



Co-funded by the
Erasmus+ Programme
of the European Union

Ref. Ares(2024)1493163 - 27/02/2024

CBY - BEYOND THE
DOORSTEP

Training of Trainers - YouNet

Project no. 101093772

Call: Erasmus-Youth-2022-CB

Project start date: 01.12.2022

Project end date: 30.11.2024



EVENT DESCRIPTION SHEET

PROJECT	
Lead organisation:	People in Focus
PIC number:	921606313
Project name and acronym:	Beyond the doorstep

EVENT DESCRIPTION			
Location:	Tirana, Albania		
Event name:	Training of trainers in Tirana, Albania		
In situ/online:	in-situ		
Date(s):	08 and 09/2/2024		
Participants			
Female:	17		
Male:	2		
Non-binary:	0		
Total number of participants:	19	From total number of countries:	1
Description			
<p><i>Provide a short description of the event and its activities (agenda, description of the activities, outcome, evaluation of the training and feedback from participants).</i></p>			

The training of Trainers in Tirana, Albania was held on 8-9 February 2024 at “Moikom Zeqo” library.

The staff of People in Focus published on social media (Facebook and Instagram page) the call for participants to announce the training. The call was created through google form. 41 people applied to take part in the training. The staff invited all applicants to be part of the training, considering their profession and motivation and the desire to use the knowledge gained in their everyday work. **19 participants in total took part in the local training.** They were school social workers, psychologists, students of psychology and social work, lawyers, teachers and youth workers.

On the first day, they got the chance to become acquainted with the project, its outcomes so far and the ongoing activities. They were invited to follow “Beyond the Doorstep” social media pages such as Facebook and Instagram and were introduced to the website to keep themselves updated with the forthcoming events. Participants had the space to get to know each other through non-formal education tools.

Mrs Iris Brici youth worker was the main trainer of the training. Mrs. Ejona Koni, social worker with extensive experience in the field was appointed as a guest speaker on the first day.

The first day started the session with the “Draw your mind” activity tool. Participants described through drawing how they perceived Hikikomori and social isolation.

Then, a presentation on Hikikomori followed the session where factors that enhance Hikikomori, characteristics of a Hikikomori individual etc were described. During the presentation, participants exchanged questions, as it was the first time that they were in contact with the phenomena and with such a detailed explanation. It was mentioned that in public institutions or mental care facilities, this syndrome is still not known by the professionals of the field. What was emphasised was the need for intervention at an institutional level, not only in schools. The case of Italy and its intervention so far was presented as a country that has taken several steps toward awareness and guidelines on Hikikomori syndrome which is massively seen among the young people nowadays. A video concluded the session by showing how Hikikomori was discovered in Japan.

On the second part of the training session of the 1st day, “the role of the school” was the highlight. Mrs. Sonjela Cenga, social worker with experience in schools, was the guest speaker and shared her experience. Also she used the “Theater play” as a non formal education tool to engage the participants as follows. The participants were divided into groups.

The given scenarios were:

1. New students who want to get to know each other go out for a coffee together and one of them says he/she/ is depressed.
2. A student constantly being bullied by his peers and not finding support by the teachers.
3. A student in a wheelchair who is communicating less in the classroom and not participating in leisure activities with his/her friends

After each group performed its play, they discussed how they felt in their role, how it was for them and what they would do differently.

The trainer talked through the role of the school to prevent the phenomena and to carefully observe the young people that need extra attention. Discussions sparked during this session as participants said that social workers in school are not familiar

with this new concept in our country that is seeing the potential to develop rapidly. They stressed the importance of organizing training on wellbeing where young people could express their feelings, raise their self-esteem, and prevent judgmental views.

Also, they brought to attention that not every social worker and psychologist are attentive with every student in school and the relationship with their families is distant as their role is not seen as very important due to past mentality.

The second day started with case studies on Hikikomori in the world. The participants were divided in groups and each group had to consider how to treat the given case and the mechanisms to be used.

Teachers, family, professionals on the field, and public institutions were mentioned in each group as stakeholders that are very important to cooperate with each other in order to help people that face difficulties in a moment in their life and not getting the situation worse.

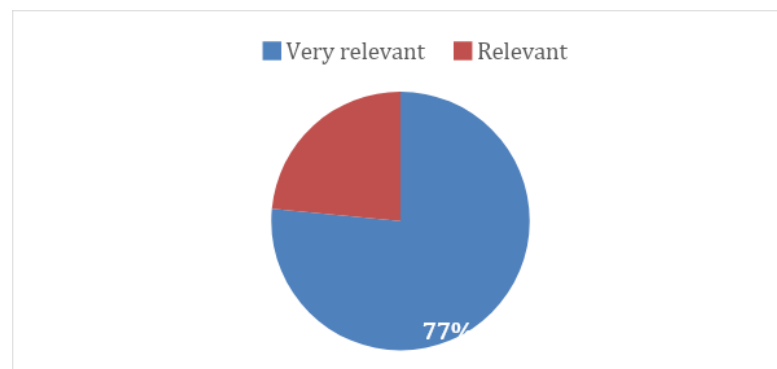
Afterwards, the facilitator presented how each case given was actually treated and how efficient it had been.

A discussion on cases in Albania followed the session. Even though there are no statistics on what is happening in our country with Hikikomori, some participants shared some insights. A school social worker stated that there are 2 young people in her school that could have some characteristics with Hikikomori, socially isolated and they are communicating less and less with their peers. She is attentively following their situation to take measures and stressed the importance of this training to her cases.

Another participant shared the case of her relative who had left work and had been partly isolating in his house, communicating mainly through social media. He feels that he has failed in life and has not been socially active recently. Participants reported that even though the cases in Albania may not be severe yet, action should be taken to prevent escalation. Increasing awareness and training on the topic even with public institutions should continue as a way to raise the voice and start other initiatives on hikikomori.

At the end of the day, participants filled out an evaluation form. 58.8 % of them rated the training as excellent and 41.2 % as very good.

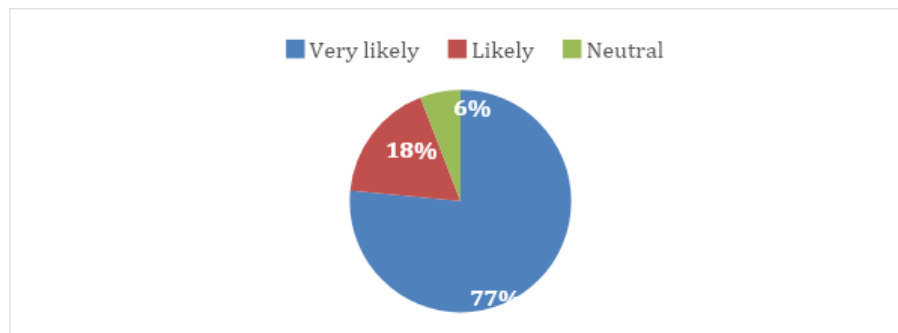
The question “To what extent do you think the content of the training was relevant to your role and responsibilities?”, they responded:



58.8% of them responded that they were very satisfied with the training information and engagement, 35.3 % satisfied and 5.8 % neutral. Also, 95 % of them found very effective the combination of formal and non-formal methodology in the

training.

To the question “How likely are you to apply what you learned in your work or activities?”, they responded:



Participants suggested that other trainings should be organized on this topic. Some of them stressed that they learned a lot even by the experience shared by other participants. They stated that they learned new information which would be helpful in their work. They rated the training as excellent and helpful and that also useful tools were incorporated in the training. All of them 100% would recommend this training to others.

The training was concluded with the distribution of the certificates to the participants.

People in Focus and some of the participants disseminated the training, in stories on their social media. After it was concluded, People in Focus posted on social media more content regarding the training.

Links of social media:

Facebook Page:

<https://www.facebook.com/share/p/r1tdJNwXG3p2HTtF/?mibextid=oFDknk>

<https://www.facebook.com/share/p/XoF2bAorRzXdHWdy/?mibextid=oFDknk>

Instagram Page:

<https://www.instagram.com/p/C22YTImttcC/?igsh=MTg4eWFvMmRzaTJwdg==>

<https://www.instagram.com/p/C3GC3fGtdAi/?igsh=dG92amF3NmtlcGgw>

<https://www.instagram.com/p/C3SvMF9tOV0/?igsh=NmI4dDF4M3VhY2xs>

Agenda of the Training of Trainers in Tirana, Albania:

8 February 2024

9:30 - 10:00 Registration and Welcome

10:00 - 10:10 Presentation of the Project

10:10 - 10:30 Getting to Know Each other

10:30 - 10:50 Draw Your Mind

10:50 - 11:30 Introduction with Hikikomori Phenomenon Part 1

11:30 -12:00 Coffee Break

12:00 - 13:00 Introduction with Hikikomori Phenomenon Part 2

13:00 - 14:00 Lunch

14:00 - 15:00 Group Work

15:00 - 16:30 How to tackle the Hikikomori as a problem affecting our society -
Role of the Schools

9 February 2024

9:30 - 11:00 Case Studies - Hikikomori in the World

11:00 - 11:30 Coffee Break

11:30 - 13:00 Work Group - What is Happening in Albania

13:00- 14:30 "Q&A Session and Closure

CERTIFICATION"