

2016–2017

# Master of Human Rights and Democratisation (Asia Pacific) Student Guidebook



Mahidol University





# CONTENTS

## **1 WELCOME**

Message from the Steering Committee.....	2
Message from the Asia Pacific Masters Alumni President.....	3

## **2 KEY INFORMATION**

Program Contacts.....	5
Curriculum .....	7
Second Semester Placement.....	8
Scholarship Criteria .....	8

## **3 FOUNDATIONAL SEMESTER**

Institute of Human Rights and Peace Studies, Mahidol University .....	10
Core Units of Study .....	12

## **4 INTENSIVE COURSE**

Key Dates and Units of Study .....	15
------------------------------------	----

## **5 REGIONAL SEMESTER**

Ateneo de Manila University.....	17
Universitas Gadjah Mada.....	24
University of Colombo.....	32
Kathmandu School of Law .....	35

## **6 GETTING INVOLVED**

Asia Pacific Masters Alumni .....	45
-----------------------------------	----

# 1 WELCOME

---

## MESSAGE FROM THE STEERING COMMITTEE

Dear Students,

On behalf of all the staff across the six universities involved in the Master of Human Rights and Democratisation (Asia Pacific) (MHRD) program, we would like to welcome you. Now in its seventh year, the MHRD is a young but innovative degree that brings together a diverse group of students to study issues of great importance to the region: human rights and democratisation. Our previous students have gone on to work in international organisations, continued on for further study, or returned to their communities to work on the promotion and protection of human rights. In a year's time many of you will join our alumni, with further knowledge and skills in the area of human rights and democratisation.

You are now at the start of your journey. Over the next year you will need to work hard to complete the MHRD program. You will face different challenges, and gather a lot of experiences along the way. You will have fun, get frustrated, find some things too difficult and others too easy. For the Steering Committee, our crucial task is to make sure that while undertaking this journey, you are given the space to develop your knowledge and understanding, and, importantly, develop your capacity to contribute to human rights and democratisation in the way that you choose, whether this is by further study, or by your work and career.

You will be part of a student body that comes from many different countries and backgrounds; you will be sharing your classroom with lecturers and experts from all over the Asia Pacific; you will be engaging with a broad spectrum of issues and concerns and you will be experiencing multiple campuses. This diversity is the strength of the MHRD. The challenges it presents should not be seen as handicaps, but as great opportunities. MHRD students are exposed to the ways in which other communities live, how people learn in different settings, and even what is considered 'knowledge' in different societies. This results in a learning experience and knowledge environment that is more adaptable and sustainable, one that does not limit students' horizons by anchoring learning to a single viewpoint or place. This is not to say that you will find this experience easy, as you will find yourselves in unfamiliar contexts and challenging situations.

It is important not to forget that you will be required to contribute to your own learning process. We do not expect students to passively consume whatever their lecturers offer them; we expect them to take part by working with their fellow students and lecturers to build an understanding of human rights and democratisation. Our experience with our previous students has shown us that we learn from your ideas and inputs, and that students teach each other as they share their experiences and talk about the knowledge they are gaining. Each year the MHRD improves and stays up-to-date because of this two-way experience.

Best wishes,

MHRD Steering Committee

## MESSAGE FROM THE ASIA PACIFIC MASTERS ALUMNI PRESIDENT

Dear Colleagues,

On behalf of the Asia Pacific Masters Alumni for Human Rights and Democratisation (APMA), I like to welcome you to one of the most exciting programs in the field of study of human rights and democratisation and one of the most fulfilling journeys of your life. By embarking on this program, you are not only undertaking an academic and personal challenge – you are continuing the commitment to the field of human rights that your peers from previous cohorts have demonstrated.

You are now part of the Global Campus Alumni (GCA), which assembles over 3,000 graduates of the MHRD and six other regional human rights and democratisation programmes across the globe. The GCA is global community of human rights activists and defenders who are playing leadership roles in a number of national, international, regional, governmental and inter-governmental organisations as well as academia, across all regions of the world. For more information and to get involved please visit the GCA website here: [www.globalcampusalumni.org](http://www.globalcampusalumni.org).

Contained in this handbook are further details of some of the activities undertaken by the APMA both in Bangkok through our close relationship with Mahidol, as well as across the region and the globe. We look forward to including you in our activities and hope that you will find on completion of the programme a supportive and strong environment within the APMA where you can share practice, contribute to activities such as our mentoring program and keep up to date with colleagues from your cohort and others through our social media network, newsletter and the GCA online community.

Once again I welcome you to this MHRD family and to the global community of the APMA and GCA. I would like to reassure you that the MHRD is going to be a truly rewarding multinational and multicultural experience for you.

I wish you the very best for a successful year ahead.

Annabel Boud

APMA President

## 2 KEY INFORMATION

---

## **PROGRAM CONTACTS**

### **Mahidol University & Project Team**

All general enquiries about the MHRD are to be directed to the Project Team

c/o Institute of Human Rights and Peace Studies, Mahidol University

999 Phuttamonthon 4 Road, Salaya, Nakhon Pathom 73170, THAILAND

E: [ihrpmhrd@mahidol.ac.th](mailto:ihrpmhrd@mahidol.ac.th)

Dr. Mike Hayes (Program Director)

Dr. Sriprapha Petcharamesree (Global Campus Representative)

Dr. Benjarat Sae Chua (Steering Committee Member)

Ms. Kalayaporn Teungfung (Program Manager)

Ms. Khemarin Pensaengon (Academic Coordinator)

Ms. Jariya Jarujak (Finance Officer)

Mr. Bruce Amoroto (Student Liaison & Regional Coordinator [till 1/2017])

### **Universitas Gadjah Mada**

c/o Faculty of Social and Political Sciences, Department of Politics and Government

Universitas Gadjah Mada

Jl. Socio Yuditisa 1, Bulaksumur, Yogyakarta 55281 INDONESIA

E: [azizah.n@gmail.com](mailto:azizah.n@gmail.com)

Dr. Purwo Santoso (Steering Committee Member)

Dr. Linda Savirani (Steering Committee Member)

Ms. Nur Azizah (Program Coordinator, Steering Committee Member, Dissertation Coordinator)

Mr. Wigke Capri Arti (Program Secretary & Internships Coordinator)

### **University of Colombo**

c/o Centre for the Study of Human Rights, Faculty of Law, University of Colombo

Reid Avenue, Colombo 7 SRI LANKA

E: [mendisrn@gmail.com](mailto:mendisrn@gmail.com)

Ms. Indira Nanayakkara (Steering Committee Member)

Ms. Wasantha Seneviratne (Steering Committee Member)

Ms. Rasika Mendis (Academic Coordinator)

Ms. Chathuri Jayawardana (Project Coordinator)

### **Ateneo de Manila University**

c/o Ateneo Law School, Ateneo de Manila University

Graduate Legal Studies Institute / Ateneo Human Rights Center

Room 305, Ateneo Professional Schools Building

20 Rockwell Drive, Rockwell Center, Makati City 1200 PHILIPPINES

E: [glsi.law@ateneo.edu](mailto:glsi.law@ateneo.edu)

Prof. Amparita Sta. Maria (Program Director & Steering Committee Member)

Prof. Ray Paolo Santiago (Director, Ateneo Human Rights Center)

Atty. Patrick Simon Perillo (Steering Committee Member, Dissertation & Program Coordinator)

Atty. Anne Maureen Manigbas (Internship Coordinator)

Ms. Arlene Amene (Program Staff)

### **Kathmandu School of Law**

c/o Kathmandu School of Law

Dadhikot Road, Balkot, NEPAL

E: [info@ksl.edu.np](mailto:info@ksl.edu.np) / [karkiadity@gmail.com](mailto:karkiadity@gmail.com)

Prof. Geeta Pathak Sangroula (Steering Committee Member)

Prof. Kapil Shrestha (Steering Committee Member)

Mr. Bishma Prasad Sangroula (Dissertation & Internship Coordinator)

Ms. Adity Karki (Program Secretary)

### **University of Sydney**

c/o School of Social and Political Sciences, Faculty of Arts and Social Sciences

University of Sydney

NSW 2006 AUSTRALIA

E: [mhrd.admin@sydney.edu.au](mailto:mhrd.admin@sydney.edu.au)

Prof. Elisabeth Valiente-Riedl

# CURRICULUM

## Unit of Study Requirements

All students in the degree will complete their first semester, comprising foundational coursework, at the Institute of Human Rights and Peace Studies (IHRP), Mahidol University. During this semester, they will complete four semester-long courses. At the beginning of Semester 2, students will complete an Intensive at the IHRP, undertake an independent research project, before traveling to one of the four partners.

## Program Structure

The degree consists of a foundation semester (from August to January) at Mahidol University and a second semester (from February to May) at one of four regional partner institutions. At the partner university students will complete two courses and a thesis.

### First Semester—Mahidol University

The first semester curriculum consists of a foundational program, made up of four core units of study. These units are compulsory for all students and include the following:

- HPRD 551 Human Rights Norms and Mechanisms Part 1
- HPRD 541 Human Rights and Democratisation Research
- HPRD 542 Dynamics of Human Rights Violations
- HPRD 543 Democratisation

### Second Semester—Mahidol University

The Human Rights Intensive runs in mid-January. In this intensive, lecturers from all partners will be involved in the teaching, ensuring that students gain knowledge and experience from all the partners. Students are expected to defend their Thesis Proposal during the Intensive.

- HPRD 544 Human Rights and Democratisation Intensive
- HPRD 553 Applied Research in Human Rights and Democratisation

### Second Semester—Regional Partner University

Students will study the second semester at one of the four partner universities. The placement at the second semester will be made by the Selection Committee based on whether they are fee-paying or scholarship recipients. Once allocated, all students take two core compulsory units and the thesis.

- HPRD 552 Human Rights Norms and Mechanisms Part 2
- HPRD 546 Critical and Emerging Issues in the Asia Pacific
- HPRD 698 Thesis

## SECOND SEMESTER PLACEMENT

The placement at the second semester will be made by the Selection Committee based on the following criteria:

- Fee-paying students and non-MHRD scholarship students: will be assigned to their first preference, conditional on acceptance by the Partner University
- MHRD Scholarship students: Applicants will note their preference in the application form. All efforts will be made to place the student in their top preferences. A condition of the scholarship is that students must study at the assigned partner university.

## SCHOLARSHIP CRITERIA

Scholarships will be awarded according to a competitive combination of at least two of the following selection criteria:

- Regional representation;
- Demonstrated interest in and commitment to human rights and democratization;
- Strong academic background and/or research ability and/or relevant professional experience;
- Inclusion and diversity of student body;
- Future contribution to the field of human rights and democratization in the Asia Pacific region.

Students must be a citizen of AND resident in any of the following countries.

Note: The country of citizenship and residence does not need to be the same.

Afghanistan	North Korea	Palau
Australia	South Korea	Papua New Guinea
Bangladesh	Laos	Philippines
Bhutan	Malaysia	Samoa
Brunei Darussalam	Maldives	Singapore
Cambodia	Micronesia	Sri Lanka
Cook Islands	Mongolia	Solomon Islands
PR China	Myanmar	Tonga
Fiji	Nauru	Tuvalu
Guam	Nepal	Taiwan
Hong Kong SAR	New Caledonia	Thailand
India	New Zealand	Vanuatu
Indonesia	Niue	Vietnam
Japan	Norfolk Island	
Kiribati	Pakistan	

# 3 FOUNDATIONAL SEMESTER

---



# MAHIDOL UNIVERSITY

## KEY DATES AT MAHIDOL UNIVERSITY

SEMESTER DATES	
4-15 JULY 2016	Regular Registration Period for First Semester [Faculty of Graduate Studies, Mahidol University]
8 AUGUST 2016	Start of <b>First Semester</b> [Faculty of Graduate Studies, Mahidol University]
15 AUGUST 2016	Orientation Day for MHRD Students
16 AUGUST 2016	First Day of Classes for MHRD Students
2 DECEMBER 2016	End of First Semester
6-16 DECEMBER 2016	Regular Registration Period for Second Semester
9 JANUARY 2017	Start of <b>Second Semester</b> [Faculty of Graduate Studies, Mahidol University]
4 MAY 2017	End of Second Semester
1-4 MAY 2017	Regular Registration for Summer Term
22 May-14 July 2017	Summer Term
HOLIDAYS	
12 AUGUST 2016	The Queen's Birthday
23 OCTOBER 2016	Chulalongkorn Day
5 DECEMBER 2016	The King's Birthday
10 DECEMBER 2016	Constitution Day
31 DECEMBER 2016	New Year's Eve
1 JANUARY 2017	New Year's Day
TEACHING SCHEDULE	
16 AUGUST - 2 DECEMBER 2016	First Semester
10-14 OCTOBER 2016 [Week 41]	Non-teaching Week; 4 <sup>th</sup> SEAHNR International Conference on Human Rights and Peace & Conflict in Southeast Asia
9-20 JANUARY 2017	Second Semester-Human Rights Intensive at IHRP
KEY DEADLINES*	
5 AUGUST 2016	Fee Payment Deadline for First Semester
8-19 AUGUST 2016	Late Registration Period for First Semester
6 AUGUST - 16 SEPTEMBER 2016	Payment for Late Registration for First Semester
1 NOVEMBER - 6 DECEMBER 2016	Students give comments on the Online Course Evaluation Form [for First Semester]
Within 23 DECEMBER 2016	MHRD Program Director submits evaluation of students' achievement in each course to Faculty of Graduate Studies
From 28 DECEMBER 2016	Announcements of Grade Report at <a href="http://grad.mahidol.ac.th">http://grad.mahidol.ac.th</a> (e-registration)
*Please note, advice on additional deadlines for all units of study will be provided at the beginning of the semester	

## ABOUT MAHIDOL UNIVERSITY

Mahidol University has its origins in the establishment of Siriraj Hospital in 1888 by His Majesty King Chulalongkorn (Rama V), and the hospital's medical school is the oldest institution of higher learning in Thailand, granting its first medical degree in 1893. Later becoming the University of Medical Sciences in 1943, Mahidol University was renamed with great honor in 1969 by H.M. King Bhumibol Adulyadej, after his Royal Father, H.R.H

Prince Mahidol of Songkla, who is widely known as the 'Father of Modern Medicine and Public Health in Thailand'.

Mahidol University has since developed into one of the most prestigious universities in Thailand, internationally known and recognized for the high caliber of research and teaching by its faculty, and its outstanding achievements in teaching, research, international academic collaboration and professional services. This diversified institution now offers top quality programs in numerous social and cultural disciplines, including the most doctoral programs of any institution in Thailand, yet has maintained its traditional excellence in medicine and the sciences.

### Institute of Human Rights and Peace Studies

The Institute of Human Rights and Peace Studies (IHRP) is the result of a recent merger between Mahidol University's Center for Human Rights Studies and Social Development (est. 1998) and the Research Center for Peacebuilding (est. 2004). IHRP combines the experience and perspective both centers have to offer. IHRP is uniquely interdisciplinary and is redefining the fields of peace, conflict, justice and human rights studies, in the Asian Pacific region and beyond.

The Center for Human Rights Studies and Social Development (CHRSD) was established in 1998. For more than ten years, it served as an academic institution specialized in human rights, with a track record in providing postgraduate education as well as training programs to students, human rights workers, human rights defenders, members of civil society organizations and government officials. The MA in Human Rights started by the CHRSD is the longest running graduate degree program in Human Rights in Asia.

The Research Center for Peacebuilding was founded in November 2004 as a research center with the impetus to be part of the peaceful solution to conflicts in Thailand especially the conflict in three southernmost provinces: Pattani, Yala, and Narathiwat. The Center has developed and implemented considerable action and participatory research projects. These projects focus on facilitating cooperative efforts to deal with the conflicts through opening space for dialogue at all levels, reduce the violence and to identify needs of community and society. Also, the projects provide input for new public policies, in order to transform conflicts and build just and peaceful society.

Our focus remains on social and political realities at the community, national and international levels. The IHRP is committed to the advancement of human rights and peace by educating human rights and peace practitioners, promoting outreach programs to community and international organizations, and conducting cutting edge research on important issues.

#### **Vision:**

Institute of Human Rights and Peace Studies plays a leading role in Academic Enquiry and Practical Wisdom in Human Rights and Peace building.

#### **Mission:**

Promoting learning excellence in human rights and peace and engaging communities in the transformation towards just peace.

There is an increasing demand for trained human rights academics and professionals in the Asian region, as evidenced by developments such as the creation of an ASEAN human rights body as well as an on-going need for effective and evidence-based policy. IHRP at Mahidol University (MU) in Thailand is uniquely poised to respond to these demands by offering progressive, high quality, international human rights graduate programs, with a focus on Asia.

As a leader in human rights and peace education in the region, IHRP is committed to promoting human rights, peace and development studies through our degree programs and research and training activities. The IHRP currently offers the following degree programs:

- ❖ MA in Human Rights and Peace Studies (Thai Program)
- ❖ MA in Human Rights (International Program)
- ❖ MA in Human Rights and Democratisation (Asia Pacific Regional Program)
- ❖ PhD in Human Rights and Peace Studies (International Program)

The IHRP also provides professional training courses for academics, activists and government officers in order to promote human rights, peace and just development in the region. For the past several years, the IHRP has gained a reputation for annual training courses, including the South East Asian Advanced Program on Human Rights and the Annual Thematic Human Rights Training Program. We also undertake research on issues related to human rights, peace and development, and have established a resource center for these areas of study.

The IHRP is part of the internationalized community at Mahidol University. Our degree programs and training courses draw students, participants and lecturers from many countries in Asia and beyond.

## **CORE UNITS OF STUDY**

### **HPRD 551 Human Rights Norms and Mechanisms Part 1**

This is the first part of a two-part full year unit, which will provide students with the foundational understanding of the content of human rights norms as well as the major disciplinary approaches to human rights, philosophical, social scientific and legal approaches. Interdisciplinary approach to the history and development of theories and concepts of human rights from western and non-western perspectives. Understanding of International Human Rights standards, promotion and protection. Overview of the core Human Rights Treaties and the legal framework of human rights related treaties.

### **HPRD 541 Human Rights and Democratisation Research**

Overview of academic research methods, qualitative and quantitative. Training in different research methods relevant for researches on human rights and democratization, including social scientific and legal research methods. Development of student of students' ability to formulate research problems and proposal and to conduct research. Preparation of students for their master's thesis research.

## **HPRD 542 Dynamics of Human Rights Violations**

Outline of the causes and dynamics of human rights violations along a number of dimensions, including cultural, economic, organizational, social and political. Analysis of how strategic intervention in human rights situations and overview of judgments about appropriate interventions.

## **HPRD 543 Democratisation**

Different concepts and theories of human rights and democratization including issues relating to democracy, equality, justice, citizenship and popular sovereignty. Institutions and systems needed to maintain democracies and the role of civil society. Interdependence of and relationship between human rights and democratization. It will also deal with human rights and democratization in different economic, social and cultural contexts, including in times of emergencies as well as at time of armed conflicts.

# 4 INTENSIVE COURSE

---

## KEY DATES FOR THE INTENSIVE COURSE

SEMESTER DATES	
<i>6-16 DECEMBER 2016</i>	Regular Registration Period for Second Semester [Faculty of Graduate Studies, Mahidol University]
<i>9 TO 20 JANUARY 2017</i>	HPRD 544 Human Rights and Democratisation Intensive HPRD 553 Applied Research in Human Rights and Democratization

### **HPRD 544 Human Rights and Democratisation Intensive**

One or more topics in human rights and democratization selected by the Steering Committee in consultation with faculty members with a strong reflection of students' common areas of interests. Topics for the intensive change annually subject to contemporary trends. Past topics of the Human Rights Intensive have included: disability, human rights and food and the dynamics of democratization, and the human rights of migrants.

### **HPRD 553 Applied Research in Human Rights and Democratisation**

Independent research project done in coordination with domestic or international human rights/democratization organization. Explore current and practical issues in human rights and democratization. Practical experience of human rights/democratization issues, strategies and practices as currently practiced by human rights/democratization organizations. Learning of skills in conception, development and execution of a research project under academic supervision.

# 5 REGIONAL SEMESTER

---

# ATENEO DE MANILA UNIVERSITY



## KEY DATES AT ATENEO DE MANILA UNIVERSITY

SEMESTER DATES	
30 JANUARY 2017	Classes begin for JD and LLM Students
1 FEBRUARY 2017	Orientation for MHRD Students
3 FEBRUARY 2017	Classes begin for MHRD Students
27 MAY 2017	Classes end
HOLIDAYS	
1 FEBRUARY 2017	University President's Day - School Holiday
25 FEBRUARY 2017	EDSA Day - regular non-working national holiday commemoration of 1986 People Power Revolution
13-15 APRIL	Maundy Thursday, Good Friday, Black Saturday - regular non-working holiday ( <i>Christian commemoration of passion &amp; death of Christ</i> ) ( <i>National Holiday</i> )
1 MAY 2017	Labor Day - national public holiday
12 JUNE 2017	Independence Day - national public holiday
22 JUNE 2017	ST. THOMAS MORE DAY - ATENEO LAW SCHOOL HOLIDAY IN OBSERVANCE OF ITS PATRON SAINT
27 JUNE 2017 (approximate date)	Eid'l Fit'r - Muslim Special Holiday ( <i>Nat'l. Commission on Muslim Filipinos to inform gov't of exact day this will fall</i> ) ( <i>National Holiday</i> )
TEACHING SCHEDULE	
6 FEBRUARY TO 27 MAY	Lectures / Classes
FEBRUARY ONWARDS	HRTD6910/12: Internship (Including preparation and placement)
6 FEBRUARY TO 30 JUNE	HRTD6909/11: Dissertation
KEY DEADLINES*	
2 <sup>ND</sup> WEEK OF MARCH	(Dissertation) Deadline of Complete Working Outline
2 <sup>ND</sup> WEEK OF MAY	(Dissertation) Deadline of Complete First Draft
4 <sup>TH</sup> WEEK OF MAY	(Internship) Internship Report Writing
30 JUNE 2017	(Dissertation) Deadline of Submission of Final Copy
30 JUNE 2017	(Internship) Deadline of Submission of Report
*Please note, advice on additional deadlines for all units of study will be provided at the beginning of your regional semester	
**Schedule and dates are still subject to change.	

## ABOUT ATENEO DE MANILA UNIVERSITY

The MHRD is the first multi-disciplinary human rights postgraduate degree to be offered at Ateneo de Manila University. It is run by the Ateneo Human Rights Center and the Graduate Legal Studies Institute within the Ateneo Law School.

### The Ateneo Law School

The Ateneo Law School's mission is form men and women who are not only skilled in the science and art of the law, but who are also imbued with a burning passion for justice and the fervent desire to serve others. To accomplish its mission, the Ateneo Law School insists on intellectual rigor in the tradition of Jesuit education; that is, a rigor that demands a thorough grasp of the nature and ends of law, the ability to express legal

conviction in forceful oral and written communication, and sensitivity to the role of law as an instrument of service towards individuals and of social engineering.

The Ateneo Human Rights Center and the Graduate Legal Studies Institute are the units within the Ateneo Law School that are closely involved in the MHRD program.

### Ateneo Human Rights Center

The Ateneo Human Rights Center (AHRC), which sits within the Ateneo Law School, was established in October 1986. The AHRC's initial program was the Summer Internship Program that was designed to provide law students with exposure to human rights work and advocacy. Now the AHRC pursues its mandate of protecting and promoting human rights by offering increasingly varied programs and services, such as legal assistance, research and publication, law and policy reform advocacy, training and education, institution building, curriculum development, and values formation.

To pursue its goals, the AHRC works closely with various government, the academe, NGOs, grassroots organizations, and other civil society groups. Through its legal staff the AHRC also actively integrates human rights issues and laws into mainstream legal thought and analysis, for example by introducing human rights courses into the Ateneo Law curriculum such as Human Rights Law, Children's Rights Law, Gender and the Law, Street Law, Indigenous Peoples Rights Law, a multi-disciplinary course on Corruption, International Humanitarian Law, Refugee Law, Critical and Emerging Issues in Human Rights, Human Rights Norms and Mechanisms, and International Criminal Law.

The AHRC is located within the Ateneo Professional Schools Building in Rockwell Center, Makati City.

### Graduate Legal Studies Institute

Established in 2012, the Graduate Legal Studies Institute (GLSI) is envisioned to serve as a center for academic research in various fields of law, particularly in the areas of human rights law, international economic law, corporate and business law, and intellectual property law. It aims to be a catalyst in nation-building by serving as a resource center for studies and other research outputs for law reform. It assists members of the Law School faculty in producing scholarly articles and research in their respective fields of interest and expertise, especially in relevant and emerging issues of domestic and international concerns. It also enhances the research capacity of the Juris Doctor (J.D.) and Master of Laws (LL.M.) students in producing quality thesis and other academic research papers.

In addition to its focus on research, GLSI manages the MHRD and the LL.M. Programs of the Law School. It assists potential students in their application process and provides academic advice to MHRD and LL.M. students. It also handles curriculum development and academic linkages between the Law School and other educational institutions, both local and foreign. It assists the LL.M. faculty to further develop their existing curriculum through readers, casebooks, and other materials, and come up with minimum requirements for research papers submitted in compliance with their course requirements.

## **ARRIVING AT ATENEO DE MANILA UNIVERSITY**

Upon arriving at Ateneo de Manila University's Ateneo Professional Schools Campus, all students are required to report to the GLSI Office, Room 305, Third Floor, where they will be given instructions on enrolment procedures. The GLSI and AHRC staff will also provide a basic orientation seminar and tour of the Ateneo Professional Schools campus, and assist the MHRD students in enrolment, library registration, and other similar administrative work.

## **VISA INFORMATION**

Students entering the Philippines will find their country named on one of two lists: (i) non-restricted countries and (ii) restricted countries. Each list is found here: <http://www.immigration.gov.ph/index.php/faqs/travel-req>. Please consult this list then read the information relative to you. Even before arriving to the Philippines, the Office of International Relations (OIR) of the Ateneo, in coordination with the GLSI and AHRC staff, will provide more specific advice and commence assistance to MHRD students who will be taking their regional semester at the Ateneo. Upon arrival, an orientation by staff of the OIR will also be held.

## **CLOTHING AND WEATHER**

Ateneo de Manila Law School requires all students to wear business clothes (men and women) when on campus. But in general, most Filipinos dress in a laidback style with jeans, t-shirts, and sneakers as the usual clothing of choice. This is because the Philippines is a tropical country, with temperatures ranging from 21-35°C, and with midday summer highs of over 38°C. It is best to wear light, loose-fitting clothing made from natural fiber, especially from December to May. To protect one's self from the sun, a cap, hat, umbrella, and shades come in handy whenever heading outside. During the rainy season, which lasts from June to November, jackets and umbrellas are helpful as well. Whatever clothes you choose to wear, the basic rule is: dress comfortably but decently.

## **LIVING EXPENSES**

The cost of living in Manila depends largely on where students decide to stay, where and what food they eat, and other extras. Students can expect to spend anywhere from P30,000 – P70,000 a month, including accommodation.

## **FOOD**

A moderate daily estimate of the cost of three meals may be anywhere from P250 to P400. For those who are able and prefer to cook their meals, fresh food can be purchased both from the supermarkets or the public wet markets. For those who prefer to purchase meals, the Ateneo Professional Schools has its own cafeteria where students can have a meal consisting of rice and one main dish for anywhere from P80 to P90 (around \$2.00). There also are many cheaper food stores and restaurants to choose from around campus. The Ateneo Professional Schools campus is also located across the Power Plant Mall. Its basement level 1 also has a variety of food choices, ranging from packed meals from the supermarket, to fast food stores and restaurants.

## MEDICAL/HEALTH CARE

Students should pre-arrange expatriate health insurance before arriving in the Philippines. For those in need of medical consultations, the Power Plant Mall houses Hi-Precision Diagnostic Clinic, and a few specialty clinics. It also has the Mercury Drug Store, one of the most complete drug stores/pharmacies in the city. The Makati Medical Center on Amorsolo Street is also a few minutes away from the Rockwell Center.

## ACCOMMODATION

The Ateneo Professional Schools in Rockwell, Makati, has no housing facilities of its own but it is surrounded by residential areas where most of its students can rent or lease units/rooms. The two places listed below are just some of the known places students stay in, with rates ranging from average of P9,000 to P23,000 a month.

---

### **#113 Zodiac St., Palm Village, Rockwell, Makati**

Mobile# (+632) 7104010; cellphone# (+632) 0917-5201020 (Mr. Marjun Villacorta-owner): This place has units with rooms meant for solo occupancy, or for 2 to 3 occupants. It has a common kitchen area. Rates include use of lights alone, and water.

### **Palmyra Apartments**

#6083 Palma St, cor Rockwell Drive, Makati. Tel. # (+632) 8968322 (look for Ms. Alda: Most units for lease/rent are 35 sqm. studio types. Rates do not include use of water and electricity.

---

There are websites that have lists of places for rent/lease:

- ❖ [www.airbnb.com.ph](http://www.airbnb.com.ph)
- ❖ [www.condorentalmakati.com](http://www.condorentalmakati.com)
- ❖ [www.homes.mitula.ph](http://www.homes.mitula.ph)
- ❖ [www.sulit.com.ph](http://www.sulit.com.ph)>realestate
- ❖ [www.ayosdito.ph./realestate](http://www.ayosdito.ph./realestate)
- ❖ [www.moveinthecity.com.ph](http://www.moveinthecity.com.ph)
- ❖ [www.homes.trovit.ph/forrent](http://www.homes.trovit.ph/forrent)

Makati City, being the business district, is also full of condominium/residential buildings where you can find unit owners renting out their units (furnished or otherwise) but with varying rates, depending on features/facilities available. Locations of addresses are usually found in Google Maps.

Electricity and water rates are not usually included in rent/lease amount. If they are, it usually is for light consumption. Occupants have to pay extra if air conditioning units, or other electrical appliances are used. Laundry services are not included, and incur extra fees. It is recommended that inquiries about these services are made clear when looking for a place.

Some of our students who are on the internship path choose to stay in Quezon City, another city located in Metro Manila. This is because most of the NGOs are headquartered in Quezon City, and they find being close to their internship location a better option rather than being close to campus for lectures. This may be another option that students would wish to consider.

The GLSI staff will be able to further assist students as regards accommodation.

## **SPORTS/RECREATION**

A number of sports centers may be found in and around Makati City. For example, within Rockwell Center, fitness clubs are in One Rockwell, and at the Joya Condominium Building. The rooftop of the Power Plant Mall also has tennis courts. The Ateneo campus in Rockwell presently has no fitness gym of its own but has plans of putting up one in the campus in a few years' time. Most residential villages in Makati have their own basketball and tennis courts, and swimming pools. Public parks often have basketball courts as well. Information on where to find good sports facilities may be found on iSport.com.

## **RESEARCH & COMMUNICATION FACILITIES**

The Ateneo Law School has its library in the 'First Basement' of the Ateneo Professional Schools campus (B1). It houses a vast array of materials in the fields of law, business, public administration, health services, and information technology, total collection of which consists of over 60,000 volumes of books and bound periodicals. The library is also subscribed to 200 current periodical titles and serials. The Ateneo Law Library collection forms part of the Ateneo Professional Schools Library wherein it contains one of the most comprehensive collections of law books, journals, encyclopaedias, and other forms of research/reference materials such as microforms and video materials, in the Philippines. Computers, copiers and printers are also made available for students' use just as long as they have their Student ID with them. Students will be given their account names together with their IDs upon enrolment to have free access to the school's WiFi.

## **TRANSPORTATION**

Depending on where the student decides to stay, Makati City district has its share of public utility vehicles - jeepneys, buses, taxicabs and pedicabs - as means of getting to the Ateneo Professional School Campus in Rockwell.

Within Rockwell Center, aside from taxicabs, shuttle vans are the main means of going from one area to another, for a standard fare of P5.

Jeepneys and pedicabs mostly ply the inside streets of most residential areas outside the Rockwell business center. The buses stay on the main thoroughfares like Epifanio De Los Santos Avenue (EDSA), Ayala Avenue and Gil Puyat Avenue (Buendia). In addition, EDSA also has Manila's third rapid transit line, the Manila Metro Rail Transit System (MRT-3) line along the whole of EDSA, with thirteen stations along its route.

Minimum fares are:

- ❖ Jeepneys – P8;
- ❖ Pedicabs – P25, solo rider P10;
- ❖ Buses – P12 (with air conditioning);
- ❖ Taxi – P40 (flag down amount)

## MULTI-FAITH SERVICES

Ateneo Professional School is a Catholic school. It has a chapel, St. Thomas More Chapel, on the ground floor of the building. Daily mass services are held. The Power Plant Mall also has a Catholic Chapel with daily masses. However different places of religious worship are found in and near Makati City as well. Here are just a few:

Buddhist: Manila Kadampa Buddhist Center, 2247 Chino Roces Ave., Makati; Ming Kuang Temple, F. Blumentritt St, Tibagan, San Juan City

Hindu: Hari Ram Temple and the Saya Aur Devi Temple in Paco, Manila

Islam: Ferdaus Mosque, Baltazar St., Pasig; Masjid An-Noor, Malaria Village, Taguig City; Greenhills Mosque, Greenhills Shopping Center, San Juan City;

Jewish: Beit Yaacov Synagogue, 110 H.V. Dela Costa St., Salcedo Village, Makati City

Christian/Baptist: Int'l Baptist Church of Manila on H.V. dela Costa St, Makati; Holy Trinity Episcopal Church in Forbes Park, Makati; Rock Christian Church at the Giles Hotel on Makati Avenue.

## SHOPPING

Although there are quite a number of stores to be found at the Power Plant Mall and within the Rockwell Center, the central business district in Makati City is still the main shopping area in the city, with a variety of stores to choose from. There are also other places near Makati which one can go to shop which can be easily accessed via either the MRT, buses, or a taxicab. However, the Power Plant Mall may prove to be the most convenient mall for shopping and other recreational activities considering its proximity to the Ateneo Professional Schools Building. It has cafes, fast food stores and restaurants, a supermarket, a hardware, banks and ATMs, dry cleaning and laundry services, hairdressing salons and a barber shop, bookstores, a photo studio, foreign currency exchange, mailing services, clothing alteration services, and a movie house, among others.

## DOS & DON'TS

### Do's

- ❖ Make sure all requirements for school admission, enrolment/registration, visa applications are prepared (by the Philippine embassy/consulate exercising jurisdiction over the place where school is located), and photocopied.
- ❖ Have a extra photocopies of each of the consular requirements on hand for easy reference. Make sure ID photos are of the correct size required.
- ❖ Go over the requirements and payment fees often to ensure easy processing.
- ❖ Visit the country's department of foreign affairs' website at [www.dfa.gov.ph](http://www.dfa.gov.ph) for visa requirements
- ❖ Prepare in advance the thesis and/internship theme you would like to focus on.
- ❖ Prepare and bring at least a few business clothes that are suitable to warm weather for school wear and smart casuals to light daily wear, with a few items for sudden rain showers.

- ❖ Mark dates of deadlines to avoid penalties.
- ❖ The Department of Health website (<http://www.doh.gov.ph>) regularly lists health advisories for public safety.
- ❖ Informing your embassy:  
As part of your travel planning and security, try to visit your embassy and inform them of your arrival in the Philippines. By registering and providing the necessary information about yourself and your stay in the Philippines, your embassy can easily contact and assist you in case of an emergency.

### Dont's

- ❖ People are generally friendly and helpful but avoid going out alone during the first few weeks of stay until you become accustomed to your surroundings.



## KEY DATES AT UGM

SEMESTER DATES	
26 or 27 JANUARY 2017	One day orientation including an introduction and program overview; campus tour and library visit
30 JANUARY 2017	Classes begin
2 <sup>ND</sup> WEEK OF FEBRUARY 2017	Meetings with Supervisors
3 <sup>rd</sup> WEEK OF FEBRUARY 2017	Thesis writing process begins
HOLIDAYS	
28 MARCH 2017	Day of Silence (a Hindu religious Holiday) – National Holiday
14 APRIL 2017	Good Friday (a Christian religious Holiday) – National Holiday
24 APRIL 2017	Ascension of the Prophet Muhammad (an Islamic religious Holiday) – National Holiday
1 MAY 2017	Labor Day – National Public Holiday
11 MAY 2017	Buddha’s Birthday (a Buddhist religious Holiday) – National Holiday
25 MAY 2017	Ascension Day (a Christian religious Holiday) – National Holiday
25-26 JUNE 2017 (approximate date)	Eid al-Fitr (Muslim Special Holiday) – National Holiday
TEACHING SCHEDULE	
30 JANUARY 2017 – 24 MARCH 2017	HPRD 545 Human Rights Norms and Mechanisms Part II HPRD 546 Critical and Emerging Regional Issues (Intensive model) Students will attend three sessions each week (total: 14 session). During these weeks, students also required to have supervision on their dissertation, and internship preparation for internship students.
3 <sup>rd</sup> WEEK OF FEBRUARY 2017 TO 30 JUNE 2017	HPRD 698 Thesis
1 <sup>st</sup> WEEK OF APRIL TO 2 <sup>nd</sup> WEEK OF MAY 2017	Internship placements
KEY DEADLINES*	
30 JUNE 2017	Thesis – Final Draft Submission
30 JUNE 2017	Internship Research Report Submission
<i>*Please note, advice on additional deadlines for all units of study will be provided at the beginning of your regional semester</i>	

## ABOUT UGM

Founded in 1949, Universitas Gadjah Mada (UGM) is the oldest and largest university in Indonesia. With a mission to promote excellence in teaching, learning and research opportunities, the university offers high quality education and programs across 18 faculties. UGM prides itself in 69 graduate programs, 24 diploma programs and a Graduate School. These programs aim to generate professional and capable graduates equipped with leadership capacities, innovative approaches and moral and cultural understanding that will serve the needs of the society and bring prosperity to Indonesia, as well as the global community.

Increasing internationalisation of the university is generating global perspectives within most faculties. The Faculty of Social and Political Sciences, for instance, has a growing focus on international relations and comparative politics, public policy, media and social and developmental studies which extend across the region and the globe. The faculty has established the Centre for Southeast Asian Social Studies (CESASS) at UGM. Dedicated towards regional understanding, interconnectedness, unity and development for the benefit of all people in the region. Instruments of law and democracy in Southeast Asia are undermined by the array of complex issues such as corruption, communitarian and totalitarian regimes, violence, separatist movement and terrorism. The Centre seeks to raise awareness and regional and cultural knowledge in order eliminate these problems and tensions that inhibit development, democracy and human rights of regional nations.

## VISA INFORMATION

In order to enter Indonesia, students need to obtain a visa at the nearest Embassy of Indonesia or Consulate General of Indonesia in Sydney/their home country. To ensure a successful obtainment of visa, students will need to prepare the documents required by the type of visa they will apply for. Indonesia does not have a dedicated student visa. Entering Indonesia for educational purposes comes under the VITAS or VKSB visa, which are explained over the next pages.

### 1. VITAS (Limited Stay Permit Visa)

The VITAS is applicable for one semester and/or one year and/or two years and can be extended annually. This kind of visa is the most suitable for overseas students visiting Indonesia for a period of longer than four months.

#### Getting the VITAS

Applying for a VITAS will take approximately three to four months. Therefore, UGM requires students to submit the following documents electronically no later than by the end of August 2015:

- ❖ Recommendation letter from University of Sydney;
- ❖ Financial support (scholarship statement letter or bank account status);
- ❖ A red background passport photograph;
- ❖ Statement of good health;
- ❖ Copy of passport;
- ❖ Copy of academic record;
- ❖ Completed admission form from UGM (this will be sent to each student once UGM gets their names and contacts).

Once these documents are received by UGM staff, they will be submitted to obtain several documents compulsory for studying in Indonesia. These are the Faculty Permit, Study Permit and VITAS Visa.

Once UGM staff receive the complete documents, the Office of International Affairs (OIA) will process them to the Faculty of Social And Political Sciences to issue the Faculty's Acceptance Letter. Students will be automatically enrolled at UGM.

Upon receiving the Acceptance Letter, the OIA will process a Letter of Offer which explains the detail of the fees that student has to pay. MHRD students' fees will be covered by Department of Politics and Government.

As soon as OIA receive the proof of payment, a request of Study Permit will be sent to the State Ministry of Education and Culture in Jakarta. After one to two months, the Study Permit will be issued and sent to the OIA. Once issued, the OIA will use it to request a visa authorisation at the Directorate of Immigration in Jakarta (again). The OIA will first ask student at which Indonesian embassy s/he wishes to apply for the visa.

This step of the process will take another one until two months to process; the output is a letter entitled 'Telex Visa'. The Telex Visa is then sent to both UGM and the particular Indonesian Embassy the student. The OIA will send the Telex Visa to the student's email, which the student will use to apply for the VITAS at the Embassy. This is the end of the process which takes around five months in total.

### Arriving in Yogyakarta with the VITAS

Those students who come to Indonesia with a VITAS should be aware of the 'arrival stamp' on their passport and white landing card (departure card). The stamp from the Immigration Officer at your first port of arrival in Indonesia must have the following words written: "Permitted to enter and due to report at Immigration Office in Yogyakarta within 7 (seven) days from date hereof....."

At the earliest time possible, students should then go to the Office of International Affairs at UGM (Kantor Urusan Internasional) register and request UGM prepare and send a Sponsor Letter to the local immigration office to get a VITAS. The required documents are as follows:

- ❖ UGM Sponsor Letter (including Warranty Statement Letter); copy of Curriculum Vitae; copy of passport of the relevant pages; copy of visa/VITAS; copy of white landing card (departure card); copy of study permit from the Ministry of National Education; copy of Visa Authorization.
- ❖ 6 photos of 3x4cm and 6 photos of 2x3cm. We advise students prepare 15 photos with a red background for each size (2x3cm, 3x4cm and 4x6cm).
- ❖ Completed immigration forms.

Important! The process of getting a VITAS in Indonesia can take up to four weeks. During this time students will not have their passports will temporarily not be able to go abroad, open a bank account, or obtain a local driving license. Based on our previous experience, due to complicated administration and bureaucratic matters in UGM and at the Directorate of Higher Education in Indonesia, the VITAS process may take longer than the mentioned periods. Therefore, to ensure students can enter Indonesia during the proposed period, students are encouraged to apply for VKSB (see point 2).

### Further notes:

- ❖ Please remember to have a copy of your passport with you at all times during your stay in Indonesia.
- ❖ Students who obtained the VITAS and want to leave Indonesia for a short period of time should apply for an Exit Re-Entry Permit by informing the International Affairs Officers at least two weeks before departure.

- ❖ After finishing the program and intending to leave Indonesia for good, students have to apply for an Exit Permit by also informing the Office of International Affairs and returning of all Indonesian Immigration documents. Students' VITAS will be terminated once they leave the country.

## 2. VKSB (SOCIO CULTURAL VISIT VISA)

Alternatively students can apply for a VKSB. This is recommended. This type of visa is applicable for entry and a 60 day stay and can be extended monthly, a maximum to four times (where each extension valid for 30 days). Students who intend to stay for less than four months may apply for the VKSB with extensions. The process is:

- Apply for a Type B – 211 VKSB at the nearest Indonesian embassy/consulate in your country.
- Within 60 days, apply for an extension at the local immigration office in Yogyakarta. To do so, students must contact the UGM International Office at least 14 days before the visa expiry date to apply for letter of extension and sponsor letter.
- The following paperwork will be needed for the VKSB extension:
  - ❖ Original & copy of passport and VKSB page
  - ❖ Original & copy of departure card
  - ❖ Sponsor letter and extension letter from UGM (this will be provided once students request an extension)
  - ❖ Fulfilled VKSB extension form (can be obtained at the Immigration office)
  - ❖ Copy of return flight ticket

The extension process itself will take two to four days and cost approximately IDR 410.000 for first extension and IDR 350,000.00 for another next extension, which will be covered by The Department of Politics and Government UGM.

Note: This type of visa is single entry and terminates once students leave the country.

## 3. CALLING VISA

Citizen of the countries listed below are required to apply for authorisation from Indonesian Immigration prior to entering Indonesia. This authorisation is called a 'Calling Visa' and is needed in addition to any other type of Visa students are applying for. The eligible countries are:

Afghanistan; Cameroon; Ghana; Guinea; Iraq; Israel; Liberia; Mali; Niger; Nigeria; North Korea; Pakistan; Somalia; Zimbabwe.

Special visa procedures for the Calling Visa are described below:

- ❖ Apply for a Calling Visa at an Indonesian Embassy/Consulate in Bangkok or students' home country.
- ❖ The Embassy/Consulate, having verified the application request, will send an official letter to Immigration in Jakarta requesting an immigration authorisation approval letter, mentioning the supporting institution in Indonesia (in this case UGM). Each application will be marked with a reference number, which you can request.

- ❖ The Immigration Office in Jakarta will verify the Embassy's request and invite the supporting institution to attend their weekly Clearance House meeting, held every Tuesday. The meeting is a for a full day, attended by representatives Intelligence (BIN), Immigration, BAIS, Police, Ministry of Foreign Affairs, Ministry of Home Affairs and Ministry of Justice.
- ❖ The next day, the Minutes of the Clearance House meeting will be forwarded to the Intelligence Section for approval (a one-day process).
- ❖ The next day, Intelligence will forward the approved application to the visa section, who will then publish an authorisation approval letter and send this letter to the Indonesian embassy from where the request was received.
- ❖ The Embassy will release the visa to the applicant. This process will take longer than a normal visa process: up to one month. If you are one of the above nationalities, please process your visa application as early as you can.

## ACCOMODATION INFORMATION

At the moment UGM does not have a special dormitory for foreign students. However students are offered various choices of local dormitory ("kos" or "kos-kosan"). Most of these kos are owned privately. The price per month depends on the location, facilities and size of room.

Kos dormitories are also surrounded by many kinds of warung (local small restaurant for students with cheap prices e.g. \$1 for a complete meal) and any other student's facilities.

Listed are some examples of kos/kos-kosan located near UGM. Each place is fully furnished and has the same facilities, e.g. personal bathroom, TV, Internet/wi-fi and AC, and maybe some additional facilities such as laundry service or personal refrigerator. Students are welcome to explore other options.

### Recommended Accommodation Options near UGM

---

#### **UGM Residences**

<http://residence.ugm.ac.id>

available in five different locations

rate per month: IDR 600.000 to IDR 1.450.000

#### **D'Paragon Kost Eksklusif Yogya**

Jl. Flamboyan, Deresan

<http://dparagon.com/listing-region/yogyakarta/>

Rates start from IDR 125.000/daily and IDR 2.000.000/month

#### **Oasis Studio Apartment**

Jl. Flamboyan, Deresan

<http://www.infokost.com/2013/08/info-apartemen-studio-di-jogja.html>

Rates from IDR 2.500.000 to IDR 4.000.000

---

## UGM KEY RESOURCES

Universitas Gadjah Mada will provide the same resources/facilities for MHRD students as for any other UGM's students. Academic life at UGM is fully supported with:

- ❖ Lecturers from the Political Science, International Relations and Law faculties. Some practitioners from Human Rights NGOs and officials will also be invited to classes as resource persons.

- ❖ The Libraries: the UGM Central Library (lib.ugm.ac.id); the Faculty of Political and Social Science's Library (pusfisip.ugm.ac.id), and the Political Sciences Department's library.
- ❖ Support services such as: campus bikes; Gadjah Mada Health Center; UGM Internet connection/Wi-Fi (provided by obtaining UGM email address) and cafeterias.

## UGM AND YOGYAKARTA

UGM is currently Indonesia's largest university in terms of student population. Having been founded on December 19, 1949, it is also one of the oldest university in Indonesia, UGM has been traditionally considered to be one of the top three premier universities in Indonesia. Located in Yogyakarta, once the capital of Indonesia, the city of Yogyakarta (well known as, and simply called Jogja) is the capital of Yogyakarta Special Region. Located on the central-southern of Java Island, Yogyakarta is the only province in Indonesia that is governed by a monarch.

"Jogja: Never Ending Asia" is the slogan of Yogyakarta as the main tourist destination in Indonesia, arguably second only to Bali. Jogja is also well known as the center of Javanese culture which is rich with traditional and historical values. Being historically wealthy, Jogja is also heaven for archeologists yearning to study ancient temples, such as world-famous Hindu temples, i.e. Prambanan, not to forget that Borobudur, the biggest Buddhist temple, located only west of Jogja (approximately an hour driving) is in Magelang, part of the Central Java Province.

Besides its ancient buildings, Jogja is also host of natural beauty, for example the beaches in the southern part of Jogja and the wondrous scenery of the world's most active volcanoes, Mount Merapi, up north. Other attractions, such as Malioboro, most busy and famous area full of street-vendors and street performances, and cultural performances such as Ramayana Ballet show in Prambanan, also play important role in faming Jogja.

## TRANSPORTATION

### Public Transportation

Like other cities/towns in Indonesia, Yogyakarta has several types of public transportation, namely buses and a bus rapid transit system called TransJogja, both which cost IDR 3500 for a single trip. A subscription ticket which employs a refill system with varying values starting from IDR 15.000-100.000 is also available for TransJogja.

TransJogja schedules and routes can be found and downloaded here:

<https://play.google.com/store/apps/details?id=id.web.yudanta.tejo&hl=en> or <https://www.yogyes.com/en/yogyakarta-transportation/public/trans-jogja/>

### Taxis

Taxis and Ojek (motorcycle taxis) are very common in Jogja, using either meter-system or fixed price based on distance. It is easier to move for one place to another using these types of transportation. There are also available to be downloaded and installed from Googleplay with these links:

Say Taxi Application :

<https://play.google.com/store/apps/details?id=com.multibrains.taxi.passenger.saytaxi&hl=en>

Taxies application

<https://play.google.com/store/apps/details?id=id.oxx.taxies&hl=en>

Go-Jek application (both motorcycle and car taxis is available)

<https://play.google.com/store/apps/details?id=com.gojek.app&hl=en>

Private Transportation

Most students coming to Jogja usually bring their own motorcycle, as the small roads and traffic conditions in Jogja are best negotiated this way. Foreign students can obtain motorcycles either by purchasing or rent on monthly system, yet, they have to make sure that they have an international driving license before planning to obtain one. Rates to rent motorcycle per month starts from IDR 600.000/month while for car rent starts from IDR 500.000/12 hours.

Bicycles are also easy to get and in most cases, buying a new bike is easier for students. Note that streets in Yogya do not have special lanes for bikes, yet some bikeroute are available within the city's roads.

Students can ask for help/assistance in choosing these types of vehicles from staff at the International Affairs Office/MHRD team. Students are encouraged to stay nearby to campus for easier access and reduced reliance on transport.

## CULTURAL NOTES

- ❖ Smile: The saying, "Smile and the whole world smiles with you" certainly applies to Indonesia. Indonesians love to smile and they like to see a smile in return. This will help you get started on the right way to dealing (or not dealing) with Indonesians.
- ❖ Get used to attention! Requests for pictures, greetings, smiles, etc will become a common part of your day.
- ❖ Respect for Elders: Indonesians have great respect for hierarchies. You will rarely hear Indonesians publicly criticise their elders. They have a lot of respect for people of high rank. Slightly bend down and smile and/or say "Permisi (En: Excuse me)" when walking past older people who are sitting.
- ❖ Dress code: Dress codes are more conservative in Indonesia, especially in areas not frequented by tourists and foreigners. Be especially sensitive in your dress when visiting mosques and temples. Remove your shoes before entering a mosque/temple and do not go into the praying area, which is only for believers.
- ❖ Batik: Many official dinners and receptions indicate a dress code of "batik." Good quality batik shirts and dress are available locally and are the equivalent of a business suit – but much cooler!

## Some do's and don'ts

- ❖ Using the left hand is considered impolite. Use your right hand to receive things from or give things to people.
- ❖ Don't put your hands on your hips during conversation. This is also considered impolite.
- ❖ Local people will sometimes ask you personal questions. Don't be offended, it is just the way they show friendliness toward strangers, you don't have to answer if you don't want to.
- ❖ Looking for a tissue? Always carry a packet of tissues (Kleenex) for use when there isn't any toilet paper in public toilets. Indonesian rarely use tissues in toilets.
- ❖ Dress up in campus/office areas. Make sure you don't wear sleeveless shirts, t-shirts, short pants, transparent or revealing clothes, or sandals in classrooms and offices.
- ❖ It is very popular to bargain in street vendor shopping. In Yogyakarta, especially in Malioboro, you can start at 1/3 of the price offered. Do not show that you really want to buy something and you might get a reasonable price. Do not hesitate to say "Tidak, terima kasih!" to any of merchants who are trying to selling things to you.

# UNIVERSITY OF COLOMBO



## KEY DATES AT COLOMBO

SEMESTER DATES	
27 JANUARY	Classes begin (tentative)
30 APRIL	Classes end
HOLIDAYS	
PUBLIC HOLIDAYS	There are many public holidays during the period. The MHRD Colombo Coordinator will provide more information.
TEACHING SCHEDULE	
26 JANUARY - 30 APRIL	All subjects (non-intensive model)
KEY DEADLINES*	
31 MARCH	Dissertation proposal and internship research report research outline due
30 JUNE	First draft of dissertation/internship research report due
31 JULY	Submission deadline for elective assignments
<i>*Please note, advice on additional deadlines for all units of study will be provided at the beginning of your regional semester</i>	

## ABOUT THE UNIVERSITY OF COLOMBO

With a proud history of over 115 years, The University of Colombo is the oldest university in Sri Lanka. The university maintains academic excellence in all areas of study, providing high quality education to some of the best students in the country. With 41 academic departments across seven faculties, as well as numerous institutes and centres, the university offers diverse education and high quality research across different disciplines, relevant to local and international environments. By combining knowledge, education, research, creativity and entrepreneurship, the University of Colombo strives to be a world class institution that promotes human development and democratic values.

### The Centre for the Study of Human Rights, Faculty of Law

The Centre for the Study of Human Rights (CSHR) is a non-profit educational institution attached to the Faculty of Law, University of Colombo. Since 1991 it has upheld the objective of promoting human rights research and education within the university community as well as the general public.

The mandate of the CSHR is to conduct and facilitate human rights education and research programmes for the university community and the community at large.

Its activities are multi-disciplinary in nature. The CSHR offers educational resources such as books, journals and reports on human rights laws and issues. It furthermore runs a Diploma program as well as a training program for students interested in human rights law and activism. It runs internship programs for law graduates with the leading NGOs and Human Rights Commission in order to facilitate active participation and improved training and understanding of local and international dimensions of human rights.

In addition, the Faculty of Graduate Studies at University of Colombo offers a Postgraduate Diploma and Masters in Human Rights, designed to educate and train students in both theoretical and practical spheres of human rights. It combines

knowledge and multidisciplinary analytical and research skills necessary for promotion and protection of human rights.

More information is available at <http://cshr.cmb.ac.lk>

## VISA INFORMATION

### Phase 1 – While students are in Bangkok

The following information and documents need to be sent to the MHRD Colombo Coordinator, Rasika Mendis, by 20 September 2016:

#### a. Information

- ❖ Full name (as stated in passport).
- ❖ Date of birth.
- ❖ Country of birth.
- ❖ Nationality.
- ❖ Passport number.
- ❖ Date of issue (passport).
- ❖ Date of expiry (passport) – the student must ensure that his/her passport is valid at least until December 2017.

#### b. Documents

- ❖ Copy of main page of passport and other pages relating to extension of and amendments to passport (copies must be clear).
- ❖ Offer letter from the University of Sydney.

The University of Colombo will obtain visa approval from the Controller of Immigration and Emigration (Sri Lanka) and forward the approval letter to the student. The Controller of Immigration and Emigration will fax the Sri Lankan Consulate in Bangkok the visa approval letter.

The students should then apply for an entry visa at the Sri Lankan Consulate in Bangkok. The application form will be available at the Consulate. The visa will be stamped on the students' passports.

When applying for an entry visa, students must hand over the following additional documents:

- ❖ A copy of the approval letter faxed to the Sri Lankan Consulate in Sydney by the Controller of Immigration and Emigration bearing the student's name.
- ❖ A copy of a letter of invitation from the University of Colombo confirming the student's enrolment in the second semester at the University of Colombo.

The MHRD Colombo Coordinator will facilitate this process.

### Phase 2 – While students reach Colombo

The following documents need to be submitted for student visas within one month of arrival in Sri Lanka:

- ❖ A valid passport.

- ❖ A duly completed Residence Visa (student category). Form in two copies (see attached Form 'A').
- ❖ Two passport size photographs.
- ❖ The relevant visa fee (approximately LKR 20,000).
- ❖ A copy of the entry visa approval letter from the Controller of Immigration and Emigration.
- ❖ A letter from the Dean, Faculty of Law, University of Colombo (sent through the Vice Chancellor of the University of Colombo; endorsed by the University Grants Commission and by the Ministry of Higher Education) to the Controller of Immigration and Emigration.

The MHRD Colombo Coordinator will facilitate this process.

Students will have to be present for an interview at the Department of Immigration and Emigration in Colombo before the student visa is granted. Note: The entry visa will be valid for one month only. Students will need to apply for the student visa before the expiration of one month.

For further questions, please contact Rasika Mendis, MHRD Colombo Coordinator on [mendisrn@gmail.com](mailto:mendisrn@gmail.com) or on +94 77 302 2466.

## **ACCOMMODATION**

Since there is no university accommodation provided, the Centre for the Study of Human Rights (CSHR) will prepare a list of contacts for accommodation owners. They will give these contacts to the students who can select their accommodation. In 2016, the cost of accommodation was approximately LKR 30,000-35,000 per student. Generally students have to pay a refundable bond of one month's rent in advance.

Until they find a suitable place, the CSHR will reserve temporary accommodation for students at a reasonable price.

## **ACADEMIC RESOURCES**

The CSHR library is free to use. The CSHR will pay for the reference facility of the main library of the University of Colombo.

- ❖ If the students wish to borrow books, they will have to pay a refundable deposit of LKR 5000.
- ❖ The CSHR will provide hard copies of all necessary readings.

## **SUPPORT SERVICES**

- ❖ WiFi is available and free at the CSHR premises.
- ❖ Printing and photocopying can be done at the University computer centre at a reasonable price.
- ❖ Students can buy stationery from the University bookshop. A post office, banks and souvenir shops are within walking distance.
- ❖ There are a variety of restaurants close to the University of Colombo.
- ❖ The University of Colombo is situated close to the main road where buses and metered tuk-tuks are available.

# KATHMANDU SCHOOL OF LAW



## KEY DATES AT COLOMBO

SEMESTER DATES	
JANUARY	Human Rights Intensive and Meeting with KSL Students in Bangkok
2 FEBRUARY 2017, 14:00 – 17:30	Administration / Orientation and Opening following the Welcome Dinner at KSL
6-11 FEBRUARY	Induction Week
6 FEBRUARY, 11:00 – 15:00	Orientation on HPRD 553 Applied Research in Human Rights and Democratisation / HPRD 698 Thesis
7-10 FEBRUARY 2017	Residential Induction
7 FEBRUARY 2017, 08:30	Departure to KSL Outreach Campus (1.5 hours minute drive from KSL Main Campus) and session on familiarizing Nepalese values and socio-economic, cultural and political contexts
8 FEBRUARY 2017	HPRD 545 (HRNM II) Course Overview/Orientation/Discussion/Brainstorming
9 FEBRUARY 2017	HPRD 546 (Critical and Emerging Issues of Human Rights) Sessions
10 FEBRUARY 2017	Interaction / Field Observation and Departure
14 FEBRUARY – 28 APRIL 2017	Coursework (HPRD 545 Human Rights Norms and Mechanisms II, HPRD 546 Critical and Emerging Issues in the Asia Pacific: - Classes and Tutorials: Tuesday-Thursday, 11:00 – 15:00 at KSL other than visits and Intensive - Organizational/Field Visits: Monday or Friday (6-8 visits about 3 hours a day) - Intensive: 27 March – 1 April [27-28 March at KSL, and 29 March-1 April on Field Residential (Venue to be finalized)]
2 MAY 2017	Coursework Certification and Closing following Lunch at KSL (09:00-13:00)
3 MAY 2017 till end of June	HPRD 545 / HPRD 546 Writing/Supervision/Final Draft Submission
HOLIDAYS	
KEY DEADLINES*	
ALL	Submission deadlines for final assignments to be advised.

## ABOUT KSL

Kathmandu School of Law (KSL) is a leading legal institution delivering high standards in education and academic excellence. It was established in 2000 in affiliation with Nepal's Purbanchal University with the purpose of generating leadership in law and social justice. The School keeps firm commitment to delivering effective research and learning practices, understanding of domestic, regional and international law, as well as a

contemporary and interdisciplinary curriculum that is competitive internationally. KSL maintains excellent networks, frequent exchange and teaching programs with many law schools abroad. It further enriches student environment and education quality by encouraging participation in national and international debate programs and symposiums to enhance knowledge and understanding of international law.

## Human Rights Initiatives at KSL

KSL runs a Master in Human Rights, a course designed to foster explicit understanding of human rights. Apart from the legal aspect of human rights, it draws upon some basic concepts, history, theory, issues and violations surrounding the matter in order to provide understanding of the principles, standards and normative framework of human rights law, and build competence in human rights both in Nepal and internationally.

Another program focused on human rights within the KSL is the LL.M Program on Human Rights and Gender Justice, which strives to generate expertise and knowledge in applying international human rights standards to domestic situations and societies like Nepal. Ultimately, this program aims to generate a group of law experts with a potential to transform the traditional legal system in Nepal by bringing in global standards and international human rights instruments.

Websites for further information are:

- ❖ <http://www.ksl.edu.np/default.asp>
- ❖ [http://www.ksl.edu.np/mhrd\\_asia\\_pacific.asp](http://www.ksl.edu.np/mhrd_asia_pacific.asp)

## Ongoing and Upcoming Research Projects at KSL

There are many academic programs and projects being carried out in KSL. However, many of them will be completed by the end of December 2016 except the following:

- ❖ Enhancing Good Governance, Human Right and Law Enforcement Situations in Security Agencies and Criminal Justice Actors in Nepal.
- ❖ KSL's sister organization -Center for Legal Research and Resource Development (CeLRRd) is handling number of projects related to Community Mediation, Human Trafficking, Victims Legal Aid and Human Rights Clinic.
- ❖ In addition, KSL is closely working with number of NGOs working in the areas of human rights including women's rights, child rights, human rights documentation and also National Human Rights Institutions (National Human Rights Commission, Women's Commission etc.). These organizations may be approached for students writing applied research paper.

## VISA INFORMATION

According to the Immigration Law of Nepal, any foreign national willing to stay in Nepal can obtain a 15-day, 30-day, or 90-day entry visa within one year. KSL has received advice from the Immigration Department that MHRD students should obtain a 30-day visa on arrival at the Tribhuvan International Airport. This visa can be extended for 150 days later on. Nepal's Immigration Department has issued a letter to KSL mentioning the availability of the 30-day visa to MHRD students upon arrival at the airport. KSL will manage the extension of this visa.

For this purpose, the following documents are required from the students so that we can move forward with the processing of their study visa:

- ❖ Passport photocopies (both sides)
- ❖ Student's Curriculum Vitae
- ❖ Student's Certificates showing their educational qualification (Credentials)
- ❖ Letter for management of accommodation and according responsibility from the students
- ❖ Passport size photo (Students can temporarily provide electronic scanned copy and KSL will copy the required numbers for the purpose of necessary correspondence)
- ❖ Scholarship letter from the MHRD Director (please see the format attached)
- ❖ Bank Statement for non-scholarship students showing US \$1500 (students should open a bank account in a Nepalese Bank)

(Note: Indian nationals do not require visa to enter into Nepal.)

Further information can be obtained from Nepal's Immigration Department's website:  
<http://kakarvitta.nepalimmigration.gov.np/content/provisional-visa-arrangement-fee.html>

## ACCOMMODATION AND TRANSPORTATION

KSL has no in campus accommodation facilities but are more than happy to assist students with finding apartments or hotels as per their interest and choices.

Below are prospective accommodations and websites where students can look for more options in and around Kathmandu:

---

### **Kumari Inn**

Basundhara, Kathmandu (can be found in Trip Advisor)

### **Blackpepper Apartments**

Jhamsikhel, Lalitpur : <http://blackpepper.com.np>

<http://nepalhomesearch.com/listing-furnished-apartments-available-in-lazimpat-kathmandu-2553.html>

<http://www.hamraibazar.com/classified/detail/300/lazimpat-furnished-apartment-on-rent>

<http://nepalhomesearch.com/listing-1bhk-furnished-apartment-on-rent-at-new-baneshwor-kathmandu-3505.html>

<http://nepalhomesearch.com/listing-boutique-apartment-at-gyaneshwor-5326.html>

<http://www.muntala.com/search.php?SubCatJob=249>

<http://nepalhomesearch.com/listing-fully-furnished-apartment%25C2%25A0for%25C2%25A0rent%25C2%25A0to-westerners-in-battisputali-5294.html>

\*A Google search or a search in Trip Advisor could also provide more options.

---

## KSL School Bus

The KSL School Bus service can be used by students without any additional cost. If the accommodation they prefer is in the area where the School Bus service is available the

students can request to be picked up and dropped off by the bus. The bus reaches KSL before 10.00am and departs at exactly 4.00pm.

Please contact Shamin Pathak, Program Secretary on +9779841243163, shaminpathak@gmail.com should you wish to book the bus.

## **MEALS**

Students staying at KSL accommodation can cook their own food or purchase meals or snacks from KSL's cafeteria.

## **ENROLMENT**

Students will be enrolled as per the KSL rules and need to fill out the form (Blue Form) at the KSL Administration Block. They will be provided with student identity card and library card as well.

Students must bring four pp-size and four auto size photographs for the Blue Form, student identity card and library card.

The Administration Block is located in the Prof. Durbar Bar Singh Thapa Building, Block E, 1st Floor. The Student Welfare and Administrative Officer is Ms Sudha K.C.

## **LOGISTICAL ARRANGEMENTS**

### **Arrival in Nepal**

Upon arrival at Kathmandu Airport, a representative of KSL will greet you and take to your pre-arranged accommodation. Students are requested to look for their name, or "KSL" on a sign held by a KSL representative as you exit the airport. If no-one is there to meet you, please call the KSL office on the numbers at the end of this document.

### **Travel in Nepal**

Travel around Kathmandu and within Nepal for field activities will be coordinated by KSL. KSL can assist in arranging airport transfers if you are leaving Nepal after the program finishes, or onward taxis if you are staying on. Please leave the hotel three hours prior to your flight departure time.

You can travel around Kathmandu by metered taxi, which is an inexpensive and safe means of transport. Taxis are identifiable by their signs and their white-on-black license plates. Make sure that the meter is turned on. Bicycle rickshaws are common in the old part of Kathmandu and can be a good way of making short trips through the crowded and narrow streets. Fares are negotiated in advance. Buses are the main form of public transport throughout Nepal and they are incredibly cheap but not very comfortable.

Be aware that road transport safety standards are not equivalent to those generally experienced in your country, and the risks increase when travelling at night, particularly in mountainous areas. Particularly outside Kathmandu, note also that strikes can occur unexpectedly, resulting in the blocking of roads for unpredictable, protracted periods. Be aware of your personal safety and security. It is recommended that you travel in pairs if you are taking public transport or taxis.

## **KSL FACILITIES**

- ❖ A separate classroom for MHRD students has been arranged. KSL will provide two desktops at the student room (Students Cabin) and they can use their laptops as well. This classroom is located in Block A, Second Floor, MHRD Program.
- ❖ Lectures will be generally held at KSL. KSL has a good library collection of Nepalese materials and enough international and comparative materials, much of which is in English (all instruction of Nepalese students at KSL is conducted in English). You are encouraged to visit and use the library and IT Centre. Photocopying and printing facilities are available upon taking permission from the IT Centre.
- ❖ Internet facilities can be accessed from the Student's Cabin and IT Center. Students are also encouraged to feel free to work at IT Centre.
- ❖ There is an undercover canteen at KSL which provides a range of snacks and a variety of meals.
- ❖ The KSL academic year will be in session during the program and you will have the opportunity to meet many students, all of whom speak good English.
- ❖ You don't need to worry about KSL environment and culture. KSL students are very welcoming and cooperative. You may want to take business cards or make some up, to give to students and people you meet.

## **SIGHT-SEEING**

There will be opportunities to see some sights around Kathmandu. In Kathmandu, recommended highlights not to be missed include:

- ❖ Durbar Square;
- ❖ Patan Durbar Square and Museum;
- ❖ Pashupatinath Hindu temple on the bank of Bagmati river;
- ❖ Swayambunath hilltop Buddhist stupa ("Monkey Temple");
- ❖ Boudnath Buddhist stupa – largest Tibetan stupa in Nepal
- ❖ Thamel – epicentre for backpackers/hippies, souvenirs, cafes, bookstores;
- ❖ Bhaktapur town – world heritage temple site.

## **SHOPPING**

Shopping options include Thamel, New Road (mainly electronics and fabrics), City Centre Shopping Mall (near Russian Culture Centre, Kamalpokhari, Kathmandu, Tel: 01 4011 641, 4011 642), and Bhat Bhateni Supermarket (Bhat-Bhateni and Maharajgunj, Tel: 01 4016 130, 4016 131, 4016132).

## **LUGGAGE AND ADDITIONAL ADVICE**

### **Luggage**

The roads and footpath surfaces in Nepal are frequently unpaved and hence potentially damaging to the wheels of luggage. Accordingly, a backpack or luggage that you can carry may be preferable. In addition to your main baggage, it is a good idea to bring a

smaller back-pack for day trips (i.e., to carry your notes and reading materials, camera, laptop, water etc.).

### Clothing and Shoes

The month of January and February is quite cold in Nepal – between 19°C and 0°C in January and 20°C and 2°C in February. Sometimes slight snow fall may occur in the month of January. Pack warm clothing (including gloves, scarf, beanie etc), a waterproof jacket, and a small umbrella. Make sure you wear appropriate, sturdy, waterproof foot wear (for hiking) and warm socks.

### Toiletries and medication

If you need to travel with prescription medication, please ensure you take enough to last the duration of your trip and that you bring the prescriptions in case you are questioned at the border.

Toiletries are logistically difficult to locate so it is advisable to take everything you need such as toothpaste, soap, shampoo, tampons and sanitary napkins etc. Liquid soap and moist towelettes / cleansing wipes can also be useful if bathroom facilities are not ideal.

Note that Mild Altitude Sickness (AMS) might affect some individuals upon arrival in Nepal even before any activities are undertaken. The symptoms are quite similar to a hangover. i.e., headache, nausea, and fatigue, and there are varying levels of affliction. If you develop AMS, you should take this as a warning sign that you are at risk of the serious forms of altitude sickness. As a precaution, you may wish to consult medical practitioner in case he/she advises you to take specific medication/s for AMS prior to the trip.

### Other equipment

Regarding electrical devices (laptop, camera, phone, IPod, power adaptors, torch for blackouts), please note that electricity may not always be available and conditions may be wet, dusty etc.

## FOREIGN CURRENCY AND CREDIT CARDS

Payment in hotels, travel agencies, and airlines can be made in foreign currency. Credit cards like American Express, Master and Visa are widely accepted at major hotels, shops, and restaurants. Remember to keep your Foreign Exchange Encashment Receipt while making foreign exchange payments or transferring foreign currency into Nepalese Rupees. The receipts may be needed to change left-over Nepalese Rupees into hard currency before leaving the country. Major banks, hotels, and the exchange counters at the Tribhuvan International Airport provide services for exchanging foreign currency. You can exchange foreign currency at KSL also.

ATMs are widely in use in Kathmandu, but please be aware they might be few and far between. Students may wish to take some USD to exchange for rupees. There are money changers and ATMs in Bhaktapur also. Exchange rates are published in English dailies such as The Rising Nepal, The Kathmandu Post and The Himalayan Times and websites of each bank. Nepalese Rupees are found in denominations of 1000, 500, 100, 50, 20, 10, 5, 2 and 1. Coins are found in denominations of 10, 25 and 50 paisa.

One rupee equals 100 paisa. The exchange rate in December 2010 for 1 USD is equivalent to NPR 73. Rates can vary. You can also check rates online at <http://www.nrb.org.np/fxmexchangerate1.php?YY=&&MM=&&DD=>. Rates can slightly vary in each bank.

As it won't always be possible to guarantee a secure place to leave your valuables, you may wish to pack a money belt to keep your money and passport etc on your person. Please also bear this in mind when deciding if you will take a laptop, digital cameras, iPhone, iPods etc. Padlocks for luggage can be useful if storing valuables in your luggage.

## **TIME AND BUSINESS HOURS**

Nepal is five hours 45 minutes ahead of GMT. Government offices are open from 10.00am to 5.00pm from Sunday through Thursday. On Fridays they remain open until 3.00pm. But the offices open from 10.00am to 4.00pm from Sunday through Thursday and 10.00am to 2.00pm on Friday from mid of November to mid of February.

Most banks are open from Sunday through Thursday from 10.00am to 3.00pm. On Fridays, banks remain open until 12.00pm only. However, some banks have evening counters as well. Business offices are open from 10.00am to 5.00pm Sunday through Friday. Embassies and international organizations are open from 9.00am to 5.00pm Monday through Friday.

Most shops open after 10.00am and close at about 8.00pm and are usually closed on Saturday.

## **HOLIDAYS**

Nepal observes numerous holidays, at the least a couple in a month. So please check the holiday calendar. Government offices observe all the national holidays and banks observe most of them. Businesses observe major holidays only.

## **COMMUNICATION FACILITIES**

- ❖ **Postal Services:** The Central Post Office located near Dharahara Tower, is open from 9.00am to 5.00pm. Monday through Friday. The counters are open from 7.00am to 4.00pm and provide stamps, postcards and aerogram. Post Restante is available Monday through Friday from 9.00am to 5.00pm. Express Mail Service (EMS) is available at GPO and at Thamel, Basantapur and airport postal counters.
- ❖ **Telephone Services:** Telephone, fax, telex and telegraph services are widely available. Hotels and private communications centers also provide long distance telephone. For calling from outside, country code for Nepal is 977 and the area code for Kathmandu is 1. Foreigners can also obtain local SIM cards in Nepal. You can contact IT Center for available options for SIM cards. Phone facilities will be available for your use at various locations. The cost of telephone calls in hotels can be high with additional service charge and tax. You are suggested to provide telephone number of KSL to your family for immediate contact before you own your own SIM.
- ❖ **Internet Services:** Several Internet cafes and communication centers have opened up in the Valley and around the country in the past few years. Visitors only have to find a place they are most comfortable in to use the facilities to keep

in touch with home. E-mail and Internet services are also offered by hotels. But it would be wise to locate internet cafes which operate even in load shedding.

- ❖ Electricity: Major towns have electricity and the voltage available is 220-volts and 50 cycles. Load shedding is normally experienced throughout the year with upto 16 hours load shedding in dry season. However, most major hotels and guest houses have installed their own generators.

## CLIMATE

Nepal has a monsoonal climate with four main seasons - though traditionally a year is categorized into six distinct climate periods: Basanta (spring), Grishma (early summer), Barkha (summer monsoon), Sharad (early autumn), Hemanta (late autumn) and Shishir (winter).

Below is a general guide to conditions at different seasons:

- ❖ Heavy monsoonal rains from June to September - the rains are generally lighter high in the Himalayas than in Kathmandu, though the mountain peaks are often lost in cloud.
- ❖ Clear and cool weather from October to December - after the monsoon, there is little dust in the air so this is the best season to visit the mountains.
- ❖ Cold from January to March, with the temperature in Kathmandu often dropping as low as 0°C (32°F) at night, with extreme cold at high elevations. It is possible to trek in places like the Everest region during the winter, but it is extremely cold and snow fall may prevent going above 4,000 - 4,500 meters (13,000 - 15,000 feet).
- ❖ Dry and warm weather from April to June - there is an abundance of blooming flowers in the Himalayas at this time, with rhododendrons, in particular, adding a splash of color to the landscape. Terai temperatures may reach or exceed 40°C (104°F) while Kathmandu temperature is about 30°C (86°F).

## STAYING HEALTHY

Those who are allergic to tap water drink are suggested to drink only bottled water, or the filtered water at KSL canteen (which is safe). Using ice in your drinks and eating anything which has been washed in tap water (e.g. salads, some fruit (bananas and other fruit which could be peeled are generally ok) might not be good idea. Each individual's immune system reacts differently to environmental factors so you may need to take precautions even if the local people appear to be unaffected by the same constraints. You can also find fresh fruit and vegetables in the nearby market.

Bathroom facilities may not be maintained to the same standards that you might be accustomed to so it is advisable to carry a hand sanitizer to maintain good hygiene while travelling. However, please be discreet when using hand sanitizer so as not to cause offence.

## SOME DOS AND DON'TS

- ❖ The form of greeting in Nepal is "NAMASTE" and is performed by joining the palms together.

- ❖ Before entering a Nepalese home, temple, and stupa remember to remove your shoes.
- ❖ Be careful not to use your spoon, fork or a hand being used for your eating to touch other's food, plate, cooking utensil or the serving dish. Do not eat from other people's plate and do not drink from other people's bottle or glass unless you are accustomed to. It is not considered polite by some people.
- ❖ Never touch anything with your feet. This is considered as rude among many Nepalese.
- ❖ Seek permission first before entering a Hindu temple. Many Hindu temples do not allow non-Hindus to enter.
- ❖ Leather articles are prohibited to be taken inside the temple precinct.
- ❖ Walking around temples or stupas is traditionally done clockwise.
- ❖ Take photographs only after receiving permission for the object or person being photographed.
- ❖ Public displays of affection between man and woman are frowned upon, mostly in rural areas. Do not do something that is totally alien to the local environment.
- ❖ Develop a genuine interest to meet and talk to Nepalese people and respect their local customs.

### **FURTHER INFORMATION ABOUT NEPAL**

For further information, you can surf the following internet sites:

- ❖ Ministry of Tourism and Civil Aviation: [www.tourism.gov.np](http://www.tourism.gov.np)
- ❖ Nepal Tourism Board: [www.welcomenepal.com](http://www.welcomenepal.com)
- ❖ Department of Immigration, Nepal: [www.immi.gov.np](http://www.immi.gov.np)

# 5 GETTING INVOLVED

---

## ASIA PACIFIC MASTERS ALUMNI

The Asia-Pacific Masters Alumni for Human Rights and Democratisation (APMA) is a payback initiative by the beneficiaries of the programme to further the objectives of this degree as envisaged by the partner universities. The APMA envisages itself to grow as a vibrant global organisation representing human rights and democratisation defenders, researchers and practitioners.

The aims of the APMA are:

- ❖ To promote and protect human rights and democracy in the Asia Pacific region and throughout the world by supporting activities such as promoting continuing education and creating opportunities for networking not only with other graduates but with the wider community.
- ❖ To foster institutional, academic, professional and community linkages by creating opportunities for research and professional growth for members among the graduates of Master of Human Rights and Democratisation (Asia Pacific) and with graduates of similar programs across the world.
- ❖ To work towards these aims through the development and implementation of appropriate activities in this regard.

The APMA is also part of the Global Campus Alumni, a network of all European Union sponsored regional Masters programs in Human Rights and Democratisation. In May 2015, GCA was registered as international non-profit association in Brussels.

More information about the Global Campus is available at:

<http://www.eiuc.org/education/global-campus-regional-masters.html>

## ACTIVITIES

### General Assembly

Hosting the first APMA General Assembly, in 2014 in Bangkok, Thailand at the Hotel Ibis Siam. With 13 Alumni from three MHRD cohorts, the GA saw the APMA formalising of its Constitution and governance structure, which serves to guide the APMA. Following the GA, a public event was held at Mahidol University whereby APMA members and MHRD students presented on various human rights issues through film and art, including the screening of award winning film, "Made in Bangladesh", a documentary by MHRD alumnus Reza Lenin from Bangladesh. The next General Assembly is currently being planned and will be announced shortly.

### International Human Rights Day

Providing financial grants for activities related to the annual International Human Rights Day celebrations on 10 December each year.

In 2013, Children's Rights in Papua were celebrated through a showcase of dance, song and music via the theme "Let's hear what children say". Activities surrounding this theme was organised by a community Bunga Papua, Aspagu communities with support from APMA and MHRD alumnus Dewi Ratnawulan from Indonesia.

In 2014, a film festival was hosted in Pakistan on 13 December 2014. The films shown focused on the rights of minorities, labor rights, tribal clashes, women in the police force and rights of transgender communities.

In 2015, three projects were awarded grants as follows:

The Child Rights Festival on "Papuan Children Speak Up" organised by Danarti Wulandari Binur; membership training for members of KOWHY which works with Korean Working Holiday makers living and working in Australia organised by Sohoon Lee; and organised by Reza ul Rehman to commemorate the International Human Rights Day-2015, The Law Life Culture (LLC) organised jointly with the Asia Pacific Masters Association for Human Rights and Democratisation (APMA) of University of Sydney and the Green University, Bangladesh a half-day long seminar on "Perspective of Our Rights, Our Freedoms: How 'We' See It?" at the Green University, Bangladesh on 10 December, 2015

## **Emergency Response**

Efforts by MHRD Alumni following the devastating Nepal earthquake on 25 April 2015 included two Graduates assisting the relief efforts through fundraising activities. A small fund of 1200 Euros was established by the Executive Council. Sushila Karki, from Cohort 4 lead a solar panel project by partnering with Gham Power Nepal and Helambu Education Livelihood Program in Sindhupalchowk to install damaged solar panels in areas including five schools outside Kathmandu valley, damaged by the earthquake. Otgonchuluun Erdene from Cohort 3 baked assorted cakes which were auctioned at three Amnesty International meetings in Mongolia, including the AI birthday celebrations on 28 May 2015. The auctions raised USD 110 and were handed to the Nepalese delegation at the Amnesty International International Council Meeting in Dublin in August 2015.

## **Alumni Newsletter**

The second edition of the APMA newsletter will be available shortly.

## **Get Involved**

There are number of way through which students can get involved in the APMA's activities. These include:

- ❖ Human Rights Activism: In 2012, MHRD Alumni have observed International Human Rights Day through joint activities by its members. Similar events will be organised in future where the current cohort can join hands with their colleagues from previous cohorts to design and organise events.
- ❖ European Masters Alumni Mentoring Program: As members of the Global Campus Alumni, MHRD graduates now have access to the mentoring program of the European Masters Alumni Association. For details please visit: <http://www.globalcampusalumni.org/gca/develop/mentoring-programme/>
- ❖ APMA Newsletter: The current cohort will be provided with the copies of newsletter. Current students can contribute stories about their MHRD experience, activism and any other aspects of their work and contribution for human rights.

❖ Social media pages –

Facebook: <https://www.facebook.com/APMAumni>

Twitter: <https://twitter.com/HumanRightsAPMA>

LinkedIn: <https://www.linkedin.com/groups/12017136>

Please contact APMA on [contact.apma@gmail.com](mailto:contact.apma@gmail.com) with any queries or if you would like any further information.



# Master of Human Rights and Democratisation (Asia Pacific Regional Program)

E: [ihrpmhrd@mahidol.ac.th](mailto:ihrpmhrd@mahidol.ac.th)

W: <http://www.ihrp.mahidol.ac.th/index.php/en/>

F: <https://www.facebook.com/humanrights.mu.org>



Mahidol University



This document has been produced with the financial assistance of the European Union and as part of the Global Campus of Regional Master Programs and Diplomas, managed by the European Inter-Universities Centre for Human Rights and Democracy (EIUC). The contents of this document are the sole responsibility of the Beneficiary and can under no circumstances be regarded as reflecting the position of the European Union or the EIUC.