

How you can get involved

Sponsorship

Tibetan children are very grateful to get the chance to go to school. Many Tibetan children in India and Nepal do not have enough money for education, food and clothes – often because they have no family, or because their family is back in Tibet. Tibet Relief Fund runs a sponsorship programme so that these children can be cared for and receive an education. Some schoolchildren in the UK join together and sponsor a child in India or Nepal. This is a really interesting and personal way to find out more about life as a Tibetan child in another country.

As a sponsor, you have the wonderful opportunity to make a real connection with a Tibetan child. It's great fun to exchange letters with a sponsored child, so you can learn all about each other's way of life. If this is something you might like to do in your class, club, or with a group of friends, ask your teacher or a suitable adult to contact us for more information.



Testimony - Sherap Tsomo

"In 2001 I was hospitalised for one year back home. I had a wound on my left hand which never healed and I had a fever most of the time. It was then that my father and mother who were already living in Dharamsala, India decided that I should come to India. Until then I lived with my grandmother and younger sister in Tibet. My father was one of the members who revolted against the Chinese and he had to escape Tibet with mother earlier on. Like most of the children here I took the escape route into India through the Himalayan Mountains with my mother. I believe, if I had stayed there I would not have got the opportunity to study and know the world. Back home neither me nor my younger sister had gone to school.

And here we are in Happy Valley, Mussoorie at the Tibetan Homes Foundation under the protection of His Holiness the Dalai Lama where happiness and learning is a part of growing. The environment here has made me see the beauty of life and today I am a responsible girl doing chores, learning at school and helping the little ones who live with me in my home. Life could not be more beautiful. I have an extended family with special home parents, so many brothers and sisters and of course my sponsor and friend Mark Fitchett. I am amazed many times wondering how someone far away, not related to me, who has never met me, continues year after year to support my living and education. I think it is people like Mark who make this world so beautiful."



What can your money do?

£50 covers the cost of educating a child in a day school for one year

£200 covers the education, accommodation and other care costs for a boarding school child or can support little a monk or nun to continue with their Buddhist studies

£425 provides a university student scholarship for one year

How can we help you?



For more information you can also check out some of the books and films we have listed at the back of this education pack.

We are very happy to send you information, leaflets and magazines about our work and our projects which you can display at your school, use for school projects and put out in your local library, shop or sports centre.

We can also send staff members, Tibetans and special guests of Tibet Relief Fund to your school, youth club, or group to talk about our work and show pictures and films. Just get in touch and we can arrange a speaker for you.

If you are holding a special event, we can lend collection boxes, Tibetan flags and prayer flags to display, films to show and all sorts of other information and resources. We can also help you make posters to display. In the index section of this pack there is a form that you can fill in and send to us to request items for your event. Just ask us for anything else you need on 020 7272 1414.

Prudhoe Community High School is one of many schools with links to Tibet Relief Fund. Yvonne Clark, head of drama at the school, (second left in the picture with school staff, Tsering Passang from Tibet Relief Fund, and very special guest speaker Palden Gyatso), explains why...



“Through the links forged, strong friendships have been built between Prudhoe and Tibetan pupils and staff across the world. Online communications are developing fast and we have been able to learn from each other about the arts, teaching and learning approaches and human rights. Staff from both organisations have been wonderful; giving us advice, information and materials, arranging performances and visiting Tibetan speakers. The school has been involved since 2005, so our pupils now have a greater understanding of Tibetan issues.

Activities have included making displays, writing to penpals, exchanging artwork for display, enjoying Tibetan food and flying the flag for Losar. Many thanks - we hope to keep our links going and are very grateful for all the help Tibet Relief Fund and Tibetan Homes Foundation have given us.”

Interactive Section

Activities

Prayer Flags

Get your teacher or parent to photocopy the template at the back of this pack onto paper of different colours, or print it out on white and paint in the colours of the prayer flags yourself.



Colour in the Tibetan Flag

See the template at the back of this pack. Get your teacher or parent to photocopy it for you to colour in! Alternatively, you could take on the challenge of copying or printing your own flag!

Make a Tibetan Mask

Ask your teacher or a parent to photocopy the mask image onto an A4 or A3 piece of paper and use it as a template to make your own Tibetan mask.

Glue the photocopy down onto cardboard (such as a cereal box) and carefully cut around the edges.

Decorate your mask as colourfully as you like, using pens, crayons or paints. You can get really creative and glue on feathers, material or paper shapes.

Get an adult to help you make a hole in either side of the mask and attach a loop of string or elastic so you can wear your mask!



Tibetan masks are used in energetic performances such as the traditional Cham dance - they can represent different figures and deities such as these angry gods!

Interactive Section

Recipes

Momos are a staple Tibetan food traditionally made with yak meat. This recipe can be used for beef or vegetable momos.

Ingredients (Serves 4)

For the dough:

3 cups of self- raising flour

$\frac{3}{4}$ cup water

For the filling:

3 finely chopped medium onions

1lb cabbage

1 tablespoon freshly ground ginger

2 tablespoons soy sauce

2 or 3 cloves of crushed/finely chopped garlic

finely chopped bunch of coriander

1 teaspoon meat or vegetable stock powder

1. Mix the flour and water very well by hand and keep adding water until you make a small ball of dough
2. Knead the dough very well until the dough is flexible.
3. Leave your dough in a covered dish while you prepare the rest of the ingredients. You should not let the dough dry out.

Filling and shaping:

1. Place the filling ingredients in a large bowl and mix together thoroughly.
2. Place the dough on a floured surface and roll out quite thinly, although you should not be able to see through it when you pick it up.
3. Using a cup, glass or knife, cut circles out of the dough, about the size of the palm of your hand, until you have used up the dough.
4. Put a tablespoon of filling into one of the dough circles. Fold it in half so that the filling is covered and press together the edges so that the filling is enclosed in the dough (like a small Cornish pasty)
5. Repeat with all your dough circles.

Steaming:

1. Boil water in the pan you are going to steam the momos over.
2. Oil the steamer surface lightly, and then put the momos in, making sure they are not touching each other.
3. Cover with a lid. Steam the momos for 10-15 minutes.
4. Serve hot, with soy sauce or a hot sauce of your choice to dip them in.



For vegetarian momos add:

$\frac{1}{4}$ lb dark brown mushrooms

1lb tofu

For meat momos add:

1lb minced beef



Interactive Section

Recipes

Thenthuk (pronounced ten-took) is a typical Tibetan noodle soup that keeps the nomads warm during the long Tibetan winters. You can make it either with vegetables or your choice of meat. In Tibetan ‘then’ means ‘pull’ and ‘thuk’ means ‘noodles.’

Thenthuk (Tibetan Noodle Soup)

For the noodles:

2oz flour

Cold water

For the soup:

2 Tablespoons oil

5 cups of water

1 onion, chopped

1 potato, sliced

Small piece chopped ginger

¼ bunch chopped fresh parsley

1 clove garlic, chopped

Handful fresh spinach

1 tomato, chopped

Salt and pepper

1/4 - 1/2 lb meat, cut into thin strips (optional)

Pinch of stock powder of choice

Soy sauce

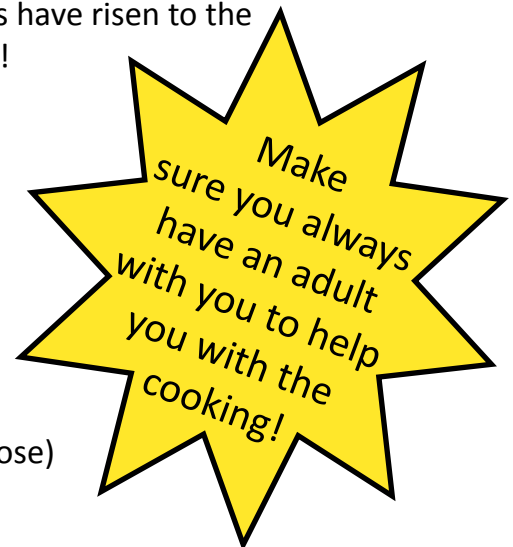
1. Make the dough from the flour and water, as in the recipe for momos. Leave the dough for 15-20 minutes before kneading until flexible. Cover and do not allow to dry out.

2. In a pan, fry one of the onions, ginger, garlic, tomato and meat (if using) in the oil until cooked. Add a pinch of stock powder and a few shakes of soy sauce.

3. Add 5 cups of water to the pan, and the potato, parsley and spinach. Bring to the boil.

4. When the broth starts to boil, you can add the dough. Take a wedge of dough and roll it between your hands so it gets a little longer. Flatten it with your fingers. Then pull the dough off in little flat pieces as long as your thumb and throw them in the pot.

5. Cook for a further 3 or 4 minutes, until the noodles have risen to the top. Then enjoy!



Po cha (Tibetan butter tea)

Ingredients

(Serves 4)

Water

1/4 teaspoon salt

Plain black tea (in bags or loose)

2 tablespoons butter

1/2 cup milk

Materials: blender, or large container with a tight lid.

Tibetan butter tea, *Po cha* is a traditional drink and a great favourite of Tibetan people. In Tibet many people drink it all day long because it helps them stay warm.

1. First boil five to six cups of water, and then reduce the heat. Put two bags of tea or one heaped tablespoon of loose tea in the water and boil again for a couple of minutes. Take out the tea bags or strain the tea leaves.

2. Pour the tea, one quarter of a teaspoon of salt, two tablespoons of butter, and a half cup of milk into a blender or container with a lid

3. Blend or shake the mixture for two or three minutes.

4. Serve the tea right away, since *Po cha* is best when it's very hot.

Finding out more about Tibet...

Websites

- www.tibetrelieffund.co.uk
- www.tibetsociety.com
- www.lhakardiaries.com
- www.dalailama.com
- www.tibetanarts.org
- www.ltwa.net/library
- www.khagyun.org

Music

- www.soname.com
- www.jjiexilebrothers.com
- www.musictibet.com

Books

- Freedom in Exile – autobiography of the Dalai Lama
- Three Silver Coins - a beautifully illustrated Tibetan tale for younger children; a boy named Jinpa saves the lives of a fish, a cat, and a dog!
- 'Lhasa Moon' Tibetan cook book - if you enjoyed making our Tibetan recipes there are loads more to try here!

Films

- Little Tibet - This exciting new film follows Sonam, a UK-based Tibetan, on a voyage of discovery to Ladakh, in search of his living cultural identity
- The Sun Behind the Clouds - a thought provoking introduction to the issue of Tibet, including an insight into the daily life of the Dalai Lama
- Kundun - fact-based feature film on the young life of the Dalai Lama



Online Tibetan Lessons

- www.learntibetan.net

Tibetan language and alphabet

- www.en.wikipedia.org/wiki/Standard_Tibetan
- www.en.wikipedia.org/wiki/Tibetan_script

Online Tibetan news and radio

- www.phayul.com

