

# NORPART 2018 - Annual Report 2022

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## 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

Name: Thapa, Suraj Bahadur  
Gender: Male  
Email: suraj.thapa@medisin.uio.no  
Phone number: 99343167

### Financial contact person

Name: Maier, Martin  
E-mail: martin.maier@medisin.uio.no  
Address: Kirkeveien 166  
Søsterhjemmet  
0450 OSLO  
Phone number: +4796229059

### Partners

Institution:	NP-Tribhuvan University (NP-TU)
:	
Unit:	Department of Psychiatry and Mental Health, Institute of Medicine
Contact person:	Ojha, Saroj Prasad
Gender:	Male
Degree:	MD
Position:	Professor
Email:	ojhasp@yahoo.com
Phone number:	9851038299
Institution:	NO-UNIVERSITETET I BERGEN (NO-UiB)
:	
Unit:	Faculty of Psychology
Contact person:	Gulla Heltne, Unni Marie
Gender:	Female
Degree:	PhD
Position:	Professor in psychology
Email:	Unni.Heltne@uib.no
Phone number:	91648674

Institution:	NO-UiT The Arctic University of Norway (NO-UiT)
:	
Unit:	Department of Psychology
Contact person:	Brøndbo, Per Håkon
Gender:	Male
Degree:	PhD
Position:	Head of Department
Email:	per.h.brondbo@uit.no
Phone number:	+47 41406768
Institution:	NO-UNIVERSITETET I OSLO (NO-UiO)
:	
Unit:	Division of Mental Health and Addiction, Institute of Clinical Medicine, Faculty of Medicine
Contact person:	Thapa, Suraj Bahadur
Gender:	Male
Degree:	MD, PhD
Position:	Associate Professor
Email:	suraj.thapa@medisin.uio.no
Phone number:	99343167
Institution:	NP-Kanti Children Hospital (NP)
:	
Unit:	Child and Adolescent Psychiatry Department
Contact person:	Kunwar, Arun
Gender:	Male
Degree:	MD
Position:	Head of Department
Email:	arunkunwar@yahoo.com
Phone number:	+9779851102378
Institution:	NO-FORUT (NO)
:	
Unit:	FORUT Norway
Contact person:	Stavrum, Ståle
Gender:	Male
Degree:	Master
Position:	International Programme Director
Email:	staale@forut.no
Phone number:	+ 47 - 61 18 74 00
Institution:	NP-Child Workers in Nepal Concerned Centre (NP)
:	
Unit:	Head office
Contact person:	Pradhan, Madhav
Gender:	Male
Degree:	Master
Position:	President
Email:	cwin@mos.com.np
Phone number:	+0097714282255

Institution:	NO-Norwegian Psychiatric Association (NO)
:	
Unit:	Norwegian Psychiatric Association
Contact person:	Lien, Lars
Gender:	Male
Degree:	MD, PhD
Position:	Head, Board of TP-GMH
Email:	lars.lien@medisin.uio.no
Phone number:	+ 47 970 40 683
Institution:	NO-OSLO UNIVERSITETSSYKEHUS HF (NO)
:	
Unit:	Southern Oslo District Psychiatric Center
Contact person:	Søyegaard, Erik Ganesh Iyer
Gender:	Male
Degree:	MD
Position:	Consultant psychiatrist & unit chief
Email:	ersoee@ous-hf.no
Phone number:	92454499
Institution:	NP-Ministry of Health and Population (NP)
:	
Unit:	Secretary
Contact person:	Pokharel, Roshan
Gender:	Male
Degree:	MD
Position:	Secretary, Ministry of Health and Population
Email:	roshanpokharel107@gmail.com
Phone number:	+9779852024180
Institution:	NP-Mental Hospital (NP)
:	
Unit:	Mental hospital
Contact person:	Adhikari, Ananta
Gender:	Male
Degree:	MD
Position:	Hospital director
Email:	drananta@gmail.com
Phone number:	97715521333

**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)

### **Project period**

**Will the project be completed by the end of the planned project period, 31.12.2024?**

Yes

**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

**Project summary:** Collaboration in higher education in Mental Health (COMENTH) is a NORPART project between Norway and Nepal hosted by the University of Oslo with Tribhuvan University (TU) as our major partner in Nepal and supported by the University of Bergen (UiB), University of Tromsø (UiT), Norwegian Psychiatric Association (NPA), Oslo University Hospital (OUH), Kanti Children Hospital (KCH), Child Workers In Nepal (CWIN), Ministry of Health and Population, Nepal, Nepal Mental Hospital and For Utvikling (FORUT). This project aims to enhance the quality of higher education and research in Norway and Nepal in mental health through partnership and collaboration that covers three different disciplines: adult psychiatry, clinical psychology and child and adolescent psychiatry. The project has originally planned for mobility of 51 students (master & PhD), several academic and administrative personnel including high-level officers in both directions. In addition, organizing common 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 are 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, the underprivileged and indigenous populations will be given higher preference in the project. 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.

**Results:** High-level visit by the Vice-chancellor of the TU and or the Dean of IOM, Campus chief and or the department heads from IOM, TU have taken place in June 2019 and 2022 with several fruitful meetings with the dean office, rector and several other key persons at UiO including their participation in joint seminar and annual project meeting in Oslo. The curriculum of master program in psychiatry and psychology has been reviewed, revised, and amended by IOM, TU in collaboration. Two assistant professors from IOM, TU are pursuing PhD at UiO.

Similarly, two psychologists working at KCH are doing PhD at UiT. They have supervisors from Norway and Nepal and will complete their PhDs in 2023/24. Two additional PhD students ( 1 at UiO, 1 at UiT) who started PhD before 2019 and were partly supported by this project and jointly supervised by us have completed their PhD very recently. All these PhDs (6 in total) will be good resources to start PhD at IOM, TU. Starting PhD at IOM, TU in collaboration with UiO is delayed although PhD curriculum is under evaluation and revision at TU.

Our project was given two years' scholarship for a full-time master student who will complete her master by the summer 2023. Despite the COVID pandemic in 2022-21, the majority of the project activities took place as planned except for the physical mobilities of staff and students which were either replaced with digital/virtual mobility or postponed to next year. Participation in joint courses and supervision through digital platforms has also given us an opportunity to include even more students in the common courses and also for a longer period than previously planned. For instance, UiB has developed a course in global mental health that gives 30 ECT - i.e. a full semester (originally planned 10 ECT) and this online course was attended by 8 students in 2020, 4 students in 2021 and 3 in 2022 (physical and digital) from Nepal (original plan 2 students). By the end of 2022, the total number of students and staff in mobility are 43 (21 virtually) and 28, respectively although the original plans to send the trainee doctors in psychiatry from IOM TU to UiO could not be implemented due to several factors. However, we have increased the number of PhD students and psychology students coming to Norway from Nepal. Moreover, our collaborating partners FORUT, CWIN and KCH have been granted 10 million kroner by NORAD for 2022 to expand the child and adolescent psychiatry and mental health services at KCH and CWIN, including telemedicine. This will have a synergistic effect on our project. This NORPART project has contributed to generating several joint research projects and a few grant applications. Several seminars and conferences have been organized jointly (physically & digitally).

## 2.2 Project implementation

### Work plan for the project (from the previous annual report)

#### 2022 activities: (Revised)

- \* 4th annual project meeting and midterm evaluation in Oslo (June 2022)
- \* Mobility of 3 Master students from TU, Nepal to Norway (UiB) for 6 weeks
- \* Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal for 6 weeks
- \* Mobility of 2 Master students (medicine) from UiT to KCH, Nepal for 3 months.
- \* Mobility of 2 PhD students from TU Nepal to UiO for 3 months
- \* Enrollment of new PhD candidate at UiO and mobility to Norway for obligatory courses for 3 months
- \* International/joint course in Kathmandu
- \* PhD Thesis defense by R. Koirala at UiO & Jasmin Ma at UiT
- \* Mobility of 2 PhD students 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
- \* PhD curriculum and preparations: This will continue this year too.

#### 2023 activities

- \* 5th Annual Project Meeting in Kathmandu/Oslo
- \* 2 PhD students from TU to UiO for 3 months and 1 PhD student for 1 month
- \* Mobility of 8 Master students from Nepal to Norway
- \* 5 MD Psychiatry (Master students) to UiO for 1-2 months
- \* 3 MPhil Psychology (Master students) to UiB for 1 -2 months

- \* Mobility of 2 Master students (psychology) from Norway (UiB) to TU, Nepal for 6 weeks.
- \* Mobility of 2 Master students (medicine or int. health) from Norway (UiO) to Nepal (TU) for 6 weeks.
- \* Enrollment of 1st PhD candidate under IOM, TU.
- \* International /joint course in Kathmandu in October
- \* Mobility of 2 PhD students from KCH to UiT
- \* Starting 2-year fellowship program in CAP at UCAP-KCH

## **2024 tentative activities**

- \* Project meetings in Oslo/Kathmandu
- \* Mobility of Master students (numbers and duration will be updated in 2022's annual report)
- \* Mobility of PhD students (1 for 3 months til UiO, 1 for 2 months til UiT, 2 for 1 month til )
- \* Common supervision, teaching, courses
- \* Enrollment of 3rd PhD candidate under IOM, TU.

## **Project progress and deviations 2022**

1: 4th annual project meeting and midterm evaluation in Oslo: This was held in Oslo on 2nd of June 2022 when we had a delegation from Nepal led by the dean of IOM, TU. We had also representatives from almost all the collaborating partners from Nepal and Norway.

2: Mobility of 3 Master students from TU, Nepal to Norway (UiB) for 6 weeks: Three psychology students from TU were in Bergen in September-October, and participated in the full international semester at UiB together with Vietnamese and Norwegian students. They participated digitally in the first course and then physically in Norway for the second course in September- October. They then participated in a joint project task for the last source after returning to Nepal.

3. Mobility of 3 Master students (psychology) from Norway (UiB) to Nepal for 6 weeks: In 2022, we could only send 1 student fra Bergen to Kathmandu for 1 month's stay.

4. Mobility of 2 Master students (medicine) from UiT to KCH, Nepal for 3 months: Two medical students from UiT were in Nepal for 3 months at Kanti Childen Hospital to collect data for their master thesis in 2022.

5. Mobility of 2 PhD students from TU Nepal to UiO for 3 months: Two PhD students from Nepal were at UiO for 3 months in the spring semester. They attended some courses, had midterm evaluations, got supervision and wrote articles. One of them came also in the fall semester for 1 week to attend an additional course.

6. Enrollment of new PhD candidate at UiO and mobility to Norway for obligatory courses for 3 months: This has to be deviated because of the lack of an interested candidate and increased expenses on travel for other students and staff.

7. International/joint course in Kathmandu: Our collaborating partner, Child and adolescent psychiatry dept, at KCH organized an international child mental health conference in Kathmandu in October.

8. PhD thesis defense: two of the PhD candidates jointly supervised by us (UiO, UiT, TU) have defended their PhD theses. They will be good resources for starting PhD at IOM in near future.

9. Mobility of 2 PhD students from KCH to UiT: One of them was in Tromsø in 2022 while the other got admission in 2022 and will be visiting in 2023.

10: Continuation of PhD forum for all the PhD candidates in Nepal and Norway: This has been partly conducted and partly replaced by the research group's meeting that the project leader organizes where all PhDs in his project are invited.

11. Development of curriculum for 2-year fellowship education in child and adolescent psychiatry at UCAP - KCH: To start a fellowship program, it needs more time and collaboration with an academic institution. KCH is in dialog with NAMS (National Academy of Medical Sciences and Patan Mental Hospital). We have developed weekly teaching materials for all the staff working at UCAP, KCH.

12. PhD curriculum and preparations: PhD curriculum and course contents have been written by a joint team from UiO and TU. This needs to be evaluated by the curriculum development committee at IOM and approved by TU. We still need some more time so that IOM could start its own PhD program in mental health.

### **Revised work plan and timeline**

#### **2023 revised activities:**

1. 5th Annual Project Meeting in Kathmandu/Oslo: This will take place in Kathmandu by the end of March in combination with high-level visit from Norway to Nepal and joint courses/conference.
2. High-level visit from UiO to TU: The dean and few others from the Faculty of Medicine, UiO will be visiting TU and other collaborating partners and attending joint meetings/seminar and annual project meeting
3. Mobility of Master students from Nepal to Norway: 4 Master students from TU to UiB for 5-6 weeks and, in addition to digital teaching thereby participating the whole semester (30 credits).
4. Mobility of PhD students from Nepal to Norway: 1 student at UiT for 3 months, 3 students (1 to UiO, 2 to UiT) for 1-2 weeks.
5. Mobility of Master students from Norway to Nepal: 3 students from UiO and 3 from UiB for 1 month
6. Mobility of PhD students from Norway to Nepal: 2 PhD students from UiO to TU /Nepal for up to 1-month stay
8. Preparation for PhD program: This will continue.
9. Starting teaching program in CAP at UCAP-KCH: The course contents have been developed in collaboration between KCH and UiT. This will be held every other week at UCAP-KCH
- 10: Joint course/conference/seminar: This will partly be held in connection with the annual project meeting in Kathmandu in March.

#### **2024 revised activities:**

1. 6th Annual Project Meeting in Kathmandu/Oslo:
2. Mobility of teachers/professors for joint teaching and supervision

3. Mobility of Master students from Nepal to Norway: 4 Master students from TU to UiB for 5-6 weeks and, in addition to digital teaching thereby participating the whole semester (30 credits).
4. Mobility of PhD students from Nepal to Norway: 1 student at UiT for 3 months, 3 students ( 2 to UiO, 1 to UiT) for 1-2 weeks.
5. Mobility of Master students from Norway to Nepal: 3 students from UiO and 3 from UiB for 1 month
6. Mobility of PhD students from Norway to Nepal: 2 PhD students from UiO to TU /Nepal for up to 1-month stay
8. Preparation for PhD program:
9. Weekly teaching program in CAP at UCAP-KCH:
- 10: Joint course/conference/seminar:

### Risk assessment

As reported earlier, our project was affected by the COVID pandemic in 2020 and 2021 although we were able to mitigate some of these effects through digital teaching and digital mobility. Mobility of some of the master students from Nepal (trainee in psychiatry) could not take place due to several reasons- intensive 3 years clinical training, not able to offer that here in Norway as such trainings are part of the hospitals where one needs to have license and could speak Norwegian. However, we have been able to increase the number of psychology students (master) coming to Bergen and PhD students coming to UiO and UiT.

Because of inflation in recent years, the price of air tickets and hotels/hostels/airBNB have gone up significantly. This has thus resulted in increased costs than what we had budgeted. The scholarship amount that was decided several years ago will not be adequate to cover the expenses of the students while they are in Norway. We have revised the budget and we would like to request DIKU to revise and increase the rate of the stipend to master and PhD students that will meet the current needs caused by inflations.

## 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)	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)	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 fom 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.					



Type of mobility	From	To	Number of students	Duration	Level
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.					
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.					
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.					
<b>Total</b>			<b>51</b>	<b>164m, 0w, 0d</b>	

### Travel summary

	NP	NO
<b>Short-term (up to 3 months)</b>		
Nepal (NP)		8
<b>Long-term (3 months or more)</b>		
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
Joint study programme	Norway (NO)	Nepal (NP)		7	1			Master	2021
Work placement	Norway (NO)	Nepal (NP)		1	1			Master	2021
Work placement	Norway (NO)	Nepal (NP)	1		3			PhD	2021
Workshop/ seminar/ conference	Norway (NO)	Nepal (NP)		1		3		Master	2022
Joint study programme	Norway (NO)	Nepal (NP)		1	1			Master	2022
Joint study programme	Nepal (NP)	Norway (NO)	1	2	1	2		Master	2022
Joint study programme	Nepal (NP)	Norway (NO)	1	1	3			PhD	2022

Type	From	To	Male	Female	Months	Weeks	Days	Level	Year
Summer school, intensive course, field course, research school	Nepal (NP)	Norway (NO)	1	0		1		PhD	2022
Summer school, intensive course, field course, research school	Nepal (NP)	Norway (NO)		1		2		PhD	2022
Data collection	Norway (NO)	Nepal (NP)		2	3			Master	2022
<b>Total</b>			<b>5</b>	<b>17</b>	<b>36</b>	<b>12</b>			

### Travel summary

	NP	NO
<b>Joint study programme</b>		
Norway (NO)	7	
<b>Work placement</b>		
Norway (NO)	3	
<b>Combined work placement / course</b>		
Nepal (NP)		1
<b>Summer school, intensive course, field course, research school</b>		
Nepal (NP)		2
<b>Data collection</b>		
Norway (NO)	2	
<b>Workshop/seminar/conference</b>		
Norway (NO)	1	
<b>Joint study programme</b>		
Nepal (NP)		5
Norway (NO)	1	

Has your project been awarded full degree master's scholarships?

Yes

### 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
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
corporate visit							
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
Study visit, institutional/ corporate visit	Norway (NO)	Nepal (NP)	Male		1		2020
Development of course/ study	Norway (NO)	Nepal (NP)	Male		1		2021

Type	From	To	Gender	Months	Weeks	Days	Year
programme/ degree							
Development of course/ study programme/ degree	Norway (NO)	Nepal (NP)	Male		2		2022
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Female		1		2022
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Female		1		2022
Study visit, institutional/ corporate visit	Nepal (NP)	Norway (NO)	Male		1		2022
Project meeting/ support activity	Norway (NO)	Nepal (NP)	Female		1		2022
Project meeting/ support activity	Nepal (NP)	Norway (NO)	Male		1		2022
Project meeting/ support activity	Nepal (NP)	Norway (NO)	Male		1		2022
Project meeting/ support activity	Nepal (NP)	Norway (NO)	Male		1		2022
Project meeting/ support activity	Nepal (NP)	Norway (NO)	Male		1		2022
<b>Total</b>				<b>28</b>	<b>26</b>	<b>30</b>	

### Travel summary

	NP	NO
<b>Study visit, institutional/corporate visit</b>		
Nepal (NP)		7
Norway (NO)	1	
<b>Teaching at joint course (semester)</b>		
Norway (NO)	1	
<b>Development of course/study programme/degree</b>		
Nepal (NP)		1
Norway (NO)	4	
<b>Workshop, seminar, conference</b>		
Norway (NO)	3	
<b>Project meeting/support activity</b>		
Nepal (NP)		4
Norway (NO)	7	

## 2.3.1.4 Virtual exchange

### Virtual student exchange

Type	From	To	Male	Female	Days	Level	Year
COIL	Nepal (NP)	Norway (NO)	3	5	70	Master	2020
They participated in 3 courses, almost a full semester with exams.							
COIL	Nepal (NP)	Norway (NO)	2	2	70	Master	2021
They participated in 3 courses, almost a full semester with exams.							
Virtual work placement	Norway (NO)	Nepal (NP)		2	45	Master	2021
2 medical students worked in a joint research project							
Synchronous online learning	Nepal (NP)	Norway (NO)	1	1	100	PhD	2021
Sagun and Saraswati							
Synchronous online learning	Nepal (NP)	Norway (NO)		1	50	PhD	2020
Synchronous online learning	Nepal (NP)	Norway (NO)		1	50	PhD	2021
For Srijana							
COIL	Nepal (NP)	Norway (NO)	1	2	70	Master	2022
For Srijana							
<b>Total</b>			<b>7</b>	<b>14</b>	<b>1440</b>		

### Virtual staff exchange

UiO and UiT staff have provided regular online supervision to their PhD students at Tribhuvan University (3 PhD students) and Kanti Children Hospital (2 PhD students) through zoom/teams/viber. The project leader has also participated digitally in some lectures and discussions with the students at TU. We have also had regular digital meetings in planning and implementing project activities.

## 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.
Level:	Master
Fields of education and training (ISCED F2013):	Public health
Course format:	Physical
Language of teaching:	English
ECTS Credits:	8,00
Start:	2019
Students IoN:	30
Students IiN:	0
Has the course been integrated in regular study programmes offered at the institutions?:	No
Institution(s) offering the degree:	NP-Tribhuvan University

Status:	Started
Comments:	This will be an additional and optional course.

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
Level:	Master
Fields of education and training (ISCED F2013):	Psychology
Course format:	Physical
Language of teaching:	English
ECTS Credits:	120,00
Start:	2019
Students IoN:	4
Students liN:	0
Has the course been integrated in regular study programmes offered at the institutions?:	Yes, mandatory for some students
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Started
Comments:	

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
Level:	Master
Fields of education and training (ISCED F2013):	Clinical medicine
Course format:	Physical
Language of teaching:	English
ECTS Credits:	180,00
Start:	2019
Students IoN:	5
Students liN:	0
Has the course been integrated in regular study programmes offered at the institutions?:	Yes, mandatory for some students
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Started
Comments:	

Course name:	PhD in Psychiatry/Mental health
Course code/ID:	
Description:	Original plan was to start a PhD program at IOM, TU with assistance from UiO/UiT/McGill from 2022. Due to COVID and several other things this has been delayed. Now the joint curriculum developed so far is being reviewed by IOM, TU.
Level:	PhD
Fields of education and training (ISCED F2013):	Clinical medicine
Course format:	Hybrid

Language of teaching:	English
ECTS Credits:	30,00
Start:	2022
Students IoN:	0
Students liN:	0
Has the course been integrated in regular study programmes offered at the institutions?:	No
Institution(s) offering the degree:	NP-Tribhuvan University
Status:	Not started
Comments:	This is delayed due to several factors such as the Covid pandemic, the lack of PhDs among academic staff/faculties. The curriculum has been developed by a joint team which is under review by a curriculum development board at IOM TU. Two permanent academic staff at IOM TU are pursuing PhD at UiO through this project.

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  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.  This will continue this year and in upcoming years.
Level:	Master
Fields of education and training (ISCED F2013):	Psychology
Course format:	Hybrid
Language of teaching:	English
ECTS Credits:	30,00
Start:	2020
Students IoN:	8
Students liN:	10
Has the course been integrated in regular study programmes offered at the institutions?:	Yes, elective for some students
Institution(s) offering the degree:	NO-UNIVERSITETET I BERGEN
Status:	Started
Comments:	

### 2.3.3 Dissemination

### 2.3.3 Dissemination

### Dissemination

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: From exchange and travels to digital collaboration in COMENTH  
 Author(s):  
 Location: News at Institute of Clinical Medicine, UiO's webpage  
 Link to online version of dissemination:  
 Date (mm.yyyy): 06/2021  
 Joint dissemination: Yes  
 Audience/Recipient(s): Other  
 Type of dissemination: Media coverage  
 Comments: Exchanges and travels between Nepal and Norway are important parts of the COMENTH project. The pandemic has put a halt to this. Yet, through a partial reallocation of funds and digital solutions, the researchers have managed to implement some of the project's activities.

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: PROJECT REPORT INTERNATIONAL SEMESTER 2021, Students and staff at Center for Crisis Psychology, UiB  
 Author(s): Students, administrative and academic staff at UiB  
 Location: UiB  
 Link to online version of dissemination: Will be published soon  
 Date (mm.yyyy): 03/2022  
 Joint dissemination: Yes  
 Audience/ Recipient(s): General public  
 Type of dissemination: Non-scientific report  
 Comments: This report is based on the exchange visit from Norwegian master students winter 2021.  
 The report will be published online at University of Bergen website.

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

### 2.3.4 Full degree master's scholarships

#### Progress of full degree master student(s)

Full degree master student is in her second year and will be completing her master by the summer 2023. She has been linked to a research group and research project at UiO which will contribute to increase internalization and quality of education. She is jointly supervised by teachers from both institutions. She also joined a common course developed at the host institution in 2022. She is actively involved and contributing in relevant NORPART project activities.

## 2.4 Impact, sustainability and added value

### 2.4 Impact

#### What effects has the project had on the involved students?

- Improved foreign language skills
- Improved intercultural competencies
- Improved network
- Improved planning and organisational skills
- Improved sector- or field-specific knowledge
- Increased motivation to complete studies
- Other effects on participating students

#### Please elaborate on relevant effects on involved students.

Students from Norway who have been to Nepal have given very good and positive feedback as this was an excellent opportunity for many of them to learn how mental health systems and how training of mental health professionals work in Nepal. Despite being in a new and challenging context, they learned how one can use limited resources effectively. Students from Nepal (Master and PhD) who have been in Norway have gained new experiences and knowledge of training, education and research. Some of them have also been able to pursue PhD degree in Norway through this project which will ultimately make a basic infrastructure to start PhD in Nepal. Moreover, this mobility has contributed to building new networks among students and teachers,

#### What effects has the project had on the involved faculty/staff?

- Improved intercultural competencies
- Improved network
- Improved sector- or field-specific knowledge
- Improved social competencies
- Other effects on participating faculty/staff

**Please elaborate on relevant effects on involved faculty/staff.**

Deans and high-level officials from Nepal have visited Norway twice. We are planning a visit by the new dean of the Faculty of Medicine to Nepal this year. This has contributed to learning from each other about medical and master/PhD education in respective partner institutions. Similarly, the exchange of teachers and joined supervision has given us an opportunity to learn new methods of research and teaching. This has further resulted in more collaborations and improved competencies. Several faculties and key persons from our partner institutions in Nepal are pursuing PhD in Norway through this project. This will make a solid foundation to start PhD in Medicine at our partner organization.

**In which way(s) has the project improved the quality of study programmes offered at the participating institutions?**

Implementation of peer coaching methods in teaching  
Improvement of students' learning environment  
New/revised curriculum adopted  
New/revised educational methods and assessment forms adopted  
Other effects on the quality of study programmes

**Please elaborate on relevant effects on study programmes.**

We have been able to revise MD Psychiatry and MPhil Psychology (Master curriculums) at our partner University which have not been revised for almost 20 years. We have also made a draft for a PhD program. Students who were in mobility have also worked together and learned from each other.

**What effect(s) has the project had on the integration of education and research?**

New/ongoing research embedded in courses  
Other effects related to integration of education and research  
Student participation in research

**Please elaborate on relevant effects on integration of education and research.**

Research is not given a high priority in Nepal. Through this collaboration, research has been given a high priority. We have had several joint projects for master/medical/psychology students. Moreover, several permanent staffs/faculties who are pursuing PhD here have been working on several research projects being supervised jointly from Nepal and Norway. Our ultimate aim is to start a PhD program at TU.

**Which aspects of the framework for mobility between the institutions have been improved as a result of the project?**

Established mobility windows in relevant study programmes  
Established structures for international work placements  
Established structures for mobility  
New mobility agreements signed  
Other improvement of the mobility framework

**Please elaborate on relevant effects on the framework for mobility.**

As the master programs in psychiatry and psychology are quite intensive, they had to open a window for mobility. Few master students could still not be able to come here. It was much easier for PhD students regarding mobility in either direction. Virtual mobility has also eased some of the challenges.

**What has been the educational effect(s) of including non-academic partners in the project?**

Increased learning outcomes for students  
Opportunities for students to participate in projects with/for non-academic partners  
Opportunities for students to participate in work placements

**Please elaborate on relevant effects of including non-academic partners.**

We have had the advantage of having hospitals, NGOs and Ministry of Health in our project as non-academic partners. Students from Norway were taken care of them and had an opportunity to see how nonacademia work.

**Has the project had any effects beyond the academic collaboration?**

Yes

This project has been recognized at a higher level such as the Ministry of health, the World Health Organization, the Nepal Office. Since Mental health is still a big taboo and less prioritized in Nepal, we have been able to show the importance of mental health even in higher education and research. Visits to and from Norway both for faculties and students and several seminars/ conferences have made an impact beyond academia.

**2.4.2 Sustainability**

**Are there plans for continued collaboration between the project partners?**

Implementation of joint courses/programmes

Joint publications

Joint research activities

Other joint activities

Staff mobility

**Have or will the partners apply for new funding?**

Yes

-Applied for a research grant to the Norwegian Research Council in 2022 but did not get funding.

- We will apply for a new NORPART project in 2023/24.

**2.4.3 Added value**

**In your opinion, what is the added value of the NORPART programme, compared to other project funding sources?**

The mobility of students and staff has added value. Allocating some extra funds to build IT infrastructure has made digital/virtual mobilities much easier and more effective. In our case, having several from Nepal in sandwiched PhD program will have a great and longterm impact on higher education and research in mental health in Nepal,

**Other comments to HK-dir?**

Mobility of master students/medical students is not that easy as they have intensive programs and course at both institutions, Having a full time master student is a much better option. More focus on research and collaboration in PhD educations will be more fruitful and will have even better impact.

**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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	39 115	44 432	0	0	60 000	60 000	<b>203 547</b>
Meeting costs	7 671	15 841	6 214	216 839	20 000	20 000	<b>286 565</b>
Other	0	0	0	5 141	27 162	10 000	<b>42 303</b>
<b>SUM - Activity</b>	<b>46 786</b>	<b>60 273</b>	<b>6 214</b>	<b>221 980</b>	<b>107 162</b>	<b>90 000</b>	<b>532 415</b>
<b>SUM - Total</b>	<b>46 786</b>	<b>60 273</b>	<b>6 214</b>	<b>221 980</b>	<b>107 162</b>	<b>90 000</b>	<b>532 415</b>

Comments: Annual project meeting:  
 Budget 2022: 123 786, Used 2022: 216 839 + 5 141  
 Remaining amount: 221 980 - 123 786 = -98 194

Budget 2023:  
 Short Travel x 2 = 30 000 = 60 000  
 Other cost: 47 162  
 Total 107 162

Budget 2024:  
 Short Travel x 2 = 30 000 = 60 000  
 Other cost: 30 000  
 Total 90 000

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: Started  
 Participants: 10  
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	31 149	30 766	30 000	30 000	<b>121 915</b>
Meeting costs	0	0	0	4 088	0	0	<b>4 088</b>
Other	0	0	3 520	0	10 000	10 000	<b>23 520</b>
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>34 669</b>	<b>34 854</b>	<b>40 000</b>	<b>40 000</b>	<b>149 523</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>34 669</b>	<b>34 854</b>	<b>40 000</b>	<b>40 000</b>	<b>149 523</b>

Comments: PhD curriculum development:  
 Budget 2022: 35 331 for one travel for UiO to Nepal for meetings/workshops in Kathmandu or vice-versa.  
 Used: 4088 by TU, 30766 for travel expenses by Suraj Thapa. Total: 34854  
 Remaining: The small difference is used to cover other posts.

Budget 2023  
 Travel: 30 000  
 Meeting cost: 10 000  
 Total 40 000

Budget 2024:  
 Travel: 30 000  
 Meeting cost: 10 000  
 Total 40 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	54 396	0	0	0	0	0	54 396
Meeting costs	10 000	11 554	0	0	0	0	21 554
Other	0	0	0	0	0	0	0
<b>SUM - Activity</b>	<b>64 396</b>	<b>11 554</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>75 950</b>
<b>SUM - Total</b>	<b>64 396</b>	<b>11 554</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>75 950</b>

Comments: Revision of Master curriculum by a joint team:  
 Closed.

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	21 496	0	0	0	0	0	21 496
Meeting costs	0	0	0	0	0	0	0
Other	0	0	0	0	0	0	0
<b>SUM - Activity</b>	<b>21 496</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>21 496</b>
<b>SUM - Total</b>	<b>21 496</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>21 496</b>

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: Equipment 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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0	0
Other	0	33 825	0	23 600	48 000	48 000	153 425
<b>SUM - Activity</b>	<b>0</b>	<b>33 825</b>	<b>0</b>	<b>23 600</b>	<b>48 000</b>	<b>48 000</b>	<b>153 425</b>
<b>SUM - Total</b>	<b>0</b>	<b>33 825</b>	<b>0</b>	<b>23 600</b>	<b>48 000</b>	<b>48 000</b>	<b>153 425</b>

Comments: Equipment and publishing fee for 2 PhD students at Tribhuvan University:  
 Budget 2022: 0  
 Used: 23 600  
  
 Budget 2023:  
 Publication fees: 24 000 x 2 = 48 000  
  
 Budget 2024:  
 Publication fees: 24 000 x 2 = 48 000

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: Completed  
 Participants: 10  
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0	0
Other	0	0	50 000	0	0	0	50 000
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>50 000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>50 000</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>50 000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>50 000</b>

Comments: Increased Infrastructure at Kanti Hospital:  
 Budget 2021: 50 000.  
 Used 2021: 50 000  
 Completed.

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	0	0	0
Meeting costs	0	0	0	0	0	0	0
Other	0	145 398	0	0	0	0	145 398
<b>SUM - Activity</b>	<b>0</b>	<b>145 398</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>145 398</b>
<b>SUM - Total</b>	<b>0</b>	<b>145 398</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>145 398</b>

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. Reallocated to other post.  
 Completed.

**New activities** No

### 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 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	Expenditure 2020	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	12 602	0	0	0	0	0	12 602
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0	0
Other	0	0	0	0	20 000	20 000	40 000
<b>SUM - Activity</b>	<b>12 602</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>20 000</b>	<b>20 000</b>	<b>52 602</b>
<b>SUM - Total</b>	<b>12 602</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>20 000</b>	<b>20 000</b>	<b>52 602</b>

Comments: Collaboration- Local NGO and partners in Nepal and Norway;  
 Budget 2022: 20 000, Used: 0. We apply to reallocate to other posts.  
 Norwegian partners' (UiB, UiT, others) travel to Oslo 20 000  
 Budget 2023 and 2024: 20 000 for internal travels (UiB, UiT, UiO)

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	79 909	21 185	0	0	20 000	20 000	141 094
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0	0
Other	8 696	0	0	0	5 000	5 000	18 696
<b>SUM - Activity</b>	<b>88 605</b>	<b>21 185</b>	<b>0</b>	<b>0</b>	<b>25 000</b>	<b>25 000</b>	<b>159 790</b>
<b>SUM - Total</b>	<b>88 605</b>	<b>21 185</b>	<b>0</b>	<b>0</b>	<b>25 000</b>	<b>25 000</b>	<b>159 790</b>

Comments: Study visits,  
 Budget 2022: 25000  
 Used: 0  
 Remaining: 25000. We apply to transfer it to 2024 so that one from UiO can travel to Kathmandu.

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	35 353	0	0	0	75 000	75 000	185 353
Venue and local transport	15 000	0	0	0	15 000	15 000	45 000
Student scholarships	0	0	0	0	0	0	0
Other	5 000	0	0	0	20 000	20 000	45 000
<b>SUM - Activity</b>	<b>55 353</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>110 000</b>	<b>110 000</b>	<b>275 353</b>
<b>SUM - Total</b>	<b>55 353</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>110 000</b>	<b>110 000</b>	<b>275 353</b>

Comments: International course in trauma, cultural psychiatry, global mental health and child psychiatry:  
 Budget 2022: UiO: 40 000, UiB: 20 000, TU: 25 000. Total: 85 000  
 Used 2022: 0. We apply to increase posts in 2023 and 2024 and reallocate the rest for other posts  
 Budget 2023: 110 000 x 3 from Norway: 90 000  
 Meeting cost: 20 000  
 Budget 2024: 110 000 x 3 from Norway: 90 000  
 Meeting cost: 20 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	23 177	0	0	40 000	40 000	103 177
Venue and local transport	0	0	0	0	10 000	10 000	20 000
Student scholarships	0	0	0	0	0	0	0
Other	0	0	0	32 148	10 000	10 000	52 148
<b>SUM - Activity</b>	<b>0</b>	<b>23 177</b>	<b>0</b>	<b>32 148</b>	<b>60 000</b>	<b>60 000</b>	<b>175 325</b>
<b>SUM - Total</b>	<b>0</b>	<b>23 177</b>	<b>0</b>	<b>32 148</b>	<b>60 000</b>	<b>60 000</b>	<b>175 325</b>

Comments: Joint teaching and supervision:  
 Budget 2022: UiO: 20 000, UiT 20 000, TU: 20 000, Other costs: 7000. Total 67 000.  
 Used: 32 148, Remaining amount: 34 852, proposed change: Distribute it for the two next year  
 Budget 2023: 2 travels from/til Norway @ 30 000 x 2= 60000  
 Budget 2024: 2 travels from/til Norway @ 30 000 x 2= 60000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	4 338	0	15 000	15 000	34 338
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	0	0	0	0	0
Other	0	0	0	0	0	0	0
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>4 338</b>	<b>0</b>	<b>15 000</b>	<b>15 000</b>	<b>34 338</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>4 338</b>	<b>0</b>	<b>15 000</b>	<b>15 000</b>	<b>34 338</b>

Comments: PhD forum of past and current PhD students, Comments 2021:  
 Budget 2022: 25 662  
 Used: 0, Remaining: 25 662. We apply to reallocate for other posts.  
 Budget 2023: 15 000  
 Budget 2024: 15 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	0	0	0
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	57 495	137 988	77 997	0	273 480
Other	0	0	26 520	0	0	0	26 520
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>84 015</b>	<b>137 988</b>	<b>77 997</b>	<b>0</b>	<b>300 000</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>84 015</b>	<b>137 988</b>	<b>77 997</b>	<b>0</b>	<b>300 000</b>

Comments: Student mobility- Full degree scholarship for master students (Additional allocation)  
 Budget: 137 988 Used: 137 988  
 Remaining amount: 77 997

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	45 000	140 000	140 000	325 000
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	0	30 000	0	0	30 000
Other	0	0	0	15 000	0	0	15 000
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>90 000</b>	<b>140 000</b>	<b>140 000</b>	<b>370 000</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>90 000</b>	<b>140 000</b>	<b>140 000</b>	<b>370 000</b>

Comments: Master student mobility from Nepal to Norway,  
 Budget 2022: 90 000, Used 2022: 90 000, Remaining amount: 0  
 Budget: 2023:  
 Till UiB 4 students for 5-6 weeks stay: 4 x 35 000 = 140 000  
 Budget: 2024:  
 Till UiB 4 students for 5-6 weeks stay: 4 x 35 000 = 140 000

Travel costs in 2023 / 2024: @20 000 x 4 students= 80 000  
 Scholarship in 2023 / 2024: @15000 x 4 students= 60 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	104 712	41 777	156 000	156 000	<b>458 489</b>
Venue and local transport	0	0	0	0	0	0	<b>0</b>
Student scholarships	0	0	0	46 500	0	0	<b>46 500</b>
Other	0	0	11 880	24 790	0	0	<b>36 670</b>
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>116 592</b>	<b>113 067</b>	<b>156 000</b>	<b>156 000</b>	<b>541 659</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>116 592</b>	<b>113 067</b>	<b>156 000</b>	<b>156 000</b>	<b>541 659</b>

Comments: Master student mobility from Norway to Nepal  
 Budget 2022: 208 000, Used: 113 067  
 Remaining amount: 113 067 - 208 000= 94 933 unused funds from 2022.  
 We apply to transfer the unused funds to other posts.  
  
 Budget 2023:  
 From UiO- 3 students for 6 weeks = 26 000 x 2= 104 000  
 From UiB- 3 students for 6 weeks = 26 000 x 2= 52 000  
 Total: 156 000  
  
 Budget 2024:  
 From UiO- 3 students for 6 weeks = 26 000 x 2= 104 000  
 From UiB- 3 students for 6 weeks = 26 000 x 2= 52 000  
 Total: 156 000

Name: Mobility of 2 new PhD student from Nepal to Norway  
 Activity: Student mobility  
 Description: As per the request of the collaborating University and institutions, we are creating mobilities of 2 PhD students; 1 from IOM TU to UiO for 3 months /year x 3 and 1 from KCH to UiT 1-3 months x 2. This is vert essential for capacity building of these institutions which are planing to strat PhD course.  
 Start: May/2022  
 End: Dec/2024  
 Status: Not started  
 Level: PhD  
 Participating students: 2  
 Participating academic and administrative staff: 6  
 ECTS: 60  
 Budget and expenditures:

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	15 000	15 000	30 000
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	0	0	0	51 000	51 000	102 000
Other	0	0	0	0	4 000	4 000	8 000
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>70 000</b>	<b>70 000</b>	<b>140 000</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>70 000</b>	<b>70 000</b>	<b>140 000</b>

Comments: New PhD student from Tribhuvan University to University of Oslo.  
Budget 2022: 70 000  
Used 2022: 0  
Remaining amount: 70 000. We apply to transfer 47116 to 2024 for PhD student to UiT, and 22884 til admin cost

Budget 2023: 3 months visit to UiO - 70 000 (This will not be needed).  
We ask to transfer 70 000 to admin cost.

New PhD student from KCH to UiT  
2023: 3 months visit to UiT - 70 000  
2024: 3 months visit to UiT- 70 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	12 072	0	0	45 000	80 000	90 000	227 072
Venue and local transport	2 250	0	0	45 000	0	0	47 250
Student scholarships	51 000	0	0	42 500	35 000	0	128 500
Other	1 375	0	0	72 113	10 000	35 387	118 875
<b>SUM - Activity</b>	<b>66 697</b>	<b>0</b>	<b>0</b>	<b>204 613</b>	<b>125 000</b>	<b>125 387</b>	<b>521 697</b>
<b>SUM - Total</b>	<b>66 697</b>	<b>0</b>	<b>0</b>	<b>204 613</b>	<b>125 000</b>	<b>125 387</b>	<b>521 697</b>

Comments: PhD students from Nepal visiting Norway:  
Budget 2022: 210 000  
Used: 174 613  
Remaining amount: 210 000- 174 613= 35 387 NOK. We ask to transfer the remaining amount to PhD students in 2024

2023: 2 PhD students  
(1 to UiO for 1 month 35 000, 1 for Srijana to UiT 2 times x 1-2 weeks- 70 000, 1 for Jasmine 2 weeks 20 000)

2024: 3 PhD (Srijana, Saraswati, Sagun) students to Norway for PhD defense. Travel and accommodation @ 30000 NOK per person.

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	30 000	30 000	60 000
Venue and local transport	0	0	0	0	0	0	0
Student scholarships	0	60 000	30 000	0	20 000	20 000	130 000
Other	0	0	0	0	10 000	10 000	20 000
<b>SUM - Activity</b>	<b>0</b>	<b>60 000</b>	<b>30 000</b>	<b>0</b>	<b>60 000</b>	<b>60 000</b>	<b>210 000</b>
<b>SUM - Total</b>	<b>0</b>	<b>60 000</b>	<b>30 000</b>	<b>0</b>	<b>60 000</b>	<b>60 000</b>	<b>210 000</b>

Comments: PhD students from Norway visiting Nepal:  
 Budget 2022: 45 000  
 Used: 0  
 Remaining amount: 45 000. We ask to increase the funds in 2023 and 2024, to cover the cost for 2 PhD students for a shorter travel and stay.  
  
 Budget 2023:  
 Travel cost: 15000, other 5000,  
 Scholarship: 10000/month  
 2 PhD students for 1 month  
 30000 x 2=60 000  
  
 Budget 2023:  
 Travel cost: 15000, other 5000,  
 Scholarship: 10000/month  
 2 PhD students for 1 month  
 30000 x 2= 60 000

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	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Sum
<b>Activity</b>							
Travel and accommodation	0	0	0	0	38 000	38 000	<b>76 000</b>
Venue and local transport	0	0	0	0	0	0	<b>0</b>
Student scholarships	0	0	0	0	0	0	<b>0</b>
Other	0	0	0	22 854	0	0	<b>22 854</b>
<b>SUM - Activity</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>22 854</b>	<b>38 000</b>	<b>38 000</b>	<b>98 854</b>
<b>SUM - Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>22 854</b>	<b>38 000</b>	<b>38 000</b>	<b>98 854</b>

Comments:

Student participant in research activities/project:  
 Budget 2022: 50 000, Used 2022: 22 854  
 Remaining: 27 146

We ask to transfer this and some funds from other posts to 2023 and 2024.  
 2023 Budget: 38 000  
 2024 Budget: 38 000

**New activities**

Yes



## 4. Budget and expenditure

### 4.1 Expenditures 2022

NOK - Norwegian kroner	Expenditure 2022	Budget 2022
<b>Implementation of educational activities</b>		
Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway	0	60 000
Courses/trainings/study visits for academic and administrative staff - Study visits	0	25 000
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	0	85 000
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	32 148	67 000
Other activities - PhD forum of past and current PhD students	0	25 662
Student mobility - Full degree scholarship for Master students (additional allocation)	137 988	137 988
Student mobility - Master student mobility from Nepal to Norway	90 000	90 000
Student mobility - Master student mobility from Norway to Nepal	113 067	208 000
Student mobility - Mobility of 2 new PhD student from Nepal to Norway	0	70 000
Student mobility - PhD students from Nepal visiting Norway	204 613	210 000
Student mobility - PhD students from Norway visiting Nepal	0	45 000
Student participation in research activities/projects - Students participation- Attendance at conferences, courses for PhD students	22 854	80 003
<b>SUM - Implementation of educational activities</b>	<b>600 670</b>	<b>1 103 653</b>
<b>Project development</b>		
International project meetings - Annual project meeting	221 980	123 786
Joint curriculum development - PhD curriculum development	34 854	35 331
Joint curriculum development - Revision of Master curriculum by a joint team	0	0
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	23 600	0
Other activities - Increased Infrastructure at Kanti Hospital	0	0
Other activities - Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry	0	0
<b>SUM - Project development</b>	<b>280 434</b>	<b>159 117</b>
<b>Salary and indirect costs</b>		
Salary, remuneration of consultants and indirect costs	163 480	163 480
<b>SUM - Salary and indirect costs</b>	<b>163 480</b>	<b>163 480</b>
<b>Sub-total</b>	<b>1 044 584</b>	<b>1 426 250</b>
<b>SUM - Total</b>	<b>1 044 584</b>	<b>1 426 250</b>

#### Comments to expenditure 2022

#### Comments to expenditure 2022

General comments. Due to increased costs in airtickets and general cost, we had to increase some amounts in different posts.

Since we have extended the project period, some of the unused fund are reallocated to cover admin and activity cost in 2024.

#### 1. Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway:

Budget: 20 000, Used: 0. We ask to transfer this to 2024.

#### 2 Courses/trainings/study visits for academic and administrative staff - Study visits

Budget: 25 000, Used: 0. We ask to transfer this to 2023 for a travel from UiO to TU.

#### 3. Joint field courses, intensive courses and summer schools.

Budget: 85 000 Used: 0. We ask to increase the post in 2023 and 2024 due to higher cost.

#### 4. Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision:

Budget: 67 000, Used: 32 148. We ask to reallocate the rest to cover difference in other posts.

## **5. Other activities - PhD forum of past and current PhD students**

Budget: 25 662, Used: 0. We ask to reallocate the rest to cover difference in other posts.

## **6. Student mobility - Master student mobility from Nepal to Norway**

Budget: 90 000, Used: 90 000. We apply to reallocate 40 000 from 2023 and 2024 to admin cost in 2024.

## **7. Student mobility - Master student mobility from Norway to Nepal**

Budget: 208 000, Used: 113 067. We apply to reallocate some of the funds to increase the post for 2023 and 2024, since it's expected more activity.

## **8. Student mobility - Mobility of 2 new PhD student from Nepal to Norway**

Budget: 70 000, Used: 0: We apply to transfer 47116 to 2024 for PhD student to UiT, and 22884 til admin cost

## **9. Student mobility - PhD students from Nepal visiting Norway:**

Budget: 210 000, Used: 204 613. Due to increased costs, we reimbursed one PhD candidate for travel cost, rather giving scholarship since the real cost was higher. The PhD student in Tromsø, was staying for a shorter period. Therefore she received a smaller amount in scholarship.

## **10. Student mobility - PhD students from Norway visiting Nepal:**

Budget: 45 000, Used: 0. We plan to send two PhD candidates in 2023 and 2024, for a shorter period. Therefore we apply to transfer some of the unused funds to 2023 and 2024.

## **11. Student participation in research activities/projects - Students participatipon- Attendance at conferences, courses for PhD students**

Budget: 80 003, Used: 22 854. We ask to transfer this and some funds from other posts to activity 2023 and 2024.

## **12. International project meetings - Annual project meeting:**

Budget: 123 786, Used: 216 839 + 5141= 221 980 kr. Annual project meeting in Oslo. 5141 used in general project meetings in Katmandu.

Due to the increased cost in general, it was more expensive than anticipated.

## **13. Joint curriculum development - PhD curriculum development:**

Budget: 35 331 Used: 34 854. The small difference is used to cover other posts.

## **14: Equipment and publishing fee for 2 PhD students at Tribhuvan University:**

Budget 2022: 0, Used: 23 600. We ask for the reallocation of funds to cover this expense as it's an important post for the PhD education.

Budget 2023: Publication fees: 24 000 x 2 = 48 000, Budget 2024: Publication fees: 24 000 x 2 = 48 000

**Anti-corruption measures**

**Anti-corruption measures:**

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

secured.

## 4.2 Budget

NOK - Norwegian kroner	Expenditure 2019	Expenditure 2020	Expenditure 2021	Expenditure 2022	Budget 2023	Budget 2024	Budget 2025	Sum
<b>Implementation of educational activities</b>								
Collaboration with partners from the public and private sectors, NGOs and local communities - Local NGO and partners in Nepal and Norway	12 602	0	0	0	20 000	20 000	0	<b>52 602</b>
Courses/trainings/study visits for academic and administrative staff - Study visits	88 605	21 185	0	0	25 000	25 000	0	<b>159 790</b>
Joint field courses, intensive courses and summer schools - International course in trauma, cultural psychiatry, global mental health and child psychiatry	55 353	0	0	0	110 000	110 000	0	<b>275 353</b>
Joint teaching and supervision, incl. guest lecturing - Joint teaching and supervision	0	23 177	0	32 148	60 000	60 000	0	<b>175 325</b>
Other activities - PhD forum of past and current PhD students	0	0	4 338	0	15 000	15 000	0	<b>34 338</b>
Student mobility - Full degree scholarship for Master students (additional allocation)	0	0	84 015	137 988	77 997	0	0	<b>300 000</b>
Student mobility - Master student mobility from Nepal to Norway	0	0	0	90 000	140 000	140 000	0	<b>370 000</b>
Student mobility - Master student mobility from Norway to Nepal	0	0	116 592	113 067	156 000	156 000	0	<b>541 659</b>
Student mobility - Mobility of 2 new PhD student from Nepal to Norway	0	0	0	0	70 000	70 000	0	<b>140 000</b>
Student mobility - PhD students from Nepal visiting Norway	66 697	0	0	204 613	125 000	125 387	0	<b>521 697</b>
Student mobility - PhD students from Norway visiting Nepal	0	60 000	30 000	0	60 000	60 000	0	<b>210 000</b>
Student participation in research activities/projects - Students participation- Attendance at conferences, courses for PhD students	0	0	0	22 854	38 000	38 000	0	<b>98 854</b>
<b>SUM - Implementation of educational activities</b>	<b>223 257</b>	<b>104 362</b>	<b>234 945</b>	<b>600 670</b>	<b>896 997</b>	<b>819 387</b>	<b>0</b>	<b>2 879 618</b>
<b>Project development</b>								
International project meetings - Annual project meeting	46 786	60 273	6 214	221 980	107 162	90 000	0	<b>532 415</b>
Joint curriculum development - PhD curriculum development	0	0	34 669	34 854	40 000	40 000	0	<b>149 523</b>
Joint curriculum development - Revision of Master curriculum by a joint team	64 396	11 554	0	0	0	0	0	<b>75 950</b>
Joint development of courses, study programmes and degrees - Psychosocial intervention and crisis psychology (University of Bergen)	21 496	0	0	0	0	0	0	<b>21 496</b>
Other activities - Equipment and publishing fee for 2 PhD students at Tribhuvan University	0	33 825	0	23 600	48 000	48 000	0	<b>153 425</b>
Other activities - Increased Infrastructure at Kanti Hospital	0	0	50 000	0	0	0	0	<b>50 000</b>
Other activities - Increased Infrastructure at Tribhuvan University, Department of Psychology and Psychiatry	0	145 398	0	0	0	0	0	<b>145 398</b>
<b>SUM - Project development</b>	<b>132 678</b>	<b>251 050</b>	<b>90 883</b>	<b>280 434</b>	<b>195 162</b>	<b>178 000</b>	<b>0</b>	<b>1 128 207</b>
<b>Salary and indirect costs</b>								
Salary, remuneration of consultants and indirect costs	157 401	473 354	163 480	163 480	163 480	163 480	0	<b>1 284 675</b>
<b>SUM - Salary and indirect costs</b>	<b>157 401</b>	<b>473 354</b>	<b>163 480</b>	<b>163 480</b>	<b>163 480</b>	<b>163 480</b>	<b>0</b>	<b>1 284 675</b>
<b>SUM - Total</b>	<b>513 336</b>	<b>828 766</b>	<b>489 308</b>	<b>1 044 584</b>	<b>1 255 639</b>	<b>1 160 867</b>	<b>0</b>	<b>5 292 500</b>

<b>Total allocation</b>	5292500
<b>Remaining funds</b>	0

### Comments to the budget

#### Comments to the budget:

- \* We have reallocated some of the mobilities from 2022 to 2024. We had to increase some of the posts due to increased general costs due to the pandemic. (Air ticket, accommodation etc).
- \* Admin cost, due to prolonged and continuous activity in 2024, we had to increase the admin to 13 % similar to the previous years.
- \* Our experience from 2022, is that costs in all areas have increased. We therefore ask if we are allowed to increase the travel refunds and scholarship in 2023 and 2024, to cover the real costs.

### 4.3 Balance

	<b>Amount</b>
<b>Balance transferred from 2021</b>	1 008 294
<b>Disbursement from HK-dir 2022</b>	417 956
<b>Available amount</b>	1 426 250
<b>Expenditures</b>	1 044 584
<b>Balance</b>	381 666