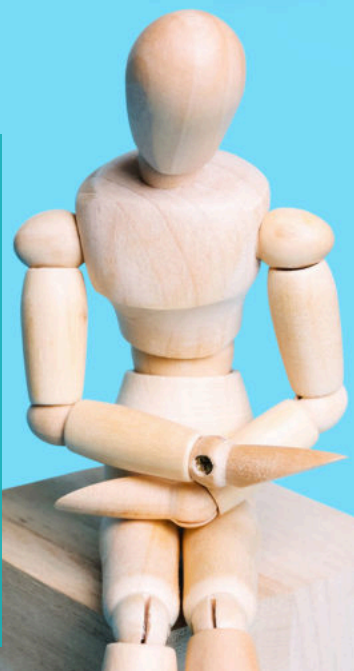


# NEWSLETTER

*All content is freely accessible and downloadable from the project's website or social media platforms.*



## WHAT HAS BEEN DONE?

The OUTSIDE project is structured into two main sections; the Toolkit for Inclusion and the Protocol Inventory.

### **The Toolkit for Inclusion**

Implement a Toolkit for Inclusion, based on creating a new assessment tool to assess the Hikikomori's isolation level and 8 innovative training modules to facilitate their reintegration into social life.

### **The Prevention Protocol**

Implement a Hikikomori Prevention Protocol in adults, to raise awareness of the phenomenon throughout Europe and prevent it.



## TOOLKIT FOR INCLUSION - WHAT WILL YOU FIND?

- Toolkit Guidelines;
- Assessment Tool;
- Trainer awareness program;
- Intervention and support program.



## PREVENTION PROTOCOL - WHAT WILL YOU FIND?

- Prevention Protocol;
- Article.




## FOCUS GROUP


During June, the partnership coordinated national focus groups with trainers and stakeholders in Italy, Turkey, and Spain.


### The objective?

To gain deep insights into cultural backgrounds, foster group dynamics, and capture diverse perspectives through interactive dialogue and collaborative exploration of the Hikikomori phenomenon and social withdrawal among young adults.

### KEY FINDINGS PER COUNTRY:

- 
- Increasing reliance on digital interactions, challenging face-to-face communication.
  - Heightened feelings of confinement and pressure.
  - Widening the communication gap between adults and children leads to misunderstandings and a lack of support.

- 
- Excessive screen time to avoid conflicts.
  - Significant increase in cases post-pandemic.
  - Greater influence of peer groups and social media on young people's social skills and concept of friendship.

- 
- Preference for digital interactions over face-to-face communication.
  - Struggle with basic social skills, with schools often teaching these skills.
  - Reduced physical activities and in-person interactions, fostering introverted behaviours.
  - Increase in bullying and cyberbullying due to less need for genuine social connections.

## FINAL EVENT

On May 16, 2024, Poderío Training & Research led a dissemination event for the Outside project at Colegio Séneca in Córdoba, Spain. The event gathered 50 participants from the school community and beyond, including teachers, parents, students, and educational authorities. It was part of the school's Erasmus+ Day, featuring presentations on Erasmus+ opportunities and projects.

During the event, we presented on hikikomori, sparking significant interest among parents of adolescents. The event highlighted the project's goals and upcoming activities, culminating in anticipation of the final transnational meeting in June.



**EVENTO DE DIFUSIÓN**

16 de MAYO 2024. 19:00 HORAS  
ERASMUS DAY. COLEGIO SÉNECA  
Calle Escritor Almeida Garret, 1

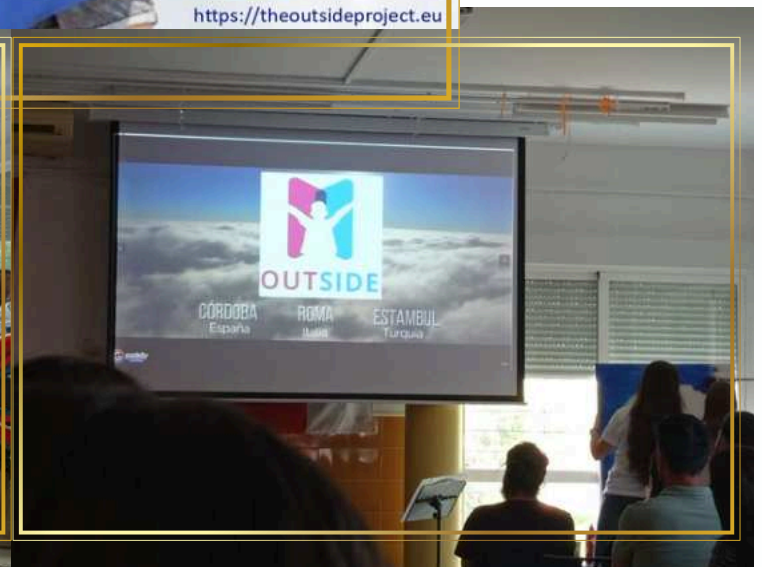
**PROGRAMA**  
19:00. Bienvenida e intro  
19:15. Los proyectos Erasmus+  
19:30. OUTSIDE. Topic y objetivos  
19:45. Activity 1  
20:15. Activity 2  
20:45. Catering y networking  
21:00. Cierre y despedida

**OUTSIDE**

**PODERÍO**  
Training & Research

Cofinanciado por el programa Erasmus+ de la Unión Europea

<https://theoutsideproject.eu>

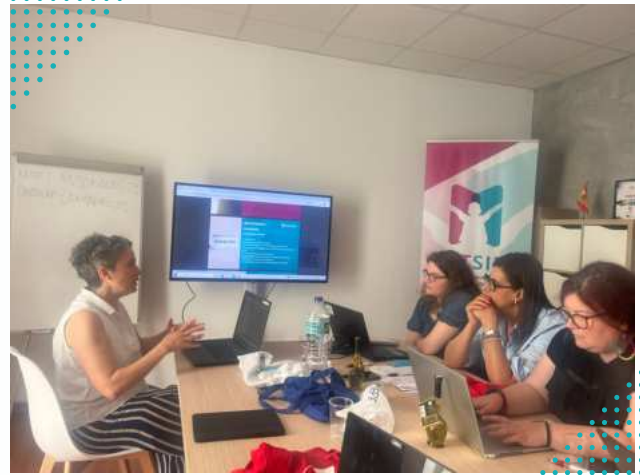
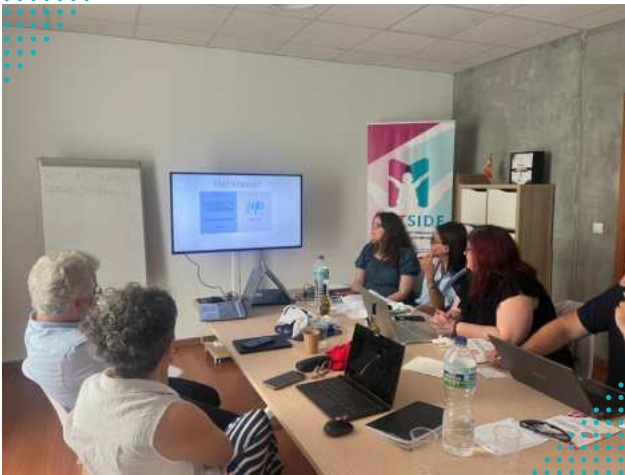




## FINAL TPM AND PROJECT CONCLUSION

On June 7th, Poderío Training & Research in Córdoba, Spain, hosted the final TPM where partners reviewed progress on the initial toolkit for hikikomori and discussed plans for activity 2 focusing on young adult interventions. Updates included project management, dissemination strategies, and discussions on ensuring long-term sustainability. The meeting also sparked new initiatives based on insights from the Outside project, enhancing understanding of this under-recognized phenomenon.

The OUTSIDE project will conclude on August 31, 2024, marking the end of its 10-month duration. For the consortium, it has been a pleasure to develop these tools to assist the target group and support their needs throughout this period. We look forward to the opportunity to continue contributing in the future!



## STAY CONNECTED

To keep up with all the freely and accessible materials, updates and news, follow us on our social media channels.

Thank you for being a part of our community!



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## PARTNERS



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

[VISIT WEB](#)



Training company with innovative and inclusive tools, designing training events based on emotional intelligence

[VISIT WEB](#)



A research and training company with a multidisciplinary staff of experts in anthropology, psychology, philosophy, and coaching.

[VISIT WEB](#)



A multidisciplinary training company with a staff of experts in languages, coaching, emotional intelligence, pedagogy, and international relations.

[VISIT WEB](#)