



Udruženje za zaštitu mentalnog zdravlja



Beyond the Doorstep

Project no. 101093772.
Call Erasmus Youth-
2022- CB

Our goal

Among young people, especially teenagers, in Japan and recently also in Western countries, we are witnessing an increasing number of people who voluntarily decide to withdraw from society, cutting off their relationships and social interests, a phenomenon known internationally as Hikikomori (from the Japanese 'self-isolation'). The analysis of the needs and level of awareness of the phenomenon among countries highlighted several problems, from a lack of research to misleading representation in the media, which often flatten the phenomenon to a simple addiction to the Internet and video games. The "Beyond the doorstep" project intends to raise awareness and work on the prevention of the Hikikomori phenomenon in the four countries involved (Italy, Bosnia & Herzegovina, Albania and Turkey). Stakeholders, associations and institutions working on the issue will enrich the discussion and present case studies and good practices, which will be collected in a publicly accessible Toolkit and an OER (Operational Education Resource), translated into all the languages of the countries involved.

Specifically, the partnership will work to achieve the following objectives

- Raise awareness among young people, families, youth associations, schools and institutions on the phenomenon of Hikikomori, conveying a correct narrative of the phenomenon, its possible causes and dynamics;

- Training youth workers, educators and teachers to work on prevention and identify the signs of social withdrawal, providing knowledge, techniques and materials for their local action;

- Create a network at local and international level to promote the recognition of Hikikomori and its integration into local and national priorities;

- Contribute to the implementation of the EU youth strategy and objectives and support the development of youth work, especially in partner countries.

Our results

"Beyond the doorstep" intends, with the actions and results foreseen, to spark the discussion and reflection on the topic of Hikikomori in the countries involved, allowing to share methods, knowledge, real cases and best practices among countries which are more aware of the phenomenon, and other countries in which it is still not recognised and not appropriately studied.

There is still not a steady literature on the phenomenon as it appears outside the Japanese context, and it is fundamental to foster the action of prevention and awareness raising on the topic, so to start recognising it as a phenomenon on its own, detached from the NEET or fewer opportunities, or from other mental conditions and pathologies deriving from different dynamics.

Talking about the hikikomori phenomenon is fundamental, both among educators, teachers and youth workers working with children and youngsters, both among young people that could recognise the characteristics of the hikikomori among their peers or on themselves. Through non formal methods in international workshops, local laboratories with students and local Training of Trainers with educators, teachers, youth workers and experts, the Consortium aims to work on prevention and awareness raising and on the correct representation and narrative of the hikikomori phenomenon.

What happened then?

Beyond the doorstep consortium is formed by the following partners: YouNet APS Italy as coordinator, People in Focus (Albania), Istanbul Aile, Calisma ve Sosyal Hizmetler İl Müdürlüğü (Turkey), Udruženje za Zaštitu Mentalnog Zdravlja Menssana (Bosnia-Herzegovina) and is supported by the European Commission through the the European Education and Culture Executive Agency (EACEA). The project was implemented from 01.12.2022 to 30.11.2024.

The first International meeting was held from 23rd to 24th of May 2023 in Tirana, Albania. During the meeting, we explored the multifaceted phenomenon of hikikomori with the talented trainer Doctor Rosanna D'Onofrio from association Hikikomori Italia. She provided in this context a very general overview on the phenomenon in order to better understand it and in order to prepare the following international meetings.

The second International meeting was held from 25th to 26th of July 2023 in Istanbul, Turkey. During this second meeting the partnership had the chance to go deep into the topics of hikikomori, focusing especially on the surrounding environment of the individual hikikomori, namely schools and teachers. This meeting was facilitated by Doctor Maria Laura Trifilò from association Hikikomori Italia.

For more information on the Beyond the Doorstep project, visit the project website and our social media accounts.



What is next?

- The third International meeting in Sarajevo, Bosnia-Herzegovina will take place in September 2023.
- The fourth International meeting in Reggio Emilia, Italy will take place in October 2023.
- Work in progress for the elaboration of the toolkit and the OER!

Project partners



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