



**ENHANCING MENTAL HEALTH,  
COUNSELING AND WELLBEING SUPPORT  
for University Students in Bhutan**

Co-funded by the  
Erasmus+ Programme  
of the European Union







**ENHANCING MENTAL HEALTH,  
COUNSELING AND WELLBEING SUPPORT  
for University Students in Bhutan**

Co-funded by the  
Erasmus+ Programme  
of the European Union



# The Erasmus+ Program

The Erasmus+ Program is a European Union student exchange program established in 1987. Erasmus+ is the new program combining all the EU's current schemes for education, training, youth and sport, which started in January 2014.

The Erasmus program together with a number of other independent programs, was incorporated into the Socrates program established by the European commission in 1994.

The project 'Enhancing Mental Health, Counseling and Wellbeing Support for University Students in Bhutan' is funded by the European Union through Erasmus+ Program. The project is coordinated by Royal University of Bhutan in partnership with:

1. University of Birmingham, UK
2. Institute University of Da MAIA ISMAI, Portugal
3. Vrije University Brussel, Belgium

## Royal University of Bhutan

The Royal University of Bhutan (RUB), founded in 2003, is the primary university system in Bhutan. The University's teaching, research, and service are guided by its vision- *An Internationally recognized university steeped in Gross National Happiness values.* RUB is a federated university with nine constituent colleges and two affiliated (Private) colleges spread across the country.

Paro College of Education (PCE) and Samtse College of Education (SCE) will lead the project as coordinating institutes and will take full responsibility for implementing the project activities successfully.

## 2019 CALENDAR

JANUARY							FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4	5					1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28		

  

MARCH							APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				

  

MAY							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4	30						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29

  

January 4-5 .....	Project Progress Meeting 2
February 17 .....	Project Progress Meeting 3
March 1 .....	Selection of Project Officer
March 19-31 .....	EU Visit lot 1
April 18-19 .....	DSA Preparatory Meet
April 19-31 .....	Initial Assessment Study
May 24 .....	Stake Holders' Meeting 1
May 29 .....	DSA Meeting 2
June 20-21 .....	Training Base-setting Workshop (DSA, RC)
June 22 .....	Project Progress Meeting 4

## 2019 CALENDAR

JULY							AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

  

SEPTEMBER							OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

  

NOVEMBER							DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

July 1-2 .....PD Training  
 July 6-16 .....EU Visit Lot 2  
 August 10..... Purchase of Project Equipments  
 August 26-30.....Training Preparatory Workshop (DSA, RC)  
 September 23-27 .....Monitoring of Preparatory Workshop  
 October 11 ..... Stake Holders' Meeting 2  
 October 28- November 1 ..... Training of Counsellors  
 December 15-30 ..... Training (Practicum)

## 2020 CALENDAR

### JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### MAY

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

January 15 .....	Training of ICT officer (Digital Platform)
February 10-15 .....	Certification of Counsellors by BBCC
February 28.....	Stakeholders' Meeting 3
March 19-20.....	Launch Meeting
March 30.....	Establishment of Centers
April 23-24.....	Initial Assessment Study
May 15.....	Digital Platform Review Meet
May 18-29.....	Development of Framework
June 18-19.....	Stakeholders' Meeting 4

## 2020 CALENDAR

### JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

July 5-15 ..... EU Visit Lot 111  
 August 24-28..... Assessment and Evaluation  
 September 17-18 ..... Stakeholders' Meeting 5  
 October 8-9..... Report Writing  
 November 15 ..... End of Project









Coordinated by



Partnership with

