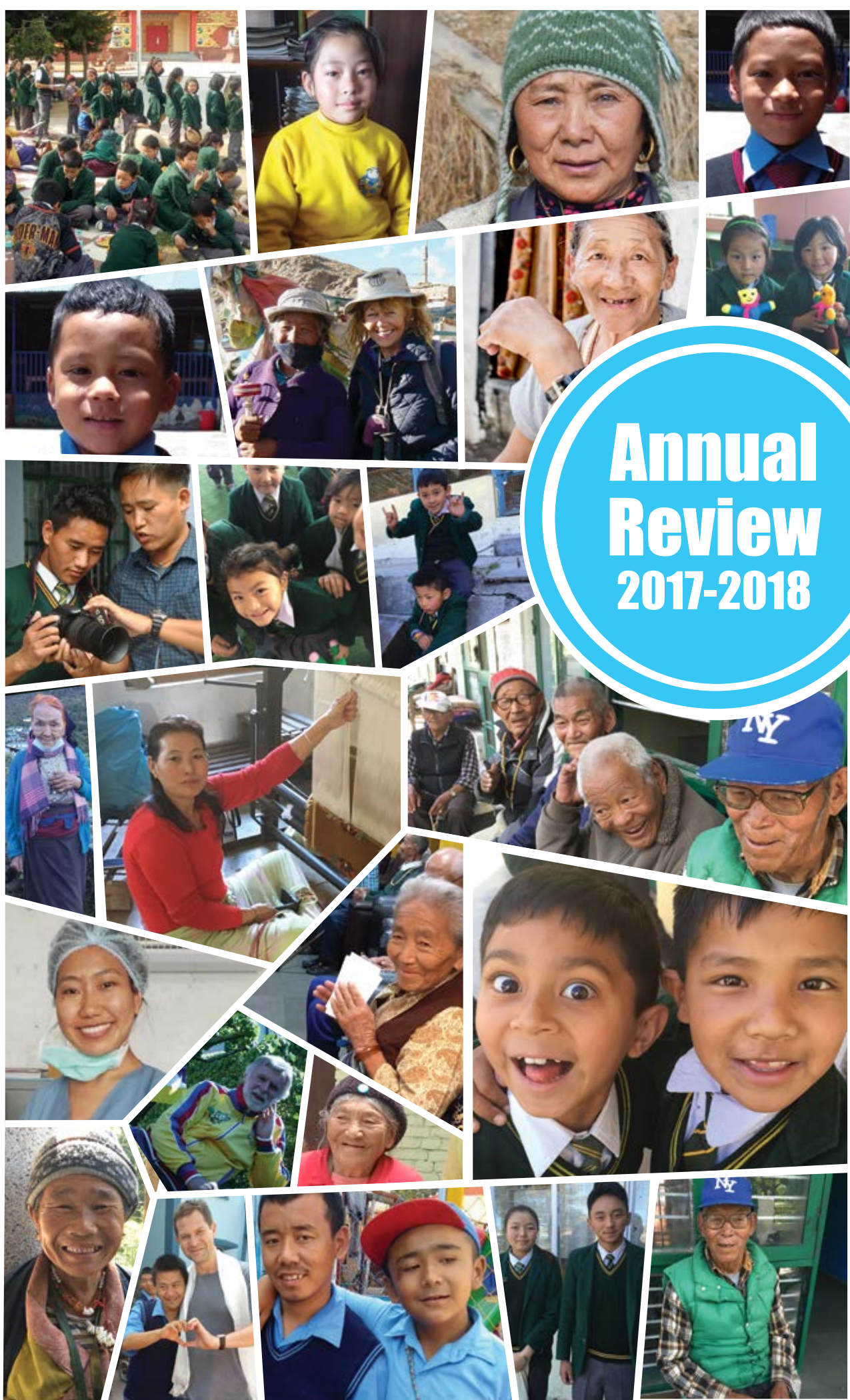


# TIBET MATTERS

Issue 31 | ANNUAL REVIEW 2018



Annual  
Review  
2017-2018



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# Tashi Delek!

Welcome to our 2017/18 annual review ... as you will see your donations have been working hard, helping us make a real difference for thousands of Tibetans. I do hope you find this issue as motivating and inspiring as all of us working for Tibet Relief Fund do!

Inside you can read about the wide range of projects we supported or completed over the last year (May 2017-April 2018). As you can see below, we are gradually increasing the amount of money distributed each year which is fantastic! This year we sent a total of £179,897 to projects and a further £99,551 to our sponsorship programme.

We can only achieve this through your support; **thank you.**

And a big thank you to all of you who have undertaken so many different and wonderful fundraising initiatives, ranging from holding a coffee morning, having collection boxes in holiday homes, donating proceeds from Shintaido classes to cycling the challenging RideLondon or undertaking a kora around

Mount Kailas in Tibet! You can read about Tess Burrows' Peace Pilgrimage on page 13.

On page 19 is the heartwarming story of sponsors Carole and Neil who travelled to Kathmandu to meet their sponsored student, Tenzin, who they last saw four years ago.

This year we also made an animated video to tell the story of Tibet and why Tibet matters. It's now reached over 300,000 people, which is fantastic! On page 4 discover how you can share the video so it continues to reach new people.

This issue is jam packed with exciting news and stories of our beneficiaries. I hope you enjoy seeing the positive change your support has helped bring about.

*Philippa Carrick*

Philippa Carrick, CEO



## Grants distributed

2017 - 2018 **£179,897**

2016 - 2017 **£173,157**

2015 - 2016 **£146,161**

  
**£99,551**  
Sponsorship

  
**£17,359**  
Culture

  
**£69,656**  
Youth

  
**£16,187**  
Health

  
**£57,735**  
Education

  
**£8,463**  
Community

  
**£10,638**  
Elderly

Photo: Empowering the Vision annual picnic



EMPOWERING  
THE VISION



# Empowerment & Employment



  
**£65,906**  
Youth

Our Empowering the Vision project in Delhi goes from strength to strength. Every year it helps more and more young Tibetans learn valuable employment and social skills, gain specialised training, successfully apply to universities and build fulfilling careers.

A recent mini-workshop on life skills at the Maitreya Orphanage in Delhi (see page 16) helped teenagers get a better understanding of employment and university application skills...

**“ I believe I now have a basic understanding of what a resume and cover letter entails and also feel like I was more expressive because of the communication activities we engaged in today ”**

– Gyalpo  
(university student from Maitreya Orphanage)

In the last year Empowering the Vision has empowered more than 600 young Tibetans through...

- providing a careers service for those seeking work and help with applying for jobs
- offering fellowship grants to help young Tibetans gain specific skills for their chosen careers
- creating a network of Tibetan professionals to share advice, skills and mentoring
- a ‘Building Bridges’ initiative to foster better understanding and respect between young Tibetans and their Indian contemporaries



# Nearly Nurses



We have been supporting two young nurses, Pema and Kalsang (both from Nepal), through their nursing studies. They are now about to complete their final year and are thinking about their futures...

Pema said, “It’s quite overwhelming and exciting to know that now we are left with only couple of months to complete our course. Kalsang wants to work for at least two years as a staff nurse to gain clinical experience and then go for Master studies in midwifery specialty since she is interested in this subject.

As for me, I am also planning to work as a staff nurse and then opt for Master degree. I finally chose to do public health nursing so I can contribute to all the fields of nursing in the community setting. It has always been my dream to work in World Health Organization (WHO), conduct research and travel around the world to help people as their health care provider.”

We are sure Pema and Kalsang will make great nurses and be assets to their community. We will be sure to keep you updated on where they go from here.

Photos: Kalsang (top) & Pema (bottom)

# Action!!! Share the story

Here at Tibet Relief Fund we were becoming increasingly aware of the lack of knowledge about Tibet amongst the general public. We conceived the idea of producing an online animated video to explain the story of Tibet. This was launched in October 2017 and took Facebook and social media by storm. It has now reached over 300,000 people!

The importance of sharing the story behind why so many Tibetans are living in exile, or in poverty in their own country, is vital to raising awareness and us gaining new supporters so we can continue to expand our work with Tibetans. The video also gives you, as a supporter, something to show your friends to explain your interest in Tibet.



## You can help us build awareness and interest...

We can't do this alone. If you are on any social media platform you can help us in spreading the word and sharing our video. Simply go to:

**[facebook.com/tibetrelieffund](https://www.facebook.com/tibetrelieffund)**

where you will find the animated video (as 'pictured' above). You can then share it on your profile or send the link to your friends! (It is also on **YouTube** through this link: **<http://bit.ly/WhyTibet>**)

If you have not already seen it, then use the same links to watch it and then share!

**Thank you in advance for helping us to spread Tibet's story and raise awareness of the plight of Tibetans in exile and inside Tibet.**

INDIA



£10,187  
Health

# Sanitation in Spiti

Photo: The new toilet block under construction

Spiti is a remote valley in north-west India. It is home to many ethnic Tibetan families and is one of the poorest regions of India.

The altitude and harsh climate of Spiti means it is cut off from the rest of the country for months at a time as the heavy Himalayan snows make passes and roads impossible to cross.

Of the 3,000 school-aged children across Spiti valley, 500 go to Munsel-ling school and 300 of these live at the school throughout the year.

The 178 girls who live and study at Munsel-ling currently share just six toilets and showers between them. Their only toilet block is one kilometre walk from the main building and dormitories. During the winter nights, the girls have to walk there alone, in the dark, through heavy snow drifts.

If someone needs to go to the toilet during school time, they have to take 20 or 30 minutes out from their lessons to make the round trip... a big disruption to their studies!

Open defecation has become a big problem with girls not having time to make the round-trip. As a result contamination of the water supply is common and every year at least 60 pupils fall ill with dysentery.

We have given a grant for the school to build a new toilet and shower block much closer to the school building.

This will give girls much better access to toilets and showers; instead of 30 girls to one toilet, there will now be 12. They will no longer have to make lengthy trips to the toilets and so will not miss more than a couple of minutes of class to use the loo! Their health will also improve.

Photo: Lobsang Yangzom with her son

# Healing Hands

The remarkable sisters, Tsering Dolkar and Lhakpa Dolma, never stop! Their amazing work assisting Tibetans who come from all over India and Nepal to Chandigarh in north India to seek medical treatment is 24/7.

Over the last 12 months nearly 500 patients have benefitted from the sisters' care. Amongst the help they provide is translation of doctors' diagnoses so the patient fully understands what is wrong, accompanying patients to hospital, giving after-care in their patient home and helping pay for medicines when the patient cannot afford them.

One of their patients this year was Lobsang Yangzom, 65 (pictured). Back in 2008, she had had problems with her kidneys and Help on Hand helped get her treatment. A few months ago she returned, this time with breathing difficulties. She was found to have a blood clot on her lungs and had to go into hospital.



£1,300  
Health

The tests and treatment cost more than double the amount Lobsang could raise.

Undeterred, Tsering Dolkar negotiated with the hospital and managed to get the fees greatly reduced. Help on Hand also covered the cost of Lobsang's follow-up treatment and the medicines needed to get her back to full health.

A wonderful example of the care, moral support and comfort the two sisters provide to Tibetans suffering from ill health.




  
**£9,700**  
 Health & Elderly

WORKING WITH TIBETANS SINCE 1959  
 WWW.TIBETANRELIEFFUND.CO.UK  
 TIBET RELIEF FUND

# Comfort & Care

Working with Lodrik Welfare Fund in Pokhara, Nepal and Nangchen Old People's Home in Kathmandu, we provide annual grants to ensure elderly Tibetans under their care can live comfortably without worrying about their future.

Lodrik Welfare Fund was set up in the 1970s to look after ex-freedom fighters and their families. The former guerillas are now elderly and unable to work; many never married so don't have families to help them in their old age. Most live in Jampaling and Paljorling settlements near Pokhara, but some live in Kathmandu and India.

The Nangchen Old People's Home provides rooms and support to elderly

Tibetans from the Nangchen region in east Tibet. Many escaped from Tibet after 1959 to settle in Nepal.

Our stipends help provide security and comfort for these elders. As well as being able to buy extra food and pay for their own medicines, they have peace of mind in knowing they can cover some of their own expenses and don't have to ask someone for money every time they need something.

On top of the stipends, we also send Lodrik Welfare funds to pay for emergency medical treatment – something people can often not afford. This year small grants to help with medical costs were given to 83 people, including Mr Gompo.

## Mr Gompo



At 85 years old, Mr Gompo's eyesight has been deteriorating. Because of this he had suffered a number of falls. The cost of eye surgery was £165.

Such an amount is very hard to come by for an elderly Tibetan with no family. Our emergency grant paid for Mr Gompo's surgery and he is now enjoying good eyesight and no more falls!

## Tenzingang ambulance

Thanks to a grant from the Eranda Rothschild Foundation, over the last seven years we have given an annual grant to cover the salary for an ambulance driver in the remote settlement of Tenzingang in north-east India.



♥  
**£1,700**  
Health





Photos: Residents enjoying the new furniture at their home in Rajpur

# So-fa So Good



**“ I feel so privileged. The sofa makes me feel like belonging to a royal lineage. Thank you so much. I will always remember the blessings in our prayers. ”**  
– Granny Sangyal Chodon

In Rajpur, Tibetan Homes Foundation provides a home for 56 elders in a specially designed building completed around ten years ago. Every resident has their own room, with couples having larger rooms and there is an open plan complex on the lower floor which is used for prayer, meals, chatting and watching TV.

In May 2017 we visited the home on a field trip and learnt the elders had to use the hard wooden benches from the dining area if they wanted to sit down and chat or watch the somewhat elderly TV. Not ideal for those who already suffer from bad health and back issues!

Outside work was being done on making a lovely prayer wheel kora for the elders, along with benches around the trees and stupas to light incense. So we thought we would help make changes inside!

Our grant enabled Tibetan Homes Foundation to buy new furniture to make a comfortable, welcoming space for the elders to enjoy. They also managed to buy a new flat screen TV so the residents can enjoy watching the Dalai Lama’s teachings and documentaries about Tibet.

It has been a privilege to help Tibetans, “in the evening of their life”, as the new General Secretary, Karma Chungdak, describes the residents of the Old Peoples’ Home.

**£2,407**  
Elderly

**£731**  
Elderly

# Still Spinning



Dekyiling Handicraft Centre has been employing Tibetan weavers since the early 1980s and some of the workers have been there for well over 30 years.

Mrs Choden came to Dekyiling from Bhutan in 1982 and has worked in the handicraft centre since 1984. For 34 years she has been employed as a yarn baller, getting paid ‘per piece’. At 71 she is no longer as quick as she used to be and cannot earn enough to fully support herself.

Mrs Choden has been married twice but both of her husbands have sadly passed away. Her children also struggle to make ends meet within their own families and cannot afford to look after her.

We gave Mrs Choden, and two other elderly workers at the handicraft centre, a small stipend to top-up their wages. With this extra help, they don’t have to worry about trying to keep up with the fast pace of work or how to afford their daily living expenses like cooking gas, food and heating.

Photo: Mrs Choden, one of the elderly workers at Dekyiling Handicraft Centre





# Clean Water for the Elderly

As previously mentioned, Nangchen is a small residential home for elderly Tibetans in Kathmandu.

For years residents have been drawing their drinking water from an underground well. Unsurprisingly, the dirty brown water often made people ill. With a generous donation from supporter Susan Cran... and a little top-up grant from us... a water filter was recently installed. The new filter is working well and the elderly folks at the home now enjoy clean, safe drinking water!

NEPAL

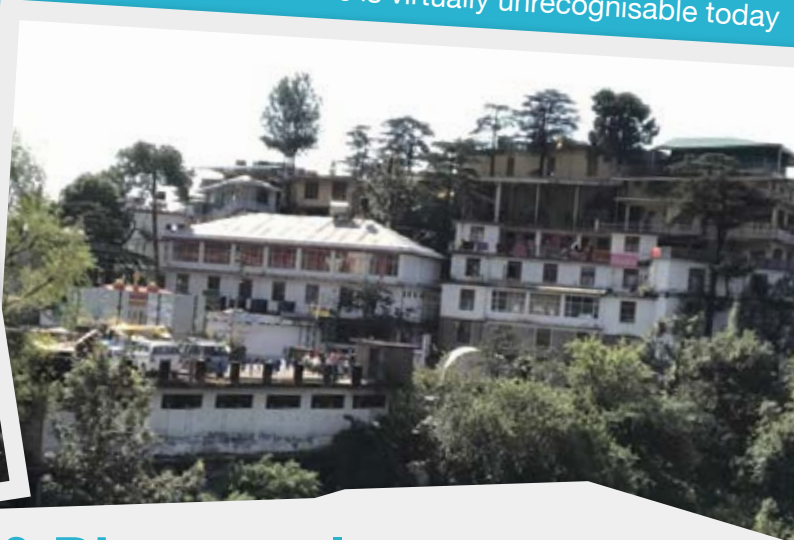


**£660**  
Elderly



Photo: Some of the Nangchen elders

The hillside... the old hillside is virtually unrecognisable today



## McLeod Ganj & Dharamsala

# TIBETAN

# & NOW



One of the greatest pleasures we have at Tibet Relief Fund is hearing stories from you about why you support our work and the tales you tell us of your travels and time in Tibet, Nepal or India.

Last year one of our supporters, Geoffrey Clark, got in touch and has kindly shared some photos from a trip he made to Dharamsala between 1973-74. Geoffrey spent nine months in the area as a volunteer teaching children English and running theatre workshops.

It has been fascinating to look at our own photos from recent field trips to Dharamsala and reflect on the changes the town has seen since Geoffrey (and many of you!) was there in the 70s.

Here are some of Geoffrey's photos side-by-side with photos taken in 2017, 45 years later.

It is amazing to see the changes in the area since Tibetan refugees first began arriving in 1960. We hope you too will enjoy the pictures.

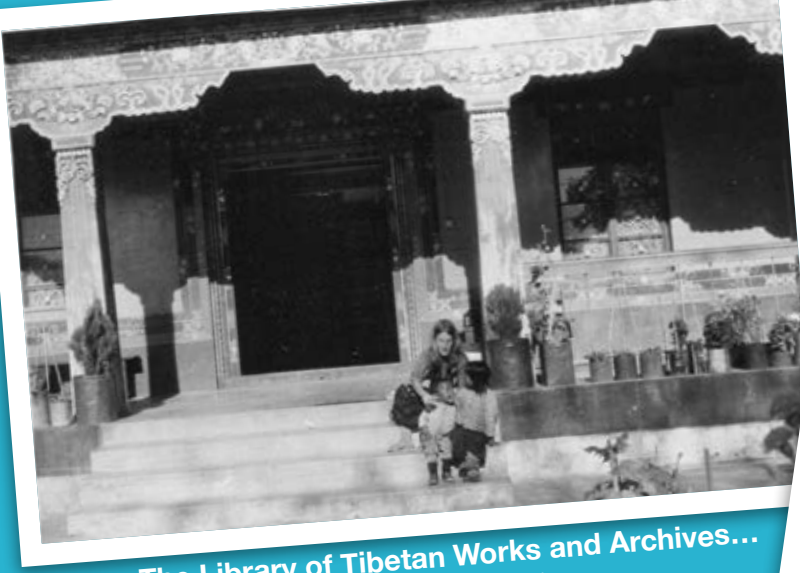


The prayer wheel... is still turning

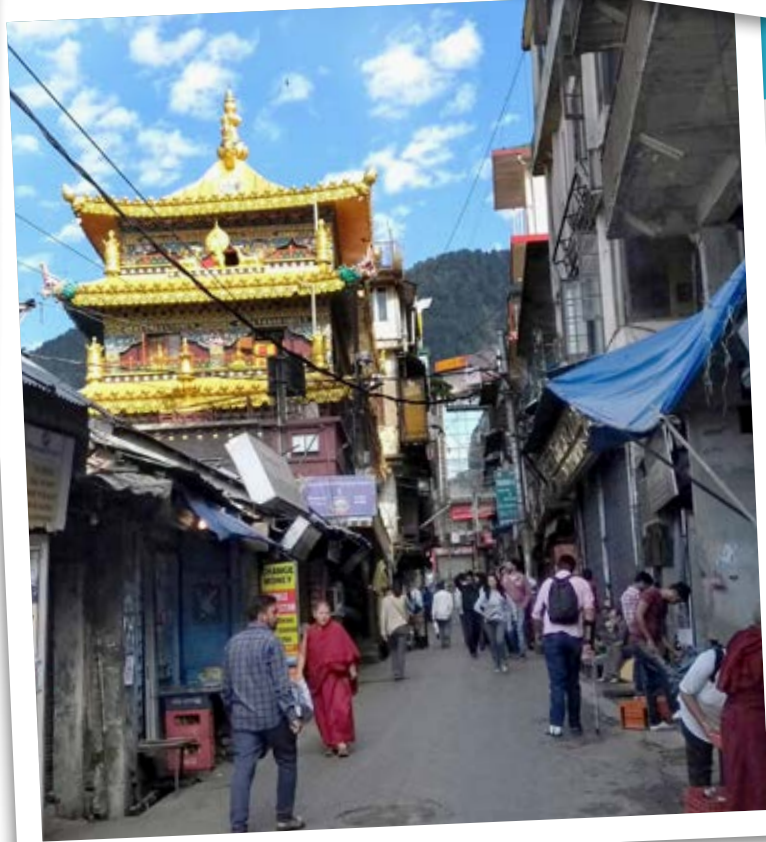


The Kora... is still a treasure trove of prayer flags and prayer wheels, offering peace and calm

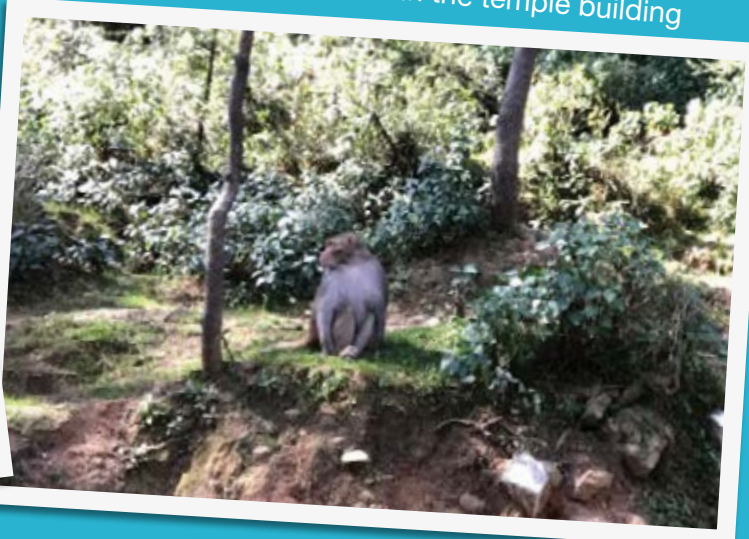
**If you have your own stories or photos you would like to share, we would love to hear from you!**



The Library of Tibetan Works and Archives... has had a wonderful makeover



The main street... is far more crowded than in the 70s, with the stupa now within the temple building



But some things... just don't change

# Fundraising



Photo: Last year's Meditate for Tibet

## Meditate for Tibet 2018

Join us to Meditate for Tibet on Saturday 7th July at 3pm!

We've got a brand-new guided meditation for you this year. This beautiful 15-minute meditation places you in the mountains and plains of Tibet.

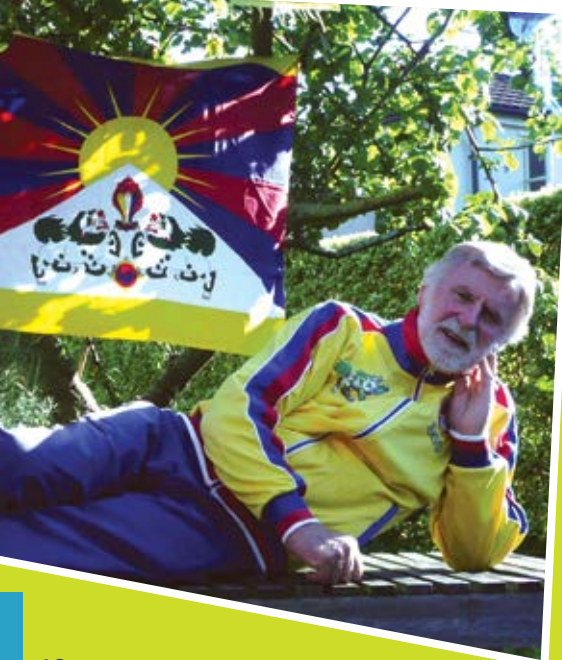
To take part and help raise vital funds for Tibetans simply visit [www.enlightenedgifts.org/MeditateForTibet](http://www.enlightenedgifts.org/MeditateForTibet) to download your meditation for a small donation and use it to connect with many others who will be meditating at 3pm on 7th July. You can also request a CD - just send your donation to us by post (suggested minimum £5) or call us on 020 3119 0041.

**Can you get a group together to meditate?**

**You can make your group event as large or small as you like!**



Contact Caroline on 020 3119 0041  
or by email: [caroline@tibetrelieffund.co.uk](mailto:caroline@tibetrelieffund.co.uk)



## Remembering George

We are very sad to report the recent passing of George Yeats.

An avid Tibet supporter over decades, George started the Bath Tibet Support Group in 2009 and was its driving force, organising many events and protests.

In 2015, when we found ourselves shorthanded at the last minute for WOMAD, George stepped into the breach, coming to the festival each day to help us man our stand.

It was such a wonderful gesture from a remarkable man.

During his life George worked for various aid organisations, including 12 years in Papua New Guinea and time in Nigeria, Fiji, Sierra Leone, Tasmania and Indonesia, working in the field of tropical agricultural economy.

He will be greatly missed and will remain an inspiration.



# Mount Kailas kora

by Tess Burrows

“ One of the basic Tibetan teachings is transience: that all things change.

Having undertaken the kora of Mount Kailas 16 years ago, in September last year I returned for another Peace Pilgrimage around this most sacred of peaks.

I trekked with a couple of friends up the Karnali River in north-west Nepal, over the border into Tibet towards its source near Mount Kailas. We paused at the beautiful venerated Lake Manasarovar.

From Darchen, the village at the start of the Kailas kora, we set out with yaks carrying our camping kit for the 35 mile trek. The authorities had strictly allowed us only four days and our every move was watched over.

Along the way I was pleased to honour the Tibetan manner by undertaking as many prostrations as possible within our time constraints. This involved repeatedly laying the body full length on the ground, symbolically laying down the suffering of all beings for the greater good. The Tibetan pilgrims made it look easy...

After climbing strenuously up through the rarified air to the Drolma-La Pass, the highest point at 5,700 metres, we built a little rock stupa amongst a sea of prayer flags, and burnt within copies of peace messages sending their essence out high onto the winds of the planet. An eagle soared magnificently overhead.

Every step of the way we felt the powerful pristine presence of Kailas holding strong and true. Some things are indestructible... ”

Tess and her friends Jackie Hau and Ann Tang raised a magnificent £866.24 for Tibet Relief Fund from their Peace Pilgrimage and Kailas kora.

★ ★ ★  
£866  
raised

## Fundraising stars

A huge thank you to all of you who undertook challenges, held coffee mornings, made collections and thought up so many other wonderful initiatives to raise money for Tibetans throughout the year. Unfortunately we can't mention you all, but here are some of the stars ...

Alex Brown, Michael Stevenson and Graham Titcombe all successfully completed the gruelling Ride London Surrey 100 cycle challenge and raised over £1,800 between them.

★ ★ ★  
£1,800  
raised

Dibby Nethercott runs the Home Farm Holiday Centre in Somerset where she puts out collection boxes for Tibet Relief Fund. Pennies do indeed make pounds as she raised £410!

★ ★ ★  
£410  
raised

Through her Shintaido classes, Susan Lacroix raised over £500 for Delying stipends. Over the last four years she has raised nearly £3,000!

★ ★ ★  
£500  
raised

As part of the National Open Garden Scheme, Sue and Tom Stuart-Smith open their wonderful gardens at Serge Hill in Hertfordshire every June. We are immensely lucky they nominate Tibet Relief Fund to receive proceeds; this year it raised £975.

★ ★ ★  
£975  
raised

On 10th March, Tibet Support Group Monmouth held an Evening in Tibet, which premiered a performance of Land of Snows, an original play by Margaret Iggulden. The group raised a brilliant £443.

★ ★ ★  
£443  
raised

And finally, a special thank you must go to flautist Chris Michell who has nominated Tibet Relief Fund to receive royalties from her Tibetan Chakra Meditation CD. Over the years it has raised thousands of pounds for us; this year we received £573.

★ ★ ★  
£573  
raised



Photo: One of the new houses in Bakhang



# Building Futures in Bakhang



You may have already donated to help rebuild the homes of eight of the poorest families in Bakhang. Thank you! We are delighted to tell you we have good news!

The building work has been going really well. Two houses just need the finishing touches adding (like doors and windows) and the other six are progressing quickly with foundations complete and wall construction underway.

The earth brick training and production has been so popular that other villagers have also started using their new skills to rebuild their own homes - including the village lama!



# Painting the Plateau

We are very excited to announce that, following our first ever crowdfunding campaign, *The Fabric of Tibet: Regional Dress* from the Roof of the World will be published this summer! This beautiful book will contain nearly 200 paintings illustrating Tibet's rich history of regional dress, a fascinating and fast disappearing aspect of cultural heritage.

We were overwhelmed by the response to our crowdfunder. With your support we reached our initial fundraising goal of £3,000 within one week! After 40 days we had raised a total of £6,034 from 139 backers.

This has enabled us to work on a colouring book adapted from *The Fabric of Tibet*. Accompanied by simple Tibetan and English captions, it will allow children to learn about Tibetan culture from a young age. Due to be finished in July, we will distribute it to Tibetan schools in India and Nepal and the Tibetan community in the UK.

Order your copy at [enlightenedgifts.org/fabricoftibet](http://enlightenedgifts.org/fabricoftibet)



“ I feel safer now as it is very scary in home when there is no light. We used to light candles to go around and study which is not safe. I was able to complete my home works timely now. I am thankful to Tibet Relief Fund for the support. ”

– Tsering Chokey, Class IX

  
**£4,723**  
Education

INDIA

## Making Light Work

Photo: Children at THF pose with their new back-up battery

Over the years frequent power cuts have become a problem at Tibetan Homes Foundation School in Mussoorie. Facing growing demands, the local power supply is increasingly unreliable. This is a major problem for students trying to do their homework and exam preparation in the evenings. Often they resort to sharing candles to try and get their work finished.

It has also caused accidents when children move around their homes in the evenings and at night, especially when going up or down stairs in the pitch black or when the lights suddenly go out. One student had to be hospitalised after an accident on the stairs.

With so many sponsored children at Tibetan Homes, we decided to send a grant for new backup power units. These have been installed at 16 of the homes and in the Senior Girls' Hostel.

Now the homes have reliable lighting, which has made them much safer. This not only means students can better concentrate on their homework and exam preparation, but it also provides more dependable heating throughout the cold winter months.

## Results in Rasuwa

NEPAL

We're delighted to report that your generosity has turned life around for for the two orphaned young brothers, Buddha and Subash, from our appeal last year.

You made it possible for these young boys to go to the same school and stay together when they needed each other the most.

Both boys (and the other children you helped to support in Rasuwa) are doing well in school and are happy to be living far more stable lives. Buddha has even achieved a distinction in several subjects, including English and science! This is a real success story – thank you for making it happen.

Photos: Buddha (top) & Subash (bottom)

  
**£4,680**  
Education

# Teachers for Little Monks



Most of the young monks at Pal Ewam Namgyal Monastic School come from very remote and inaccessible areas of Nepal. Set up in response to a lack of available schooling in those areas, the school's main aim is to provide students with a well-rounded education, as well as Buddhist studies.

During the summer the school is based in the high, and predominately barren, area of Mustang.

In the winter, to avoid its extreme weather, the 68 students come down to Pokhara.

With running costs being very high, this year we sent a grant to cover salaries for eight teachers, which the school could not otherwise meet.

Check out our website to see a video of the little monks studying hard and enjoying their school:

[tibetrelieffund.co.uk/sponsorship](http://tibetrelieffund.co.uk/sponsorship)

**£1,737**  
Education



Photo: Children at Maitreya Orphanage

# Table Tennis Time!

The Maitreya Orphanage in Delhi provides a loving home for 25 Tibetan orphans. The younger ones go to local schools, whilst the eldest attend universities in Delhi.

When we visited in May 2017, we noticed there were no recreation facilities. To give the children something to enjoy in their free time we sent a small grant to buy a table tennis table and some carrom boards (a popular game in India and with Tibetans!). These are now fully in use in the new roof-top recreation area!

**£296**  
Education





# All-Inclusive Education

Thanks to a two-year grant funded by your donations, an incredible new disability resource centre in Dharamsala is helping local Tibetan children with special needs get the best education possible.

In its first year, this wonderful project has already given 35 children physiotherapy treatment they need, helped eight enrol in mainstream school, educated almost 200 teachers and school staff about inclusive education methods... and much more besides!

“ This centre provides resources, therapy, training, advice, and practical support to ensure that children with special needs get the best education possible. ”

– Delek Wangmo  
Director, Tibetan Ability's



£11,549  
Education

Photo: Physiotherapy at Tibetan Ability's resource centre



# Back-hang in Business

As reported in our last issue of *Tibet Matters* the school at Bakhang is finally complete and the children are enjoying being back in class.

The school rebuild was a major project for us this year and we want to thank all of you who contributed and made it possible!

£21,464  
Education



Photo: Bakhang school inauguration

# Tibetan Homes Foundation

Working with Tibetan Homes Foundation, we are developing a programme to encourage new teaching methods. In March a successful interactive project-based training workshop, facilitated by Ritinjali, our Indian partner, was held in Mussoorie.

£832  
Education



# Happy Snaps



Tibetan Homes Foundation school recently launched a very popular photography and cinematography club.

The weekly club is a wonderful idea for students to get the chance to learn new skills and have fun at the same time. The practical photography and video skills are great for students hoping to pursue careers in design, arts or media.



**Within the first week, an amazing 198 students had joined the class!**

We gave a grant for two teachers and one senior student to attend a three-day filmmaking and photography course, as well as to buy a DSLR camera for the club. They were eager to share their newfound knowledge with the rest of the group. Greatly inspired, club members have already made a full feature-length film, regular news updates on the school and stop-frame animations... that's what we call a success!



Photos: Photography club at Tibetan Homes Foundation

# Thuk-je-che!

Our sponsorship programme plays a vital role in our work to provide the education and care that Tibetans living in exile really need. We could not do this without our sponsors. Because of your generosity we are able to support children, elders, monks and nuns living in India and Nepal to ensure they get the opportunity and quality of life they deserve. Thuk-je-che! (Thank you!)

## Sponsorship news

To deliver all our different sponsorships, we work through 11 Tibetan organisations in India and Nepal. It's wonderful to hear about their own initiatives to improve and enhance their work. Here are just a couple of updates from the past year.

**Tibetan Homes Foundation** have recently installed purified water fountains into all of the homes to ensure children have easy access to clean and safe drinking water.

**£99,551**  
Sponsorship



Photo: Happy children from Tibetan Homes Foundation

Speaking with some of the children on a recent field trip, they told us how they really appreciate being able to get a drink whenever they want and this has also really helped in reducing tummy problems and other health issues attributed to drinking contaminated water.

In October, 22 nuns from **Jamyang Choling Institute** attended the Jang Gun-Choe nuns debate in Dharamsala. Nearly 400 nuns from eight nunneries across India and Nepal came together for this annual event. It gave the nuns a wonderful opportunity to share knowledge, deepen their understanding of Buddhist teachings and hone their skills in didactic debate.

# The Sponsorship Journey continues...

It's been four years since supporters, Carole and Neil, visited their sponsored students, Tenzin Dhesel and Choekyi Gyatso, in Pokhara. When they recently signed up for a trek in Nepal they decided it was time to meet up again!

“Our limited trekking schedule meant that we couldn't get to Pokhara this time, so instead we invited Choekyi and Tenzin to Kathmandu. Sadly, Choekyi was unable to leave his monastic studies for three days, but Tenzin persuaded her employer in Pokhara to grant her three days' leave. She came to Kathmandu alone by a seven-hour bus journey and we met up at our nice hotel where we had booked a room for her.

Our invitation to Tenzin to join us was partly our gift to her for having achieved 87% in her Bachelor of Business Administration. What's more she was awarded the Dean's commendation - no mean achievement for a Tibetan girl in a predominantly Nepalese university. Our reward over the years has been to see a shy teenager develop into a highly intelligent, self-confident 24-year old woman. Our time with her in Kathmandu was a total delight!

So that Choekyi wasn't forgotten, we asked Tenzin to deliver a letter with photographs to him at his monastery on her return to Pokhara. This she did, as the photograph here shows... and how he's grown since we last saw him!

Since finishing her degree, Tenzin has been working in a paragliding shop in Pokhara, managing the shop's stock and accounts and organising trips for clients. The latest photo we've received from her shows her enjoying a parachute jump over Pewa Lake! However, Tenzin has now decided to continue her education and we will be supporting her in a two-year Masters degree in Bangalore, again through Tibet Relief Fund. So come August, she will be venturing along a new path far from family and friends in Pokhara. But she is clearly up for the challenge!

Our third sponsee, Karma Choenyi, also from Pokhara, is studying for a nursing degree in Mangalore, south India. As with Tenzin and Choekyi, we have formed a very close relationship with her through e-mails, exchanging news and photographs. We've never been to south India, so who knows if our sponsorship journey will take us there next?! ”



Photo: Neil, Tenzin & Carole



Photo: Tenzin & Choekyi January 2018

**If you have been inspired by Carole and Neil's story and would like to start a sponsorship journey of your own, turn the page to read about some Tibetans who would greatly benefit from your support now.**

# Sponsorship

Sponsorship really does make a difference to people's lives. Through our programme you can choose to sponsor a Tibetan child, elder, monk or nun.

There are many Tibetans living in exile in India and Nepal, all coming from different walks of life. The individuals here are all in need of sponsorship which will help them through their studies or give them access to vital care.

As a sponsor you can exchange letters or cards with your sponsored individual. You will also get regular updates and photos to see how they are doing.

## Mr Kunsang

**Mr Kunsang** is 99 years old and lives in an old people's home in Rajpur, north India. He was born in Toe Purang in Tibet in 1919 and escaped to India in 1959. Mr Kunsang spent much of his life as a labourer and farmer but his health started to suffer after his wife passed away. Sponsorship would ensure he continues to receive the care he needs at the home, as well as giving him the knowledge that someone genuinely cares about him in the evening of his life.



## Tenzin Jampa

**Tenzin Jampa** is five years old and lives with his grandparents, near Pokhara in Nepal. His parents work over 100 miles away in Kathmandu where they try to earn a living for their family. They are finding it tough to provide for Tenzin as their income does not meet all of his educational and care needs. Sponsorship would ensure Tenzin can continue to attend school which will give him the chance for a brighter future.



## Yangchen Dolma

**Yangchen Dolma** is a 36-year-old nun currently living in Jamyang Choling Nunnery in north India. Yangchen is from a remote region of Jammu and Kashmir and made the decision to become

a nun when she was just 18. Yangchen is a dedicated nun and particularly enjoys reading in her free time. Sponsorship would ensure Yangchen can continue her life at the nunnery where she can fulfil her spiritual and intellectual potential.

## Gyatso

**Gyatso** is eight years old and was admitted into Pal Ewam Namgyal Monastic School in Nepal at the request of his mother who is a farmer and the sole earner for her family of five. It was becoming a struggle for her to provide an education for Gyatso. Sponsorship would enable Gyatso to continue to live and learn at the monastic school where he is learning about Tibetan Buddhism alongside his regular subjects.



## How to sponsor

If you would like to sponsor any of these Tibetans and make a real difference to their lives, you can do this online at [tibetrelieffund.co.uk/startspensing](http://tibetrelieffund.co.uk/startspensing)

Call Siân on 020 3119 0041  
Email [sian@tibetrelieffund.co.uk](mailto:sian@tibetrelieffund.co.uk)

Sponsorship costs £200/year or just £16.75/month.



Patron: Tenzin Gyatso, 14th Dalai Lama  
Chair: Philip Wilson  
Reg. Charity No: 1061834

**Tibet Relief Fund**  
2 Baltic Place  
287 Kingsland Road  
London N1 5AQ

Telephone: 020 3119 0041  
Email: [info@tibetrelieffund.co.uk](mailto:info@tibetrelieffund.co.uk)  
[www.tibetrelieffund.co.uk](http://www.tibetrelieffund.co.uk)  
[www.enlightenedgifts.org](http://www.enlightenedgifts.org)

### Staff Contacts:

Chief Executive Officer: Philippa Carrick  
Director of Fundraising: Sam Butler  
Programme Co-ordinator & Deputy Director: Kat Smith  
Fundraising Manager: Caroline Petersen  
Digital Manager: Lindsay Butler  
Sponsorship Co-ordinator: Siân Warren  
Bookkeeper and Office Administrator: Jampa Gyaltzen