

“Reflections & Connections”
A GNH Journey into Consciousness
12-19th September 2024
REGISTRATION FORM



Please return the completed form to: anisha@gnhcentrebhutan.org

I wish to register for the above program with the GNH Centre in Bhutan to be held from 12 - 19th September 2024.

Name

First

Last

Nationality

Email

Phone Number

(incl. international dialing code)

Emergency Contact Name

Emergency Contact Number

Single room request? Yes

No

If planning to share a room with another participant (their name): _____

Any Dietary and Special Needs - allergies, restrictions, etc. Please note that hotels in Bhutan have limited ability to cater to special dietary needs, although vegetarian/vegan options will be available.

SUPPORTING STATEMENT

Please provide a statement of your reasons for applying for this program. This should include:

- 1) What is the motivation and/or source of inspiration behind your interest in this program?
- 2) What key questions would like to explore during this program?
- 3) What would you like to take back into your life and mission in the world from your journey?

Please stay within a limit of 500 words

PROGRAM COST

The all inclusive cost for this program is \$3990 USD - transfer details are further below.

Giving back to Bhutan

For those who have the capacity, we encourage you to donate to give back to the Bhutanese community through one of the following initiatives:

- **Fund the setup of a farm** (\$1000 USD per farm)
- **Mental health initiative** - journaling clubs: Help introduce the youth of Bhutan to journaling as a means of self-reflection, stress management and building creative solutions (\$500 USD per school)
- **Youth leadership training** - Support 200 youth to develop leadership skills (\$750 USD per training)

If you wish to support one or more initiatives please add this amount to your payment to GNH and advise which you are supporting.

BURSARIES

The availability of bursaries is limited and depends on donations kindly received. If you would like to **donate** to, or **request** a bursary to support participation in the program, then please indicate the amount in USD below.

USD \$ **Donation:**

USD \$ Bursary **Request:**

PHYSICAL AND PSYCHOLOGICAL WELL-BEING

Participants in the GNH program are fully responsible for their own physical and psychological well-being and are required to take out their own health and travel insurance. Participants must be aware that the program includes visiting different places in Bhutan involving traveling on rough and mountainous roads for long distances and walking pilgrimages in remote, rural, and high-altitude environments (above 3000 metres).

The program draws on a range of activities and approaches to cultivate mindfulness and self-reflection. However, these are not intended to serve as a substitute for psychotherapy, psychiatric treatment or medication of any kind. If you are currently following treatment and/or are taking medication (for a physical or psychological condition), we ask you to first consult your doctor or therapist to see whether it is appropriate for you to join the Programme. We also ask you to not interrupt any current treatment and/or medication. The Programme does not accept any responsibility in this regard. We reserve the right to ask those who are a threat to others or to themselves to discontinue the program and to seek professional help elsewhere.

Please complete the following questions about your physical and psychological well-being

Physical & Psychological Health	
Disabilities or physical limitations The program involves walking pilgrimages in remote, rural, and high altitude environments where medical facilities are basic. If you have any mobility or special needs, then it may be possible to arrange alternative activities. Please contact the GNH Centre to discuss further.	
Do you have any physical illness or other limitations or disabilities, which may affect your participation in the Programme? If yes, please describe	
Do you have any mental health issues (e.g. depression, eating disorders, anxiety, drug/ alcohol use), which may affect your participation in the program? If yes, please describe	
I agree to take full responsibility for myself during the GNH Programme. I understand that I need to observe the program terms and conditions, obtain appropriate health and travel insurance, and that my participation in the programme is contingent upon meeting these conditions.	
Sign and Date Participant Signature and Date	

TRANSFER DETAILS

BENEFICIARY DETAILS:

Name: GNH Centre Bhutan

Address: Opposite to DGPC Head Office, Thori Lam, Lower Mothithang,

City: Thimphu

Country: Bhutan

Post Box no: 443

BENEFICIARY BANK DETAILS:

Bank Account Name: GNH Centre Bhutan

GNH Centre bank Account number: 100932315

Bank /Swift Code: BHUBBTBT022

Bank Name: Bank of Bhutan Limited

Bank Address: Norzin lam

Bank City: Thimphu

Bank Country: Bhutan

Bank Postal Code: 102

Bank Country: Bhutan

GNH CENTRE'S CORRESPONDENT/ROUTING BANK:

Standard Chartered Bank Ltd,

One Madison Avenue

New York, N.Y.10010-3603,

Swift Code-SCBLUS33

Chips ABA-0256

FEDWIRE ROUTING NO-026002561