

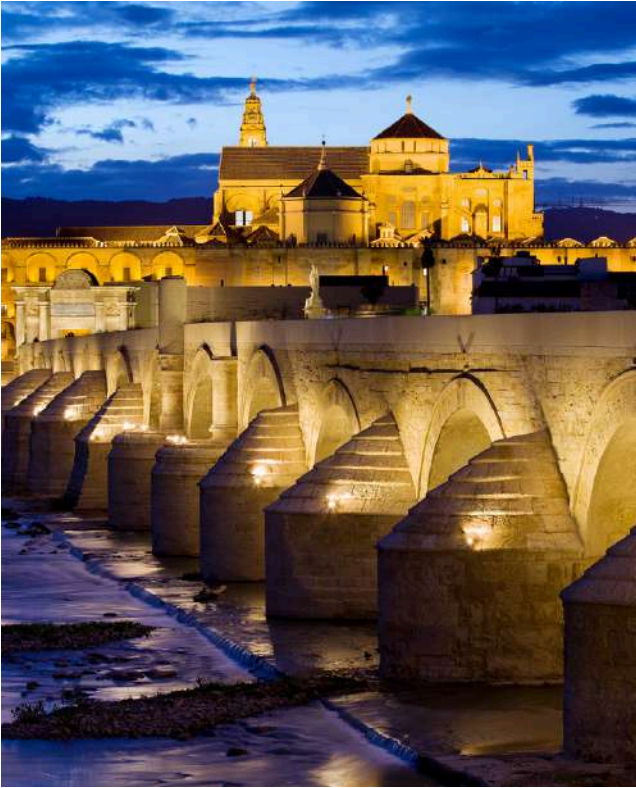


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NEWSLETTER



OUR SECOND TRANSNATIONAL PROJECT MEETING IN CORDOBA, SPAIN

Following our first meeting in Rome earlier this year, our dedicated partners met again for the second in-person meeting in the beautiful city of Córdoba, bringing fresh energy and enthusiasm to our project.

At the core of our collaboration is a shared commitment to excellence, and our time in Córdoba exemplified this belief. With the project expected to finish by the end of July, our collective efforts are focused and determined.

We understand the importance of clear communication, and these face-to-face meetings serve as important opportunities to review past achievements and plan for the future.

The enthusiasm and teamwork we experienced during our discussions highlighted the dedication of each partner to our common goals. As we navigate the complexities of our project, we are strengthened by our collaboration and shared vision. We are confident that our collective efforts will lead to meaningful and impactful outcomes.



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WHAT WE HAVE DONE SO FAR

To gain a deeper understanding of the phenomenon, we began with an extensive literature survey. This foundational step allowed us to gather insights from existing research and theoretical frameworks. As the essence of Erasmus+ projects emphasizes an action-oriented approach, we also collected relevant good practices and current assessment tools utilized in the field.

Recognizing that the concept of Hikikomori—characterized by extreme social withdrawal—is not widely known despite its prevalence, we extended our research to cover related topics.

These include:

- Social Withdrawal and Social Isolation
- Addiction
- Disengagement and Procrastination
- NEET

(Not in Education, Employment, or Training)

- Avoidance Behavior
- Undiagnosed Neurodiversity

Among these, the partners focused on four types of challenges:

- disengagement,
- addiction (with a focus on screen addiction)
- avoidance behavior and procrastination,
- undiagnosed neurodiversity





We developed two distinct training modules for each challenge:

- one theoretical module designed to raise awareness and provide an in-depth understanding of the issues discussed
- one practical module aimed at equipping participants with actionable strategies and tools for preventing and addressing the challenge.

In total, we have developed eight modules for the toolkit proposed as one of the key outcomes of the project.

This toolkit represents a collaborative effort among all project partners, who have researched and curated effective strategies for Hikikomori prevention. At its core, the toolkit serves as an invaluable resource for educators and professionals seeking to address the complexities of Hikikomori within their communities.

The OUTSIDE Toolkit equips trainers with the necessary tools and insights to navigate the challenges posed by Hikikomori effectively. By providing a wealth of resources, guidance, and intervention strategies, the toolkit empowers educators to create supportive environments conducive to holistic growth and recovery.

More than just a collection of materials, this toolkit embodies a collective commitment to fostering understanding, empathy, and actionable solutions. It serves as a bridge between theory and practice, offering tangible pathways for educators to engage with and support individuals affected by Hikikomori.





WHAT IS LEFT TO BE DONE

Creating a comprehensive and effective prevention strategy requires gathering detailed insights from educators, trainers, and teachers. Their frontline experience and understanding of relevant behaviors, challenges, and needs are invaluable. Therefore, we are now reaching out to educators, trainers, and teachers to listen to their perspectives, insights, experiences, and needs. This information will be included in our final project result:

“OUTSIDE Hikikomori Prevention Protocol”

The protocol will cover several key areas to ensure a comprehensive approach to the prevention of hikikomori. It will address the validity and sustainability issues, as well as control and monitoring mechanisms and strategies for communication and dissemination.

Both intervention and prevention strategies will be included in the protocol. For intervention, it will cover the identification of warning signs, methods for identification, and support mechanisms.

For prevention, it will detail various risk factors at personal, family, societal, and cultural levels, as well as considerations for different age groups. The roles of schools and families in prevention will be emphasized.

Additionally, the protocol will provide specific guidelines for different groups involved in the prevention of hikikomori, including detailed guidelines for teachers and trainers, parents, and peers to equip them with the knowledge and tools necessary to support at-risk individuals effectively.





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By integrating these comprehensive strategies and guidelines, we aim to empower our community to effectively prevent and address hikikomori, fostering a supportive environment for all individuals.

PARTNERS



Company working in the field of educational and socialisation interventions for hospitalised patients, which aim to trigger positive emotions through empathy

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