

STATUS: HUMAN – Young Minds Beyond the Pressure to Perform

An Erasmus+Youth Exchange | Hosted by Civic Lab, Bulgaria

Application deadline: 01.10.2026

Implementation: May 2027

Why This Project, Why Now



Always On, Always Measured

Young people are expected to be constantly available, productive, successful and informed — all at once.



Invisible Struggles

Social comparison, loneliness, information overload and future uncertainty affect well-being even when the struggles remain unseen.



A Cross-National Gap

These pressures are real, widespread and shared across Europe — yet rarely addressed in non-clinical, peer-led spaces.

ABOUT THE PROJECT

What STATUS: HUMAN Is



Format

Erasmus+ Youth Exchange, hosted in Bulgaria by CivicLab — bringing together mixed international groups.



Approach

Non-formal learning that is creative, participatory and non-clinical. No therapy, no diagnosis, no requirement to disclose personal experiences.



Scope

Young people examine shared pressures, compare experiences across countries and build healthier boundaries and mutual support.

Six Themes We Explore Together



Each theme corresponds to one immersive space in the Museum of Invisible Pressure — the project's signature creative outcome.

Always Available

The expectation of constant digital presence and perpetual connectivity.

Comparison Loop

Social comparison and the pressure to perform a "successful life" for others.

Future Pending

Uncertainty about education, employment and personal direction.

Together, but Alone

Loneliness that persists despite permanent digital connection.

Information Overload

The pressure to have an opinion about everything, all the time.

The Right to Pause

Personal boundaries, rest and the value of meaningful relationships.

The Museum of Invisible Pressure

The exchange's signature outcome: an interactive museum conceived, built and presented by participants themselves.

Six Immersive Spaces

One space per theme — using photography, sound, theatre, visual installations, anonymous messages and creative writing to make the invisible visible.

A Public-Facing Event

The museum opens dialogue beyond the group, inviting local communities to engage with the pressures young people navigate every day.



Methods & Learning Approach

Non-Formal Education

Participatory workshops, creative facilitation and peer reflection — learning through doing, not lecturing.

Artistic Tools

Photography, sound design, theatre, visual installations and creative writing as instruments for expression and exploration.

Safe Space Principles

Anonymous expression, voluntary sharing and no clinical framing.
Mixed international groups throughout — cross-cultural comparison built into every activity.

BEYOND THE EXCHANGE WEEK

What Happens After

Impact extends well beyond the exchange itself. Every partner carries the project home.



Local Follow-Up Activity

Each national group organises a local version or follow-up event inspired by the museum experience.



Pop-Up Edition Toolkit

All partners receive the **Museum of Invisible Pressure – Pop-up Edition**: a reusable toolkit with activity ideas and practical guidance.



Community Reach

Impact extends beyond the exchange week into each partner's own community and local youth network.

Who We Are Looking For

We are seeking committed European youth organisations ready to co-create this experience with us.



Direct Youth Work

Organisations working directly with young people and understanding their current realities.



Relevant Experience

Background in mental well-being, inclusion or creative youth work.



Safe Support Capacity

Ability to provide safe and responsible participant support throughout the project.



Inclusion Commitment

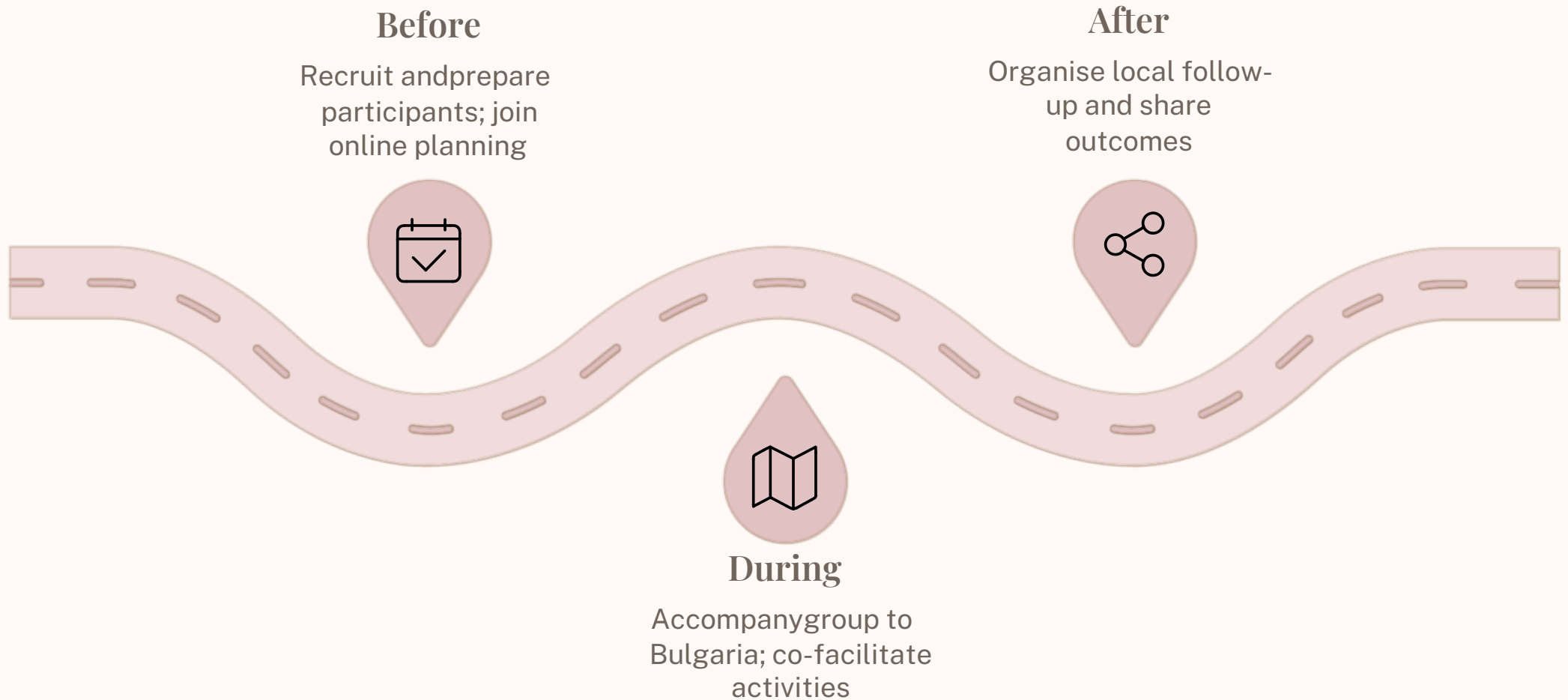
Willingness to involve young people with fewer opportunities in the exchange.



Active Commitment

Full engagement across preparation, implementation and local follow-up phases.

Partner Responsibilities at a Glance



Partnership is a shared commitment across all three phases — from preparation through to community impact. CivicLab provides full support and guidance at every stage.

Join STATUS: HUMAN

Be part of a European project that treats mental well-being as a social and cultural issue — not just an individual one.

Bring your young people into a creative, safe and genuinely international experience that leaves lasting impact at home and across Europe.

📄 Interested? Contact **CivicLab** to express your interest and receive the full project description and partnership agreement.

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