



Co-funded by the
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

PROJECT	
Participant:	People in Focus
PIC number:	949011238
Project name and acronym:	Beyond the Doorstep

EVENT DESCRIPTION			
Location:	"Teknike Ekonomike" professional High School and "Moikom Zeqo" library, Tirana, Albania		
Event name:	Multiplier Event in Tirana, Albania		
Type:	conference		
In situ/online:	In situ		
Date(s):	08.11.2024 09.11.2024		
Participants			
Female:	35		
Male:	45		
Non-binary:	0		
Total number of participants:	48	From total number of countries:	1
Description			
<i>Provide a short description of the event and its activities.</i>			
<p>MULTIPLIER EVENT 1- Technical Economical High School</p> <p>This multiplier event held on the premises of "Teknike Ekonomike" professional high school was organized by People in Focus and was led by Sonjela Taulla on November 8, 2024.</p> <p>Mrs. Taulla is an experienced social worker, ABA Therapist, and BWRT psychotherapist (BrainWorking Recursive Therapy). They were also supported by Ms.Sindi Hysa, coordinator and supporting staff at People in Focus.</p> <p>The activities were organized using non-formal methodologies such as getting to know each other, using energizers, debriefing, and presenting information about the phenomenon of Hikikomori and the project results. The information was given in the local language. They were addressed to the "Teknike Ekonomike" High School, based in Tirana, Albania.</p>			

28 students participated in this informative session with 23 of them being female and 5 male. The session started out by presenting the Organization People In Focus and the project Beyond the Doorstep. The next step was getting to know each other, a game of the name using passing a tennis ball around to increase the dynamic of the group.

After a brief discussion, the students were presented with a summary of the Hikikomori phenomenon, which explained what Hikikomori is, where it was first discovered, the global perspective, the risk factors, and the psychological aspects of social withdrawal.

We focused on presenting participants with the project's results and our awareness-raising activities on Hikikomori, which included international workshops for youth professionals held in Bologna, Sarajevo, Istanbul, and Tirana; the development of a prevention guide by experts from four countries for specialists and youth workers; local Train the Trainers sessions to equip teachers and youth professionals; workshops for young people (ages 12-21) in each partner country, including five workshops in Albania in schools and universities; and three newsletters summarizing the project's progress and outcomes at each stage. In the end, we showed an informative video on YouTube about the phenomenon of hikikomori.

With theoretical tools to better recognize the phenomenon and fight against it, for example, showing useful links and hotlines to address issues and seek help.

Monitoring and evaluation were carried out by People in Focus through discussion and direct feedback for students. The reactions were very positive and impressive for the way this information was presented and they increased their knowledge of this previously unknown topic.

Agenda of the event, 08/11/2024

12:00 - 12:10 - Presentation of the organization PIF and the project BTD

12:10 - 12:30 - Energizers and name game

12.30 - 12:50 - Presentation about the phenomenon and the project results

12:50 – 13:15 - Informative video on Hikikomori

13:15 – 13:30 - Evaluation and feedback on the training

The following is the dissemination link about the Multiplier Event held in Tirana, Albania published on the official Instagram of the project and also on the official Instagram and Facebook of People in Focus :

https://www.instagram.com/p/DCO243PttSO/?img_index=1





MULTIPLIER EVENT 2 - Moikom Zeqo library

This multiplier event was held at the ‘Moikom Zeqo’ library and was organized by People in Focus. It was led by Ejona Koni on November 9, 2024.

Mrs.Koni is an experienced social worker and trainer. 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, using energizers, debriefing, and presenting information about the phenomenon of Hikikomori and the project results. The information was given in the local language. They were addressed to youth workers and youth representatives, based in Tirana, Albania. We had 20 participants in this informative session and multiplier event with 12 of them being female and 8 male.

The session began with an introduction to the organization People In Focus and the project Beyond the Doorstep.

Participants were then invited to introduce themselves by sharing their backgrounds in work or study.

Ms.Koni led a short discussion on social withdrawal, encouraging attendees to share their thoughts. After this discussion, the group was presented with a summary of the Hikikomori phenomenon where was it first discovered, the global perspective and which are the risk factors, and the psychological aspects of social withdrawal.

We then shared the project's achievements and awareness-raising activities on Hikikomori, which included international workshops for youth professionals in Bologna, Sarajevo, Istanbul, and Tirana; the creation of a prevention guide by experts from four countries for specialists and youth workers; local Train the Trainer sessions to empower teachers and youth professionals; workshops for young people (ages 12-21) in each partner country, including five sessions in Albania at schools and universities; and three newsletters outlining the project's progress and outcomes.

To conclude, participants were provided with theoretical tools to better identify and address the phenomenon, including valuable links and hotlines for seeking help.

Monitoring and evaluation were carried out by People in Focus through discussion and direct feedback from the participants. The group collectively agreed on the importance of having a support system during challenging times, prioritizing mental health, and looking out for one another.

Agenda of the event, 09/11/2024

10:00 - 10:10 – Welcome and Introduction to People In Focus (PIF) and the Beyond the Doorstep Project

10:10 - 10:30 – Group Discussion on Social Withdrawal

10:30 - 10:50 – Overview of the Hikikomori Phenomenon and Project Achievements

10:50 - 11:00 – Presentation on Key Resources and Support Tools

11:00 - 11:15 – Participant Evaluation and Feedback Session

The following is the dissemination link about the Multiplier Event held in Tirana, Albania published on the official Instagram of the project.

https://www.instagram.com/p/DC4SbfEMhQQ/?img_index=1

