



PRESS RELEASE

The MELODIC Consortium met in Athens to promote the mental health of young adults with cancer

We were delighted to welcome the European partners of the MELODIC Consortium in Athens, during the two-day consortium meeting held on 19–20 January 2026, at the facilities of the School of Public Health, University of West Attica (UNIWA).

Representatives from all participating countries – Finland, Estonia, the Netherlands, Portugal, and Ireland – attended in person, while there was also significant active online participation. The excellent organization and warm hospitality created a collaborative and open communication environment, boosting optimism around the successful progress of the project.

On the first day, discussions focused on the progress of WP2 and WP3, including publication planning, needs assessment, and the development of the educational curriculum for healthcare professionals, aiming to support the mental well-being of young adults with cancer experience and their families.

In this context, the importance of approaches linking physical activity, natural environments, and mental health was highlighted, recognizing nature as a space for recovery and meaningful experiences for young people who have undergone demanding treatments.

During the short breaks, participants had the opportunity to meet and exchange views on the challenges and best practices in the field of mental health for young adults with cancer.

Later in the afternoon, participants enjoyed a lovely dinner at *Iamvos Restaurant*, located in the historic neoclassical building “*Kostis Palamas*” of the National and Kapodistrian University of Athens, in a welcoming atmosphere that encouraged networking and human interaction.

On the second day, the work continued with the further development and evaluation of the MELODIC intervention (WP4), with particular emphasis on the blue and green spaces as a key component of its design, followed by discussions on the communication, dissemination,



and sustainability strategy (WP5), as well as project management and quality assurance (WP1).

Partners actively participated, exchanging knowledge and experiences, and planning the next steps of the collaboration, while later braving the chilly weather for the optional visit to the Stavros Niarchos Foundation Cultural Center, where they admired the National Library, the National Opera, and the blue and green spaces of the foundation, combining nature with inspiration.

Kapa3's participation in the MELODIC Consortium ensures that the voices of young adults with cancer experience and their families are considered at every stage of the project.

We look forward to continuing our close collaboration with our European partners, preparing the next phase of the project and disseminating its results, aiming to enhance the mental health and overall well-being of young adults with cancer across Europe

More information about the project can be found [here](#).

Photos from the event follow.



CANCER
GUIDANCE
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CANCER GUIDANCE CENTER, ΚΑΡΑ3
ATHENS, 13 COSTI PALAMA STR., 11141, 3d FLOOR
T: +30 210 52.21.424, +30 6906265170 (09:00-17:00)
info@kapa3.gr ♦ volunteer@kapa3.gr
www.kapa3.gr



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