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CBY - BEYOND THE DOORSTEP

International workshop

Project no. 101093772

Call: Erasmus-Youth-2022-CB

Project start date: 01.12.2022

Project end date: 30.11.2024

EVENT DESCRIPTION SHEET

PROJECT	
Organisation:	Menssana Association
PIC number:	912460862
Project name:	Beyond the doorstep

EVENT DESCRIPTION			
Location:	Sarajevo, Bosnia and Herzegovina		
Event name:	Training of trainers focusing on Hikikomori		
In situ/online:	In-situ		
Date:	11.3., 19.3, 26.3., 28.3.		
Participants			
Female:	68		
Male:	3		
Non-binary:	0		
Total number of participants:	**71**	**From total number of Municipalities:**	**3**

Description:

Provide a short description of the event and its activities (agenda, description of the activities, outcome, evaluation of the training and feedback from participants)

On March 11, 2024, we held the first trainer training session on the topic of the "Hikikomori" syndrome. The workshop took place at the "Edhem Mulabdić" elementary school and was attended by a total of 32 teachers, educators, psychologists and social workers from primary and secondary schools belonging to the Municipality of Stari Grad in Sarajevo.

On March 19, 2024, we held the second trainer training session on the topic of the „Hikikomori“ syndrome. The workshop took place at the „First gymnasium“ secondary school and was attended by a total of 12 teachers, educators and psychologists from primary schools belonging to the Municipality of Centar in Sarajevo.

On March 26, 2024, we held the third trainer training session on the topic of the „Hikikomori“. The workshop took place at the „First gymnasium“ secondary school and was attended by a total of 12 teachers, educators and psychologists from secondary schools belonging to the Municipality of Centar in Sarajevo.

On March 28, 2024, we held the fourth training of trainers focusing on „Hikikomori“. The workshop took place at the „Third gymnasium“ secondary school and was attended by a total of 15 teachers, educator and psychologists from primary and secondary schools belonging to the Municipality of Novo Sarajevo.

The workshops were divided into theoretical and practical parts. In the theoretical part, our psychologist from the Menssana Association, Adna Melez, successfully provided participants with basic information about Hikikomori, its development, symptoms, risk factors, as well as methods of intervention in its treatment. We also discussed the role of schools in identifying and preventing Hikikomori. Methods used included frontal presentation.

After a 15-minute break, we moved on to the practical part of the workshops. Participants were divided into three groups, with each group receiving a case presentation of Hikikomori on a sheet of paper. Participants discussed possible risk factors, symptoms, and potential intervention methods if the problem were to arise in their schools. The goal of the practical part was to encourage group interaction and to gauge how much participants had learned about Hikikomori through the theoretical part, as well as how empowered they felt to recognize and act on it. Additionally, case presentations allowed participants to gain a better understanding of this syndrome, which they may not have previously been familiar with.

The total duration of all workshops was an hour and a half. The theoretical part lasted 30 minutes, while the practical part lasted 35 minutes. For questions and feedback from participants, we allocated 10 minutes. The break lasted for 15 minutes. At the end of all workshops, participants received certificates.

The aim of our workshops was achieved, and participants undoubtedly left with new knowledge and experience about Hikikomori that will benefit them in their further professional work.

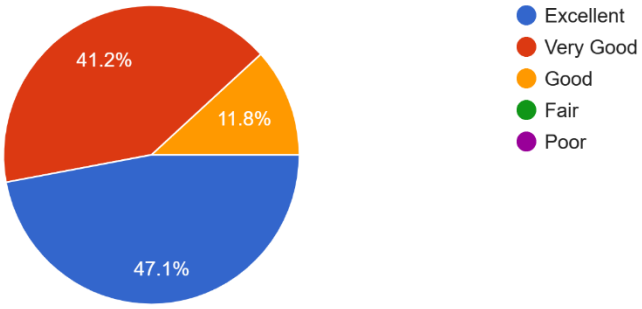
The results of these workshops were achieved and they included:
- gain fundamental knowledge about Hikikomori, risks factors and symptoms;
- gain fundamental knowledge about how to prevent or treat Hikikomori;
- gain fundamental knowledge about what schools can do regarding the identification and treatment of Hikikomori. We have four more workshops that we'll hold in four additional Municipalities of Sarajevo.

Evaluation
At the and of the workshops participants provided verbal feedback, which was positive. They stated that they enjoyed the workshops, finding them interesting and useful. They particularly enjoyed the group work during which they could discuss Hikikomori and learn about it from practical examples in everyday life. Additionally, they expressed satisfaction with the workshop facilitator, who managed to explain Hikikomori in a simple and engaging manner, a concept that was new and unfamiliar to them. Participants believe that they have gained new knowledge that will be beneficial to their future work.

After each workshop, the evaluation questionnaire was distributed to all participants via their emails. Unfortunately, not all participants filled out the evaluation questionnaire, even after being asked to do so multiple times. We assume they may have forgotten, had other commitments, or not everyone knew how to fill out the evaluation form in English. However, here are some statistical data about the workshops.

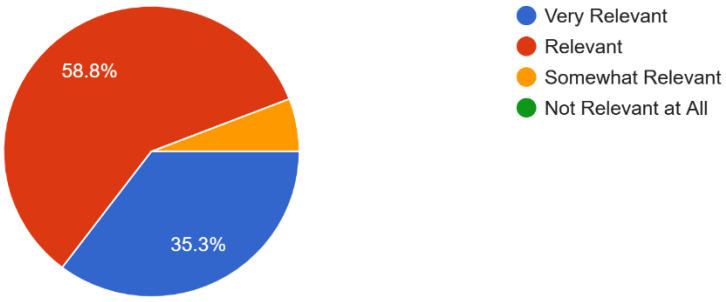
How would you rate the overall quality of the training?

17 responses



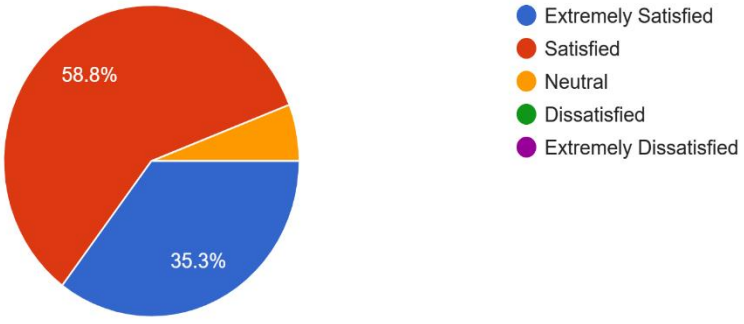
To what extent do you think the content of the training was relevant to your role and responsibilities?

17 responses



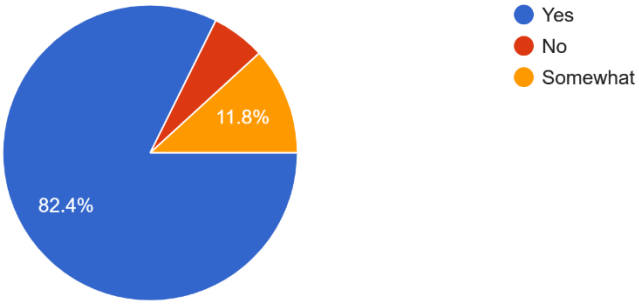
Did you find the content of the training informative and engaging?

17 responses



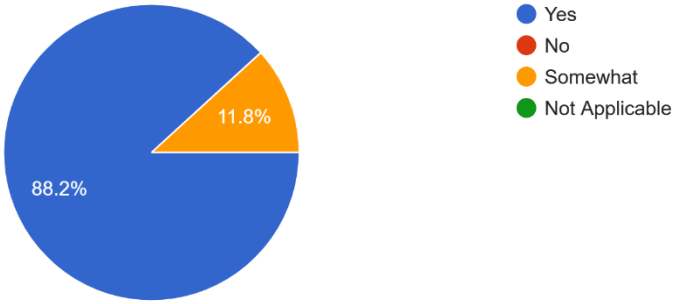
Were the topics covered related to hikikomori phenomenon expected?

17 responses



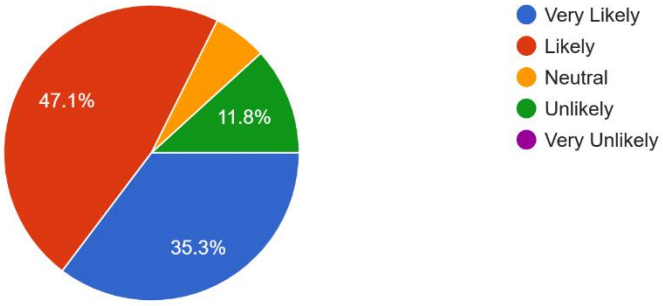
Did you find the combination of formal and non-formal training methods effective?

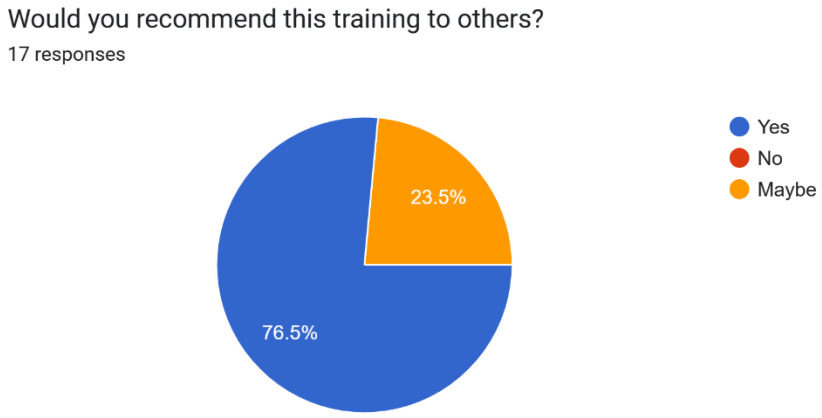
17 responses



How likely are you to apply what you learned in your work or activities?

17 responses





Agenda of the workshops

11/03/2024 Edhem Mulabdić; 28/03/2024 Third gymnasium

Time	**Keypoints**
10:00h-10:05h	Presentation of the project, workshop facilitator and workshop agenda
10:05h-10:30h	Presentation of Hikikomori (theoretical part)
10:30h-10:45h	Coffee break
10:45h-11:20h	Group work and discussion on Hikikomori (practical part)
11:20h-11:30h	Questions and feedback from participants

19/03/2024 First gymnasium; 26/03/2024 First gymnasium

Time	**Keypoints**
12:00h-12:05h	Presentation of the project, workshop facilitator and workshop agenda
12:05h-12:30h	Presentation of Hikikomori (theoretical part)
12:30h-12:45h	Coffee break
12:45h-13:20h	Group work and discussion on Hikikomori (practical part)
13:20h-13:30h	Questions and feedback from participants

Pictures

March 11, 2024; Edhem Mulabdić: First training of trainers

March 19, 2024; First gymnasium: Second training of trainers

March 26, 2024; First gymnasium: Third training of trainers

March 28, 2024; Third gymnasium: Fourth training of trainers

HIKIKOMORI