



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 Türkiye). 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 (Open Educational Resource), translated into all the languages of the countries involved.

Beyond The Doorstep Toolkit available here :



Specifically, the partnership will work to achieve the following objectives:

- Raising awareness among young people, families, youth associations, schools and institutions about the Hikikomori phenomenon, conveying an accurate narrative about the phenomenon, its possible causes and dynamics;
- Training of youth workers, educators and teachers to work on prevention and identification of signs of social withdrawal, provision of knowledge, techniques and materials for their local activities;
- Create a network at the local and international level to promote the recognition of Hikikomori and its integration into local and national priorities;
- Contribute to the implementation of the strategy of EU goals for youth 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?

We are happy to share with you the latest developments and activities in the framework of the Beyond The Doorstep project. As we are nearing the end of our project, we have focused on expanding awareness of the Hikikomori phenomenon and sharing the outcomes of our work throughout the project's duration. All of the partners together YouNet APS (Italy), Turkiye (IFSS), Bosnia and Herzegovina (Menssana), and Albania (People in Focus) have successfully concluded the Multiplier Events.

Multiplier Events We organized multiplier events in each country involved in the project to disseminate the project's results and outcomes to various stakeholders, such as teachers, educators, youth workers, and different target groups, using meaningful discussions and activities. With these events, we aimed to maximize the project's impact by sharing knowledge, tools, and best practices while fostering collaboration and encouraging further actions to address the project's longevity and sustainability.



Bosnia and Herzegovina, 8th October 2024



Istanbul, 25th October 2024

- **Bosnia and Herzegovina:** Organized the first mental health symposium introducing the Hikikomori phenomenon, sparking discussions on awareness, intervention, and collaboration in addressing emerging mental health challenges.
- **Turkiye:** The event in Istanbul brought together 164 participants, including mental health professionals and youth workers, to discuss the phenomenon, showcase project outcomes, and share insights through presentations, a detailed toolkit review, and a panel discussion with experts involved in the project.
- **Albania:** Participants including students and youth workers were engaged, in discussions and activities about the Hikikomori phenomenon, its psychological impacts, and the project's results, using non-formal methods and providing tools for recognizing and addressing social withdrawal.
- **Italy:** Engaged high school students in a dynamic workshop to raise awareness about Hikikomori, fostering empathy, emotional insight, and practical skills through interactive activities and reflection.



Tirana, 8th November 2024



Reggio Emilia, 22nd November 2024

Thank you for following us on this journey! Our dedication to this mission will continue.

Project partners



YouNet Association
(Italy, Coordinator)
info@you-net.eu



People in Focus
(Albania)
peopleinfocusalbania@gmail.com



İSTANBUL VALİLİĞİ
AİLE VE SOSYAL HİZMETLER
İL MÜDÜRLÜĞÜ

IFSS
(Turkiye)
aile.abprojeler@gmail.com

Udruženje za zaštitu mentalnog zdravlja



Menssana
(Bosnia and Herzegovina)
info@udruzenjemenssana.org



<https://beyondthedoortstep.weebly.com>



Beyond the Doorstep



info@you-net.eu