

Beyond the Doorstep

Project no. 101093772.
Call Erasmus Youth-
2022- CB

Our goal

Among young people, specifically teenagers, in Japan, and recently also in Western countries, we are witnessing an increasing number of people who voluntarily decide to withdraw from society, severing their ties and social interests, a phenomenon known internationally as Hikikomori (from the Japanese 'self-isolation'). An analysis of the needs and level of awareness of this phenomenon among countries pointed to several problems, from a lack of research to a misrepresentation in the media, which often equates the phenomenon to a simple addiction to the Internet and video games. The project "Beyond the Doorstep" aims to raise awareness and work on the prevention of the Hikikomori phenomenon in the four countries involved (Italy, Bosnia and Herzegovina, Albania and Turkey). Interested groups, associations and institutions working on this issue will enrich the discussion and present case studies and good practices, which will be collected in a publicly available handbook and OER (Operational Education Resource), translated into all languages of the countries involved.

Specifically, the partnership will work to achieve the following goals:

- Raising awareness among young people, families, youth associations, schools and institutions about the Hikikomori phenomenon, conveying an accurate narrative about the phenomenon, its possible causes and dynamics;
- Training of youth workers, educators and teachers to work on prevention and identification of signs of social withdrawal, provision of knowledge, techniques and materials for their local activities;
- Create a network at the local and international level to promote the recognition of Hikikomori and its integration into local and national priorities;
- Contribute to the implementation of the strategy of EU goals for youth and support the development of youth work, especially in partner countries.

Our results

"Beyond the Doorstep" intends, with foreseen actions and results, to initiate discussion and reflection on the subject of Hikikomori in the countries involved, enabling the exchange of methods, knowledge, real cases and best practices of countries that are more aware of this phenomenon, and other countries where they are still it is not recognized and has not been adequately studied. There is still no consistent literature on the phenomenon as it appears outside of the Japanese context, and it is essential to encourage prevention and awareness-raising action on this topic, so that it begins to be recognized as a phenomenon in its own right, separate from NEET or less opportunity, or from other mental states and pathologies arising from different dynamics. The conversation about the phenomenon of hikikomori is fundamental, both among educators, teachers and youth workers who work with children and young people, as well as among young people who might recognize the characteristics of hikikomori among their peers or in themselves. Through informal methods in international workshops, local laboratories with students and domestic Training of Trainers with educators, teachers, youth workers and experts, the Consortium aims to work on prevention and awareness raising and on the correct presentation and narrative of the Hikikomori phenomenon.

What happened then?

Beyond the Doorstep consortium is formed by the following partners: YouNet APS Italy as coordinator, People in Focus (Albania), Istanbul Aile ve Sosyal Hizmetler İle Mudurlugu (Turkiye), Association for Mental Health Institute Menssana (Bosnia and Herzegovina) and with the support of the European Commission through the European Education and Culture Executive Agency (EACEA). The project has been implemented from 01.12.2022 to 30.11.2024.

After international meeting in Istanbul hosted by partners from Turkiye, from the 26th to 28th September another international meeting took place in Sarajevo, Bosnia and Herzegovina, where project partners from Italy, Albania and Turkiye were hosted by Menssana Association. First day of meeting there was successful workshop where we spoke about problem of Hikikomori among young people, about symptoms, causes, method of prevention and rising of awareness. Second day of international meeting was completed by visit to Sarajevo City hall on call of deputy major of Sarajevo, Samir Avdić, where we introduced him about Hikikomori phenomena, project "Beyond the Doorstep" but also about importance of awareness of mental health.



Sarajevo, 26th September 2023



Reggio Emilia, 24th October 2023

On 24th October, there were another international meeting in Reggio Emilia where was useful and successful workshop about characteristics of Hikikomori and phenomena in general. It was very fruitful for understanding phenomena and defining further path of dealing with it through methods which will fulfill aims of recognition and prevention. On the 1st and 6th of December in Reggio Emilia, YouNet completed the training for the "Beyond the Doorstep" project, focusing on hikikomori. We're learning more about hikikomori and the stories behind it, going deeper than before. Our project is all about sharing these details and shining a light on what's not usually talked about.

What is next?

- Publication of Toolkit

Project partners



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