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CBY - BEYOND THE
DOORSTEP

Local Workshops in Schools

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 organization:	People in Focus
PIC number:	921606313
Project name and acronym:	Beyond the doorstep

EVENT DESCRIPTION			
Location:	<ol style="list-style-type: none"> 1. Dhora Leka School 2. Secondary school “Naim Frasheri” 3. Faculty of Medicine, University of Tirana, 4. Elementary school “Turgut Ozal” 		
Event name:	Local workshops in schools in Albania		
In situ/online:	in-situ		
Date(s):	03/2024-06/2024		
Participants			
Female:	71		
Male:	37		
Non-binary:	0		
Total number of participants:	108	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>			

Over the course of four months, People in Focus has organized workshops in local schools which include Dhora Leka School, Naim Frashëri Secondary School, and Turgut Ozal elementary school with pupils from 12 to 15 years old and an Informative Session with Medicine Students at the Faculty of Medicine of Tirana in their third year aged 20-21. The sessions in all of these premises were organized by People in Focus and were led by Mrs.Sonjela Taulla who is an experienced social worker and BWRT psychotherapist (Brain Working Recursive Therapy). They were also supported by Ms.Sindi Hysa, coordinator and supporting staff at People in Focus. The activities were organized using non-formal methodologies such as getting to know each other, energizers, role-play, reflections, debriefing, and information about the phenomenon of Hikikomori. The information was given in the local language and the delivery of the workshops was divided into two days each for every school.

The structure for of the workshops in all of the schools has been kept the same with the goal of informing pupils and students about the phenomena of Hikikomori. Below is a brief summary of each workshop conducted.

Dhora Leka school - 13/3/2024 and 15/03/2024

The workshop was held in two parts. Day 1 was on 13/03/2024 and Day 2 was on 15/03/2024. Around 40 pupils gathered from 8th and 9th grade. 25 of them were females and 15 males.

Day 1 of the event started with an introduction. Standing in a circle, everyone had the chance to introduce themselves and their hobbies as a way to get acquainted quickly. To bring up the atmosphere, an energizer was presented to the pupils.

Energizer: "CARS":

- Participants formed pairs.
- One person (the "car") closed their eyes, and the other (the "driver") guided them.
- The "driver" directed the "car" to avoid obstacles.

After the energizer, the pupils had a group activity.

Group Activity:

- Participants worked in groups of 4-5.
- Task: Draw an ideal school and describe its emotional and relational benefits.
- Groups presented their ideas.

In the second part of the workshop, we discussed social withdrawal by asking the pupils to describe any similar cases they may be aware of in their communities.

After the discussion, a description of social withdrawal was given to the pupils and the project Beyond the Doorstep was introduced.

At last, we had a screening of the educational movie 'Hikikomori' which delves into the topic of social withdrawal and shows what goes on in a Hikikomori's world.

Day 2 started with a simple energizer..

Afterward, Ms. Sonjela Taulla gave a presentation on the topic of Hikikomori. She gave a clear and informative presentation on the origin, global spread, and ways to support individuals with Hikikomori. During her talk, she engaged the pupils by asking if they had noticed Hikikomori symptoms in their friends or acquaintances. One pupil shared a case of a schoolmate who exhibited signs such as refusing to speak, crying uncontrollably, and only communicating through her diary.

Conclusion: After the presentation, participants filled out evaluation forms. The workshop concluded with the distribution of certificates to the participants.

The following is the dissemination link about the workshop held in Albania, published on the official Instagram of the project:

Instagram post part 1: https://www.instagram.com/p/C4katw7Mo4P/?img_index=1

Instagram post part 2: https://www.instagram.com/p/C40rKucMb8V/?img_index=1



Naim Frashëri secondary school – 23/05/2024

The workshop was held in one day. It was conducted on 23/05/2024.

27 pupils participated in this workshop with 15 of them being females and 12 males. The session started out by presenting the Organization and the project. The next step was getting to know each other, and saying your name and one hobby.

Next, the pupils were tasked to describe their ideal school. They were divided into groups. We distributed flipcharts and colorful markers to each group and advised the pupils to

express themselves with drawings and positive messages to address how their perfect school would look like.

After a brief discussion, the students were presented with a summary of the Hikikomori phenomenon where the focus was on

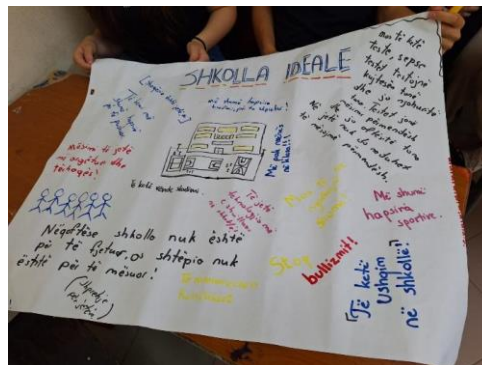
- What is Hikikomori,
- where was it first discovered,
- global perspective,
- which are the risk factors,
- How to ask and get help

Mrs. Sonjela explained further how to identify signs, how to call for help, and how to explain this to your peers.

People in Focus carried out monitoring and evaluation through discussion and direct feedback from students. The reactions were very positive.

The following is the dissemination link about the workshop held in Albania, published on the official Instagram of the project:

Instagram post: https://www.instagram.com/p/C7WT_Ycs-Dt/?img_index=1



Informative Session- Faculty of Medicine, University of Tirana – 08/05/2024

This session was addressed to third-year medical students, based in Tirana, Albania. 19 students participated in this info session where 18 were female and 1 was male. The session started with a brief discussion asking if the students were acquainted with the topic. Then the students were presented with a summary of the Hikikomori phenomenon where the focus was on

- What is Hikikomori,
- Where was it first discovered,
- Global perspective,
- What are the risk factors,
- How to ask and get help

At the end of the session, all the students were asked to write a letter to themselves.

Purpose of the activity: To reflect on our well-being. Each of the students had the chance to present their work.

In addition, participants were provided with theoretical tools to better recognize the phenomenon and fight against it. Through discussion, we learned that the students were happy that they learned something new and they enjoyed the process.

The following is the dissemination link about the Informative Session held at the Faculty of Medicine, in Tirana, Albania, which was published on the official Instagram of the project:

Instagram post: [//www.instagram.com/p/C6yR55jMB_k/?img_index=1t](https://www.instagram.com/p/C6yR55jMB_k/?img_index=1t)



Agenda of Workshops in Schools

Day 1

9:00-9:15 Introduction and getting to know each other

9:15-9:25 Energizer

9:25-9:45 Activity

9:45-9:55 Presentation of activity

9:55-10:05 Discussion about the topic of social withdrawal

10:05-10:10 Discussing Beyond The Doorstep project

10:10-10:25 Debriefing and final discussion

10:25-10:30 Closing

Day 2

9:00-9:10 Energizer

9:10-9:35 Presentation on PowerPoint of Hikikomori

9:30-9:50 Discussions with the participants on this topic

9:50- 10:05 Sharing examples from their communities

10:05-10:15 Evaluation

10:15-10:30 Closure and CERTIFICATE distribution

Conclusion

To conclude we have delivered information to 108 young people where 71 of them were female and 37 of them were male. We have had a high level of involvement from the students and pupils who seemed to be very interested in this new topic. To our surprise, this topic had not been totally unknown to some of them. While they lacked the terminology to label the cases from their own communities as Hikikomori, they were able to describe symptoms and make the relation between that behavior and social withdrawal. This makes us think and verifies that awareness campaigns on Hikikomori are very important as these experiences with pupils indicate that it is indeed a silent phenomenon.