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# 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	
<b>Lead organisation:</b>	YouNet APS
<b>PIC number:</b>	949011238
<b>Project name and acronym:</b>	Beyond the doorstep

EVENT DESCRIPTION			
<b>Locations:</b>	<b>YouNet APS</b> , Via Emilia Ponente 129, 40133 - Bologna <b>Istituto Europeo di Studi Superiori S.c.s.</b> , P.zza Prampolini, 2/A, 42121, Reggio Emilia		
<b>Event name:</b>	Multiplier event in Italy		
<b>In situ/online:</b>	in-situ		
<b>Date(s):</b>	24.10.2024 22.11.2024		
<b>Participants</b>			
Female:	27		
Male:	23		
Non-binary:	1		
Total number of participants:	51	From total number of countries:	5
<b>Description</b>			
<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>YouNet APS organized two multiplier events in the last two months of the Beyond the Doorstep project. The first event took place on <b>October 24, 2024</b>, while the second was held on <b>November 22, 2024</b>. Both events aimed to share the project's results and further raise awareness about the hikikomori phenomenon, a growing concern in many communities. Consequently, the target audience included students, teachers, volunteers, and youth workers, ensuring diverse perspectives and engagement.</p> <p>The first event, held on October 24, 2024, at YouNet's office in Bologna, Italy, welcomed 29 participants, including students, teachers, youth workers, educators, and volunteers from Italy, France, Spain, and Poland. The event primarily focused on presenting the Beyond the Doorstep project results</p>			

and the activities carried out during its lifetime. Additionally, it emphasized raising awareness about the hikikomori phenomenon among the attendees. Given the international composition of the participants, the event was conducted in English to ensure inclusive communication.

The event began with a warm welcome and an introduction to the objectives and structure of the session. This was followed by a detailed presentation of the Beyond the Doorstep project, including its goals, implemented activities, and key findings related to the hikikomori phenomenon. Participants then engaged in an open discussion to share their perspectives and experiences, providing valuable insights from diverse cultural and professional backgrounds.

The session continued with an interactive workshop featuring a non-formal role-playing activity inspired by the project's results. The activity allowed participants to explore the challenges and solutions associated with hikikomori through a hands-on, reflective approach. The interactive approach facilitated deeper understanding and personal reflection on the challenges and solutions related to the hikikomori phenomenon. The event concluded with a wrap-up session, summarizing the key takeaways and encouraging participants to share their feedback and insights. Informal networking opportunities followed, fostering connections among the attendees.

The last in-person activity of the Beyond the Doorstep project from the side of YouNet APS was held on the 22nd of November 2024. As previously, the outcome of the local workshops organized in high schools was very positive, and they turned out to be the most powerful and most important activities of the project, YouNet decided to place its multiplier events in high schools and continue with raising the awareness of the phenomenon of Hikikomori reaching as many students as possible.

The current multiplier event was hosted by a high school in Reggio Emilia (Istituto Europeo di Studi Superiori S.c.s) where the workshop was facilitated by the project manager involving two Spanish volunteers of the European Solidarity Corps. The language of the workshop was English, upon request of the headmaster. It was carried out within the timeframe of 90 minutes, involving 22 participants in total.

The main aim of the Hikiko-Move to Change workshop was sensibilization of the target group in the topic of Hikikomori. With specified objectives, we designed the activities so that participants:

- would get a deeper understanding of the phenomena of Hikikomori;
- would be more aware of the signals of social withdrawal;
- would be more able to recognize the signs of social withdrawal in themselves and in their social circles like family, friends, classmates etc.;
- would be more able to identify their emotions;
- would be more ready to call for help when reasonable and support others in need;
- and would become more empathetic towards others.

Before getting started, facilitators introduced themselves, YouNet organisation, and its local activities (among others also those already carried out within the Beyond the Doorstep concept). Then, they summarized the Beyond the Doorstep project's main objectives, implemented activities and results, and also included a short introduction about the Hikikomori phenomenon itself. As they met the students for the first time, it was needed to give the right kick-off to the workshop by introducing the project, as well as to create a safe environment for the upcoming activities.

The activities of the workshop were chosen from the list of educational tools for youth workers of the [online toolkit](#) of the project delivered by using non-formal education methods (energizer, teamwork, role play) and were followed by debriefing and reflection. The first activity was an introduction from the side of the participants: we asked them to tell us their names and to add what

comes to their mind when they first hear the word 'Hikikomori'. They came up with various associations, some were quite close to the actual meaning, others had absolutely nothing to do with the phenomenon. We moved on to the energizer that allowed participants to move and use their bodies as pieces of art. For each clap they froze and constructed a sculpture with their bodies representing the abstract calling words. This exercise brought awareness of how the same concepts can be represented in different ways, how our minds can have different associations about the same words, and of the fact that none of those sculptures and representations are better or worse than the other ones, they are only different. Diversity and inclusion begins with the way of our thinking.

The energizer was followed by the core activity, including a role play. In this part, participants were split into small groups, each of them working on a given scenario that represented a real-life situation of social withdrawal of young people. They elaborated the brief description in a way that they were able to create a short scene in which they present the situation and propose a solution. Each scene was played twice: in the first round, teams presented them as they prepared, although in the second round, the audience could interfere and stop the scene, proposing new solutions for a given situation. This way participants from other teams could enter the plot and change the situation according to their preferences. In the debriefing of the activity, students were asked if they have ever encountered similar situations, how realistic they perceived the scenes and the solutions, how they usually deal with similar situations and how they could help others to overcome them. Facilitators brought students' attention to the importance of prevention and the awareness in recognizing the first symptoms of Hikikomori. They also helped the students identify supporting figures in their surroundings to whom they could turn to in case of need or emergency.

To conclude the event, reflective questions pointed to the learnings and benefits of the workshop, being in line with its objectives; knowledge-, skills- and attitudes-wise. According to the opinion of students, they experienced an increase in their awareness of the Hikikomori phenomenon and its signals; they felt more able to recognize those signs in themselves and in their social environment, and they are better at identifying their emotions; furthermore, they felt more sensitive and empathetic towards others, improving their readiness in asking for help and in providing support when they are needed. Even the professor pointed out how much they got involved in the activities and improved their improvisation skills and spoken English language, as well as their team working skills.

As a final step, students were asked to sign the participants list. They provided us with positive feedback and compliments for which we could make sure that events like this one are needed and fulfill their purpose completely.

Below is the design of the Hikiko-Move to Change workshop:

Title	Hikiko-Move to Change
N. of participants	20-25 students, aging between 16-17
Date	22.11.2024
Language	English
Duration	90 min
Introduction	Have you ever experienced that you withdraw yourself from society, cut your relationships and social interests and in general,

	<p>you limit your social interactions? Well, it might be the case that you are facing a phenomenon known as Hikikomori (self-isolation). If you have ever noticed some of these signals in your life or in your friends and family members, you might be interested in how to support people struggling with Hikikomori. Join our workshop and raise your awareness on the phenomenon and on the symptoms of social withdrawal. With interactive methods, you will be able to practise identifying your emotions and you will get armoured in case you or your mates need help. Your awareness is the first step in helping others and yourself in need. Take it, be inclusive and empathetic!</p>
Objectives	<p>Sensibilization of the target group in the topic of Hikikomori. Participants will get a deeper understanding on the phenomena of Hikikomori.</p> <p>They will be more aware of the signals of social withdrawal. They will be more able to recognize the signs of social withdrawal in themselves and in their social circles like family, friends, classmates etc.</p> <p>They will be more able to identify their emotions.</p> <p>They will be more ready to call for help when reasonable and support others in need.</p> <p>Students will become more empathetic towards others.</p>
Design	<ol style="list-style-type: none"> <li>1. Intro of YouNet and facilitators</li> <li>2. Intro of Beyond the Doorstep and Hikikomori, project objectives, activities, results</li> <li>3. Intro of participants: names + What comes to your mind when you hear the word 'Hikikomori'?</li> <li>4. Energizer: Still images: Participants mingle around the room. We pick a calling word (enthusiasm, challenge, support, success, stress, balance) and let them mingle for 5sec. Then we clap and they freeze in statues showing the calling word as body sculpture. They can look around to check how others displayed the same given concept. Then we do some other rounds. <i>Debriefing</i> about: mental representations, associations, diversity and inclusion on abstract level.</li> <li>5. Core activity: Theatre play: Participants are split in groups of 4-5 people. We give each group a scenario on paper that they need to elaborate and present. They will make a short scene (max. 2 mins) in which they present the given situation and they propose a solution for this (how would they behave in this situation). The preparation time for each group is 15 min. After time is up, the first group presents its scene. Then, they play it for a second time and someone from the audience can stop the scene, enter and change the plot according to his/her preferences. Then, the next group's turn to present, and</li> </ol>

	<p>so on.</p> <p><i>Debriefing</i> about: performing in front of the class, emotions, perception of scenes, encountering similar situations, dealing with and facing social withdrawal, importance of prevention, recognition of symptoms, identification of supporting figures</p> <ol style="list-style-type: none"> <li>6. Reflection: conclusion, impressions of participants, learnings, improved competences.</li> <li>7. Feedback + Participants list</li> </ol>
<p>Materials</p>	<p>Projector/LIM, participants list</p> <p>Scenarios:</p> <ol style="list-style-type: none"> <li>1. A new student who wants to get to know the others, goes out for a coffee together with the classmates and one of them says he/she/ is depressed.</li> <li>2. A student is constantly bullied by his peers and doesn't find support by the teachers.</li> <li>3. A student in a wheelchair communicates less in the classroom and doesn't participate in leisure activities with his/her peers.</li> <li>4. A young person only communicates through social media and is experiencing a difficult period in his/her family.</li> <li>5. An underaged young person feels exhausted because he/she works very hard to help his/her parents. He/she has no time for going out with friends.</li> <li>6. A student lives in a hostile and poor neighborhood, and he/she often experiences social isolation due to his/her origin.</li> <li>7. A young person suffers from an incurable illness. At the hospital he/she feels lonely and depressed.</li> </ol>

Below some photos of the events can be found:









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

<https://www.facebook.com/photo?fbid=895152342760259&set=a.570868171855346>

<https://www.instagram.com/p/DC1hb3tqSdN/?next=%2F>

<https://www.facebook.com/photo/?fbid=492967927134192&set=a.106706819093640>

<https://www.instagram.com/p/DC1iglut0RN/?next=%2Fyounetit%2F>

At the beginning of the multiplier events, a brief introduction of the Beyond the Doorstep project and the phenomenon of Hikikomori was held, as it follows in the annex 1.



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Udruženje za zaštitu mentalnog zdravlja



# objectives

**to sensitize**

**to increase the  
awareness**

**to create an  
international network**

**to train the  
trainers**



# activities

**International  
meetings**

**Training of  
trainers**

**Local workshops**

**Multiplier events**

# HIKIKOMORI

**Social  
withdrawal**

**Phases,  
symptoms**

**Prevention**

The background is a solid yellow color with a pattern of white, hand-drawn, wavy lines that create a sense of movement and energy. The lines are irregular and fluid, resembling a topographical map or a stylized, abstract landscape. The word "ENERGIZER" is centered in the middle of the image.

**ENERGIZER**

The background is a solid yellow color with a pattern of white, hand-drawn polka dots of varying sizes scattered across the entire surface. The dots are irregular and have a slightly textured appearance.

# **THEATRE PLAY**