

NORPART 2018 - Annual Report 2020

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)
Unit: Institute of Clinical Medicine

Project coordinator in Norway

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Partners

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Have there been any changes that are relevant to the project at the partner institutions during the past year?

Yes

Norwegian Psychiatric Association: Lars Lien, the new leader of Board of Transcultural Psychiatry since 2020

University of Tromsø: Cecilie Jaco retired from her position at UiT in 2020. Per Håkon Brøndbo, Head of Institute RKB North is representing UiT. He has delegated his participation to Cecilie Javo so that she will continue to represent UiT in the project.

Tribhuvan University- New Dean, IOM-TU and Vice-Chancellor, TU since 2020.

Fields of education and training

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

Project period

Project period 01/2019 - 12/2024

2. Annual report

2.1 Project summary and results

Project summary and results

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.

Project summary and results

Department of Psychiatry and Mental Health, Institute of Medicine (IOM), Tribhuvan University (TU) and Division of Mental Health and Addiction, Institute of Clinical Medicine, University of Oslo (UiO) are collaborating in education and research in mental health since 2019 with an aim to 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 and Global Mental Health. The collaboration between these Universities and their supporting partners has created a unique opportunity to promote mobility of over 50 students (master & PhD) along with visits by academic personnel and high level officers in both directions. This will cover disciplines like adult psychiatry, clinical psychology and child and adolescent psychiatry. In addition, organizing international seminars, guest lectures and courses, curriculum reviews of master programs, writing up a new PhD curriculum in Nepal, developing common research projects and common supervision of master and PhD students in both countries will be the major activities of this collaboration. Amending two decades-old Master curriculum and starting a PhD program at IOM, TU will be important milestones and breakthroughs 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 staff will also get a unique opportunity to learn from a resource-poor country and be able to establish some common research projects with Nepal. The high-level visit from TU in 2019, curriculum review of Master program in psychiatry and psychology in 2019-2020 including enrollment of 2 PhDs from IOM, TU to UiO were the major activities that have been performed so far. This project has also received two years' scholarship for a full-time master student at UiO from autumn 2021. However, due to the Covid-19 pandemic in 2020, most of the mobilities were canceled and replaced by digital participation in joint courses and supervision which has shown to be an effective method. It seems that some of these challenges in 2020 will continue in 2021 as well. UiB has developed a course in global mental health that gave 30 ECT (originally planned 10 ECT) and was attended by 18 students (8 from Nepal). Moreover, we are also applying for an extension of the project to 2024 so that we can have some of the postponed activities/mobilities in that year. Eventually, total number of students visiting Norway and Nepal will be higher than originally planned if things go according to the revised plans.

2.2 Project implementation

Work plan for the project (from the project document)

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

Project progress and deviations 2020

COVID-19 pandemic has badly affected our project plans in 2020. All the mobilities except for one PhD student could not take place due to the pandemic and the imposed restrictions both in Norway and Nepal. The Ministry of foreign affairs strongly advises against all travels outside of Norway. However, we were able to continue some of the activities by using online platforms. For example, several meetings, supervisions, common teachings, and seminars were run through zoom, skype, viber, etc. As DIKU has approved our project to reallocate some of the budgets to build a better IT infrastructure at our collaborating institution, IOM TU, this has further helped us in using online solutions- This has ultimately been a good way to partly replace physical mobilities. Further, due to all these obstacles caused by the pandemic, staff at all the partner institutions had to work more on this project. Allowing us to use more on administrative and salary costs in 2020 has also helped us.

1. Planned activity in 2020: Visit by 4-5 delegates to TU and 2 from KCH to UiT

Actual activity in 2020: Due to the start of COVID-19 pandemic in early 2020, we were only able to arrange one visit by the Faculty Director, Faculty of Psychology, UiB in February 2020 in connection with the Annual Project Meeting in Kathmandu. Similarly, the planned visit from Kanti Children Hospital to UiT in May 2020 got canceled for the same reason.

2. Planned activity in 2020: 2nd APM in Kathmandu

Actual activity: Annual Project Meeting was organized in Kathmandu from 17-18th February 2020. All the partners were represented in this APM where we went through the activities that were carried out in 2019 and the activities that were planned for 2020. After series of discussions, we agreed to make some minor adjustments regarding the number and duration of the stays and then inform DIKU about it.

3. Planned activity in 2020: Revision of Master curriculum and endorsement:

Actual activity: Several meetings were organized for revision of the curriculum of MPhil Psychology and MD Psychiatry and final recommendations have been submitted to the higher body of IOM, TU for final approval.

4. Planned activity in 2020: 2nd PhD admission and mobility to Norway (3 M):

Actual activity: Sagun Pant, a permanent faculty at IOM, TU has been admitted to PhD program at the Faculty of Medicine, UiO. He has had series of meetings with his supervisors in Kathmandu. There have been several zoom meetings where his project proposal was finalized and applied for admission to UiO. His project has also got approval from REK in Norway and Ethical Board (NHRC) in Nepal so that he is now ready to go for data collection. His plan to visit UiO in Autumn had to be canceled due to the ongoing pandemic in Nepal and Norway.

5. Planned activity in 2020: Mobility of 5 MD Psychiatry students from TU to UiO for 1-2 months

Actual activity: As informed to DIKU in June 2020, mobility of 5 students from IOM, TU to UiO could not take place because of the pandemic and the measures against the pandemic imposed in both countries. After DIKU's approval, we have used some of the funds to build up IT infrastructure at IOM, TU so that we could use digital and online platforms for common teaching and supervision. This has partly replaced physical mobility.

6. Planned activity in 2020: 3 MPhil Psychology students from TU, Nepal to UiB, Bergen for 2 months and Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal.

Actual activity: - Centre for crisis psychology in Bergen facilitated early in 2020 to digitize their course, and hosted a very successful semester in Global Mental Health (30 ECT) in the fall semester 2020, with a group of 18 students from Norway and Nepal (8 from Nepal, 10 from Norway (8 from Bergen, 2 from Oslo)).

7. Planned activity in 2020: Mobility of 2-3 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU). Duration of stay 2-3 months.

Actual activity: Two medical students who were ready to travel to Nepal and be supervised by teachers at TU and UiO for their master thesis could not travel due to the COVID-19 pandemic. This was also in line with the travel advice from the Ministry of Foreign Affairs, Norway. These two students have

still been able to write their master thesis from a common research project between TU and UiO with common supervision. Their thesis has recently been submitted to the Faculty of Medicine, UiO. The third medical student who was ready to go to Nepal and spend 3 months at IOM, TU could not travel for the same reason.

8. Planned activity in 2020: Mobility of PhD student from Norway to Nepal

Actual activity: We made this announcement a couple of times both through our website COMENTH and through mail to academic staff at our division. We received only one application from QUOTA sponsored full-time PhD student Rishav Koirala at the University of Oslo. He went to Nepal before pandemic and could not come back to Norway due to the pandemic and other personal reasons. He was given the PhD stipend for his stay in Nepal where he worked with his research project which is a common project between UiO and TU. He is being supervised jointly by UiO and TU teachers. Completion of his PhD is very crucial in order to start a PhD program at TU as he will be the first to have PhD from UiO and he is dedicated to help in starting PhD program at TU.

9. Planned activity in 2020: International conference/jt. course in Kathmandu

Actual activity: This regular conference/course that we have had for several years was replaced by a Webinar on 3rd and 4th of December. In addition to TU, UiO and McGill University, we had two new partners this time, namely Kathmandu University and the Empower School of Health. We had a theme of COVID -19, mental health, women's health and culture etc. PhD students attended and presented their papers in this webinar. This was attended by around 100 participants.

10. Planned activity in 2020: 1st PhD curriculum meeting in Kathmandu

Actual activity: We have had three digital meetings where we have discussed on PhD curriculum and its contents in order to start PhD at IOM, TU. We have also collected PhD curriculum from two renowned Universities in India, All India Institute of Medical Sciences, New Delhi and the National Institute of Mental Health and Neurosciences, Bangalore, India.

11. Planned activity in 2020: Selection of 1 PhD candidate from KCH to UiT

Ms. Srijana Adhikari , a clinical psychologist working at KCH has been selected as a candidate to PhD program at UiT.

12. Planned activity in 2020: Applying for 1 full-time master student from Nepal at UiO

Our project has been given additional grants for one Master student from IOM, TU to UiO for 2 years full-time master study that will start in August 2021. TU has selected one candidate who is waiting for admission at UiO.

13: Additional work:

A PhD forum of past and present PhD students in any Norwegian Universities within health sciences have been formed under the leadership of Dr. Bernadette Kumar who has been living in Kathmandu for the last three years due to her affiliation with the Norwegian Embassy in Kathmandu. This forum has had several meetings where research projects, papers etc were discussed. Besides TU, the Faculty of Medicine at Kathmandu University is also included in this forum. UiO teachers and supervisors have joined most of these meetings.

Revised work plan and timeline

We have slightly revised the work plans for 2021 and the upcoming years. We are also hereby applying for an extension of our project to 2024.

2021 activities: with some remarks

- 3rd APM in Kathmandu: Partly organized on 19th January 2021 in zoom. We are planning a physical meeting in October/November in Kathmandu.
- Continuation of PhD forum for all the PhD candidates in Nepal and Norway:
- 2nd meeting for the development of PhD program and finalization: hybrid solution- through physical and zoom meetings
- 2 PhD students from Norway to Nepal for 1 & 3 months: We will try to recruit even though the pandemic is still a challenge

- Mobility of the 1st and 2nd PhD candidate from Nepal to Norway: Both the students are currently attending some online courses at UiO and are regularly being supervised by Professors from Norway via zoom. They may visit UiO if they are allowed and need to attend courses at UiO physically.
- Mobility of 8 Master students from Nepal to Norway as explained above under 2020: As explained below under this activity, it will not be possible to carry out this activity in 2021. This will thus be replaced by digital teaching and supervision. We are also applying for an extension of the project to 2024 where this will be a major part of the project activity.

- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal for 2 months: It may be possible by the end of the year if the pandemic gets under control. Alternative plan- to attend the joint course in global mental health.

- Mobility of 3 Master students (medicine or int. health) for 2 months from Norway (UiO) to Nepal (TU): Will be tried in the fall semester despite the ongoing pandemic. Alternatively, two-three medical /master students will be supervised jointly by teachers at UiO and IOM, TU.

- Int./ joint course/conference in Kathmandu: We are planning to organize this in October/November 2021 I. An alternative plan is to organize a series of webinars as of 2020.

- 1st PhD candidate submits PhD thesis at UiO: May be postponed to 2022

- Mobility of 1 PhD student from KCH to UiT. (Ms. Srijana Adhikari is following online courses in the spring semester. If she is allowed to travel, she will be visiting Tromsø later this year for a shorter period.

"Development of curriculum for 2-year fellowship education in child & adolescent psychiatry at UCAP - KCH"

2022 activities: (No major changes)

- 4th APM with midterm review in Kathmandu
- Mobility of 8 Master students from Nepal to Norway for 1-2 months (5 til UiO and 3 til UiB)
- Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal. Duration of stay 2 months.
- Mobility of 2 Master students (medicine) from 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
- Continuation of PhD forum for all the PhD candidates in Nepal and Norway:

"Development of curriculum for 2-year fellowship education in child & adolescent psychiatry at UCAP - KCH"

2023 activities

- 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
 - 5 MD Psychiatry students to UiO for 1-2 months, 2 from KCH to UiT for 3 months
 - 3 MPhil Psychology students to UiB for 2 months
 - Mobility of 3 Master students (psychology) from Norway (UiB) to TU, Nepal.
 - Mobility of 2-3 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU). Duration of stay 2-3 months.
 - Enrollment of 2nd PhD candidate under IOM, TU.
 - International course in Kathmandu in October
 - Mobility of 1 PhD student from KCH to UiT
- "Starting 2-year fellowship program in CAP at UCAP-KCH"

2024 tentative activities

- project meetings
- Mobility of Master & PhD students
- Common supervision, teaching, courses
- Enrollment of 3rd PhD candidate under IOM, TU.

Risk assessment

Covid-19 Pandemic which badly affected and almost paralyzed the whole world in 2020 is still not under full control. However, there are some positive hopes as the vaccination program has recently started both in Nepal and Norway. If this pandemic persists for a longer time and if it takes many months for a wide coverage of ongoing vaccination against Covid-19, this will create similar challenges that we experienced in 2020. However, we are better prepared to mitigate some of these challenges by using online /digital solutions.

In Nepal:

- Political unrest in Nepal: Recently, there have been some political developments in Nepal due to some internal conflicts in the ruling political party which has led to some unrest and protest.

- Several periods of complete lockdown, have slowed down academic and clinical progression for the PhD candidates, master students and supervision.

-The granted application for allocation of funds to increase and facilitate for infrastructure at Tribhuvan University has been essential to keep the some of the academic activities going.

-The clinical activities in the hospitals are also negatively affected.

- Loss of 1 academic year/batch at IOM, TU (Psychiatry & Psychology): Due to the pandemic, IOM, TU has lost almost one full academic year or batch of master students. This means that they could not take a new intake of Master students (MD Psychiatry and MPhil Psychology in 2020. This will lead to difficulties to send Master students even if this pandemic is under control later this year. However, we have great possibilities for digital (virtual) mobility and digital teaching. We are also planning to replace this mobility by extending the project to 2024 where these mobilities will be the major activities.

In Norway:

- In 2020 Universities in Norway (UiO, UiT) have offered online /digital courses for master and PhD students. This made it possible for the PhD candidates living in Nepal to participate in some courses and make a progress on their plans although it has been slowed down a bit. However, sending PhD students from Norway may be a challenge in 2021 as we had a plan of sending at least 2 students for a longer period in 2021.

2.3 Mobility, courses, and dissemination

2.3.1 Mobility

2.3.1.1 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.					

Type of mobility	From	To	Number of students	Duration	Level
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	

2.3.1.2 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
Work placement	Norway (NO)	Nepal (NP)	1		6			PhD	2020
Total			1	1	9				

Travel summary

	NP	NO
Work placement		
Norway (NO)	1	
Combined work placement / course		
Nepal (NP)		1

2.3.1.3 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

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
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
Development of course/ study programme/ degree	Norway (NO)	Nepal (NP)	Female		1		2019
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Male		1		2020
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Male		1		2020

Type	From	To	Gender	Months	Weeks	Days	Year
Study visit, institutional/corporate visit	Norway (NO)	Nepal (NP)	Male		1		2020
Total			18		15	30	

Travel summary

	NP	NO
Study visit, institutional/corporate visit		
Nepal (NP)		4
Norway (NO)	1	
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)	6	

2.3.2 Courses

2.3.2 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:	<p>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</p> <p>COMMENTS: In 2020, UiB was able to expand this course to 30 ECT which was conducted fully online for 5 weeks. This course in global mental health had three subtopics with 10 ECTs each. This was attended by 8 from Nepal (the original plan was 3 students), 8 from Bergen and 2 from Oslo.</p> <p>This will continue this year and in upcoming years.</p>
Discipline area:	Psychology
Language of teaching:	English
ECTS Credits:	30,00
Start:	2020
Students IoN:	8
Students liN:	10
Institution(s) offering the degree:	NO-UNIVERSITETET I BERGEN
Status:	Started

2.3.3 Dissemination

Dissemination

Dissemination activities are important to raise awareness and extend the impact of the project results, both internally at the institutions involved, as well as to external stakeholders and the public. Please register the dissemination activities connected to the project in 2020. This may include activities for recruitment, information at institutional or network level, presentations in conferences or other settings, media coverage, and so on.

Title:	“Opportunities and challenges in collaboration projects - A NORPART case study”
Author(s):	Pallavi Joshi
Location:	University of Bonn, Germany
Link to online version of dissemination:	
Date (mm.yyyy):	06/2020
Joint dissemination:	Yes
Audience/ Recipient(s):	Scientific audience
Type of dissemination:	Other
Comments:	Ms. Pallavi Joshi, a MSc student at University of Bonn has written a MSc Thesis on our NORPART project. This has been approved by her University.

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: NORPART project collaboration between Norway and Nepal: Challenges due to Pandemic
 Author(s): Suraj B. Thapa
 Location:
 Link to online version of dissemination:
 Date (mm.yyyy): 12/2020
 Joint dissemination: Yes
 Audience/ Recipient(s): Scientific audience
 Type of dissemination: Other
 Comments: Presented in a webinar "Strengthening Nepal's response to fight the pandemic" organized by TU, UiO, McGill University, Empower School of Health and Kathmandu University - 3-4 December, 2020

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

3. Activities

3.1 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	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	39 115	44 432	40 000	40 000	40 000	203 547
Meeting costs	7 671	15 841	10 000	10 000	20 000	63 512
Other	0	0	5 000	5 000	5 000	15 000
SUM - Activity	46 786	60 273	55 000	55 000	65 000	282 059
SUM - Total	46 786	60 273	55 000	55 000	65 000	282 059

Comments: Annual project meeting, Comments 2020:
 Budget 2020: UiO: 20 000. UiT: 20 000, TU: 15 000. Total: 55 000.
 Used 2020: The Annual project meeting was organized in Katmandu 17-18 February 2020. UiO used 20 173 NOK on travel and accomodation. UiT used: 24 259.
 Meeting cost from the host institution TU in Katmandu were 15 841 NOK
 Remaining amount/proposed change 2020: Diff - 5273
 Budget 2021: UiO: 20 000 UiB: 20 000, TU: 15 000. Total: 55 000
 Proposed change 2021: We hope the developing situation will allow us to arrange the annual project meeting in Katmandu, November 2021.

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 Univerisities 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: Started
 Participants: 10
 Budget and expenditures:

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

Comments: PhD curriculum development, Comments 2020:

Budget 2020: UiO: 60 000, TU: 10 000, total: 70 000
 Used 2020: We apply to reallocate 60 000 to cover the Newly established post "PhD Forum for PhD students", listed in the new section, the rest 10 000 to cover the increased administrative cost 2020.
 Remaining amount, proposed change 2020: None
 Budget 2021: UiO: 60 000, TU: 10 000, total 70 000
 Proposed change 2021: We hope the circumstances allow travels in late 2021, and will arrange two travels for a longer period- UiO: 30 000 x 2 persons= 60 000. TU's is granted 10 000 for domestic travels, meeting cost.

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: Completed
 Participants: 10
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	54 396	0	0	0	0	54 396
Meeting costs	10 000	11 554	0	0	0	21 554
Other	0	0	0	0	0	0
SUM - Activity	64 396	11 554	0	0	0	75 950
SUM - Total	64 396	11 554	0	0	0	75 950

Comments: Revision of Master curriculum by a joint team, Comments 2020:
 Budget 2020: UiO: 20 000, UiB: 20 000, TU: 42 000. Total: 82 000.
 Used 2020: Due to the pandemic it was not possible to implement any travels from Norway, spring 2020. Tribhuvan University was still able to have necessary internal meetings during 2020, that require meeting allowances and additional meeting cost according to submitted receipts. The total cost: 11 554 NOK in 2020. Subtracted from the budget (42 000- 11 554)= 30 446. + UiB: 20 000, UiO: 20 000, this remaining amount equals a total of: 70 446, which is reallocated to cover the increased administrative cost for 2020.
 Remaining amount/proposed change 2020: None.
 Budget 2021: 0 NOK
 Proposed change 2021: None

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	Expenditure 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.
This post is final and completed.

Name: Eqiptment and publishing fee for 2 PhD students at Tribhuvan University
Activity: Other activities
Description: The amount of 46 000 NOK were reallocated from the post of total: 140 000 NOK "Student mobility - PhD students from Nepal to Norway" 16 000 to cover 2 laptops for 2 PhD candidates, and 30 000 NOK to cover Open Access publishing fee for the PhD candidates.
Start: Jun/2020
End: Dec/2020
Status: Completed
Participants: 2
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0
Other	0	33 825	32 175	0	0	66 000
SUM - Activity	0	33 825	32 175	0	0	66 000
SUM - Total	0	33 825	32 175	0	0	66 000

Comments: Eqiptment and publishing fee for 2 PhD students at Tribhuvan University, Comments 2020:
Approved reallocation based on application in email from Diku on 22nd June 2020 for PhD students at UIO/Tribhuvan University.
Total amount used for 2 laptops - 12 500 (due to negotiated price between the supplier and TU, the laptop price was lower than estimated). Total amount used for Open Access publishing fee at BioMed central, Dhungana: 21 325 NOK.
Difference: 46 000- 33 825 = 12 175 NOK - We apply to cover the publishing fee for the second PhD student S. Pant in 2021. We apply to reallocate 20 000 to cover expenses for the new PhD Student, start up in january 2021. This concern ethical approval that wasn't accounted for in the budget, and laptop equals what the other PhD student at TU got due to the pandemic: (higher price for the laptop, since Kanti Hospital don't have negotiated price for laptops as TU had).

Name: Increased Infrastructure at Kanti Hospital
Activity: Other activities
Description: To increase the infrastructure at Kanti Hospital. In line with the need of IOM, TU, there is a need to increase IT facility for better supervision and common teaching of PhD- and master students in the field of child psychiatry. This will enhance the clinical practice and combined with supervision by UiT for staffs and students at Kanti hospital and partly at Tribhuvan University. In the dedicated office area, there is a need for video conference equipment, and office set up for better teaching. This will enhance the students' academic progress, and improve the collaboration across the institutions.
Start: Jan/2021
End: Dec/2021
Status: Not started
Participants: 10
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0
Other	0	0	50 000	0	0	50 000
SUM - Activity	0	0	50 000	0	0	50 000
SUM - Total	0	0	50 000	0	0	50 000

Comments: Increased Infrastructure at Kanti Hospital, Comments 2020: Based on application from UIT and Kanti hospital for a total of 46 388 NOK in order to establish IT infrastructure similar to what has been done at IOM, TU. We apply for a total of 50 000 to ensure any difference in currency between the budgeted amount and invoice withdrawal.

Name: Increased Infrastructure at Tribhuvan University, Department of Psychology and Pshyciathry
Activity: Other activities
Description: Approved application from DIKU 22. June 2020, to reallocate funds from Student mobility to this purpose with an aim to replace the physical mobility with a digital mobility. The amount of 150 000 NOK from a total of: 244 000 "Student mobility - Master mobility from Nepal to Norway", 50 000 NOK from UiB, 100 000 NOK from UiO. That was used for infrastuctural eqiptment, office room, and meeting areas, for supervision with digital and or physical meetings at Tribhuvan University. This has been essential in order to carry out several planned activities in 2020. This has significantly improved the frequency of digital communication as the internet in many homes are unstable. This has been used by the students and teachers for meetings, seminars and for supervisions.
Start: Jun/2020
End: Dec/2020
Status: Completed
Participants: 30
Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0
Other	0	145 398	0	0	0	145 398
SUM - Activity	0	145 398	0	0	0	145 398
SUM - Total	0	145 398	0	0	0	145 398

Comments: Increased Infrastructure at Tribhuvan University, Department of Psychology and Pshyciathry, Comments 2020:
Refer to the email from Sidsel Holmberg, DIKU on 22 June 2020, DIKU approved reallocation to mitigate the effects of the pandemic. This was used to facilitate office setup and IT infrastructures such as computers and overhead projectors etc.
Total amount used for increased infrastructure: 145 398 NOK of 150 000 approved Amount.
Difference: 4602 NOK

New activities

Yes

2 new activities under project development in 2020, reallocated funds in 2020 after our application was approved by DIKU June 2020. Activity 1: "Increased infrastructure at TU" Activity 2: "Eqiptment for PhD students". We hereby apply to reallocate for 2 new activity in 2021. 1. Please see the specification under the new activity "Increased infrastructure at Kanti Hospital" and "PhD forum for PhD candidates". We are also sending a separate email regarding this. -We are also working with development of a master curriculum in child psychiatry in collaboration between UiT and Kanti hospital with an aim to start a fellowship program from 2023.

3.2 Implementation of joint educational activities

3.2 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 of 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	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	12 602	0	20 000	20 000	0	52 602
Venue and local transport	0	0	10 000	10 000	0	20 000
Student scholarships	0	0	0	0	0	0
Other	0	0	20 000	20 000	20 000	60 000
SUM - Activity	12 602	0	50 000	50 000	20 000	132 602
SUM - Total	12 602	0	50 000	50 000	20 000	132 602

Comments: Colloboration- Local NGO and partners in Nepal and Norway;
 Change in the budget from 2019: We reallocate funding for internal meetings between Norwegian partners. We thus request for 20000 Kr each year for such meetings. 20 000 were asked to support general meeting cost in TU, as the faculty member receive meeting allowance, and this were not budgeted for. Both these post were approved by Diku in the Annual report 2019. Updated in the budget above.
 Comments 2020:
 Budget 2020: 40 000 NOK.
 Used 2020: Due to the pandemic it was not possible to arrange physical internal meeting for the Norwegian partners in 2020. The funds is reallocated to cover increased admin cost/remaining funds.
 Remaining amount/proposed change 2020: None.
 Budget 2021: Internal meeting for the Norwegian partners: 20 000 NOK , NGO FORUT travel: 20 000 NOK. TU, meeting cost: 10 000. Proposed change 2021: We hope the circumstances allow us to arrange meeting in Katmandu, late 2021 which FORUT can also participate. We hope that we will be able to organize physical meetings in Norway with our collaborating partners late 2021.

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: Started
 Level: All levels
 Participating students:
 Participating academic and administrative staff: 10
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	79 909	21 185	0	75 000	0	176 094
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	21 185	0	75 000	0	184 790
SUM - Total	88 605	21 185	0	75 000	0	184 790

Comments: Study visits, Comments 2020:
 Budget 2020: UiO: 50 000 NOK, UiB: 25 000 UiT: 25 000 NOK
 Used 2020: UiB, 21 185 NOK, Diff 3815 NOK
 Remaining amount/Proposed change 2020: UiO: 50 000, UiT: 25 000 NOK. We apply to transfer this grant to 2022. Due to the uncertainty for the upcoming year, we find it better to carry out high-level delegates, or other project participants from UiO for a visit to collaborating partners in Katmandu in 2022.
 Budget 2021: 0
 Proposed change 2021: None

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	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	35 353	0	60 000	60 000	60 000	215 353
Venue and local transport	15 000	0	20 000	20 000	20 000	75 000
Student scholarships	0	0	0	0	0	0
Other	5 000	0	5 000	5 000	5 000	20 000
SUM - Activity	55 353	0	85 000	85 000	85 000	310 353
SUM - Total	55 353	0	85 000	85 000	85 000	310 353

Comments: International course in trauma, cultural psychiatry, global mental health and child psychiatry, Comments 2020:
 Budget 2020: UiO: 40 000, UiB: 20 000, TU: 25 000. Total: 85 000
 Used 2020: 85 000 is reallocated to cover the increased administrative cost, remaining funds for 2020. Remaining amount/proposed change 2020: None.
 Budget 2021: UiO: 40 000, UiB: 20 000, TU: 25 000. Total: 85 000
 Proposed change 2021: We hope the circumstances allow us to travel to Katmandu in October, November 2021, to arrange a conference and annual p.meeting. If this is not possible, we will request to transfer the unused amount to 2024.

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: Started
 Level: Master and PhD

Participating students: 35
 Participating academic and administrative staff: 12
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	23 177	20 000	60 000	60 000	163 177
Venue and local transport	0	0	2 000	3 000	3 000	8 000
Student scholarships	0	0	0	0	0	0
Other	0	0	3 000	4 000	4 000	11 000
SUM - Activity	0	23 177	25 000	67 000	67 000	182 177
SUM - Total	0	23 177	25 000	67 000	67 000	182 177

Comments: Joint teaching and supervision, comments 2020:
 Budget 2020: UiO: 27 000, UiB: 20 000, TU: 20 000, Total: 67 000
 Used 2020: UiB: Used: 23177
 Remaining amount/Proposed change 2020: 43 823 we ask to reallocate this amount to cover increased admin cost and remaining funds.
 Budget 2021: UiO: 27 000, UiT: 20 000, TU: 20 000, Total 67 000.
 Proposed change 2021: Due to the ongoing pandemic, we have reduced this travel from 3 to 1 which will cost 25000 NOK, Rest of budget will be used in other posts where we needed to increase.

Name: PhD forum of past and current PhD students
 Activity: Other activities
 Description: A PhD forum of those with PhDs or those pursuing PhDs in health sciences at any Norwegian Universities have been established since 2019 under the initiation of Bernadette Kumar. They are having regular meetings which have been participated by several PhDs and faculties where PhD related projects and papers have been discussed. This has also included another renowned University called Kathmandu University in Nepal which has collaborated with NTNU. This forum is also very important for starting a PhD course and program at IOM TU from 2022/23.
 Start: Jan/2020
 End: Dec/2023
 Status: Started
 Level: PhD
 Participating students: 10
 Participating academic and administrative staff: 10
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	15 000	15 000	30 000	60 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0
Other	0	0	0	0	0	0
SUM - Activity	0	0	15 000	15 000	30 000	60 000
SUM - Total	0	0	15 000	15 000	30 000	60 000

Comments: PhD forum of past and current PhD students, Comments 2020:
 This is a very important activity where involved students/faculties have to travel inside Nepal for meetings of PhD forum.
 We hereby apply to get the reallocated funds from PhD curriculum development, to cover this post. If the application for extension gets approved, we also apply to cover expenses in 2024, listed in the column for 2023.

Name: Full degree scholarship for Master students (additional allocation)
 Activity: Student mobility
 Description: Accordingly to granted application, the student will start at UiO august 2021.
 Start: Aug/2021
 End: Jun/2023
 Status: Not started

Level: Master
 Participating students: 1
 Participating academic and administrative staff: 3
 ECTS: 120
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	9 000	9 000	0	18 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	132 240	132 240	0	264 480
Other	0	0	16 210	1 310	0	17 520
SUM - Activity	0	0	157 450	142 550	0	300 000
SUM - Total	0	0	157 450	142 550	0	300 000

Comments: Physical or digital start up from August 2021

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: Started
 Level: Master
 Participating students: 25
 Participating academic and administrative staff:
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	0	120 000	270 000	390 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	0	130 000	340 000	470 000
Other	0	0	0	0	0	0
SUM - Activity	0	0	0	250 000	610 000	860 000
SUM - Total	0	0	0	250 000	610 000	860 000

Comments: Master student mobility from Nepal to Norway, Comments 2020:
 Budget 2020: UiO: 148 000, UiB: 96 000. Total: 244 000
 Used 2020: 100 000 from UiO and 50 000 from UiB were reallocated according to the approved application to establish a better infrastructure at TU. Budget and Expences are listed under new activity "Increased infrastructure at Tribhuvan University".
 Remaining amount/Proposed change 2020: Remaining a total: 94 000.

 Budget 2021: UiO: 148 000, UiB: 96 000. Total: 244 000
 Proposed change 2021: As an effect of the pandemic, TU has lost one academic year due to the lack of recruitment of master student to the University. Therefore they don't have any 1 st year master students this year, and can not send any master students to Norway. Therefore we apply to transfer this amount to 2024, listed under 2023. However, they have master students in 2nd and 3rd year who will participate in online courses/supervisions run from Norway like in 2020.

Total from 2020-2021: 94 000 + 244 000 (+ some remaining amount distributed to this post). We ask for new distribution in total, to also cover some mobility in 2024, if our application for extension gets approved.

Budget: 2022:

Til UiO 3 students for 1 month stay: 3 x 25 000 = 75 000
 Til UiO 2 students for 2 months stay: 2 x 35 000= 70000
 Til UiB 3 students 2 months stay: 3 x 35 000 = 105 000
 Total students: 8 Total amount: 250 000
 Travel costs in 2022: @15 000 x 8 students= 120 000
 Scholarship in 2022: @10000 x 13 months= 130 000

Budget: 2023:

Til UiO 3 students for 1 month stay: 3 x 25 000 = 75 000
 Til UiO 2 studenter for 2 months stay: 2 x 35 000= 70000
 Til UiB 3 students for 2 month stay: 3 x 35 000 = 105 000
 Til UiT 2 students for 3 months stay: 2 x 45 000 = 90 000
 Total students: 10 Total amount: 340 000

Budget: 2024: Total: 270 000

Til UiO 1 student for 1 months stay: = 25 000
 Til UiO 4 students for 2 months stay: 4 x 35 000 = 140 000
 Til UiB 3 students 2 months stay: 3 x 35 000 = 105 000
 Total student: 8 Total amount: 270 000

Travel costs in 2023 and 2024: @15 000 x 18 students= 270 000.
 Scholarship in 2023 and 2024: @10000 x 34 months=340 000

Diff + 14 000. We apply to reallocate this to cover increased admin cost/remaining funds 2020.

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 research 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	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	90 000	120 000	44 000	254 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	72 000	108 000	30 000	210 000
Other	0	0	0	0	0	0
SUM - Activity	0	0	162 000	228 000	74 000	464 000
SUM - Total	0	0	162 000	228 000	74 000	464 000

Comments: Master student mobility from Norway to Nepal, Comments 2020:
 Budget 2020: UiO: 58 000, UiB: 58 000. 116 000
 Used 2020: Due to the pandemic, it was not possible to have this exchange.

Remaining amount/proposed change 2020: 116 000, we ask for a new distribution in total, as suggested below, over the next years to support increased mobility.

Refer to earlier communication with DIKU:

- We have revised the budget, as we are planning to send 6 students for 2 months, rather than 4 students for 3 months.

Budget 2021:

From UiO, 3 students for 2 months: 3 x 27 000 = 81 000

From UiB, 3 students for 2 months: 3 x 27 000 = 81 000

Total students: 6 Total amount: 162 000

Budget 2022:

From UiO 3 students for 2 months: 2 x 27 000 = 81 000

From UiB 3 students for 2 months: 3 x 27 000 = 81 000

From UiT 2 students for 3 months: 2 x 33 000 = 66 000

Total students: 8 Total amount: 228 000

Budget 2023:

From UiO, 1 student for 1 month: 20 000

From UiB, 2 students for 2 months: 2 x 27 000 = 54 000

Total student: 3, Total amount: 74 000

No diff, new activity distribution.

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	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	12 072	0	45 000	45 000	30 000	132 072
Venue and local transport	2 250	0	9 000	9 000	6 000	26 250
Student scholarships	51 000	0	133 000	153 000	102 000	439 000
Other	1 375	0	3 000	3 000	2 000	9 375
SUM - Activity	66 697	0	190 000	210 000	140 000	606 697
SUM - Total	66 697	0	190 000	210 000	140 000	606 697

Comments: PhD students from Nepal visiting Norway, Comments 2020:
 Budget 2020: UIO 140 000
 Used 2020: After the approved application, we reallocated 16 000+ 30 000 to cover laptops and publishing fees. This is listed under Other activities "Equipment and publishing fee for PhD students" 46 000.
 Remaining amount, proposed change 2020: UiO: 140 000 - 46 000 = 94 000. We apply to reallocate 50 000 of the amount to facilitate better infrastructure at Kanti

Hospital, listed under new activity "Increased infrastructure at Kanti 2021" 44 000 we apply to reallocate to support admin cost, remaining funds.

Budget 2021: UiO: 140 000, UiT: 70 000

Proposed change: UiO: 140 000 We hope that two PhD students will be able to visit UiO in late 2021.

UiT: of 70 000, we apply to reallocate 20 000 to cover equipment, same as the PhD students at TU 2020. Subtracted from travel and accommodation 2021, added to the other activity - "Equipment and publishing fee for PhD student"- Remaining 50000 will be used for a shorter exchange visit to UiT in 2021/2022. Listed in the budget for 2021.

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: Started
 Level: PhD
 Participating students: 5
 Participating academic and administrative staff:
 ECTS:
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	30 000	15 000	15 000	60 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	60 000	40 000	30 000	30 000	160 000
Other	0	0	0	0	0	0
SUM - Activity	0	60 000	70 000	45 000	45 000	220 000
SUM - Total	0	60 000	70 000	45 000	45 000	220 000

Comments: PhD students from Norway visiting Nepal, Comments 2020:
 Budget 2020: UiO: 48 000. This 48000 was reallocated for administrative cost, remaining funds in 2020. We have changed this activity with 2021's activity since PhD student could stay in Nepal for 6 months in 2020. Total budget allocated for 6 months stay: 75 000. He did not need travel costs as he was already in Nepal before the pandemic came, total amount used for 6 months scholarship: 60 000. The remaining amount: 15 000 NOK, this is transferred to the same post in 2021.
 Budget 2021: UiO: 139 000, of which 60000 was used in 2020. The remaining amount will be used for 2 PhD students, 1 for 3 months, and 1 for 1 month. 10000/ month Scholarship, 15000 travel costs per student.
 Proposed change 2021: We try to recruit two new PhD students in Norway, and hope it will be possible in autumn/winter 2021.

Name: Students participation- Attendance at conferences, courses for PhD students
 Activity: Student participation in research activities/projects
 Description: Granted reallocation from annual report 2019. To facilitate for participation at conference, courses for PhD student in Norway or Nepal within the project period.
 Start: Jan/2020
 End: Dec/2023
 Status: Not started
 Level: PhD
 Participating students: 2
 Participating academic and administrative staff: 0

ECTS: 0

Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Budget 2021	Budget 2022	Budget 2023	Sum
Activity						
Travel and accommodation	0	0	0	50 000	0	50 000
Venue and local transport	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0
Other	0	0	0	0	0	0
SUM - Activity	0	0	0	50 000	0	50 000
SUM - Total	0	0	0	50 000	0	50 000

Comments:

Attendance at conferences, courses for PhD students, comments 2020:
This was approved by DIKU as mentioned in annual report from 2019. We are asking to move the total amount to 2022 as we were not able to use this due to the pandemic in 2020, and it is uncertain how much activity is possible in 2021.

New activities

Yes

Granted fulltime scholarship for a master degree 2021 - 2023. Updated in the budget, 3.2 "Full degree scholarship for Master students (additional allocation)", equals a total 300 000 NOK in this period. We hereby apply for reallocation for a new activity, please see specification under other activity "PhD forum of past and current students".

4. Budget and expenditure

4.1 Expenditures 2020

NOK - Norwegian kroner	Budget 2020	Expenditure 2020
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	40 000	0
Courses/trainings/study visits for academic and administrative staff - Study visits	100 000	21 185
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	85 000	0
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	67 000	23 177
Other activities - PhD forum of past and current PhD students	0	0
Student mobility - Full degree scholarship for Master students (additional allocation)	0	0
Student mobility - Master student mobility from Nepal to Norway	244 000	0
Student mobility - Master student mobility from Norway to Nepal	156 000	0
Student mobility - PhD students from Nepal visiting Norway	140 000	0
Student mobility - PhD students from Norway visiting Nepal	96 000	60 000
Student participation in research activities/projects - Students participation- Attendance at conferences, courses for PhD students	0	0
SUM - Implementation of educational activities	928 000	104 362
Project development		
International project meetings - Annual project meeting	55 000	60 273
Joint curriculum development - PhD curriculum development	70 000	0
Joint curriculum development - Revision of Master curriculum by a joint team	80 000	11 554
Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen)	0	0
Other activities - Equipment and publishing fee for 2 PhD students at Tribhuvan University	0	33 825
Other activities - Increased Infrastructure at Kanti Hospital	0	0
Other activities - Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry	0	145 398
SUM - Project development	205 000	251 050
Salary and indirect costs		
Salary, remuneration of consultants and indirect costs	163 480	473 354
SUM - Salary and indirect costs	163 480	473 354
Sub-total	1 296 480	828 766
SUM - Total	1 296 480	828 766

Comments to expenditure 2020

Comments to expenditure 2020:

As explained previously, we were not able to carry out most of the activities in 2020 due to the pandemic. However, we were able to mitigate some of the challenges by replacing physical mobilities and courses with digital courses and mobilities. As DIKU approved our proposal to relocate some of the funds (mail from Diku 22nd June 2020) to establish better IT infrastructures at our partner University, that have been registered as the new other activities of this project. This has enabled us to do many of the things online which otherwise would have been done through physical meetings.

1. Collaboration- Local NGO and partners in Nepal and Norway;

Budget 2020: 40 000 NOK. Used 2020: Due to the pandemic it was not possible to arrange physical internal meeting for the Norwegian partners in 2020. The funds is reallocated to cover increased admin cost/remaining funds.

2. Study visits:

Budget 2020: UiO: 50 000 NOK, UiB: 25 000 UiT: 25 000 NOK, Used 2020: UiB, 21 185 NOK, Diff 3815 NOK, Remaining amount/proposed change 2020: UiO: 50 000, UiT: 25 000 NOK. We apply to transfer this grant to 2022. Due to the uncertainty for the upcoming year, we find it better to carry out high-level delegates, or other project participants from UiO for a visit to collaborating partners in Katmandu in 2022.

3. Joint field courses, International course in trauma, cultural psychiatry, global mental health and child psychiatry:

Budget 2020: UiO: 40 000, UiT: 20 000, TU: 25 000. Total: 85 000. Used 2020: 85 000 is reallocated to cover the increased administrative cost, remaining funds for 2020.

4. Joint teaching and supervision:

Budget 2020: UiO: 27 000, UiB: 20 000, TU: 20 000, Total: 67 000, Used 2020: UiB: Used: 23177.
Remaining amount/Proposed change 2020: 43 823 we ask to reallocate this amount to cover increased admin cost and remaining funds 2020.

5. PhD forum of past and current PhD students:

This is a very important activity where involved students/faculties have to travel inside Nepal for meetings of PhD forum. We hereby apply to get the reallocated funds from the post "PhD curriculum review", to cover this post. If the application for extension gets approved, we also apply to cover expenses in 2024, listed in the column for 2023. Total: budget 60 000, 15 000 per year.

6. Master student mobility from Nepal to Norway:

Budget 2020: UiO: 148 000, UiB: 96 000. Total: 244 000, Used 2020: 100 000 from UiO and 50 000 from UiB were reallocated according to the approved application to establish a better infrastructure at TU. Budget and Expenses are listed under new activity "Increased infrastructure at Tribhuvan University". Remaining amount/Proposed change 2020: Remaining a total diff: 94 000. As an effect of the pandemic, TU has lost one academic year due to the lack of recruitment of master students to the University. Therefore they don't have any 1 st year master students this year, and can not send any master students to Norway. We ask to reallocate this with the budget for 2021, to make a new distribution in total. Detailed overview are specified in the comment field. A total from 2020-2021: 94 000 + 244 000 (+ some remaining amount distributed to this post). Therefore we apply to transfer this amount to 2024, listed under 2023, and for a new distribution to also cover some mobility in 2024, if our application for extension gets approved. Diff + 14 000. We apply to reallocated this to cover increased admin cost/ remaining funds 2020.

7. PhD students from Nepal visiting Norway:

Budget 2020: UiO 140 000, Used 2020: After the approved application, we reallocated 16 000+ 30 000 to cover laptops and publishing fees. This is listed under other activities "Equipment and publishing fee for PhD students" 46 000. Remaining amount, proposed change 2020: UiO: 140 000 - 46 000 = 94 000. We apply to reallocate 50 000 of the amount to facilitate better infrastructure at Kanti Hospital, listed under a new activity "Increased infrastructure at Kanti 2021". For the remaining 44 000 we apply to reallocate this to support increased admin cost and remaining funds

8. PhD students from Norway visiting Nepal:

Budget 2020: UiO: 48 000. This 48 000 was reallocated to cover increased administrative cost in 2020. We have changed this activity with 2021's activity since PhD student could stay in Nepal for 6 months in 2020, instead of 2021. Total budget allocated for 6 months stay: 75 000, He did not need travel costs, total amount used for 6 months scholarship: 60 000. The remaining amount: 15 000 NOK, remains in the post for 2021.

9. Students Attendance at conferences, courses for PhD students:

This was approved by DIKU as mentioned in annual report from 2019. We are asking to move the total amount to 2022 as we were not able to use this due to the pandemic in 2020, and it is uncertain how much activity is possible in 2021. Listed in the budget column for 2022.

10. Annual project meeting:

Budget 2020: UiO: 20 000. UiT: 20 000, TU: 15 000. Total: 55 000. Used 2020: The Annual project meeting was organized in Katmandu 17-18 February 2020. UiO used 20 173 NOK on travel and accomodation. UiT used: 24 259. Meeting cost from the host institution TU in Katmandu were 15 841 NOK. Remaining amount/proposed change 2020: Diff - 5273.

11. PhD curriculum development:

Budget 2020: UiO: 60 000, TU: 10 000, total: 70 000, Used 2020: 60 000 is reallocated to cover the new post "PhD forum for PhD candidates" if our request is granted. 10 000 is reallocated to cover increased admin cost, remaining funds.

12. Revision of Master curriculum by a joint team:

Budget 2020: UiO: 20 000, UiB: 20 000, TU: 42 000. Total: 82 000. Used 2020: Due to the pandemic it was not possible to implement any travels from Norway, spring 2020. Tribhuvan University was still

able to have necessary internal meetings during 2020, that require meeting allowances and additional meeting cost according to submitted receipts. The total cost: 11 554 NOK in 2020. Subtracted from the budget (42 000- 11 554)= 30 446. + UiB: 20 000, UiO: 20 0000, this remaining amount equals a total of: 70 446, which is reallocated to cover the increased administrative cost for 2020.

13. Equipment and publishing fee for 2 PhD students at Tribhuvan University:

Approved reallocation based on application in email from Diku on 22nd June 2020 for PhD students at UIO/Tribhuvan University. Total amount used for 2 laptops - 12 500 (due to negotiated price between the supplier and TU, the laptop price was lower than estimated). Total amount used for Open Access publishing fee at BioMed central, Dhungana: 21 325 NOK. Difference: 46 000- 33 825 = 12 175 NOK - We apply to reallocate 20 000 to cover expenses for the new PhD student, started in January 2021. This concern ethical approval that wasn't accounted for in the budget and laptop equals what the other PhD student at TU got due to the pandemic: (higher price for the laptop, since Kanti Hospital doesn't have negotiated price for laptops as TU had).

14. Increased Infrastructure at Kanti Hospital:

Based on application from UIT and Kanti hospital for a total of 46 388 NOK in order to establish IT infrastructure similar to what has been done at IOM, TU. We apply for a total of 50 000 to ensure any difference in currency between the budgeted amount and invoice withdrawal.

15. Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry:

Refer to the email from Sidsel Holmberg, DIKU on 22 June 2020, DIKU approved reallocation to mitigate the effects of the pandemic. This was used to facilitate office setup and IT infrastructures such as computers and overhead projectors etc. Total amount used for increased infrastructure: 145 398 NOK of 150 000 approved Amount.

Difference: 4602 NOK- We ask to reallocate to cover remaining funds.

16. Salary, remuneration of consultants and indirect costs:

Increased from 13% to 40%. Total amount that we had allocated under this heading after an agreement between the collaborating partners for the whole period was: 163 480 NOK per year, this was distributed as follows: UiO=40%, UiB=15%, UiT=10%, TU=30%, Kanti Hospital=5%. According to the approved reallocation for increased overhead to 40% for 2020, we made an adjustment as follows: UiO= 35%, UiB=20%, UiT=4%, TU= 35%, Kanti/Forut=6%. The reallocation was more than helpful for all the main partners as there has been increased work for administrative and scientific staff for all collaborating partners. We increased this within the budget for 2020 and have shown as expenses. This was thus increased from 163 480 NOK to 470 592 NOK (40%). Real amount 473 354 withdrawn due to currency difference.

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. Securement of valid receipts associated to all expenses.

4.2 Budget

NOK - Norwegian kroner	Expenditure 2019	Expenditure 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	0	50 000	50 000	20 000	132 602
Courses/trainings/study visits for academic and administrative staff - Study visits	88 605	21 185	0	75 000	0	184 790
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	55 353	0	85 000	85 000	85 000	310 353
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	0	23 177	25 000	67 000	67 000	182 177
Other activities - PhD forum of past and current PhD students	0	0	15 000	15 000	30 000	60 000
Student mobility - Full degree scholarship for Master students (additional allocation)	0	0	157 450	142 550	0	300 000
Student mobility - Master student mobility from Nepal to Norway	0	0	0	250 000	610 000	860 000
Student mobility - Master student mobility from Norway to Nepal	0	0	162 000	228 000	74 000	464 000
Student mobility - PhD students from Nepal visiting Norway	66 697	0	190 000	210 000	140 000	606 697
Student mobility - PhD students from Norway visiting Nepal	0	60 000	70 000	45 000	45 000	220 000
Student participation in research activities/projects - Students participation- Attendance at conferences, courses for PhD students	0	0	0	50 000	0	50 000
SUM - Implementation of educational activities	223 257	104 362	754 450	1 217 550	1 071 000	3 370 619
Project development						
International project meetings - Annual project meeting	46 786	60 273	55 000	55 000	65 000	282 059
Joint curriculum development - PhD curriculum development	0	0	70 000	0	0	70 000
Joint curriculum development - Revision of Master curriculum by a joint team	64 396	11 554	0	0	0	75 950
Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen)	21 496	0	0	0	0	21 496
Other activities - Equipment and publishing fee for 2 PhD students at Tribhuvan University	0	33 825	32 175	0	0	66 000
Other activities - Increased Infrastructure at Kanti Hospital	0	0	50 000	0	0	50 000
Other activities - Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry	0	145 398	0	0	0	145 398
SUM - Project development	132 678	251 050	207 175	55 000	65 000	710 903
Salary and indirect costs						
Salary, remuneration of consultants and indirect costs	157 401	473 354	163 480	163 480	253 263	1 210 978
SUM - Salary and indirect costs	157 401	473 354	163 480	163 480	253 263	1 210 978
SUM - Total	513 336	828 766	1 125 105	1 436 030	1 389 263	5 292 500

Total allocation	5292500
Remaining funds	0

Comments to the budget

-We refer to our email communication on 22nd June 2020 where we informed about the challenges in mobilities of students and teachers due to the Covid-19 pandemic and submitted alternative plans where we requested to reallocate some of the funds to establish a better IT infrastructure at our partner institutions. DIKU allowed us to reallocate 150000 kr + 46000 kr for this purpose. We have presented the real costs under the other activities (Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry and Equipment and Publishing fee for 2 PhD students at Tribhuvan University).

-We have also cut down from the budget allocated in 2021 from several posts where we think that we can not have full mobilities in 2021 due to the ongoing pandemic. We are thus applying for an extension of the project to 2024 where we can prioritize the mobilities of students, faculties, and other activities which were and will be affected by the pandemic. A separate email will also be sent.

- Since there is not yet possible to have an own column for 2024 activities, we have done as advised by DIKU, and have transferred the reallocated amount and added it to the post for 2023. This additional amount will cover basically the mobility of the master students in both the directions and some overhead costs as the activities in 2024 will be less than in the former years.

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

Balance 467 714

309 874 is reallocated to increased admin cost (163 480 originally admin cost - 40 % increase 473 354 new administrative amount 2020).

89 783 is reallocated to cover admin cost, if our application for extension to 2024 gets approved.

60 000 is reallocated to cover a new activity called "PhD forum" which is very important activity with very low costs, if it's approved by Diku.

(Total: 459 657) Diff: 8 057.

4.3 Balance

	Amount
Balance transferred from 2019	224 164
Disbursement from HK-dir 2020	1 072 316
Available amount	1 296 480
Expenditures	828 766
Balance	467 714