible partners and potential impact.

This part will be practical and focused, giving participants a common framework for the following group work.

### 5.3 Mapping Needs and Challenges in the Field of Psychology

**Duration: 25 minutes | Facilitation technique: Collective mapping / problem tree**

Participants will work together to identify key needs and challenges related to psychology, mental health and wellbeing.

Possible guiding questions include:

- 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?

The results will be visually collected and grouped into thematic clusters, such as youth mental health, emotional education, inclusion and vulnerability, digital wellbeing, community support, professional training, prevention and early intervention.

### 5.4 From Challenges to Project Ideas

**Duration: 25 minutes | Facilitation technique: Brainstorming and small group work**

Participants will be divided into small groups. Each group will choose one challenge identified in the previous activity and transform it into a possible European project idea.

Each group will reflect on the problem addressed, target groups, desired change, possible activities, partners involved and the added value of European cooperation.

The aim is to move from “problems” to “possible projects”.

### 5.5 Project Idea Canvas

**Duration: 25 minutes | Facilitation technique: Project canvas / co-design template**

Each group will complete a simple European Project Idea Canvas to give structure to its proposal. The canvas will include: project title, main need, target groups, objectives, main activities, expected results, European dimension and possible partners.

This activity will help participants structure their ideas in a clear and project-oriented way.

### 5.6 Presentation and Collective Prioritisation

**Duration: 15 minutes | Facilitation technique: Gallery walk / dot voting**

Each group will briefly present its project idea. After the presentations, participants will collectively identify the most promising ideas using a simple prioritisation method, such as dot voting.

Ideas may be assessed according to relevance, innovation, feasibility, potential impact, European cooperation potential and interest of the Faculty in developing the idea further.

### 5.7 Conclusions and Next Steps

**Duration: 5 minutes | Facilitation technique: Closing round**

The workshop will close with a short reflection on the ideas developed. Participants may be invited to answer a final question: “Which idea should be further developed after this workshop, and why?” The facilitators will summarise the main results and propose possible next steps.

## 6. Expected Outputs

By the end of the workshop, participants are expected to produce:

- A shared map of needs and challenges related to psychology, mental health and wellbeing.

- 
- Several initial ideas for European projects.
  - One or more prioritised project concepts.
  - A preliminary Project Idea Canvas for the most promising proposals.
  - Initial indications of possible target groups, activities, results and partners.

## 7. Possible Follow-Up

After the workshop, SOLIS SRLS may support Cantemir University in:

- Refining the most promising project ideas.
- Identifying suitable European funding programmes.
- Searching for international partners.
- Structuring a short concept note.
- Preparing future applications under Erasmus+, CERV, Horizon Europe or other relevant European programmes.