

# Cultivating Resilience

## Tibet Relief Fund 2024-25 Annual Review



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# A word from our Charity Manager

The Tibetan community in exile, now in its third and fourth generations, faces a constantly evolving set of challenges that necessitate a dynamic and adaptive approach from organisations like Tibet Relief Fund. While initial priorities, over 6 decades ago, centred on basic survival, cultural preservation and establishing foundational institutions like schools and monasteries, today's Tibetan youth navigate a globalised world. They seek competitive education, modern vocational skills, and viable career paths beyond traditional roles. Simultaneously, the community grapples with issues like declining donor funding, the need for economic self-sufficiency, and ensuring the continued vitality of their unique cultural identity amidst modern influences. This shift from immediate humanitarian aid to sustainable development, empowering self-reliance, and addressing complex socio-economic needs demands continuous reassessment and evolution of support strategies.

To effectively meet these changing needs, TRF is committed to adapting its approach, aligning with modern international development best practices. This involves moving beyond purely welfare-based models towards interventions that foster long-term resilience, dignity, and self-determination. Key practices include adopting community-led development principles, ensuring programmes are culturally appropriate and context-specific, and focusing on capacity building within local Tibetan organisations. Emphasis is placed on participatory approaches, where beneficiaries are active partners in identifying their needs and designing solutions, rather than passive recipients of aid. This adaptive programming ensures that resources are deployed flexibly, allowing for adjustments based on ongoing learning and changing realities on the ground, thereby maximising impact and fostering genuine, sustainable progress.

Our sponsorship programme, in particular, exemplifies this evolving philosophy. While it has historically been a lifeline for many, providing essential access to education, healthcare, and basic necessities, its future evolution embraces a more holistic and empowering approach. We recognise that mere financial provision, while crucial, must be complemented by investments in enhanced educational quality, career guidance, and opportunities for skill development that are relevant to today's job markets. By integrating best practices in child protection, educational support, and youth empowerment within the sponsorship framework, we aim to ensure that sponsored individuals not only survive but thrive, becoming confident, capable members of their communities who can contribute to the preservation of their heritage and build a stronger future for all Tibetans in exile.

Your unwavering commitment, whether you've stood with us for decades or joined us more recently, is the foundation of everything we achieve. It's your generosity that enables us to continue the vital work summarised in this annual review, ensuring Tibetans in exile are not forgotten and empowering them to build a brighter future.

With gratitude and in solidarity,



Chris Butterworth  
Interim Charity Manager



# Overview

Across a range of projects and programmes, Tibet Relief Fund's comprehensive support has significantly impacted various Tibetan communities.

## Number of Interventions

These projects collectively implemented around **90** different interventions, addressing a wide spectrum of needs.

## Number of Settlements/Locations Benefited

Direct benefits have reached at least **11** different Tibetan settlements, key institutions, or major geographic regions. This mainly includes locations in India and Nepal.



## Number of Families Benefited

The initiatives have directly or significantly indirectly benefited over **1000** families through vital support for livelihoods, essential services, and educational and well-being programmes.

## Number of Individuals Benefited

Cumulatively, these projects have provided direct support to more than **12,000** individuals. This includes thousands of children and youth in education and career development programmes, individuals receiving health and rehabilitation services, vulnerable elders, and others receiving crucial support through sponsorships and emergency responses.



## Our actions

During 2024-25, Tibet Relief Fund implemented a comprehensive suite of **91 distinct interventions** across a variety of projects and programmes, strategically addressing the multi-faceted needs of Tibetan communities in exile, with some vital support provided retroactively for a project within Tibet. A significant element of these efforts was the commitment to **cultural preservation**, deeply interwoven with **educational** and **community support** initiatives. This included programmes to maintain **traditional knowledge**, engage youth in cultural activities, and support institutions vital to **safeguarding Tibetan heritage**. Alongside these, educational interventions provided essential **literacy** programmes, library access, and teacher support to nurture future generations.

On top of that, interventions spanned critical areas such as **youth empowerment**, offering **career development** and employability skills training to equip young Tibetans for **self-reliance**. Health and well-being programmes delivered vital **medical services**, mental health support, and care for vulnerable elders. Crucial livelihood and **infrastructure projects** ensured access to basic necessities like clean water and **improved living conditions**, bolstering community resilience. Finally, targeted advocacy efforts amplified the Tibetan voice on human rights, while broader community support initiatives fostered cohesion and provided direct assistance to those most in need.

**11**

different Tibetan settlements and remote locations served

Over  
**550**

individuals directly sponsored

**15**

youth empowerment initiatives fostering future leaders and career readiness

**16**

critical health and well-being interventions providing essential care

Over  
**1,000**

individuals benefiting from improved drainage systems and safe living environments

## The year in figures

More than  
**12,000**

individuals reached across all programmes

**11**

vital livelihood and infrastructure projects enhancing community resilience

**6**

advocacy and human rights efforts amplifying the Tibetan voice globally

**3,000+**

individuals supported through food security and irrigation projects

More than  
**30**

educational and literacy programmes actively running

**13**

cultural preservation and community support programmes safeguarding heritage

**75**

Hepatitis B patients provided with life-saving antiviral medication

**90+**

distinct interventions delivered across various projects and programmes

# Our impact

The diverse range of interventions has yielded profound and enduring impacts on Tibetan communities. **Beyond addressing immediate necessities**, these programmes have significantly improved the **quality of life**, expanded opportunities, and fostered greater **self-reliance** among thousands of individuals. By investing in **education** and **youth development**, Tibet Relief Fund is cultivating a generation that is not only equipped with essential skills but also deeply connected to their **heritage**, ensuring the long-term vitality of Tibetan culture.

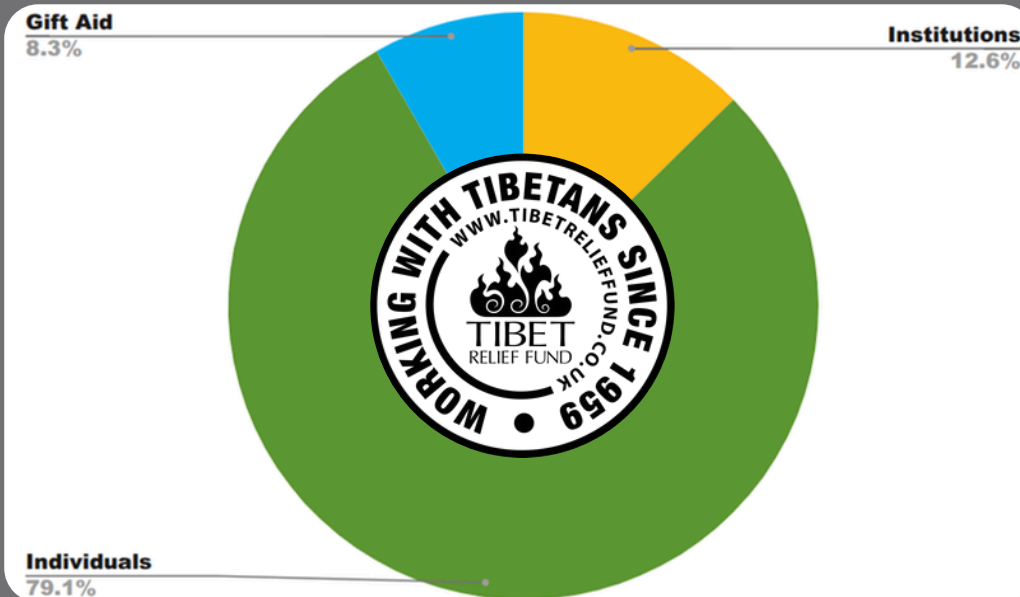
Crucially, the impact extends beyond quantifiable metrics, contributing to the unmeasurable, accumulative benefits of **strengthened community spirit**, renewed **hope**, and restored **dignity**. Each book read, each counselling session attended, and each infrastructure improvement contributes to a deeper sense of stability and belonging that builds over time, **benefiting entire families and generations**. This sustained and holistic approach ensures that the support provided today will continue to **empower communities** of Tibetans living in exile for years to come, enabling them to preserve their unique identity and thrive amidst ongoing challenges **across the globe**.



# Your donations

**Donations are the lifeblood** of Tibet Relief Fund, directly enabling every single intervention and impact described. For decades, and particularly throughout the past year, it is the **unwavering generosity** of our dedicated supporters that has allowed us to continue our **vital work**. Each contribution, regardless of size, fuels critical programmes from **literacy development** and **youth empowerment** to essential **health services** and **infrastructure improvements**. Without the invaluable support of those who have stood with us, TRF would simply not be able to provide the **crucial assistance** that sustains Tibetan communities in exile, safeguards their **unique culture** and empowers individuals to build **self-reliant futures**. Your donations ensure that immediate needs are met, long-term **resilience is fostered**, and the hope for a **vibrant Tibetan future** endures, demonstrating a profound and enduring solidarity.

## Sources of income



While one-off gifts are invaluable and deeply appreciated, **regular monthly donations** provide TRF with the **consistent and predictable funding** necessary for long-term planning and sustainable impact. This sustained commitment from our loyal monthly donors is built upon **years of trust** and enables us to plan with confidence, ensuring continuity in vital services. This steady income stream allows TRF to commit to **ongoing projects**, plan for **future needs**, and respond effectively to **emerging crises**, rather than relying solely on fluctuating intermittent donations. Monthly giving significantly reduces administrative costs, meaning a greater proportion of each donation directly reaches beneficiaries. It fosters a **reliable foundation** upon which educational programmes can continue, healthcare services remain accessible, and livelihood projects can be sustained over the years, creating a powerful, **compounding effect** for the Tibetan communities TRF serves, thanks to your enduring dedication.

