

1. Project info

Project number NORPART-2018/10039
Project title Collaboration in Higher Education in Mental Health between Nepal and Norway

Coordinating institution
UNIVERSITETET I OSLO (NO-UiO)

Project coordinator in Norway

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Partners

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Unit:	Division of Mental Health and Addiction, Institute of Clinical Medicine, Faculty of Medicine
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Institution:	NO-OSLO UNIVERSITETSSYKEHUS HF (NO)
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Have there been any changes that are relevant to the project at the partner institutions during the past year?

No

Fields of education and training

- 1: Clinical medicine (502)
- 2: Psychology (206)
- 3: Public health (504)

2. Project summary

Project summary

Project summary and preliminary results

Collaboration in higher education in mental health (COMENTH) between Norway and Nepal is a unique project which involves three Universities in Norway (University of Oslo-UiO, University of Bergen-UiB, University of Tromsø-UiT) and one University in Nepal (Tribhuvan University- TU) as the higher academic institutions. There are several other partner organizations supporting this collaboration such as (Oslo University Hospital-OUS, Child Workers in Nepal-CWIN, For Utvikling-FORUT, Norwegian Psychiatric Association -NPA and Kanti Children Hospital -KCH). Covering a very wide range of professional education from child psychiatry to adult psychiatry and clinical psychology both at the master and PhD level is another uniqueness of this project. As stated in the project plans, we have successfully implemented most of the activities in 2019 although this year was a preparation year for planning and implementing the project in the upcoming years. A kick-off meeting was organized in Kathmandu in January 2019 with all the stakeholders where we went through the planned activities in 2019. Signing of MoU between UiO and TU took place in January 2019. Similarly, a collaboration agreement between UiO, UiB, UiT and KCH has also been signed. COMENTH has its own website <https://www.med.uio.no/klinmed/english/research/projects/comenth/>. A high level delegation from Nepal that consisted of the Vice chancellor of TU, Dean of IOM, Campus chief of IOM and Head of DPMH visited University of Oslo and their counterparts in June 2019. Several meetings and discussions were held during that visit. Moreover, the project coordinator was honoured as a visiting Professor of IOM, TU during that visit which has further strengthened collaboration between UiO and TU in joint teaching and supervision. NORPART steering committee under the dean of IOM at TU has been formed. A common course for students from Nepal, Vietnam and Norway has been designed by the Center for Crisis Psychology, UiB. Dr. Mita Rana from TU visited UiB in May 2019 and contributed to the curriculum of the 10 ECT course. She also gave guest lecture about mental health in Nepal. A process for revising MD psychiatry and MPhil clinical psychology curriculum at the Department of Psychiatry and Mental Health (DPMH), Institute of Medicine (IOM), TU has started and several meetings have been organized. These curriculums have not been revised for almost 20 years. Annual project meeting and joint course/conference was organized in Kathmandu in October 2019. One permanent faculty of DPMH, IOM, TU has enrolled as a PhD student at UiO and was in Oslo for 3 months. However, we could not send one PhD student from Norway to Nepal in 2019 as it took some time to plan and make an announcement on it. There are several interested candidates for 2020. Moreover, we have also had several additional collaborative activities in 2019 without using NORPART resources and we are proposing to increase the number of master students' mobility in both the directions between Norway and Nepal for 2020-2023.

Project summary (from the project document)

Department of Psychiatry and Mental Health, Institute of Medicine (IOM), Tribhuvan University (TU) and Department of Adult Psychiatry, Institute of Clinical Medicine, University of Oslo (UiO) are together applying for a project to collaborate in education and research in mental health which will enhance the quality of higher education in Norway and Nepal. IOM, TU is supported by Kanti Children Hospital, Child Workers In Nepal, For Utvikling (FORUT) while UiO is supported by University of Bergen, University of Tromsø and Norwegian Psychiatric Association's Board of Transcultural Psychiatry & Global Mental Health. The need of development of highly educated mental health professionals has been emphasized by the government and experts of Nepal. Similarly, in Norway, there is a growing need to include cross-cultural aspects in training of mental health professionals due to an increasing diverse populations belonging to different cultures. The collaboration between these Universities and their supporting partners will create an excellent opportunity to promote mobility of 51 students (master & PhD) along with visit by academic personnel in both directions. In addition, organizing international seminars, guest lectures and courses, curriculum reviews of master programs, writing up of a new PhD curriculum in Nepal, developing common research projects and common supervision of master and PhD students in both countries will be the part of the program. Amending two decades old Master curriculum and starting a PhD program at IOM, TU will be an important outcome and a breakthrough in mental health education in Nepal. Women, underprivileged and indigenous populations will be given higher preference in the project in both countries. Norwegian students and staffs will also get a unique opportunity to learn from a resource-poor country and be able to establish some common research projects. The project has been structured to be sustainable for the future.

3. Annual report

3.1 Project implementation

Work plan for the project (from the project document)

Our workplan is described in bi-annual basis.

2019

January-June

- Recruitment of part time staff and establishment of office setup in a space provided by DPMH, IOM, TU
- Signing of MOU between UiO and IOM/ TU, and if required between IOM/TU and UiT/UiB
- 1st Annual Project Meeting in Kathmandu, Nepal with delegates from Norway
- Visit of 5 delegates from IOM, TU to Norwegian Universities.
- Proposal preparation and plans for admission of the first PhD candidates to Faculty of Medicine, UiO
- UiB and IOM to develop educational module (10 ECT) in cross cultural aspects of mental health
- Selection of one PhD candidate from the current Faculty at IOM
- Launching of own website of the project

July-December

- The start of PhD program of the first two candidates at UiO/UiT/UiB
- 1st meeting for curriculum review of MD and M.Phil program
- International course in Kathmandu in October
- 1 PhD student from Norway visiting Nepal for 3 months.
- 1 PhD student from Nepal visiting Norway for 3 months

2020

January-June:

- Visit of 5 delegates from Norwegian universities to Nepal.
- 4 Master or professional students from Norway to Nepal
- 2nd Annual Project Meeting in Oslo/Kathmandu.
- International Mental Health Conference Nepal 2020
- Endorsement of revised curriculum for MD Psychiatry/MPhil Psychology by IOM
- Selection and project writing of 2nd PhD candidate from Nepal
- 1 PhD student will attend summer school and courses in Oslo

- Posting of 2 Master students for 1 month in Norway

July-December:

- Start of the PhD program of the 2nd candidate at UiO.
- 4 Master students from Nepal to Norway for summer school/ other relevant courses / common supervision or on observerships at different times (3 months stay)
- International course in Kathmandu in October
- 1st meeting for the development of PhD program in mental health in IOM, TU in Kathmandu

2021

January-June:

- 3rd Annual Project Meeting in Oslo/Kathmandu
- 2nd meeting for the development of PhD program/curriculum in IOM, TU.
- 2 PhD students from Norway to Nepal for 3 months
- Visit of the 1st and 2nd PhD candidate from Nepal to Norway
- Posting of 2 Master students for 1 month in Norway

July-December

- 4 Master students from Nepal to Norway for summer school/ other relevant courses / common supervision or on observerships (3 months stay)
- International course in Kathmandu in October
- Finalization and forwarding PhD curriculum to the related authorities
- 1st candidate will be defending PhD in Oslo
- Visit to Tromsø/Norway of 1 PhD student working at KCH

2022

January-June:

- 4th Annual Project Meeting with midterm review in Kathmandu/Oslo.
- International Mental Health Conference Nepal 2022
- Posting of 2 Master students for 1 month in Norway
- 1 PhD student attending summer school and courses in Norway

July-December:

- Enrollment of 1st PhD candidate under IOM, TU
- International course in Kathmandu in October
- Defence by 2nd PhD candidate in Norway
- 4 Master students from Nepal to Norway for summer school/ other relevant courses / common supervision or on observerships at different times (3 months stay)
- Visit to Tromsø/Norway of 1 PhD student working at KCH

2023

January-June:

- 5th Annual Project Meeting in Kathmandu/Oslo
- 3rd PhD Students from Nepal will be in Oslo for at least 3 months
- Posting of 2 Master students for 1 month in Norway
- 1 PhD student attending summer school and courses in Norway

July-December:

- 4 Master students from Nepal to Norway for summer school/ other relevant courses / common supervision or on observerships at different times (3 months stay)
- Enrollment of 2nd PhD candidate under IOM, TU.
- International course in Kathmandu in October followed by final project evaluation Meeting
- Visit to Tromsø/Norway of 1 PhD student working at KCH

Project progress and deviations 2019

2019

January-June

- Recruitment of part-time staff and establishment of office set up in a space provided by DPMH, IOM, TU: This was delayed because of the unrest at the Institute of Medicine during the first half of 2019. The dean office was then forcefully closed by the protesting students. Thus, secretariat service for the NORPART project during that period was run with the help of existing secretariat at the DPMH, IOM until September 2019 when Ms. Amrita Chaulagai joined as the secretary of NORPART project first as temporary staff for a month and then after for the project period.

- Signing of MOU between UiO and IOM/ TU, and if required between IOM/TU and UiT/UiB: The MoU between UiO and TU was signed on 29th of January 2019. A collaboration agreement between UiO, UiT, UiB and KCH was signed in spring 2019 after a series of meetings and discussions.

- 1st Annual Project Meeting (APM) in Kathmandu, Nepal with delegates from Norway: A kick-off meeting was organized in Kathmandu at the Institute of Medicine from 10-11th January 2019 which was attended by Suraj Thapa and Bernadette Kumar from UiO, Jarle Eid and Unni Marie Heltne from UiB. The Dean, Campus chief, medical education director, all the academic staffs of the Department of Psychiatry and Mental Health, Institute of Medicine (IOM) and representatives from the partner organizations were present during that meeting. A follow-up meeting with all the major stakeholders was organized in October 2019 where an update on the project activities was made by focussing on challenges associated with mobility of students in both directions.

- Visit of 5 delegates from IOM, TU to Norwegian Universities: Then Vice-chancellor Professor Tirtha Raj Khaniya, TU; the Dean, Professor Jagdish P. Agrawal, IOM, TU; the Campus Chief, Professor Pratap Narayan, IOM, TU; the Head of the Department of Psychiatry and Mental Health, Professor Saroj P. Ojha who is also NORPART project coordinator at IOM, TU visited University of Oslo from 31st May to 6th June. They had a series of meetings with the Project Coordinator Suraj Thapa and his NORPART team at the Department of Adult Psychiatry. A workshop on future of higher education in Nepal was organized on 2nd of June at UiO with the Nepalese students in Oslo. A whole day seminar in "Global psychiatry and global neurology" was organized by the Center for Global Health UiO on 4th June. The delegation has also had a meeting with Professor Jeanette Magnus who leads NORPART project between UiO and Jimma University in capacity building. On 5th of June, the delegation had a meeting with the Dean Professor Ivar Galdhaug, and Assistant Deans Professor Hilde Irene Nebb and Jens Petter Berg at the Sogn arena which was also attended by Professor and Director, Andrea Winkler, and Managing Director Ingebjorg K, Haavardsson from Center for Global Health, Anette Sørensen, Administrative leader, Division of Mental Health and Substance Abuse, Institute of Clinical Medicine, UiO. Senior advisor Tine Tång Engvik and Vice Rector Professor Åse Gornitzka later met the delegation at the Rector's office in Blindern at UiO. The delegation has also had also a separate meeting with the Head of Division of Mental Health and Addiction, Professor Ingrid Melle.

- Proposal preparation and plans for admission of the first PhD candidates to Faculty of Medicine, UiO: Assistant Professor Saraswati Dhungana at IOM got admission to a PhD program at the Faculty of Medicine, UiO in fall 2019.

- UIB and IOM to develop educational module (10 ECT) in cross-cultural aspects of mental health: Associate Professor Mita Rana representing clinical psychology from IOM, TU visited UiB from 11-19th May and had a series of meetings with her counterparts Professor Jarle Eid and Unni Marie Heltne at the Department of Crisis Psychology, UiB where they discussed about educational module, M.Phil curriculum in clinical psychology at IOM and issues related to student exchange that will start from 2020. She has also had a meeting with the Rector and Vice-rector of UiB during her stay in Bergen.

- Selection of one PhD candidate from the current Faculty at IOM: Dr. Saraswati Dhungana has already started her PhD at UiO.

- Launching of own website of the project: This was launched in June 2019 and is available at <https://www.med.uio.no/klinmed/english/research/projects/comenth/>

July-December

- The start of PhD program of the first two candidates at UiO/UiT/UiB: Even though we had earlier planned for 2 PhD candidate to Norway, one at UiO and the other one at UiT from 2019, UiT wanted to postpone this intake from 2019-2021 to 2021-2023 which was accepted by DIKU/SIU. (Refer to mail communications in December 2018/January 2019)
- 1st meeting for curriculum review of MD and M.Phil program: A departmental meeting was conducted on 1st October 2019. In the meeting, all the respective faculties from Psychiatry and Psychology shared their knowledge and ideas on current MD Psychiatry and M.Phil Clinical Psychology curriculum. On 2nd October two parallel sessions were organized separately for MD Psychiatry and M Phil Clinical Psychology curriculum. During the meeting psychiatrists and psychologist from Nepal as well as Norway participated and contributed in revising the existing curriculum which has not been revised and updated for the last 20 years.
- International course in Kathmandu in October: In collaboration with UiO and McGill University, DMHP, IOM, TU organized for 6th time a two days conference /course in global mental health in Kathmandu from 3-4 October 2019 which was attended by 70 participants. The theme was "Culture and Global Mental Health: Culture, Spirituality and Mental Health". Its aim was to bring together practitioners, researchers, and experts from diverse traditions to discuss the implications of religious and spiritual teachings for mental health theory, policy, and practice. In addition to formal presentations, panels will provide opportunities for dialogue on ways to integrate insights from religious and spiritual practices into mental health research, promotion, interventions, and recovery. On September 30, a workshop in Cognitive Behaviour Therapy (CBT) was run for interested students and faculties at IOM by Suraj Thapa and Valjbona Prelevic from Norway.
- 1 PhD student from Norway visiting Nepal for 3 months: As informed to DIKU earlier, this could not be implemented in 2019 as it took some time to plan and make an announcement on it. Thus we have asked for a postponement to 2020 as there are several interested candidates.
- 1 PhD student from Nepal visiting Norway for 3 months: Saraswati Dhungana was at UiO for three months (16th October 2019- 16th January 2020). During that period, she attended some of the obligatory PhD courses at UiO and wrote her first article for her PhD under the close supervision of her main supervisor and project coordinator Suraj Thapa at UiO.
- There were several additional staff visits from Norway (UiO, UiB) to Nepal (TU) without using NORPART grants.

Revised work plan and timeline

REVISED WORK PLANS

2020 (anytime)

- Visit by 4-5 delegates to TU and 2 from KCH to UiT
- 2nd APM in Kathmandu
- Revision of Master curriculum and endorsement
- 2nd PhD admission and mobility to Norway (3 M)
- Mobility of 8 Master students from Nepal to Norway
- 5 MD Psychiatry students to UiO for 1-2 months (Proposed change:increase in nr from 4 to 5, decrease in duration from 3 to 1-2 months for 2 students, refer to email communication with DIKU in January 2020, no major consequences for the budget)
- 3 MPhil Psychology students to UiB) for 2 months (Proposed change: increase in nr from 2 to 3, decrease in duration from 3 to 2 months, approved by DIKU earlier, no major consequences for the budget)
- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal. (Proposed change: increased in nr from 2 to 3, unused funds from other posts can be used to cover these extra expenses)
- Mobility of 2-3 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU). Duration of stay 2-3 months. (Proposed changes- increased nr from 2 to 3 with reduced duration of stay, no major consequences for the budget)

- Int. conf./jt. course in Kathmandu
- 1st PhD curriculum meeting in Kathmandu
- Selection of 1 PhD candidate from KCH to UiT
- Applying for 1 fulltime master student from Nepal at UiO

2021

- 3rd APM in Kathmandu
- 2nd meeting for the development of PhD program and finalization
- 2 PhD students from Norway to Nepal for 3 months
- Mobility of the 1st and 2nd PhD candidate from Nepal to Norway
- Mobility of 8 Master students from Nepal to Norway as explained above under 2020
- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal. (Proposed change: increased in nr from 2 to 3, unused funds from other posts can be used to cover these extra expenses)
- Mobility of 2-3 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU). Duration of stay 2-3 months. (Proposed changes- increased nr from 2 to 3 with reduced duration of stay, no major consequences for the budget)
- Int./ joint course/conference in Kathmandu
- 1st PhD candidate completes PhD at UiO
- Mobility of 1 PhD student from KCH to UiT

2022

- 4th APM with midterm review in Kathmandu
- Mobility of 8 Master students from Nepal to Norway as explained above under 2020
- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal. Duration of stay 3 months. (Proposed change: increased in nr from 2 to 3, unused funds from other posts can be used to cover these extra expenses)
- Mobility of 2 Master students (medicine) from Norway (UiT) to KCH, Nepal. Duration of stay 3 months.
- Mobility of 2 PhD student from Nepal to UiO
- Enrollment of 1st PhD candidate in IOM, TU
- Int/jt. course in Kathmandu
- Defence by 2nd PhD candidate in Norway
- Mobility of 1 PhD student from KCH to UiT

2023

- 5th Annual Project Meeting in Kathmandu
- 1 PhD Students from TU to UiO for 3 months
- Mobility of 8 Master students from Nepal to Norway
- 3 MD Psychiatry students to UiO for 1-2 months, 2 from KCH to UiT for 3 months (Proposed change: increase in nr from 4 to 5, decrease in duration from 3 to 1-2 months for 2 students, email communication with DIKU in January 2020, no major consequences for the budget)
- 3 MPhil Psychology students to UiB) for 2 months (Proposed change: increase in nr from 2 to 3, decrease in duration from 3-2 months, approved by DIKU earlier, no major consequences for the budget)
- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal. . (Proposed change: increased in nr from 2 to 3, unused funds from other posts can be used to cover these extra expenses)
- Mobility of 2-3 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU). Duration of stay 2-3 months. (Proposed changes- as mentioned earlier)
- Enrollment of 2nd PhD candidate under IOM, TU.
- International course in Kathmandu in October
- Mobility of 1 PhD student from KCH to UiT

3.2 Mobility, courses, and dissemination

3.2.1 Mobility

3.2.1.1 Planned student mobility

Total planned student mobility for the project period (from the Project Document)

Type of mobility	From	To	Number of students	Duration	Level
Long-term (3 months or more)	Nepal (NP)	Norway (NO)	17	3m, 0w, 0d	Master
Each year four Master students in psychology /psychiatry from Nepal will spend 3 months at UiB /UiO/UiT attending the program for international students in psychology /psychiatry and mental health. In the last year there will be one additional student from Kanti Children Hospital.					
Long-term (3 months or more)	Nepal (NP)	Norway (NO)	2	3m, 0w, 0d	PhD
Two PhD students from Nepal in psychiatry will spend 3 months at UiB/UiO/UiT to attend graduate research seminars and work on their PhD thesis.					
Long-term (3 months or more)	Nepal (NP)	Norway (NO)	3	9m, 0w, 0d	PhD
Three PhD students IOM, TU/ KCH will spend in total 9 months in three different years at UiB/UiO/UiT in order to attend courses, have meeting supervisors, Write papers and defend their PhDs.					
Long-term (3 months or more)	Norway (NO)	Nepal (NP)	4	3m, 0w, 0d	PhD
Four PhD students in psychology/psychiatry from UiB/UiO/UiT will spend a total of 3 months in Nepal at TU / Kanti Children's hospital in order to do some collective research or participate in common courses or projects in mental health.					
Long-term (3 months or more)	Norway (NO)	Nepal (NP)	1	12m, 0w, 0d	PhD
One PhD student in psychology/psychiatry from UiB/UiO/UiT doing Research based in Nepal will spend a total of 12 months in Nepal at TU / Kanti Children's hospital in order to collect research data on a collaborative clinical research projects in mental health.					
Long-term (3 months or more)	Norway (NO)	Nepal (NP)	16	3m, 0w, 0d	Master
Professional medical /psychology / master students at UiO/UiB/UiT will get stipend to go to Nepal for three months.					
Short-term (up to 3 months)	Nepal (NP)	Norway (NO)	8	1m, 0w, 0d	Master
2 Master students each year will visit Norway for 1 month duration to attend courses/ summer School/ research activities etc.					
Total			51	164m, 0w, 0d	

Travel summary

	NP	NO
Short-term (up to 3 months)		
Nepal (NP)		8
Long-term (3 months or more)		
Nepal (NP)		22
Norway (NO)	21	

3.2.1.2 Actual student mobility

Actual student mobility

Type	From	To	Male	Female	Months	Weeks	Days	Level	Year
Combined work placement course	Nepal (NP)	Norway (NO)		1	3			PhD	2019
Total			0	1	3				

Travel summary

	NO
Nepal (NP)	1

3.2.1.3 Staff mobility

Type	From	To	Gender	Months	Weeks	Days	Year
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Male		1		2019
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Male		1		2019
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Male		1		2019
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Male		1		2019
Development of course/ study programme/ degree	Nepal (NP)	Norway (NO)	Female			10	2019
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Female		1		2019
Development of course/ study programme/ degree	Norway (NO)	Nepal (NP)	Female		1		2019
Teaching at joint course (semester)	Norway (NO)	Nepal (NP)	Female		1		2019
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Male			10	2019
Workshop, seminar, conference	Norway (NO)	Nepal (NP)	Male			10	2019
Workshop, seminar, conference	Norway (NO)	Nepal (NP)	Male		1		2019
Workshop, seminar, conference	Norway (NO)	Nepal (NP)	Female		1		2019
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Female		1		2019
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Female		1		2019

Type	From	To	Gender	Months	Weeks	Days	Year
Development of course/ study programme/ degree	Norway (NO)	Nepal (NP)	Female		1		2019
Total			15		12	30	

Travel summary

	NP	NO
Study visit, institutional/corporate visit		
Nepal (NP)		4
Teaching at joint course (semester)		
Norway (NO)	1	
Development of course/study programme/degree		
Nepal (NP)		1
Norway (NO)	2	
Workshop, seminar, conference		
Norway (NO)	3	
Project meeting/support activity		
Norway (NO)	4	

3.2.2 Courses

3.3.2 Courses/programmes

Course name:	International course in trauma, cultural psychiatry and global mental health
Course code/ID:	
Description:	Since 2017, UiO and IOM, TU in collaboration with McGill University in Montreal, Canada started a joint course in cultural psychiatry and global mental health. UiB and UiT will be new partners and the course will be expanded to 3-5 days. This course will be attended by medical students, master and PhD students in psychiatry and psychology and any other mental health profession from anywhere and Nepal. We had 60 participants last year and expect to get 100 this year in October 29-30 in Kathmandu.
Discipline area:	Public health
Language of teaching:	English
ECTS Credits:	8,00
Start:	2019
Students IoN:	30
Students liN:	0
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Started

Course name:	M.Phil.
Course code/ID:	
Description:	The M.Phil. Clinical Psychology is a two years course with eligibility for MA students in general psychology with clinical psychology as specialization course from Tribhuvan University or any other recognized university. Its curriculum has not been updated since it had started almost two decades ago. The applicants have to appear on entrance exams and interview for admission. Only two-three students are admitted in a year. The student goes through two years full time residential training in TUTH with a designated guide for clinical supervision. The
Discipline area:	Psychology
Language of teaching:	English
ECTS Credits:	120,00
Start:	2019

Students IoN:	3
Students liN:	0
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Started

Course name:	MD Psychiatry
Course code/ID:	
Description:	The program of clinical residency in psychiatry, currently followed in DPMH, IOM is old. We plan to update the curriculum and the program
Discipline area:	Clinical medicine
Language of teaching:	English
ECTS Credits:	180,00
Start:	2019
Students IoN:	5
Students liN:	0
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Started

Course name:	PhD in Psychiatry/Mental health
Course code/ID:	
Description:	We are planning to start a PhD program at IOM, TU with assistance from UiO/UiB/UiT/McGill from 2022.
Discipline area:	Clinical medicine
Language of teaching:	English
ECTS Credits:	30,00
Start:	2022
Students IoN:	0
Students liN:	0
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Not started

Course name:	Psychosocial intervention and crisis psychology
Course code/ID:	
Description:	This proposed course will be developed by the Center for Crisis Psychology and will consist of several 2-3 day modules focusing at: (a) Diagnosis and assessment of acute and chronic posttraumatic stress reactions in children and adolescents, (b) The teaching recovery technique (TRT) for coping with trauma, (c) Children and grief - teaching life skills, (d) School and Community based interventions after major natural or man made disasters
Discipline area:	Psychology
Language of teaching:	English
ECTS Credits:	10,00
Start:	2020
Students IoN:	0
Students liN:	0
Institution(s) offering the degree:	NO-UNIVERSITETET I BERGEN
Status:	Not started

3.2.3 Dissemination

Title: Collaboration in Higher Education in Mental Health between Norway and Nepal
 Author(s): Suraj Thapa
 Location: Fredrik Holsts hus,
 Link to online version of dissemination:
 Date (mm.yyyy): 06/2019
 Joint dissemination: Yes
 Audience/ Recipient(s): Scientific audience
 Type of dissemination: Conference/seminar presentation without refereed paper
 Comments: Oral presentation by project leader in a joint seminar between UiO and TU in global mental health and global neurology held in Oslo on 4th June 2019

Title: Collaboration in Higher Education in Mental Health between Norway and Nepal
 Author(s): UiO
 Location:
 Link to online version of dissemination: <https://www.med.uio.no/klinmed/english/research/projects/comenth/>
 Date (mm.yyyy): 04/2019
 Joint dissemination: No
 Audience/ Recipient(s): Other
 Type of dissemination: Other
 Comments: own website at UiO

Title: Collaboration in Higher Education in Mental Health between Norway and Nepal
 Author(s): Suraj Thapa
 Location: University of Bergen
 Link to online version of dissemination:
 Date (mm.yyyy): 04/2019
 Joint dissemination: No
 Audience/ Recipient(s): Scientific audience
 Type of dissemination: Conference/seminar presentation without refereed paper
 Comments: Global health meeting/conference in Bergen

Title: Mental health in Nepal and needs
 Author(s): Mita Rana
 Location: University of Bergen
 Link to online version of dissemination:
 Date (mm.yyyy): 05/2019
 Joint dissemination: Yes
 Audience/ Recipient(s): Other
 Type of dissemination: Other
 Comments: Psychology students at UiB

Title: NORPART project and opportunities for student exchange
 Author(s): Jarle Eid
 Location: University of Bergen
 Link to online version of dissemination:
 Date (mm.yyyy): 08/2019
 Joint dissemination: No
 Audience/ Recipient(s): Other
 Type of dissemination: Other
 Comments: Information's meeting to psychology students in Bergen

Title: Verden trenger psykologer
 Author(s): UiB- psykologi studenter
 Location:
 Link to online version of dissemination: <https://katarsisuib.no/namaste-verden-trenger-psykologer/>
 Date (mm.yyyy):
 Joint dissemination: No
 Audience/ Recipient(s): Local communities
 Type of dissemination: Website
 Comments: Published in journal of psychology students at UiB

4. Activities

4.1 Project development

Name: Annual project meeting
 Activity: International project meetings

Description: Each year we will organize a meeting either in Kathmandu or Oslo in order to review previous year's activities and/or plan for next year's activities. We expect two persons travelling either from Oslo to Kathmandu or vice-versa. The first meeting will take place as soon as possible in 2019 in order make a good plan. Sometimes we can also have it twice a year as per the need within the given budget frame. Then we will combine it with other activities.

Start: Jan/2019
 End: Dec/2023
 Status: Started
 Participants: 10

Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	39 115	40 000	40 000	40 000	40 000	199 115
Meeting costs	7 671	10 000	10 000	10 000	20 000	57 671
Other	0	5 000	5 000	5 000	5 000	20 000
SUM - Activity	46 786	55 000	55 000	55 000	65 000	276 786
SUM - Total	46 786	55 000	55 000	55 000	65 000	276 786

Comments: Two way ticket Oslo-Kathmandu, hotel, local transportation, food, visa , insurance = 20000 NOK per person x 2. Meeting cost includes cost required to organise the meetings, i.e. venue charge, food and accessories.
 Comment to real expenses: Travel and accommodation: UiO-18865 NOK+ UiB-20250= 39115. Meeting cost and other: TU- 7671. We organized this meeting twice in 2019, one in January as a kick-off meeting and the other in October 2019 in combination with joint course/conference and curriculum meetings.

Name: PhD curriculum development
 Activity: Joint curriculum development
 Description: Since the long-term plan is to start PhD program at the Institute of Medicine, we need to

develop a curriculum for PhD. IOM has an aim to start its own PhD in mental health from 2022/2023. By then, they will have at least 2 completed PhDs from the Norwegian Universities which will also give good exposure to the requirements for PhD at these Universities. The PhD curriculum will be based on PhD curriculum of UiO/UiB/UiT with certain modifications that are required for implementing it in Nepal according to the local context and needs of IOM. A team comprised of faculties from both the Universities will take the responsibility for this task. Rules and regulations in neighbouring countries and other disciplines at the TU will also be considered. Experts from neighboring countries to Nepal will also be invited.

Start: Jan/2020
 End: Dec/2021
 Status: Not started
 Participants: 10

Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	60 000	60 000	0	0	120 000
Meeting costs	0	10 000	10 000	0	0	20 000
Other	0	0	0	0	0	0
SUM - Activity	0	70 000	70 000	0	0	140 000
SUM - Total	0	70 000	70 000	0	0	140 000

Comments: Travel costs per person for 3 nights: 10000 NOK for ticket +4000 NOK for food+ 4000 NOK for hotel+ 2000 NOK for visa/insurance=20000 from Norway to Nepal(Three persons)
 Meeting costs 5000 NOK per day x 2 days=10000 NOK (food, venue etc)
 After comments from DIKU, we have removed travel expences for two experts from India (20000 NOK) and moved the consultant fees (20000 NOK) to salaries ...

Name: Revision of Master curriculum by a joint team
 Activity: Joint curriculum development

Description: The current curriculum of Master program in Psychiatry and Psychology was developed almost 20 years ago. It is evident that the field of mental health is one of the fastest growing with inflow of several new inventions. Thus, regular update is necessary to educate these master students accordingly. Hence, a committee formed of experts from Norway and Nepal will go through curriculum of master programs and come up with some recommendations for required changes in the curriculum in Nepal. This will also give an opportunity to academicians at UiO/UiB/UiT to compare and learn from Nepal's teaching and curriculum which seems to be more intensive compared to that of Norway in both professional and master study programs.

Start: Apr/2019
End: Dec/2020
Status: Started
Participants: 10
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	54 396	50 000	0	0	0	104 396
Meeting costs	10 000	25 000	0	0	0	35 000
Other	0	5 000	0	0	0	5 000
SUM - Activity	64 396	80 000	0	0	0	144 396
SUM - Total	64 396	80 000	0	0	0	144 396

Comments:

2 persons travelling from Norway to Nepal at the rate of 20000 NOK/person= 40000 NOK
4 faculty belonging to IOM, TU's affiliated schools outside Kathmandu have to come to Kathmandu. 20 000 NPR air tickets x 4 persons = 80 000 NPR
Hotel accomodation 10 000 NPR x 4 persons x 2 days= 80 000 NPR
Local transportation to all participants 20 persons x 2000 x 2 days=80000 NPR
Subtotal:80000 x 3=240000 NPR/10 =24 000 NOK each time
Meeting venue costs 5000 NOK x 2 days = 10 000 NOK

Total travel costs: 50000+24000=74000 NOK (8000 NOK originally budgeted for visit from India has been removed)
Other costs 8000 NOK each time (visa, insurance, inflation etc)

Comments and real expenses: Travel and accommodation: UiO- 43201 NOK, TU- 11195. Meeting cost: TU- 10000
UiB- didn't use 20 000 in 2019, we hereby apply for transfer of the remaining amount for use in 2020.
There were slight deviations in this activity as we organized this meeting twice in 2019, one in October and the other one between in December 2019. IOM, TU realized that there was no need to invite many from outside Kathmandu in those meetings which cut down the travel costs. Instead, the project coordinator from UiO and TU visited a leading institution in New Delhi to learn more about their curriculum. However, we did not burden NORPART project for this visit as we had some extra funds from UiB.
For 2020, we have adjusted travel and accomodation and meeting costs as there will be less travels but more meetings.

Name: Psychosocial intervention and crisis psychology (University of Bergen)
Activity: Joint development of courses, study programmes and degrees
Description: This will be an elective (10 ECT) course for students from IOM and UiB focusing on cultural aspects of mental health, assessment and therapy during crisis. A special emphasis on trauma, grief and PTSD will be given.
Development of course by Center for Crisis Psychology, UIB with experts from TU

Start: Jan/2019
End: Dec/2019
Status: Completed
Participants: 2
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	21 496	0	0	0	0	21 496
Meeting costs	0	0	0	0	0	0
Other	0	0	0	0	0	0
SUM - Activity	21 496	0	0	0	0	21 496
SUM - Total	21 496	0	0	0	0	21 496

Comments: Travel and accommodation at the rate of 20000 NOK per person x 1 person as stipulated elsewhere.
Meeting costs include food and other local expenses.

Comments and real expenses: visit to UiB by Mita Rana- Travel expenses: 16792,-
Accommodation: 4704.

4.2 Implementation of joint educational activities

Name: Local NGO and partners in Nepal and Norway
Activity: Collaboration with partners from the public and private sectors, NGOs and local communities
Description: Lump sum allocations to local partners in Nepal and Norway in order to facilitate travel to working meetings and planning og educational activities, outplacements and/ or conferences and seminars during the project period.
Start: Jan/2019
End: Dec/2023
Status: Started
Level: All levels
Participating students: 0
Participating academic and administrative staff: 6
ECTS:
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	12 602	20 000	20 000	20 000	0	72 602
Venue and local transport	0	6 000	6 000	6 000	6 000	24 000
Student scholarships	0	0	0	0	0	0
Other	0	14 000	14 000	14 000	14 000	56 000
SUM - Activity	12 602	40 000	40 000	40 000	20 000	152 602
SUM - Total	12 602	40 000	40 000	40 000	20 000	152 602

Comments: In the period from 2020 -2022 the partering institutions NGO's (FORUT, CWIN and KCH) will be allocated one travel to/from Norway to Nepal of 20.000,- and over the total five year period each of the three partners will be granted NOK 2000 pr year to cover local travel to coordinating and working meetings in Norway / Nepal.

Comments and real expenses: Had a meeting between UiT, Uio and UiB in Oslo. UiT, airfare ticket : 3044, UiB: 2 airfare tickets: 9012,- UIO participating kick-off meeting by DIKU at Gardermoen: 546.
We had forgotten to allocate funding for internal meetings between Norwegian partners. We thus request for 20000 Kr each year for such meetings. We have thus added 14000 as other expenses. That amount and 6000 for venue and loval transport will make 20000 Kr available for internal meetings among partners in Norway.

Name: Study visits
Activity: Courses/trainings/study visits for academic and administrative staff
Description: Exchanges of academic and administration staffs between Norway and Nepal in the intial two years to have an orientation of the collaborating Universities for the formation of future plans
Start: Jan/2019
End: Dec/2020
Status: Completed
Level: All levels

Participating students:
 Participating academic and administrative staff: 10
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	79 909	100 000	0	0	0	179 909
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0
Other	8 696	0	0	0	0	8 696
SUM - Activity	88 605	100 000	0	0	0	188 605
SUM - Total	88 605	100 000	0	0	0	188 605

Comments: In 2019 and 2020:
 Travel costs including food 20000 per person visiting to and from Norway x 5 persons=100 000 NOK
 Local transport 2000 x 5 persons= 10000
 Visa and other costs 2000 x 5 = 10000
 Comments and real expenses: 4 delegates, instead of 5 visited Norway in May 2019. UiO- Travel and accomodation: 19 977 pr. pers x 4= 79 909,-. Other (meeting cost)- 8696,-.
 One visit was cut down in order to save money for covering mobility of a PhD student to Tromsø. Thus, we ask for transfer of this amount to use for upcoming years. 20000 NOK deducted from budget for 2020 which can be used for internal project meetings in Norway.

Name: International course in trauma, cultural psychiatry, global mental health and child psychiatry
 Activity: Joint field courses, intensive courses and summer schools
 Description: Each year 5-7 days intensive courses will be organized in Kathmandu in October which will be attended by all master and PhD students at IOM, TU . This also includes other exchanged students from Norway. These exchanged students are planned to be posted in Nepal in this time period. Staffs from collaborating partners as well as mental health professionals from other organizations will also be invited. This course will be accredited by Nepal Medical Associations.
 Start: Aug/2019
 End: Nov/2023
 Status: Started
 Level: All levels
 Participating students: 50
 Participating academic and administrative staff: 15
 ECTS: 5
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	35 353	60 000	60 000	60 000	60 000	275 353
Venue and local transport	15 000	20 000	20 000	20 000	20 000	95 000
Student scholarships	0	0	0	0	0	0
Other	5 000	5 000	5 000	5 000	5 000	25 000
SUM - Activity	55 353	85 000	85 000	85 000	85 000	395 353
SUM - Total	55 353	85 000	85 000	85 000	85 000	395 353

Comments: Three academic staffs going to Nepal for teaching in these common courses each year.
 20000 NOK x 3= 60000
 Venue per day 4,000 x 5 days = 20,000
 Comments and real expenses: UiO- 15 335 NOK, UiT: 20 018, TU- Venue and local transport: 15 000 and others 5 000. UiB travel grant 20 000 was not used so that we can use it in 2020 or upcoming years.

Name: Joint teaching and supervision

Activity: Joint teaching and supervision, incl. guest lecturing
 Description: Joint teaching or exchange of teachers between Nepal and Norway. These teachers will teach regular master students at respective Universities.
 Start: Jan/2020
 End: Nov/2023
 Status: Not started
 Level: Master and PhD
 Participating students: 35
 Participating academic and administrative staff: 12
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	60 000	60 000	60 000	60 000	240 000
Venue and local transport	0	3 000	3 000	3 000	3 000	12 000
Student scholarships	0	0	0	0	0	0
Other	0	4 000	4 000	4 000	4 000	16 000
SUM - Activity	0	67 000	67 000	67 000	67 000	268 000
SUM - Total	0	67 000	67 000	67 000	67 000	268 000

Comments: 3 guest lecturers @ 20000 NOK /year
 Either Norway to Nepal or vice-versa

Name: Master student mobility from Nepal to Norway
 Activity: Student mobility
 Description: 17 students will come for 3 month's visit to Norway in 2020-2023; 4 each year from 2020 to 2022 and 5 in 2023 (two of them can be from Kanti Children Hospital)
 The students during their visit will be attending courses conducted in English in the respective Norwegian Universities, shadowing mental health professionals involved in the project. A major focus will also be given to strengthening of the research projects / Master thesis of the visiting master students. Students will also encouraged to be involved with the ongoing research projects conducted by Norwegian project partners. Students can also attend presentations, seminars and conferences that are conducted in English in Norway.
 Start: Jan/2020
 End: Dec/2023
 Status: Not started
 Level: Master
 Participating students: 25
 Participating academic and administrative staff:
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	95 000	95 000	95 000	110 000	395 000
Venue and local transport	0	14 000	14 000	14 000	17 000	59 000
Student scholarships	0	135 000	135 000	135 000	165 000	570 000
Other	0	0	0	0	0	0
SUM - Activity	0	244 000	244 000	244 000	292 000	1 024 000
SUM - Total	0	244 000	244 000	244 000	292 000	1 024 000

Comments: Air ticket plus visa etc 15000
 Scholarship 10000 x 3 months x 4 each year =120000
 Scholarship for Child Psychiatry Department 10000 x 3 months = 30000 in the 5th year
 Scholarship 10000 x 1 months x 2 each year =20000
 Local transport 1000 per month per person (4 persons x 3 mths + 2 persons x 1 mth every year from 2020 to 2022 then 5 persons x 3 months + 2 persons x 1 month for 2023)
 Adjustments: 3 students x 2 months x 10000= 60000

5 students x 1,5 months x 10000= 75000
 Total ascholarship = 60000 + 75000=135000
 This will not cause any change in the total budget here.

Name: Master student mobility from Norway to Nepal
 Activity: Student mobility
 Description: Master students visiting Nepal for 3 months each will be allocated as follows, 8 from Bergen, 6 from Oslo and 2 from Tromsø.
 The students during their visit will be attending regular courses (including annual October course), shadowing other mental health professionals and visiting involved NGOs. Since all the academic activities such as case conferences, presentations, clinical rounds are conducted everyday in English in DPMH,IOM,TU, Norwegian students posted can attend these. Apart from that, those students interested in doing researh in Nepal can do their fieldwork after preparing their project beforehand in Norway. Students can also attend International Mental Heath Conference occuring everyother year.
 Start: Jan/2020
 End: Dec/2023
 Status: Not started
 Level: Master
 Participating students: 16
 Participating academic and administrative staff:
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	60 000	60 000	50 000	40 000	210 000
Venue and local transport	0	6 000	6 000	4 000	4 000	20 000
Student scholarships	0	90 000	90 000	72 000	72 000	324 000
Other	0	0	0	1 244	0	1 244
SUM - Activity	0	156 000	156 000	127 244	116 000	555 244
SUM - Total	0	156 000	156 000	127 244	116 000	555 244

Comments: Rate 10000 NOK per student for ticckt
 Student scholarship 6000 per person per month x 3 months x 4 person= 72000 NOK (This scholarship includes the charges paid to the foreign student program of IOM, TU and compensates the apartment cost that the student needs to bear in both countries during their posting.)
 Adjustments: As we ahve found that not all master students can be away for 3 months, we want to send 2 students for 1,5 months if and when we do not get students willing to go for 3 months. In 2020, UiO is thsu sending 2 students for 1,5 m and 1 student for 3m. It will not affect total scholarship amounts, but needs extra fund for flight tickets etc. UiB wants also to send 1 additional student from Bergen for 3 m that will need 10000 (ticket)+ 6000 x 3 scholarship +1000 (local transport)= 29000 Kr. UiB did not use one travel allocated to them in 2019 which meas that this can be used for mobility of one extra master student from Bergen to Kathmandu.
 Total difference from original buidjet in 2020 then will be 40000 which can be covered from unused fund i 2019. We have adjusted in budget for 2021 and partly for 2022 whereby the total number of mobilities will be increased from 4 to 6 students from Norway to Nepal (3-4 for 3 months, 2 for 1,5 months).

Name: PhD students from Nepal visiting Norway
 Activity: Student mobility
 Description: PhD students from Nepal visiting Bergen, Oslo, Tromsø.
 There will be two new PhD students enrolled in UiO on the year 2019 and 2020, from Faculty of DPMH, IOM, TU. They are included to built the capacity of the Department, so as to start PhD program from 2022 in the department itself. One PhD student will be from KCH. They will be visiting Norway for 3 months every year for their PhD courses. During these visits, the students will be attending their PhD courses in the UiO. Apart from that they will be meeting and discussing with their supervisors and respective research groups.
 Then each year a PhD student will be enrolled from 2022 in DPMH, IOM, TU. They will have an opportunity to visit Norway one time during their PhD program to gain

experiences. During this visit they will have a brief orientation about research in Norway as well as an insight to the PhD program in Norway.

Start: Jan/2019
 End: Dec/2023
 Status: Started
 Level: PhD
 Participating students: 4
 Participating academic and administrative staff: 0
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	12 072	30 000	45 000	30 000	30 000	147 072
Venue and local transport	2 250	6 000	9 000	6 000	6 000	29 250
Student scholarships	51 000	102 000	153 000	102 000	102 000	510 000
Other	1 375	2 000	3 000	2 000	2 000	10 375
SUM - Activity	66 697	140 000	210 000	140 000	140 000	696 697
SUM - Total	66 697	140 000	210 000	140 000	140 000	696 697

Comments: 15000 NOK for airfare and travel expenses including visa etc
 17000 NOK/month PhD scholarship for accommodation and living costs x 3 months
 In 2019 and 2020, 2 faculty members of DPMH, IOM, TU will join UiO for PhD.
 They will visit 3 times each during the 3yrs PhD period. In 2022 and 2023 each PhD student from DPMH, IOM, TU will visit Norway once.
 One PhD student from KCH/IOM will be in UiT/UiO for attending courses/defense i 2019-2020.
 Comment real expenses: 51000 scholarship, travel and accomodation: 12072, local transport: 2250, other 1375
 Adjustments: As informed and agreed earlier with DIKU, one PhD student coming from KCH, Nepal to UiT has been moved from 2019-2021 to 2021-2023.

Name: PhD students from Norway visiting Nepal
 Activity: Student mobility
 Description: 1 PhD student each year visit Nepal for 3-6 months stay.
 Students will have an option to do PhD in cross cultural subjects or global mental health or be involved in ongoing researches and come to Nepal as exchange students. For this we have allocated a sum of money for one PhD candidate for 2 visits who wants to do fieldwork in Nepal with total stay of 6-9 months. Apart from that, PhD students with ongoing PhD can come to Nepal to attend courses and conferences. PhD students will also be provided opportunity to conduct classes on research methodology for Master students of Nepal.
 Start: Apr/2019
 End: Dec/2023
 Status: Postponed
 Level: PhD
 Participating students: 5
 Participating academic and administrative staff:
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	30 000	30 000	15 000	15 000	90 000
Venue and local transport	0	6 000	6 000	3 000	3 000	18 000
Student scholarships	0	60 000	90 000	30 000	30 000	210 000
Other	0	0	0	0	0	0
SUM - Activity	0	96 000	126 000	48 000	48 000	318 000
SUM - Total	0	96 000	126 000	48 000	48 000	318 000

Comments: Travel including visa 15000 NOK/person
 Local transport in Nepal 1000 NOK/mth

Other costs related research for the candidate doing PhD research in Nepal: 10000.
This candidate will travel to Nepal two times, probably in 2020 and 2021, and stay for 6-9 months in total.

Scholarship to PhD students 10000 NOK/month

Here the budget is allocated for 5 PhD students, one visit for 4 students and 3 visits for one students who opts to do fieldwork in Nepal

Adjustments: We could not send any PhD student to Nepal in 2019. We want to send 2 PhD students to Nepal in 2020, therefore we have made adjustments in budget for 2020.

5. Budget and expenditure

5.1 Expenditures 2019

NOK - Norwegian kroner	Expenditure 2019	Budget 2019
Implementation of educational activities		
Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway	12 602	6 000
Courses/trainings/study visits for academic and administrative staff - Study visits	88 605	120 000
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	55 353	85 000
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	0	0
Student mobility - Master student mobility from Nepal to Norway	0	0
Student mobility - Master student mobility from Norway to Nepal	0	0
Student mobility - PhD students from Nepal visiting Norway	66 697	140 000
Student mobility - PhD students from Norway visiting Nepal	0	48 000
SUM - Implementation of educational activities	223 257	399 000
Project development		
International project meetings - Annual project meeting	46 786	55 000
Joint curriculum development - PhD curriculum development	0	0
Joint curriculum development - Revision of Master curriculum by a joint team	64 396	92 000
Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen)	21 496	24 000
SUM - Project development	132 678	171 000
Salary and indirect costs		
Salary, remuneration of consultants and indirect costs	157 401	167 500
SUM - Salary and indirect costs	157 401	167 500
Sub-total	513 336	737 500
SUM - Total	513 336	737 500

Comments to expenditure 2019

1. Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway: Diff: -6602 NOK Due to lack of budgeting for meeting cost between the Norwegian partners in the application, we later realized that we need own funding for internal meetings among Norwegian partners and thus used for that purpose. We would like to request DIKU to allocate approximately 20 000 NOK a year for this purpose.
2. Courses/trainings/study visits for academic and administrative staff - Study visits: Diff: 31395 NOK- Due to 4, instead of 5 delegates from Nepal visiting Norway in June, we had less expenses. This was also strategically planned in order to generate some extra funding for student mobility in next years. UiT needs more funding for student mobility, for a PhD student from Nepal to UiT, Norway. In our application, we had budgeted for 2-year mobility, but we need it for 3 years (a total of 70 000 NOK extra). - Could this difference of 31 395 NOK contribute to this purpose, and be transferred to 2021?
3. Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry: Diff: 29 647 NOK. UiB couldn't use their travel post (20 000) in 2019. We would like to transfer the post to 2020, so UiB can send two colleagues to strengthen and enhance the collaboration. Alternative would be to use this amount for student mobility.
4. Student mobility - PhD students from Nepal visiting Norway: Diff: 73 392. DIKU has already approved in mail correspondence with Suraj Thapa, to move the mobility of one PhD student from Nepal to Norway (originally period: 2019-2021) to a new period (2021-2023).
5. International project meetings - Annual project meeting: Diff: 8214 NOK. - is it possible to transfer this amount to 2020, for use during collaborating meetings in Norway?
6. Joint curriculum development - Revision of Master curriculum by a joint team: Diff: 27 604. Most of the grant was dedicated to cover the internal travelling cost at TU combined with the international meetings. TU would prefer to send two more master students to Norway in 2020. Can we transfer the remaining amount 27 604 to increase student mobility at the master level?
7. Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen): Diff: 2504,- Can we use this money to fund internal project meetings in Norway 2020?
8. Salary, remuneration of consultants and indirect costs: Diff: 10 009 NOK - the delayed process in recruiting a parttime secretary at Tribhuvan University, to support the academic staff in TU was the main reason. We would like to apply for transfer of the difference, 10 009 NOK to 2020 as there will be additional costs related to project meetings at IOM, TU.

The post of salary is changed from the original budget in the application. Since the activity demands administrative support from the main collaborator, the budget is equally split between the years, and the distribution is based on the activity level.

Total amount: 163 480 NOK per year. Proportionate distributions: UiO=40 %, UiB=15%, UiT=10%, TU=30%, Kanti Hospital=5%.

Anti-corruption measures

All funds that are transferred to Nepal, are documented by invoice with receipts. We have otherwise followed University's rules and practices.

5.2 Budget

NOK - Norwegian kroner	Expenditure 2019	Budget 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Implementation of educational activities						
Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway	12 602	40 000	40 000	40 000	20 000	152 602
Courses/trainings/study visits for academic and administrative staff - Study visits	88 605	100 000	0	0	0	188 605
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	55 353	85 000	85 000	85 000	85 000	395 353
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	0	67 000	67 000	67 000	67 000	268 000
Student mobility - Master student mobility from Nepal to Norway	0	244 000	244 000	244 000	292 000	1 024 000
Student mobility - Master student mobility from Norway to Nepal	0	156 000	156 000	127 244	116 000	555 244
Student mobility - PhD students from Nepal visiting Norway	66 697	140 000	210 000	140 000	140 000	696 697
Student mobility - PhD students from Norway visiting Nepal	0	96 000	126 000	48 000	48 000	318 000
SUM - Implementation of educational activities	223 257	928 000	928 000	751 244	768 000	3 598 501
Project development						
International project meetings - Annual project meeting	46 786	55 000	55 000	55 000	65 000	276 786
Joint curriculum development - PhD curriculum development	0	70 000	70 000	0	0	140 000
Joint curriculum development - Revision of Master curriculum by a joint team	64 396	80 000	0	0	0	144 396
Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen)	21 496	0	0	0	0	21 496
SUM - Project development	132 678	205 000	125 000	55 000	65 000	582 678
Salary and indirect costs						
Salary, remuneration of consultants and indirect costs	157 401	163 480	163 480	163 480	163 480	811 321
SUM - Salary and indirect costs	157 401	163 480	163 480	163 480	163 480	811 321
SUM - Total	513 336	1 296 480	1 216 480	969 724	996 480	4 992 500

Total allocation	4992500
Remaining funds	0

Comments to the budget

As 2019 was a preparation year for this NORPART project, some of the funds allocated to this year could not be used up as a few activities were delayed due to circumstances. As stated somewhere else, mobility of PhD student from Nepal (Kanti Hospital) to Tromsø has been postponed to 2021-2023. Moreover, we had budgeted only for two years in our original application, but in our meeting among partners, we agree that UiT should also get that for 3 years. Similarly, we have also committed to increase the number of master students from Nepal to Norway and vice-versa significantly which also need a little bit more funding than we had written in our original application. We would also like to mention here that NORPART funding has not been used for some of the activities especially travel costs for some of the staffs as we wanted to prioritize student mobility which is the main moto of the NORPART program.

We would like to propose to use the remaining funding for the following activities in 2020 and upcoming years. We hope that DIKU accepts it.

Mobility of 1 PhD student from KCH to Tromsø for extra year: 70 000 NOK

Mobility of 2 more Master students from Nepal to Norway: 60 000 NOK (30000 each covering travel cost and scholarship)

Internal meetings among partners in Norway: 20 000 NOK x 4

We have now made these adjustments in budget 2020-2023. Refer to project activities and budget.

5.3 Balance

	Amount
Disbursement from HK-dir 2019	737 500
Available amount	737 500
Expenditures	513 336
Balance	224 164