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Erasmus+ Programme
of the European Union

CBY - BEYOND THE DOORSTEP

Multiplier Events

Project no. 101093772

Call: Erasmus-Youth-2022-CB

Project start date: 01.12.2022

Project end date: 30.11.2024



EVENT DESCRIPTION SHEET

BEYOND THE DOORSTEP PROJECT	
Participant:	IFSS
PIC number:	940257279
Project name and acronym:	Beyond the Doorstep - BTB

EVENT DESCRIPTION			
Event name:	MULTIPLIER EVENT IN ISTANBUL		
In situ/online:	In situ		
Location:	Istanbul, Turkey		
Date(s):	25.10.2024		
Website(s) (if any):	https://www.aile.gov.tr/istanbul		
Participants			
Female:	116		
Male:	48		
Non-binary:	Unknown		
Total number of participants:	164	From total number of countries:	1
Description			
<i>Provide a short description of the event and its activities.</i>			
<p>On October 25, 2024, the Istanbul Foundation for Social Studies (IFSS) organized the final activity of the Beyond the Doorstep project's WP4, the Multiplier Event, at the Istanbul Commerce University hall. The event brought together 164 participants, including mental health professionals, educators, youth workers, academics, representatives of civil society organizations, municipal officials, and university students. Our primary aim was to raise awareness about the hikikomori phenomenon, share the results and outputs of the project, and promote inter-institutional cooperation to address this pressing issue.</p> <p>The content of the Multiplier Event was carefully designed to provide a comprehensive overview of the Beyond the Doorstep project and to foster meaningful discussion on the hikikomori phenomenon:</p>			

- **Opening Speeches**
Welcoming remarks by distinguished guests and stakeholders highlighted the significance of addressing the hikikomori phenomenon and fostering inter-institutional collaboration.
- **Presentation of the Project**
A presentation covered the concept of hikikomori, its impact, the key outputs of the Beyond the Doorstep project, and the activities conducted in each work package. Visual materials such as photographs were shared, and participants were introduced to the project's website, social media platforms, and the Toolkit.
- **Introduction of the Toolkit**
The project's Toolkit, designed as a practical resource for tackling hikikomori, was introduced. Participants could access it via a QR code displayed during the session, with printed copies available at the venue.
- **Panel Discussion on the Hikikomori Phenomenon**
A panel discussion moderated by an expert included three mental health professionals who provided insights into the phenomenon, shared their experiences from the project, and discussed strategies to address social withdrawal. The session concluded with a Q&A to foster interaction and engagement.

We extended invitations to a wide range of stakeholders, including mental health educators from the Ministry of National Education in Istanbul, school teachers, psychologists and social workers from mental health hospitals, university academics, university students, representatives from civil society organizations focused on youth, youth workers from IFSS, and officials from 9 district municipalities as well as the Istanbul Municipality. A total of 240 individuals were invited to participate, with 164 attendees ultimately joining the event.

The event began with opening speeches from esteemed guests, setting the tone for a collaborative and insightful session. Dr. İlker Köse, Head of the Technology Transfer Office of Istanbul Commerce University, welcomed attendees and emphasized the university's commitment to addressing social communication challenges faced by young people and strengthening social solidarity. Dr. Ayşe Sena Sezgin, a Green Crescent Board Member, highlighted the importance of combating universal challenges like digital addiction, aligning with our project's goals of addressing social withdrawal in the digital age. Maltepe District Governor, Mr. Bahri Tiryaki, who attended as the legal authority for the district, underscored the role of public institutions in tackling contemporary issues affecting youth. Finally, Provincial Director, Mr. Ömer Turan, stressed the significance of collaboration between institutions to protect young people from risks such as social withdrawal and isolation.

Following these insightful speeches, we introduced the Beyond the Doorstep project in detail. Ms. Emine Üzün Tan, Branch Manager of the EU Projects and External Relations Unit, elaborated on the activities carried out throughout the project's lifecycle and discussed the critical importance of addressing hikikomori, which causes young people to withdraw from social life. She explained the phenomenon's impact on individuals and communities, supported by visual presentations of the project's results, including photographs of activities. The project's website and social media accounts were shared to encourage continued engagement with our resources.

As part of the event, we presented the Toolkit, one of the key outputs of our project. Ms. Tuğba Ayyıldız introduced the Toolkit, explaining its purpose and practical applications in addressing the

hikikomori phenomenon. A QR code was displayed on the screen for participants to download the Toolkit directly, while printed copies were made available at the entrance of the hall for easy access.

In the final session, we organized a panel discussion to provide deeper insights into hikikomori and foster an interactive learning environment. The panel was moderated by Deputy Provincial Director, Mr. Halis Kuralay, and featured three distinguished experts in mental health: Ps. Burcu Kara, Ps. Muhammet Öles, and Psychological Counselor Serap Kılınç Özay, who were also youth workers involved in our project's training of trainers and local workshops. During the panel, the experts provided an in-depth exploration of hikikomori, discussing its manifestations in young people, how it is defined in the literature, and practical strategies for addressing the issue.

The panelists also shared their experiences from conducting local workshops, offering practical examples of how our project activities have contributed to addressing hikikomori. This session concluded with an interactive Q&A, allowing participants to ask questions and engage directly with the panelists, further enriching the discussion.

The event successfully created a platform for dialogue, knowledge-sharing, and collaborative brainstorming, uniting diverse stakeholders to tackle the challenges posed by hikikomori. We were honored to facilitate this important conversation and to contribute to the collective efforts toward building solutions for social withdrawal among young people.

Below some photos of the events can be found:



Photo I. Our legal representative's opening speech by Omer Turan.



Photo II. Project Presentation by Ms. Emine Uzum Tan.



Photo III. Toolkit Presentation by Psk. Tugba Ayyıldız.



Photo IV. Panelists raise awareness about hikikomori.

A press release about our Multiplier Event was published on the IFSS website. The release provides an overview of the event and its key highlights. You can access it through this link: [Beyond the Doorstep Project Multiplier Event Press Release](#).

Posts about the Multiplier event can be found on these links:

https://www.facebook.com/permalink.php?story_fbid=pfbid02vBn7GHZntDdpdEYumqjbsLFJkJahQHx2gUzD8uf5ZXDpTj8gUeNuD923KycWiA59l&id=100092629660043

https://www.instagram.com/p/DCTm0oiszNc/?img_index=1&igsh=OGRxdjgwOGc4a3Zs