

SP23 - Dr. Nahid Nasrat

Date	Activity/Note for Exertion Level
Day 1: Apr 18, 2023	Travel Day
Day 2: Apr 19, 2023	Arrival Day
Day 3: Apr 20, 2023	<p>11.00am. Civic reception and welcome in the Civic Hall with the Mayor</p> <p>12 noon: Reception and Orientation; Tour of the University. Meet the Psychological Therapies & Mental Health academic team.</p>
Day 4: Apr 21, 2023	<p>10:00am: Dr. John Hills introducing 'From the outside in, From the inside out' theme – what do you want from this experience? What do we need to know about the experiences of refugees and asylum seekers? Envisaging presentations day</p> <p>11.30pm: Dr. Tom Matthews and Dr. John Hills - Therapeutic formulations and approaches; Surviving to Thriving continuum. Domains of Resilience</p>
Day 5: Apr 22, 2023	<p>9:30am: Visit to a not-for-profit mental health support service provider.</p> <p>A visit to our partner, Northpoint Wellbeing, who are a charitable provider of offering a range of treatment modalities including counselling and other exploratory therapies, cognitive behavioral therapy (CBT) and psychologically-informed mental health support in local</p>
Day 6: Apr 23, 2023	<p>2pm: Dr. John Allan - post-traumatic growth in refugees and asylum seekers</p> <p>3:30pm: Dr. John Hills - Multiple identities, Multiple voices: Resettlement and Integration</p>

Day 7: Apr 24, 2023	<p>A whole day Research Symposium featuring presentations from students and academics from the Chicago School and Leeds Beckett University</p> <p>Evening: Community music event – service users, service delivers, students and academics come together</p>
Day 8: Apr 25, 2023	<p>Recreation & Leisure –</p> <p>Guided walking tour of York to explore the highlights and the city’s history. Ever since its establishment in 71 AD, York has been the site of savage warfare, intense political intrigue, and</p>
Day 9: Apr 26, 2023	<p>Conversations with refugees - A Day of Services</p> <p>A day of events in which students visit a well-known non-profit organization in Leeds called PAFRAS. (Positive Action for Refugees and Asylum Seekers). https://pafras.org.uk</p> <p>Students will engage in advocacy activities with refugees, including advocacy work on a one-to-one basis, storytelling</p>
Day 10: Apr 27, 2023	<p>Presentations day: Each student delivers a short presentation based on notes/photographs/videos etc. collected during the visit around the theme of ‘Migrations’</p> <p>Evening: Farewell dinner</p>
Day 11: Apr 28, 2023	Travel Day