

VR Coaching & Its Impact

A Qualitative Study

Charlotte Barto & Dana-Maria Faneker



Author: Charlotte Barto, Behavioural scientist at FundamentPlus

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Adjusted by: Dana-Maria Faneker, Founder CaptainVR

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Introduction

More and more young people are not participating in society, not going to school, not having a job and retreating to their rooms, where they are often gaming. Eurostat statistics show that in 2022, 11.7% of 15- to 29-year-olds in Europe were neither in employment nor in education or training (Statistics On Young People Neither in Employment Nor in Education Or Training, 2025). In the Netherlands, it appears that 2,500 to 5,000 pupils per school year do not attend school and/or have no work (Van Batenburg et al., 2006). This group will subsequently be referred to as the 'home sitters'. This is problematic for the Netherlands and other lambs within the European Union.

Unfortunately, these homeless youth have often had a lot of contact with care institutions, compulsory school attendance officers or other assistance agencies and are often assistance fatigued, they have given up on assistance and no longer believe in it (Stroobants, V., & De Mol, M., 2012). A different innovative approach is needed to engage these young people. Research has shown that learning efficiency increases by more than 15% when VR is used as a learning tool. It also found that young people have a greater emotional attachment to the content, they are more confident in the material to be learned, they are less distracted and more focused during training, and young people are more confident than young people who followed traditional training methods (PwC, s.d.). Virtual reality can be used for this purpose.

To get the homeless involved in society and increase their chances of reintegration, VR was used as a tool. In cooperation with FundamentPlus, Cité des Jeunes and CaptainVR, a coaching programme was developed for youth workers to re-engage homeless people in society through VR coaching.

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The current study

More and more young people are showing signs of social isolation, not actively participating in society, not going to school, not working and a lot of time gaming. This poses a challenge for youth workers and youth support workers, who often use traditional methods that are ineffective in reaching this target group.

VR offers the opportunity to experience stressful situations calmly and safely in a virtual environment. Practising with real-life situations helps people recognise, regulate and reduce stress and face their fears in a safe setting. Despite the positive results of working with VR, it too often remains unused in care settings because youth workers are not sufficiently technically proficient (Boendermaker, L., & Otte, K., 2021). For this reason, it is important that counsellors and youth workers are properly trained to work effectively with young people in this way.

This small-scale qualitative study answers the experience of working with VR by the youth coaches, the involvement and the effect of the 12-week vr coaching programme on the homeless.

Method

A total of 4 youth workers (25% female, 75% male) participated in the evaluation study for the 12-week VR coaching program All were working at FundamentPlus at the time of the study. They answered a number of questions in a structured interview. Individual interviews were conducted with the 4 participants in which answers were given to the following 4 questions:

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1. Has locating home sitters become easier because of the 12-week VR coaching programme?
2. Are youth workers comfortable working with VR?
3. Are the home sitters more engaged because of the 12-week VR coaching programme?
4. Are the home sitters more socially active as a result of the 12-week VR coaching programme?

Results and conclusion

In general, it can be said that the youth workers could not locate the homeless more easily since they all work at a care institution where the homeless are already present . All 4 participants indicated that within their work, they do not have to look for homeless people themselves but that they come to them when they stay with them in the care institution. In addition, all 4 participants indicated that they had been trained earlier this year to work adequately with VR and to use it adequately during their sessions with the homeless.

However, one of the four participants indicated that it was more difficult to work with this because working with VR, despite the training, was new and had never before been used in practice. All four participants indicated that the homeless were more motivated to participate in the 12-week VR coaching programme compared to other forms of coaching or assistance .

The participants indicated that the homeless people enjoyed working with the VR glasses and noticed that the homeless people wanted to follow the 12-week VR coaching programme with less resistance. Lastly, 2 participants indicated that the homeless people had more confidence in their own abilities and their own plans to return to society. In addition, 2 of the 4 participants also indicated that it was nice as if the home-sitters had a more positive perspective when it came to achieving their goals , but the participants did wonder to what extent the home-sitters manage to persevere. Lastly, all four indicated that it was not always feasible to complete the 12-week VR coaching programme with the home sitters because in some cases they execute prematurely due to being transferred to another care institution.

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The 12-week VR Coaching programme is aimed at youth workers who work with young people between 15 and 22 years old in the field of reintegration. This includes professionals who want to learn how to effectively find, engage and coach young people using VR technology, with the aim of creating a better connection and way of working with young people who are out of school and/or distant from the labour market. The programme focuses on improving connection with young people who are distant from the labour market and education. With a focus on leadership, self-reliance, communication and promoting wellbeing, the VR environment provides a safe space in which young people can develop their social skills and themselves. The ultimate goal is to help them reintegrate into society, education or the labour market. Training focuses on teaching youth workers skills to help them find, engage and coach young people using VR technology. This includes building good working relationships, using VR for coaching and training, and developing competences that make the homeless youth more employable in society.

Overall, it can be said that the youth workers could not locate the homeless people more easily because it was not relevant to them. In addition, all youth workers had been trained as VR coaches and were competent to work with VR, the home sitters seemed more motivated to participate in the programme and seemed more confident in achieving their goals. However, there was a mixed picture when it came to the participants' confidence in the homeless people to actually follow through with their goals.

The current study has contributed to the development of VR within youth services. The results show a positive impact. However, these results are from a small-scale qualitative study. It is important to stress that the results from this study cannot be used to generalise the effects of the 12-week VR coaching programme to a larger group within and outside Nerdeland. More research is needed to identify the effect of the 12-week VR coaching programme on youth workers and homeless people.

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Literature list

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TARGET GROUP NEEDS

Finding out what the needs of your target group is of dire importance. This helps you gather better understanding of them and figure out how to better cater your product or idea to their necessities (Appinio Research, 2022).

To understand our target group better and to find out what the needs of our target group were, we gathered information through interviews, analyzed them through coding and concluded the following.

The following points are derived from the target group interviews our team has conducted, our target groups mentioned that their needs and concerns were:

- Difficulties reintegrating due to difficulties of finding help and knowing where they can receive the assistance they would want to get to better their situation.

- Their current situations often stem from themselves or difficult familial relations, difficult education backgrounds and not having a support system. These difficult situations render them from excelling and demotivates them to further grow and find adequate help.

- Their living situations are also often strained, where they have to rely on themselves. This causes concerns regarding the pricing on the VR coaching workshops, though regardless they were very open and willing to receive this as a helping method.

Empathy is being able to understand the feelings of another individual and being able to share these feelings (Deshmukh, 2023). The interviews we conducted, therefore, gave us insight and helped us comprehend what our target group is feeling and to be able to empathize with them. When empathizing with our target group we are able to better understand what their needs and concerns are. Harnessing this information helps us create something that would satisfy their needs.

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CODES

- Current situation
- Receiving help
- Key issues
- VR coaching as a helping method
- Willingness to use VR coaching

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GROUP INTERVIEWS TRANSCRIPTION

Pseudonym Alex [00:00:00] Hi. I'm here to night this evening with . Okay. Hi. Alex Allex. Are you ready for this interview?

[00:00:09] Yes.

[00:00:10] Okay. Can you state how old you are?

00:00:13] Yes, I am 20 years old.

[00:00:16] All right, Perfect. So how did you end up in your current situation?

[00:00:22] Prior to COVID, I was living with my grandparents. And during COVID, my grandfather got sick and passed away. And it wasn't possible for my grandmother to keep the apartment that we were living in. So she made the choice to move back to China. Mm hmm. And now me and my sister are living together with a family friend.

[00:00:44] Okay, perfect. Are you receiving help in order to reintegrate into society or the schooling system?

[00:00:52] I'm not doing any type of study right now, and I don't plan to do any type of study. But right now, I am taking some courses to get a certification and how to do electrician work so that I could start working as soon as possible.

[00:01:06] All right. And what would you say are the key issues when it comes to reintegrating into society or the schooling system? What are the blocks, do you think?

[00:01:19] I think that when you're outside of it, it's difficult to figure out what sources exist for you within it. So because that I don't have any contact with somebody from university or had any contact with somebody who is working at these schools. I don't know how it's possible for me to enroll or how for me to get financial help or when classes begin and start and what level I would have to start at.

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[00:01:46] Okay, perfect. Thank you for that. And are you willing to receive help to better your situation?

[00:01:52] Yes, of course.

[00:01:53] All right. And what do you think of your coaching workshops as a helping method to reintegrate yourself?

[00:01:59] What is VR?

[00:02:01] Virtual reality? So basically, virtual reality. You have these type of goggles and it has different tasks for you to complete. It's a tasking, a reward system that when you get these goals completed, you'll receive a little something from that coaching system. So it's like little, for example, you get prizes, you get support, you get a little diploma type thing. Certificate could be a yes.

[00:02:32] This is something that I would be interested in pursuing because my plan is to start working as soon as possible and to work as much as possible. So if I was able to get schooling through VR, then I think it would be easier for my schedule in between working.

[00:02:51] All right. I think that pretty much concludes the interview, because my last question was, are you willing to make use of your coaching workshops to help better your situation? But you pretty much answered that for us. Okay. Yeah. Thank you.

[00:03:04] Thank you.

[00:03:04] Thank you.

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Pseudonym Jelle [00:00:00] Hi. This evening I am with Jelle. All right. Are you ready for the interview? Yes. And how old are you?

[00:00:09] I'm 18.

[00:00:10] All right. Perfect. So how did you end up in your situation?

[00:00:16] I don't think that my father I'm in the situation that I'm in, but I always just feel like whenever I'm in class or when I'm at school, that the people around me take too long to understand stuff. And I understand it immediately.

[00:00:27] Okay, Perfect. And are you receiving help in order to reintegrate into society or the schooling system?

[00:00:35] Yes. I'm taking additional courses also during the summer. Mm hmm. Because I don't get along with the other kids in class. So they have me in classrooms that are with less people in it.

[00:00:45] Okay, perfect. And what are the key issues when it comes to reintegrating into society or the schooling system? What's your opinion? Well.

[00:00:55] Yeah. I just find it really difficult to pay attention for so long. And also when we're in class, they just always have conversations that go on way too long. So I feel like it's a waste of my time.

[00:01:06] Okay. Um. Are you willing to receive help to better your situation?

[00:01:12] I feel like I get a lot of help already.

[00:01:14] Okay. Okay. Perfect. And what do you think of our coaching workshops as of helping method?

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[00:01:22] I think virtual reality is really cool. I've been. I've been playing video games with it and it's really integrated, and it's a 21st century experience.

[00:01:32] All right. Perfect. And so are you willing to make use of your coaching workshops to help better your situation? Do you think that would be a good idea?

[00:01:40] I think it'd be an amazing idea.

[00:01:41] Yeah. Yeah. Right.

[00:01:43] Because then I wouldn't have to sit in class with other people who have different issues from the issues that I have. And I would if it's only me in the VR, then I could get the help that I need.

[00:01:52] All right. Perfect. Thank you so much for your time.

Pseudonym Ben [00:00:00] Hi. This evening we are with staying. Can you say your full name?

[00:00:06] Yeah. Uh, staying Ben

[00:00:08] Felt all right. And how old are you?

[00:00:11] 18.

[00:00:12] Okay. So how did you end up in your current situation?

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[00:00:17] Um, I, uh, I got, uh, I got, uh, expelled from school.

[00:00:26] Mhm.

[00:00:27] Uh, because, uh, I, uh, I did, um, I did some, uh, illegal activities.

[00:00:37] All right. Okay. Are you receiving help in order to reintegrate into society or the schooling system?

[00:00:43] Uh, I, i, I'm not going to go to, uh, the school anymore. Mhm. And, uh, I can help myself with, uh, getting, uh, money.

[00:00:59] Okay. So you are not receiving help?

[00:01:02] No, I'm helping myself. Okay.

[00:01:05] And what are the key issues you think, when it comes to reintegrating into society or the schooling system?

[00:01:12] Uh, yeah. You know, you just have to, uh, you just have to grind and work to get your money straight, and then, uh, I can get the house and then I can live. That's all I need.

[00:01:29] Okay. Um, but the key issues to integrating into society, or are there any problems with that? What do you think? What are the issues when it comes to reintegrating back? Is it difficult? It's, uh, or the difficulties you deal with?

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[00:01:44] I am, uh. I feel like I'm just, uh, not being, uh, understood, you know, like, uh, uh, people don't know me. Mhm. People don't know, uh, about my issues and, uh. And I just have to make sure that, uh, I can, uh, achieve, uh, what I want, you know?

[00:02:07] Okay. And are you willing to receive help? To better your situation.

[00:02:14] Um, as long as it's, uh, not, uh, with, uh, going to a school, then I can, uh, explore, uh, about getting help.

[00:02:24] Okay. So what do you think of your coaching workshops as a helping with it?

[00:02:29] Oh, yeah, I have, uh, I have a VR set that, uh, at the, the place where I'm currently living.

[00:02:35] Mhm.

[00:02:36] It's pretty cool.

[00:02:37] Okay, cool. Nice. And are you willing to make use of VR coaching workshops to help better your situation?

[00:02:45] Um, yes, I think, uh, if, uh, as long as I don't have to, uh, sit in the classroom that I can definitely make something work because, uh, I don't want to, uh, we, uh, with other people.

[00:03:00] Okay. All right. Thank you so much for your time.

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Pseudonym Maikel [00:00:00] Hi. This evening I am with.

[00:00:03] Maikel

[00:00:05] And we are having an interview for Captain VR. So are you ready for the questions?

[00:00:11] Yes.

[00:00:12] So how did you end up in your current situation?

[00:00:16] So I've always had a bit of a tough relationship with my parents. Um. Mhm. Both of them haven't been that good with each other as well. So there is a lot of fighting ever since I was a little kid.

J[00:00:28] Mhm.

[00:00:29] Which led to my mom becoming a bit abusive. Mhm. And because of that I decided to leave the house at the age of 16.

[00:00:38] All right. And are you receiving help in order to reintegrate yourself into society or the schooling system?

[00:00:45] Um, I mean, I have some family members that try to help me, but not nothing that really, um, has been effective up until now.

[00:00:55] Okay. And what are the key issues when it comes to reintegrating yourself into society or the schooling system, or what are things that are blocking you?

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[00:01:04] Um, I feel like I don't really fit in. Mhm. Um, yeah. I feel like, uh, school is just not really for me, you know, like, I don't really feel, um, uh, like I belong there. Mhm. I can't really keep up with, uh, it's, uh, the other people in school and, um, yeah, it just, it's, I feel like my priorities are just elsewhere right now.

[00:01:28] Okay. And are you willing to receive help for this? I wouldn't know how. Okay. And so what do you think of your workshops as a helping method? Do you know a little bit about VR? Virtual reality?

[00:01:44] My, my, my friend has, uh, a VR on his, uh, PlayStation.

[00:01:49] Okay, perfect. So you are kind of familiar with it.

[00:01:52] I mean, yeah. Then. Yeah.

00:01:54] All right, perfect. So are you willing to make use of. But what do you think of VR coaching workshops as a helping method? Um.

[00:02:04] What is what what what does coaching mean?

[00:02:07] So, for example, you go to this workshop where they have VR coaching. This entails that you put on those VR glasses that your friend must talk to and you will receive, um, coaching lessons such as how to better yourself, how to become a strong leader, how to help yourself, how to slowly reintegrate yourself. This is also a little thing where you get points from. For example, you get little diploma certificates from. So what do you think of it? What do you think of your coaching as a helping method?

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[00:02:43] Sounds interesting. Uh, I don't know how we playing video games. You got to give me diplomas, but if it's going to help me, then I'm definitely willing to try it out.

[00:02:54] Okay. And are you willing to make use of your coaching workshops to help better your situation?

[00:03:00] Yeah, yeah, yeah.

[00:03:02] All right. Well, thank you for your time. We very much appreciate it.

Interview Pseudonym Ali 20 years old

Hi how are you thank you for participating in my research interview let's start.

No worries I'm happy to help you

How did you end up in your current situation

I was a little demotivated because I just went to school to please my parents. But after I came of age I thought to myself I didn't want to do it anymore. And so I stopped going.

Are you receiving help in order to reintegrate into society or the schooling system?

Help?

yes

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Not really, at the moment I'm just working on myself, to see what I actually want. And when I do, I may seek counseling to figure out where I would be best suited for.

What do you think are the key issues when it comes to reintegrating into society or the schooling system?

one of the key issues I realized is they want to know what you want to accomplish. And as I don't know that yet it's hard to convince them to give me a job. They also ask for diplomas nowadays. So it gets trickier. As for school, it requires a lot of my time and I'm not sure about spending a lot of time in a study and I don't like it.

Are you willing to receive help?

Sometimes it does get to the point where I think I need the help, but I am uncertain, But seeing as how things are going, I might seek out someone or take a helping hand if it is offered to me. Because I can be lazy but at a certain point I am more bored than lazy. And I want to do something to keep busy and maybe learn something too.

What do you think of VR coaching workshops as a helping method?

VR coaching? It sounds exciting, what is it? Can you tell me more about it?

is a Virtual Reality program in a digital simulation to help you develop in a safe place to integrate back into the system.

It sounds great. It is innovative, I like new things, especially if it is in the now. I find it different, I'm always on my computer or phone anyway. So if it could actually help me too, I would give it a try. yuleyca: Are you willing to make use of VR coaching workshops to help better your situation?

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yes I love to be online because I'm a gamer. There is so much to see and learn.

Interview Pseudonym Chantal 18 years old

Hi thank you for meeting me we're gonna start with our interview.

hi it's Okay

yes Let's start how did you end up in this current situation?

hmm sorry for my English, I dropped out because I was unmotivated with the program I was doing.

Are you receiving help in order to reintegrate into society or the schooling system?

hmm I used to receive Duo But because I dropped out I'm not getting more subsidies, dus noo

What are the key issues when it comes to reintegrating into society or the schooling system?

for me is that I need to help my mom with paying rent, and it's hard for me to focus on school.

are you willing to receive Help

of course because I want to do something with my life,

What do you think of VR coaching workshops as a helping method?

I think is a cool idea, I never heard of a school that offers a VR workshop.

Are you willing to make use of VR coaching workshops to help better your situation?

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yes why not It sounds interesting.

it is, Thank you

yes you are welcome.

Interview Pseudonym Evert 20 years old

hi thank you for meeting me today how are you

hi yuleyca I'm doing good and how are you?

I'm doing good too okay let's start How did you end up in your current situation?

oh that's a funny question I used to love going to school but life happens I had some family drama and then I went back to my island and now I'm back in the Netherlands in The Hague and I'm not going to school.

Are you receiving help in order to reintegrate into society or the schooling system?

at this moment no I used to receive duo but because you're not in school you don't get duo and that's it

What do you think are the key issues when it comes to reintegrating into society or the schooling system?

I think if they come with a system or a program that can help me to go back to school or help me to go back on track, will be very nice but I think the key issue is that they only believe in students that finish HAVO

Are you willing to receive help?

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of course, I will be willing to receive it I don't want to be like this forever

and tell me what do you think of VR coaching workshops as a helping method?

oh, virtual reality that sounds very interesting I think that would be wonderful but my main question is those gadgets and the virtual glasses that Apple shows us that but the idea is very nice I love it

hahahahaha It is the apple one are expensive okay the last question Are you willing to make use of VR coaching workshops to help better your situation?

Yes

nice okay Thank you

I'm happy to help

Pseudonym Nicky 20 years old

hello how are you doing thank you for meeting me

Oh my God I feel so awkward I don't want to do this but it's okay let's start.

ha ha ha why it's only six questions don't be scared, How did you end up in your current situation?

yeah I used to be in uni, but I got a negative study bending, they kicked me out of the program, and now I decided to stay home because I don't know what to do with my life.

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okay Are you receiving help in order to reintegrate into society or the schooling system?

No

What are the key issues when it comes to reintegrating into society or the schooling system?

for me I think it's the culture because I'm from the Dominican Republic I struggle a lot with Dutch and that's why I got a negative study binding, if they can help international students better that will be nice

what do you mean by the culture?

Dutch people are not open to international because we can't speak Dutch and that makes it hard for us to reintegrate it the system.

Are you willing to receive help?

of course, why not?

What do you think of VR coaching workshops as a helping method?

I think it's very cool and innovative. It's very trendy right now and I love it I used to study ITC and I love all about VR.

that's wonderful to hear are you willing to use VR coaching workshops to help better your situation?

yes, I don't mind it depends how much it is.

we are done thank you Ricky and have a nice day.

You welcome

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[00:00:01] Hi. What is your name and age?

[00:00:05] Hey, my name is Pseudonym Andy And I am 18 years old.

[00:00:11] How did you end up in your current situation?

[00:00:14] Well, I fell in a bit of a depression, and from there it just went more downhill. And then started taking drugs to me that people feel have been more at ease to a point to begin with, and then came to know that I was the addict.

[00:00:30] Okay. Are you receiving help in order to reintegrate into society or the schooling system.

[00:00:37] At the current moment, yes.

[00:00:38] Okay. Um, what are the key issues when it comes to reintegrate, getting into society or the schooling system?

[00:00:47] Well, to me, I find it's hard to go back in reality, you know, after being such in a different state. I man for so long and I feel like adjusting back to how I was is a bit more challenging because I'm not, you know, used to being disruptive for so long. But I still do it here and you know there's for.

[00:01:08] Are you willing to receive help?

[00:01:10] Yeah, for sure, of course.

[00:01:13] What do you think of VR coaching workshops as a helping method?

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[00:01:18] Yeah. I mean, I find it a good idea to do training to over here. I think it'd be more interesting for people in my situation also. So, yeah, I think that'd be good.

[00:01:31] Okay. Last question is are you willing to make use of VR coaching workshops to help better your situation?

[00:01:38] Yes. I mean, training and seeing how we would be seeing how we would better my situation. Yeah.

[00:00:00] Hi. Good morning. What is your name and age?

[00:00:03] Uh, my name is Pseudonym Erwin and I am 19 years of age.

[00:00:07] How did you end up in your current situation?

[00:00:10] Bad company and started taking drugs.

[00:00:14] Are you receiving help in order to reintegrate into society or the schooling system?

[00:00:20] No, I'm not.

[00:00:23] What are the key issues when it comes to reintegrating into society or the schooling system?

[00:00:31] I find it's going to be hard adjusting back into the school life because I've been addicted to drugs for a while.

[00:00:38] Are you willing to receive help?

[00:00:40] Yes, I am.

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[00:00:42] What do you think of the VR coaching workshops as a helping method?

[00:00:48] Hmm. I think it would be a good idea, you know?

[00:00:51] Okay. Last question. Are you willing to make use of VR coaching workshops to help better your situation?

[00:00:58] Yes.

[00:00:01] Hey, good morning. What is your name and age?

[00:00:05] My name is Pseudony Saskia m and I am 17 years old.

[00:00:08] How did you end up in your current situation?

[00:00:11] Drugs.

[00:00:12] Next question. Are you receiving help in order to reintegrate into society or the schooling system?

[00:00:19] No.

[00:00:22] Next question. What are the key issues when it comes to reintegrating into society or the schooling system?

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[00:00:30] It will be hard, as I was used to taking drugs every day.

[00:00:34] Okay. Are you willing to receive help?

[00:00:37] Yeah.

[00:00:39] Next question. What do you think of VR coaching workshops as a helping method?

[00:00:44] It will be interesting.

[00:00:47] The next question is the last question. Are you willing to make use of VR coaching workshops to help better your situation?

[00:00:54] Yeah. Okay.

[00:00:56] Thank you.

[00:00:01] Hey, good morning. What is your name and age?

Maya: [00:00:03] My name is Pseudonym Debbie I am 19 years old.

[00:00:07] How did you end up in your current situation?

[00:00:10] Teenage pregnancy.

[00:00:12] Okay. Are you receiving help in order to reintegrate into society or the schooling system?

[00:00:20] No.

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[00:00:21] Okay. Next question. What are the key issues when it comes to reintegrating into society or the schooling system?

[00:00:29] Trying to maintain a student life and pregnant life.

[00:00:32] Okay. Are you willing to receive help?

[00:00:34] Yes, I am.

[00:00:36] Okay. What do you think of VR coaching workshops as a helping method?

[00:00:41] It wouldn't benefit my situation, but it may be helpful to others.

[00:00:45] Okay. Last question is are you willing to make use of VR coaching workshops to help better your situation?

[00:00:51] No.

[00:00:52] Okay. Thank you.

0:00 - Speaker 1

What is your name? 0:06 - Speaker 2

0:07 - Speaker 1

How old are you? 0:08 - Speaker 2

I am 17 years old 0:10 - Speaker 1

How did you end up in your situation? 0:13 - Speaker 2

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Well I find school very very boring and a bit unneeded to get a paper to show "I can do this" so I quit with that. And regarding work, Ive got parents who can help me with the finance. 0:40 - Speaker I

Okay, so do you receive any help maybe to come back in the society or school system? 0:48 - Speaker 2

No, I don't. Im just at home, doing nothing really and chilling at home 01:12 - Speaker I

Are there any other problems to not go back to the school system? 01:30 — Speaker 2

No, I just don't want to go back to school if I don't have any motivation to do so 01:42 — Speaker I

Understandable. Are you willing to receive any help for this? 01:49 — Speaker 2

Yes, I might. 02:03 — Speaker I

Do you perhaps know what VR coaching is? 02:10 — Speaker 2

Yes, something in regards of online environment? 02:18 — Speaker I

Yes, and what do you think of VR coaching as helping method for people with the same problem as yours? 02:28 - Speaker 2

Smart on one hand and not so because after the coaching they might just forget and go back to their old habits 02:32 — Speaker I

And why do you think its smart? 02:35 — Speaker 2

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Because they are more interacted with while in a safe space. Like a sort game familiarity. 02:56 — Speaker 1

Lastly, are you willing to get the help as previously discussed? 03:10 — Speaker 2

Personally no, I am not waiting to indulge in a VR headset 03:28 - Speaker 1

Thank you so much for this insightful information

Pseudonym Zack 00:00:00 Speaker 1

Thank you for coming here and participating in this survey. 00:00:05 Speaker 1

That's no problem. So First off, what's your name? 00:00:07 Speaker 2

Hi, my name is Zack. 00:00:09 Speaker 1

And how old are you 20 years? 00:00:10 Speaker 2

Old nice. 00:00:12 Speaker 1

So I got a couple of questions in regarding your life situation. Where you at right now and I would like to know how did you end up in your current situation? 00:00:22 Speaker 2

Actually, lack of motivation of. 00:00:26 Speaker 2

Yeah, yeah. 00:00:28 Speaker 1

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Perfect. And are you receiving any help in order to reintegrate into society? 00:00:34 Speaker 2

No, because I'm not looking for any. 00:00:36 Speaker 2

Help at the moment. 00:00:38 Speaker 1

And what is it? 00:00:40 Speaker 2

That's because I feel like I I'm at that age. Like I want to live a free life. 00:00:47 Speaker 2

I'm too old to go to. 00:00:48 Speaker 2

School now. 00:00:50 Speaker 2

Yeah. When? When it stops today and it's like I'm 25 or 24. 00:00:56 Speaker 1

But if you were like to reintegrate into the society or schooling system, what are the key issues when it comes to that? 00:01:09 Speaker 1

This key issues regarding why you want to reintegrate but Kent. 00:01:15 Speaker 2

OK. 00:01:15 Speaker 1

Or something like that. 00:01:18 Speaker 2

So what? What if I would go to school? 00:01:22 Speaker 1

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What is holding you back? Will there be problems? 00:01:24 Speaker 2

Oh yeah, the motivation as I said and H and just we're willing to live a free life at the. 00:01:31 Speaker 2

Moment, yeah. 00:01:33 Speaker 1

And are you willing to receive help? 00:01:36 Speaker 1

In regards to that. 00:01:38 Speaker 2

Maybe in the future for work. 00:01:42

All right. 00:01:44 Speaker 1

There is this thing called VR coaching. 00:01:47 Speaker 1

Which is basically. 00:01:49 Speaker 1

Getting help, but then in online environment. So what do you think of VR coaching or workshops as a helping method in regards you? 00:01:59 Speaker 1

Know to get back to that school. 00:02:00 Speaker 1

System or society? 00:02:02 Speaker 2

I think it could really help for some people. 00:02:04 Speaker 2

Because it's online, right? It's online, right? Yes. They don't have to go outdoor. And I think that makes a step easier to go get help. Yes. 00:02:16 Speaker 1

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So it feels like a lower service saving. 00:02:19

Yeah, yeah. 00:02:21 Speaker 1

So if the target wait, that's not a question. 00:02:25 Speaker 1

Leslie, I would like to ask, are you willing to make use of your coaching workshops to help you better in this situation? 00:02:32 Speaker 2

And maybe in the future. 00:02:33 Speaker 2

Yeah, alright. 00:02:35 Speaker 1

Perfect. Well then I thank you for everything.

Pseudonym Tobi (forgot to ask last name) 00:00:00 Speaker 1

Yes thank you for coming here Tobi 00:00:06 Speaker 1

And how old are you? 00:00:07 Speaker 2

I am 17 years old 00:00:09 Speaker 1

So we are familiar with your situation. Can you tell me how you ended up in your situation? 00:00:19 Speaker 2

Yes I have 00:00:20 Speaker 2

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Yes. Well I really didn't have a social life before or now. I just sat at home with hardly any friend. 00:00:31 Speaker 2

I don't know how to explain but I never go to parties either. 00:00:37 Speaker 2

To, let's say, go back to society?

Or never did like it much 00:00:39 Speaker 2

And yeah, thats it 00:00:41 Speaker 1

Next to these problems, do you receive any help? 00:00:43 Speaker 1

00:00:48 Speaker 2

Not really but I initially try to help myself out of it. 00:00:54 Speaker 1

And what are? 00:00:54 Speaker 2

Not always 00:01:02 Speaker 2

I don't really have the motivation for it 00:01:04 Speaker 2

But I try to get motivation. By for example reaching out but that is really difficult. 00:01:13 Speaker 1

But you are willing to get help? 00:01:16 Speaker 2

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Yes, just not at once. In longer periods of time, of course. 00:01:23 Speaker 1

Longer periods 00:01:24 Speaker 1

Well, do you perhaps know anything about VR coaching? 00:01:28 Speaker 2

Via R coaching. 00:01:30 Speaker 1

No no, VR coaching is let's say, 00:01:31 Speaker 1

An online 00:01:34 Speaker 1

Online place, VR virtual reality. 00:01:37 Speaker 1

And basically, you are being helped through a safe environment 00:01:41 Speaker 1

Without having to interact with people 00:01:46 Speaker 1

Well what do you think about it? 00:01:50 Speaker 2

Yes if. 00:01:50 Speaker 1

As a method of aid 00:01:53 Speaker 2

Thats pretty okay 00:01:53 Speaker 2

It would be good of a helping method 00:01:57 Speaker 2

Gebruiken om ja. 00:02:00 Speaker 1

And why? 00:02:02 Speaker 2

To yes, I can use any help, so I don't care if it's online help or just go personal help.

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00:02:12 Speaker 1

I am definitely willing to make use of it. 00:02:15 Speaker 1

Of the 4 VR coaching 00:02:18 Speaker 2

Yes I am willing 00:02:19 Speaker 1

For to well That's just the information I need for now. Thank you for the information and I'll do something with it soon.

Pseudonym Medhi 00:00:00 Speaker 1

Thank you for your time, what is your name? 00:00:08 Speaker 1

En how old are you? 00:00:09 Speaker 2

Seventeen years old. 00:00:11 Speaker 1

So we discussed about your current situation. How did you end up in your currency situation. 00:00:17 Speaker 2

I have no motivation for school 00:00:22 Speaker 2

And hate doing jobs 00:00:25 Speaker 1

OK, en are you receiving any help in order to get back to the schools? 00:00:37 Speaker 2

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Not really to be honest, I still live with my parents 00:00:39 Speaker I

So what are they key problems to prevent you from coming back to society? 00:00:45 Speaker 2

Mostly its just motivation, I mainly don't like to go outside so that's it. 00:00:55 Speaker I

En, are you willing to receive help?

00:01:03 Speaker 2

Yes Yes, To be honest I get tired of it. 00:01:07 Speaker I And in what what kind of what you like to be helpt? 00:01:29 Speaker 2

Meer bison dat ken. 00:01:30 Speaker 2

Helpt me becycled uit je knie? 00:01:32 Speaker 2

Het was maart sterretje anos. 00:01:37 Speaker 2

Ze media helping that see you. 00:01:42 Speaker I

Familiar with VR coaching of VR in General zo basically VR coaching is that you go on online virtual reality and i 00:01:51 Speaker I

Vindt u and then your being coached en basic myself, developing whatever you want without having to Interact with anyone. 00:02:01 Speaker I

Willy zo having heard that, would you? 00:02:05 Speaker I

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Like to be your coached. 00:02:08 Speaker 1

En de.

00:02:12 Speaker 2

Ik was like i heard of this may and sides of the new Square new things. 00:02:19 Speaker 2

Ja, We hebben het over . 00:02:24 Speaker 1

Thank you and have a Nice day

CODES

- Current situation
- Receiving help
- Key issues
- VR coaching as a helping method
- Willingness to use VR coaching

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This pilot study was conducted in collaboration with:

Charlotte Barto, Behavioral Scientist, FundamentPlus

Dana-Maria Faneker, Founder CaptainVR

Students from Inholland University of Applied Sciences

Faculty of Creative Business

Project Group 360c

Jewel Buenaventura

Diksha Khatri

Sander Meevis

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Thank you for your Interest!

Future-Proofing Proofing Youth Work with Immersive Immersive Tech

Contact CaptainVR for more information: info@captainvr.nl