



Education Pack



This Education Pack



For teachers and parents:

This pack has been designed with a wide age range of children in mind (from 5 to 16), so that you can adapt the information and resources to suit different Key Stages and lesson plans.

We hope that children will enjoy learning about the unique history, culture and contemporary situation of Tibet, contributing to their existing curriculum in subjects such as Geography, Religious Studies, Creative Writing, Home Economics and Art, whilst helping them form a rounded picture of the world today.

For pupils:

We've created this pack to help you learn about Tibet; we hope you'll enjoy learning about the Tibetan way of life and can pass on the message to your friends and family.

In the pack you will find information about the geography and history of this amazing place, as well as activities and fun things to make and do.

There is also plenty you can do to get involved in helping Tibetan children or hold your own Tibet themed event at your school or club.

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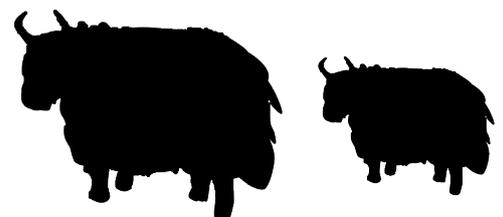
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A brief history of Tibet...

Tibet lies at the centre of Asia, with an area of 2.5 million km² and a population of around six million Tibetans. It is called Kha ba Can (which means 'Land of Snows') by the Tibetan people.



Traditionally Tibet was divided into 3 regions - U-Tsang (which housed the capital – Lhasa), Kham and Amdo. In 1965, The Tibet Autonomous Region (TAR) was 'created' by China; this is the area now referred to as 'Tibet' by the rest of the world, but is in fact less than half of historic Tibet (missing out most of the Kham and Amdo regions).

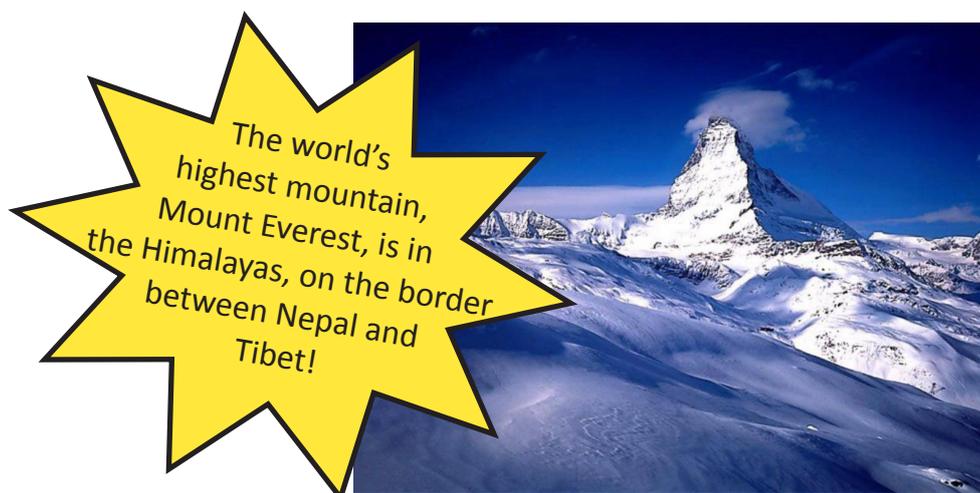
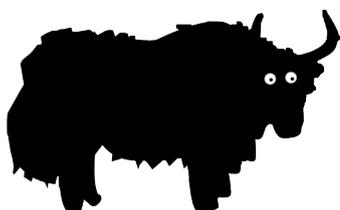
It is also known as the roof of the world due to its average altitude of 4,000 metres!



The Tibetan plateau is the source of many of Asia's major rivers, including the Brahmaputra, and Indus (India), Yangtse and Yellow Rivers (China) and the Mekong (Thailand, Vietnam, Cambodia, Laos). This means it is a vital source of water to support people and agriculture across this part of the world.

Like any other country, Tibet used to have its own government, its own language, its own currency, its own postal system and its own legal system. In 1949 Tibet was invaded by China and has been occupied ever since. In 1959, many thousands of Tibetans fled Tibet along with the Dalai Lama.

Tibet is one of the world's most remote places, sealed off from the outside world by massive mountain ranges, the Kunlun to the North, the Karakoram to the west, and the mighty Himalayas to the South and East.



What is Tibet Relief Fund?



Tibet Relief Fund was founded in 1959 to support Tibetan refugees in India and Nepal and Tibetans still living in Tibet.

When China invaded Tibet, many children had to flee with their parents to uncertain destinations. This difficult three week journey over the Himalayan mountains from their home was very hard for these young children - in freezing conditions, with very little food to eat, nowhere to sleep and no medical care to help them if they were sick. When they finally arrived in the neighbouring countries of India and Nepal there were no schools, healthcare or homes for them. Hundreds of Tibetans still make this perilous journey each year.

For the past 50 years Tibet Relief Fund has provided aid for Tibetans in India and Nepal (and many still inside Tibet), to provide education, healthcare, clean water, emergency care, and job opportunities for them to become self sufficient.

We think every Tibetan child should have the chance to go to school, so we help by providing money to:

- Build schools
- Buy books and school supplies
- Sponsor Tibetan children
- Employ Tibetan language teachers
- Help Tibetan orphans through the cold Winter months
- Ensure nutritious food and safe accommodation in schools



Thanks to the generosity of our supporters, Tibet Relief Fund has financed over £3 million worth of vital projects since 1960 and helped thousands of Tibetan children, adults and elderly people. However, there is always more to be done and there are plenty of ways your class can help us make a difference! You can find out more about holding your own event later in this pack.



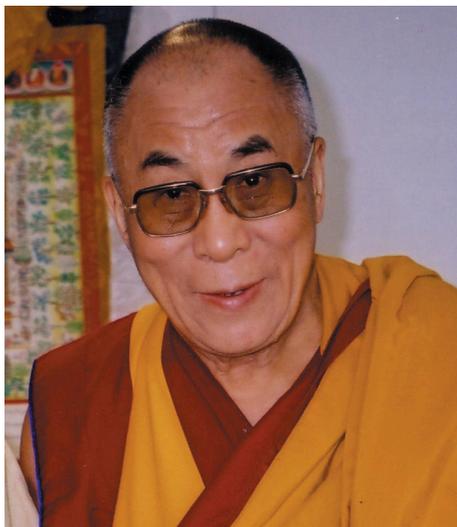
Since 1959 many people have left Tibet and built new lives in exile. Because they are spread across the world, it is difficult to say exactly how many, but it is estimated to be around 150,000 people. There are significant communities in India, Nepal, Switzerland, Britain, the USA, Canada and Australia. Many ancient monasteries in Tibet have counterparts in India, where Tibetans are free to practise their religion, Buddhism. Many Tibetan people in the UK are keen to spread the word about their homeland; if you would like a special guest to give a talk at your school or club, just get in contact with us and we can arrange a visit.

Tibetan Life and Culture

Religion

The Buddhist religion has shaped much of Tibetan culture, including art, literature and music. Tibet has a special kind of Buddhism which combines the teachings of Mahayana Buddhism, brought from India to Tibet in the 6th Century, and an ancient Tibetan religion called Bön.

The key aim of Tibetan Buddhism is to practice compassion towards all people and animals, to stop their suffering. Tibetan Buddhism is known for its elaborate rituals and prayers. A unique element of Tibetan Buddhism is the role of Lamas, who Tibetans believe are reincarnated beings. They are highly respected in Tibetan society and act as teachers and guides. Buddhism has been one of the most important parts of Tibetan life for centuries and has shaped Tibetan identity; to this day playing a daily part in Tibetan life. Many Tibetan families have at least one child who is a Buddhist monk or nun.



The Dalai Lama

There are four main schools of Tibetan Buddhism: Nyingma, Kagyu, Sakya and Gelug. The Dalai Lama belongs to the Gelugpa (or 'Yellow Hat') school of Tibetan Buddhism. Tibetans believe the Dalai Lama is Chenrezig, the 'Buddha of Compassion', in human form and they believe he has been reincarnated many times to benefit all beings. They believe the present Dalai Lama is the fourteenth reincarnation. He is known throughout the world for his work for world peace and his promotion of understanding between different faiths and peoples. The Dalai Lama is the spiritual, and was traditionally the political, head of the Tibetan people. Another important Gelugpa figure in Tibetan Buddhism is the Panchen Lama.

Festivals

Festivals are an important feature of life in Tibet, with many people coming together to watch and participate. Events will often include performances of folk songs and dances, contests and colourful outfits. For many nomads and traders these festivals are important times to get together, share news and trade. Horse racing festivals are held throughout the whole of Tibet during the autumn.



The most important Tibetan religious festival is Losar which celebrates Tibetan New Year. It lasts for 15 days in Tibet, but Tibetans across the world usually celebrate for 3 days. Much like Christmas in England, the first day of celebration is usually spent with the family, whilst the second and third days are time to visit and exchange gifts with friends and relatives living further away.

Tibetan Life and Culture

Tibetan Language

Tibet has its own language and alphabet which is spoken by Tibetans all over the world. There are many different Tibetan dialects and due to differences in pronunciation it can sometimes be difficult for people from the different regions of Tibet to understand each other. Here are some handy phrases in standard Tibetan that you can practise with your friends!



Tashi Delek!

Kayrang gi minglā karay ray?

Ngay minglā ... ray

Kayrang kusu debo yimbay?

Nga debo yin!

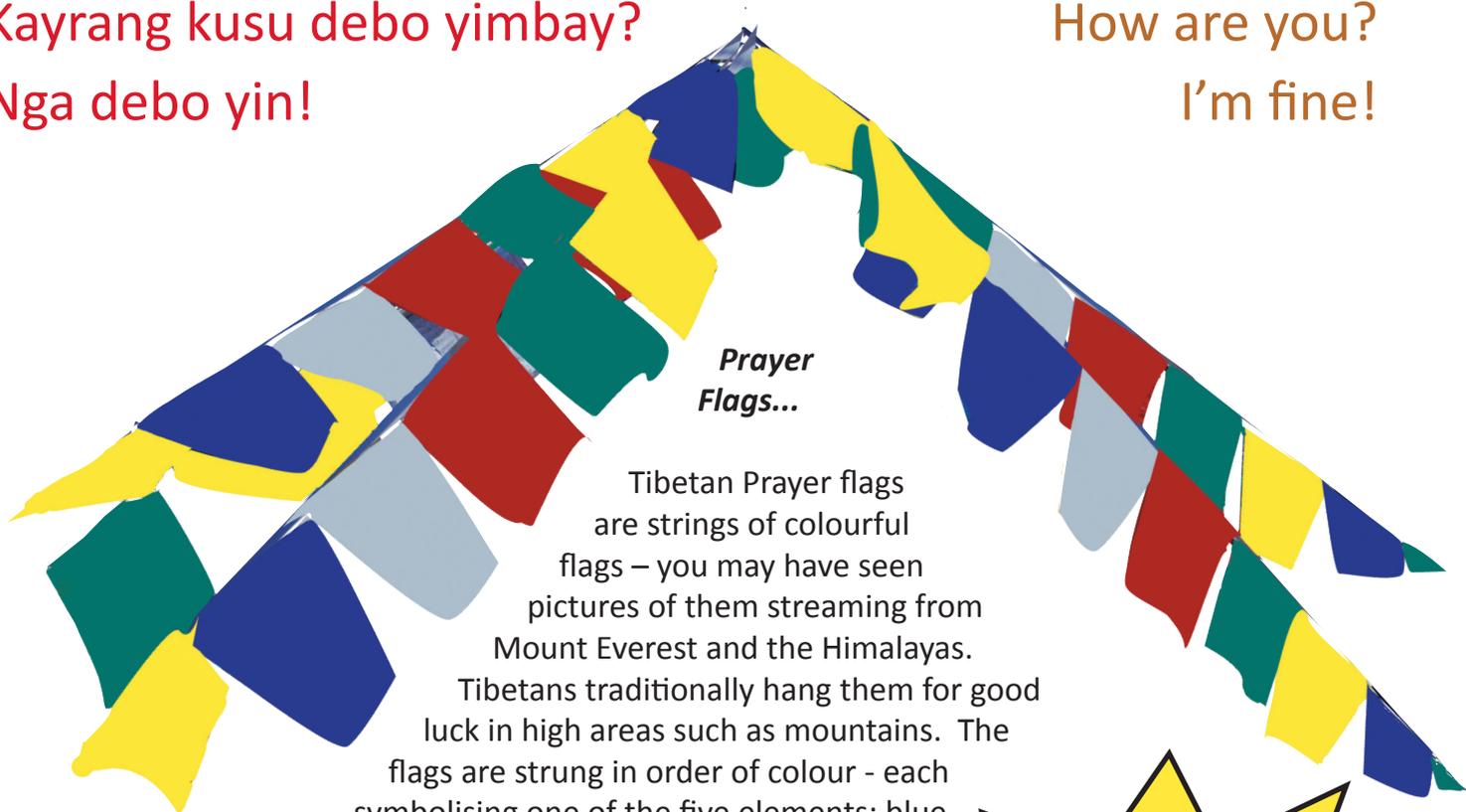
Hello!

What is your name?

My name is...

How are you?

I'm fine!



Prayer Flags...

Tibetan Prayer flags are strings of colourful flags – you may have seen pictures of them streaming from Mount Everest and the Himalayas.

Tibetans traditionally hang them for good luck in high areas such as mountains. The flags are strung in order of colour - each symbolising one of the five elements; blue for the sky, white for the air, red for fire, green for water and yellow for earth. Many prayer flags have a winged 'windhorse' at their centre, with special mantras and wishes written around it. It is said that when the wind blows, these good wishes and prayers spread to all the people and animals in the area.

Find out
how to make your
own prayer flags in the
interactive section of
this pack!

Tibetan Life and Culture

Clothes and Jewellery

Many Tibetans wear long sleeved robes called chubas. These large robes vary in style according to the different climates and regions of Tibet. In northern Tibet, where it can get very cold in winter, the Chubas are made out of sheep skin and are very heavy and bulky to keep you warm. Tibetan farmers, who live in the warm and damp climate of southern Tibet, make clothes from tweed which is lighter.

Chubas usually do not have pockets but lots of space around the chest to carry everything you might need; sometimes parents can even carry their children inside to protect them from the cold!

A chuba is worn loosely. It is common for chubas to be worn with the right shoulder and arm out of the sleeve or with no sleeves at all. This is because temperatures vary a lot throughout the day and wearing a chuba this way stops you getting too hot!

Chubas are also very useful because they can be used as blankets at night. It is traditional for Tibetan married women to wear a colourful striped apron. Jewellery is also very popular with both men and women in Tibet and often made of very colourful semi precious stones.



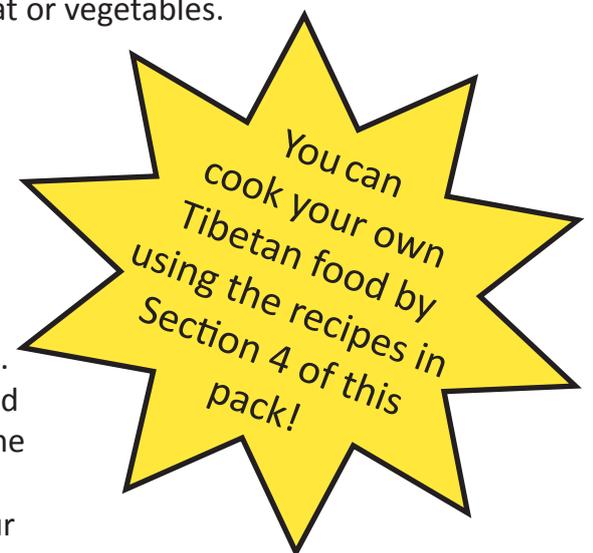
Food & Drink

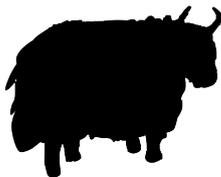
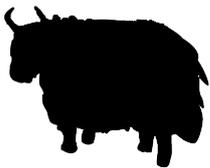
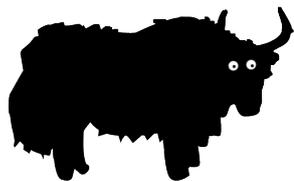
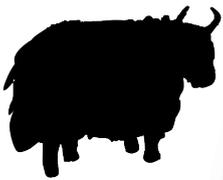
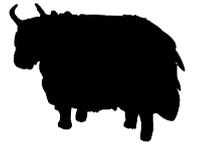
Tibet's high altitude means that it is difficult to grow many crops there. Barley is the most important and common crop and forms the basis of many Tibetan foods. Every day, many Tibetans eat tsampa, which is the dough made from barley flour. Other popular foods include wheat flour, yak meat, mutton, pork, butter, milk, and cheese. From barley flour Tibetans also make momos, which are small delicious dumplings filled with meat or vegetables.



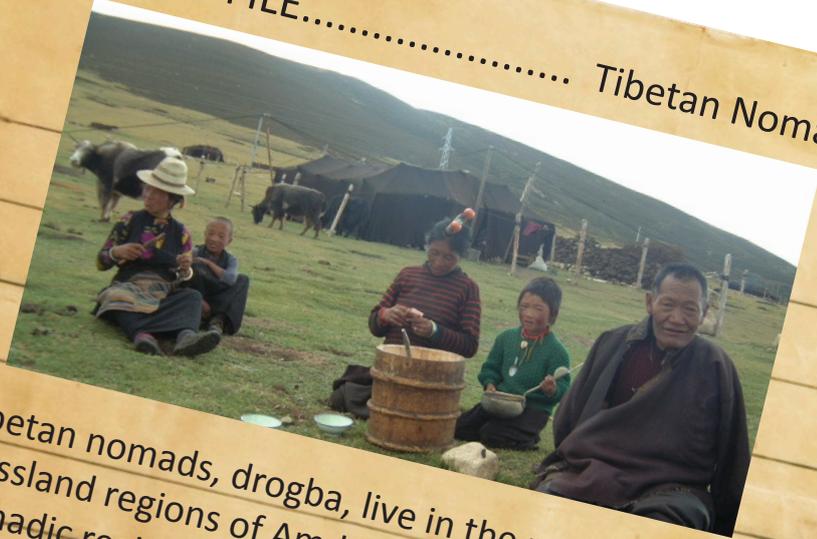
Mustard seed is also cultivated in Tibet, and therefore makes an appearance in many recipes.

Butter tea and barley beer (chang) are popular drinks in Tibet. For butter tea, the tea leaves are boiled in water, then strained and poured into a churn, where salt and butter are added. The tea has a thick buttery surface and a unique taste. Chang is thick and white and has a sweet and strong taste. Just like our beer, it is quite alcoholic, so for adults only!





FACTFILE..... Tibetan Nomads



Tibetan nomads, drogpa, live in the remote, high grassland regions of Amdo, Kham and U-Tsang. The nomadic regions of Tibet are extremely cold and often have snow, even in the summer! They herd yaks, sheep and horses. Herding the livestock is done mostly by men and older children. They live in strong tents and have few possessions, as they move their homes according to the seasons. Food is limited to dried yak meat, tsampa, butter, cheese and yogurt. Nomad numbers continue to decrease each year as more and more of them are being resettled into villages and towns by the Chinese government.

The Tibetan Yak

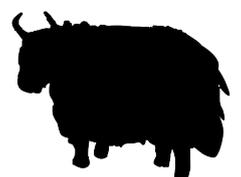
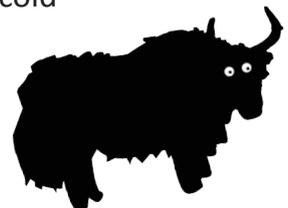
Yaks are animals similar to cows and live in the high Himalayan plateaus of Tibet.

Yaks have very thick fur to keep them warm in the cold climate of the mountains.

They are a herd animal, and have been domesticated and kept by humans for thousands of years.

Tibetans keep yaks for their milk, meat, to carry things, to make clothes from their fur and also for farming.

With their milk, Tibetans make cheese and yoghurt. Yak dung can also be used as fertilizer for crops or dried to use as fuel for fires. It is often the only fuel available on the high treeless Tibetan plateau.



Tibetan Life and Culture

The Tibetan flag

What does it symbolise?

In the centre stands a snowy mountain, which represents Tibet - The Land of Snow.

Across the dark blue sky spread six red bands representing the original ancestors of the Tibetan people (six tribes called Se, Mu, Dong, Tong, Dru and Ra).

At the tip of the snowy mountain, the sun with its rays brilliantly shining in all directions represents the freedom, happiness and prosperity of all beings in the land of Tibet.



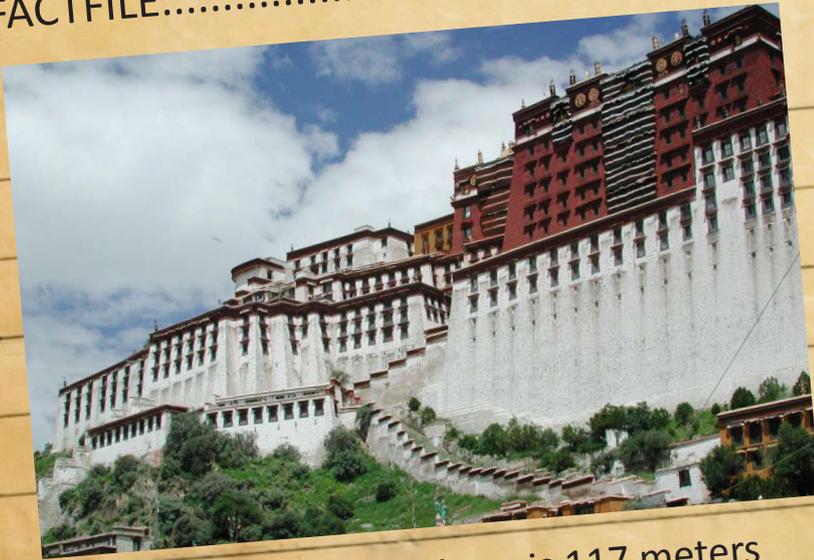
On the slopes of the mountain stand a pair of snow lions, the national emblem of Tibet. They symbolise courage, cheerfulness and truth.

The radiant jewel they hold up represents the Tibetan peoples' respect for the 'Three Supreme Jewels': Buddha, Dharma (the teachings of the Buddha) and Sangha (the community of those who have attained enlightenment).

The two-coloured swirling jewel held between the two lions represents the way in which the Tibetan people practice self-discipline and value good behaviour.

The surrounding border of yellow represents the teachings of the Buddha, spreading in all directions like gold.

FACTFILE.....The Potala Palace



The Potala Palace in Lhasa is 117 meters in height and 360 metres in width and has over 1,000 rooms! It is considered to be the most important example of Tibetan architecture and was the home of the Dalai Lama before he fled to India.



Tibetan Architecture is also influenced by the Buddhist religion. The Buddhist wheel of life can be seen on nearly every gompa (monastery) in Tibet; because the first Buddha gave his first teaching in a park surrounded by deer in north India, you will often see statues or images of deer alongside.

Tibet Relief Fund Projects

Tibetan Homes Foundation, India

The Dalai Lama established the Tibetan Homes Foundation (THF) in 1962 to provide housing and education to Tibetan refugee children in India. THF is located in the remote, beautiful 'hill stations' of Mussoorie and Rajpur in the foothills of the Himalayas in north India. Currently THF has over 2,200 children under its care, who live in dormitories or 'homes' with house parents to support them, as they are often separated from their families. THF also provides schooling for them, as well as all meals, activities, clothes, and care and support.



Around 70 per cent of the children at THF were born in Tibet - many are separated from their families, often sent to India by their parents to live in freedom and receive an education. Every year new children arrive in India having crossed the Himalayas from Tibet. Many of the children are orphans, and THF provides them with all the support they need. Other children come from poor Tibetan families who live in remote Tibetan refugee settlements across India and Nepal. They are sent to THF as their parents are unable to provide for them, or they are unable to go to school in these settlements. Tibetan Homes Foundation also cares for around 300 elderly people, (many of whom are supported by Tibet Relief Fund through our sponsorship programme).

Tibet Relief Fund has supported THF since 1962, providing school equipment, classrooms and homes, bedding, clothing and more. Tibet Relief Fund is still raising money to help the 2,200 children at THF, with many ongoing needs (such as those listed below).

Winter clothes: High up the Himalayan foothills, the winters are bitterly cold. Children arriving from Tibet often have no belongings and just the clothes they are wearing, so THF provides warm clothes for them.

Winter activities: The School closes for a long winter holiday every year. Many of the children have nowhere else to go so THF organises fun activities for them.

Library fund: To buy books and materials for the school libraries, classrooms and the audio-visual centre.

THF also urgently needs more computers; as well as school buses and jeeps to transport the children, staff, food and medical supplies, and general school equipment up and down the winding mountain roads to and from the school. The school are also trying to complete a vital new building, "Charliment Estate" to give the children space, and so they can share dormitories with children of the same age. Currently all the children are woken at 5am and have a late bedtime, which is not suitable for the younger children, who need more sleep!

Tibet Relief Fund Projects



Tsagam and Bagang schools

Tsagam and Bagang are two small villages in Nepal, not far from the border with Tibet. They are at the top of a mountain, a steep seven hour climb from the road. These communities house around 60 Tibetan families, who make just enough to support themselves and survive by farming crops, herding animals and making small handicrafts to sell. Life is not easy in these villages; money is hard to come by and they have to make the long return journey down the mountain to buy anything that cannot be produced in the villages.



Each village has a small basic school. Before Tibet Relief Fund stepped in, each school only had one teacher – so children could only take lessons in Nepali (the language of Nepal) and not Tibetan, the language and culture

All the parents and villagers were worried that their Tibetan culture was being forgotten and felt it was very important that the children learn to read and write in their own language. The villagers already struggled to cover the basic costs of books, pens and paper and could not afford to hire another teacher for their children.

For the last two years, with donations from our supporters, Tibet Relief Fund has been able to provide Tibetan teachers for the schools. The parents are so happy that their children now have the chance to learn in their own language, that even the poorer families are making sure their children attend the school, and the pupil numbers have risen sharply.

We have been told the children are very happy with their new teachers, and they are apparently learning very quickly!

“My name is Phursangmo Sherpa. In my village we are trying to make a road but three years later there are no motor vehicles. We have to walk from Nayapul Bridge (on the main road) – from there it will take 7- 8 hours. In my village we keep female yaks and cows. From them we have milk to make cheese. Also we keep goats, hens and cockerels. We grow potatoes. With the help of an organisation we have been able to have water taps each shared between five families. And also with help we have a school building. Now we are learning Tibetan language as well. I would like to say to all of you thank you very much for your kind support.”

Picture drawn by Phursangmo Sherpa, a girl at Bagang village school



Tibet Relief Fund Projects

Ngoenga School, India

Ngoenga School was created in 1999 after His Holiness the Dalai Lama expressed concern that the Tibetan government should help children with disabilities and their families. Before this there were no facilities set up for disabled Tibetans, so the majority of Tibetan refugee children with special needs could not go to school. Tibet Relief Fund helps Ngoenga by giving money to buy books, wheelchairs and teaching equipment as well as to train staff and provide food and care for the children.

Based near the Indian city of Dehra Dun, the school has around 50 pupils aged 5-18 years who come from India and Nepal to live there.

The School supports a wide range of disabilities, including hearing and visual difficulties, physical disabilities, autism, speech problems, learning difficulties, as well as emotional and behavioral difficulties. There are a dedicated team of staff who do an incredible job, looking after all of the children with the resources available.



Cows for Kids

Many Tibetan refugee settlements in India and Nepal struggle to provide basic food for their people. Often they are based in remote areas where the climate and landscape makes farming difficult. A long way from shops and markets, it is also tough to find extra food to supplement what you grow.

Sonada Tibetan Settlement, a poor settlement near Darjeeling in north east India, has the added challenge of providing for many children from surrounding areas who are sent to the settlement to go to school.

With the simple idea of building up a small herd of cows, Sonada settlement has been working towards self-sufficiency and better health for its inhabitants. With an initial grant from TRF, they were able to buy cows to give milk, a valuable source of protein, for all the children of the school. Straight away, this has improved their diet; and now the cows' dung can be used as fertilizer for the school's new kitchen garden, where they grow nutritious vegetables for school dinners.

The next step is to extend the programme to benefit the whole village, with a larger herd they can sell the surplus milk to provide an income for the villagers... udderly brilliant!



Tibet Relief Fund Projects

'Empowering the Vision' Youth Project, India

In 2003, Tibet Relief Fund set up the Empowering the Vision project, in Delhi, India to help young Tibetans. Many of these young people left their families and homes in Tibet behind, or have grown up in poor Tibetan settlements in India. They often face very emotional and practical problems because their families are so far away and are not able to give them all the support that we get at home.

Growing up as a refugee in a different country can also mean extra problems when trying to get into university or build a career. Empowering the Vision works hard to help thousands of these young people by giving them a support system. Project staff travel around India visiting schools, colleges and universities to give training and guidance; they also hold workshops providing language, computer, internet and business training – all helping these young people to build up their skills and confidence.

They help school leavers to find college or university places, and young people who have left school or college early to find jobs, by arranging apprenticeships, and connecting them to employers who are looking for workers.

They offer lots of advice and guidance through their website www.empoweringvision.org and have set up the Global Tibetan Professional Network, which puts young Tibetans in India in touch with Tibetan professionals all over the world. These adults have all sorts of successful jobs – doctors, artists, scientists, lawyers and much more – so they can give advice and encouragement to help young people reach their goals. The Dalai Lama himself has been very impressed with Empowering the Vision's work, and has given talks at their conferences to help inspire these children and young adults.



How you can get involved

If you'd like to help Tibetan children there are lots of fun ways you can get involved. Many of the projects we support need money so they will be able to continue helping more people. If you want, your class can support Tibet Relief Fund and have lots of fun at the same time!

Events

With the help of a teacher, you could organise an exciting event for your school, to raise money for any of the projects in this pack. You could hold a 'Tibet' party or picnic, do a sponsored swim, have a home-made cake sale... we have listed some ideas below but you can come up with your own!

Make sure you have permission from an adult for any events you hold. Sometimes, you will also need to get permission from the local council for outdoor events or street collecting – if you're not sure, please contact us at Tibet Relief Fund on 020 7272 1414, and we will advise you. You will also need an adult to supervise your event, and make sure you are safe at all times.



Yvonne Clark, a teacher at Prudhoe Community High School in Northumberland, talks about her school's fundraising fun:

"Prudhoe Community High School pupils have shown real interest in helping Tibetan pupils, and have used their initiative to raise funds in all sorts of ways, from cake stalls to fun runs to washing cars to dog-walking. One even set up his own coffee morning locally - they are very enterprising and it is great to see them thinking up their own ways to help. They recognise how lucky they are and how even a little sum raised can make a big difference."

Fun ways to fundraise...

A auction, 'a-thon'
 B bring and buy sale, bike ride, baby-sitting
 C car wash, craft sale, concert
 D dog walking
 E Easter egg hunt, e-bay auction
 F fashion show, fête, fun-run,
 G garden party, garage sale
 H harvest festival
 I international food evening
 J jumble sale
 K karaoke
 L lawn mowing, lottery
 M movie night

N non-uniform day, nature trail
 O open garden day, open mic night
 P picnic, pet show, poetry night
 Q quiz night
 R recipe book, run, raffle
 S sports day, sponsored silence
 T talent contest, treasure hunt, Tibet-themed evening!
 U unwanted gifts 'exchange'
 V volleyball competition
 W walk, water-fight championship
 X x-mas party
 Y yacht race, yak racing
 Z zoo quiz, zany dress day

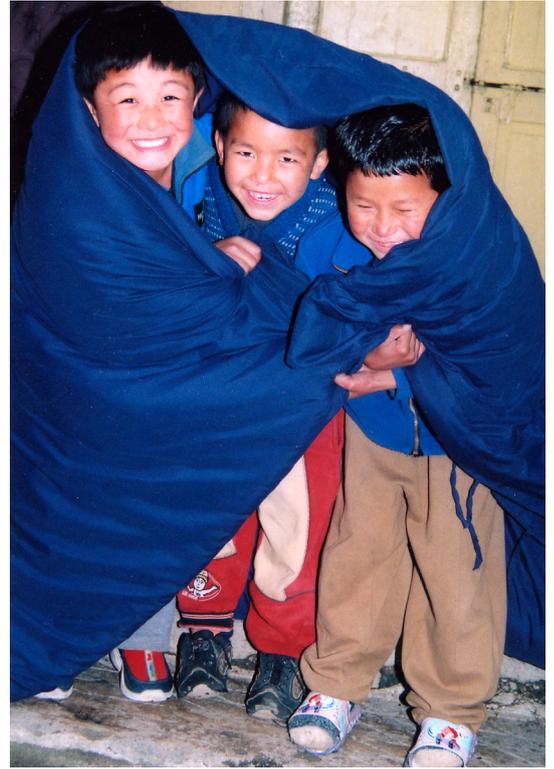


How you can get involved

Sponsorship

Tibetan children are very grateful to get the chance to go to school. Many of these children in India and Nepal don't 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.



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 a monk or nun to continue with their Buddhist studies

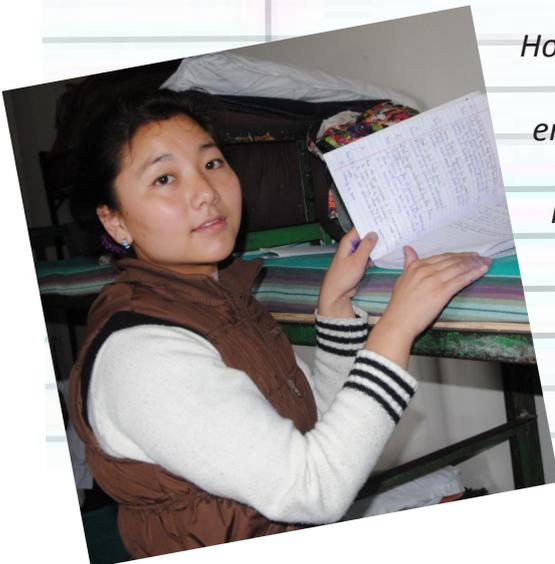
£425 provides a university student scholarship for one year

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. 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 had I stayed back 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."



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, 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 you 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 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.



Alternatively, you could use colourful material and fabric paint and copy your own prayer flag designs!



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 the challenge of drawing your own flag!

Make a Tibetan Mask

Get your teacher or a parent to photocopy the mask image, preferably onto an 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

For vegetarian momos add:

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

1lb tofu

For meat momos add:

1lb minced beef



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 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.



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

¼-1/2lb 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.

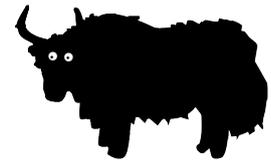
Finding out more about Tibet...

Websites

- www.tibetrelieffund.co.uk
- www.tibetsociety.com
- www.dalailama.com
- www.tibetanarts.org
- www.tibethouse.org
- www.tibetonline.com
- www.tcewf.org
- www.tcv.org.in
- www.ltwa.net/library
- www.khagyun.org

If you are interested in the fascinating culture of Tibet and want to find out more there are lots of sources of information. Here are a few recommendations:

You can also contact us on 020 7272 1414 or trf@tibetrelieffund.co.uk



Books

- Freedom in Exile – autobiography of the Dalai Lama
- Tenzin's Deer – a beautifully illustrated Tibetan moral tale
- Tibetan tales for Little Buddhas (Simple stories) - by Naomi C. Rose.
- 'Lhasa Moon' Tibetan cook book - if you enjoyed making our Tibetan recipes there are loads more to try here!

Films

- Kundun – fact-based feature film on the young life of the Dalai Lama
- Seven Years in Tibet – feature film starring Brad Pitt based on a biography by Heinrich Harrer
- Cry of the Snow Lion – a documentary charting the invasion of Tibet and life under Chinese occupation (contains scenes that may be unsuitable for young children)

Music

- www.yungchenlhamo.com
- www.soname.com
- www.jjiexilebrothers.com
- www.nawangkhechog.com
- www.musictibet.com
- www.tenzinkunsel.com
- www.loten.ch
- www.chaksampa.org



Online Tibetan Lessons

- www.learntibetan.net

Tibetan dictionaries

- www.eng-tib.zanwat.org
- www.nitartha.org/dictionary_search04.html
- www.rywiki.tsadra.org/index.php/Main_Page

Tibetan calligraphy

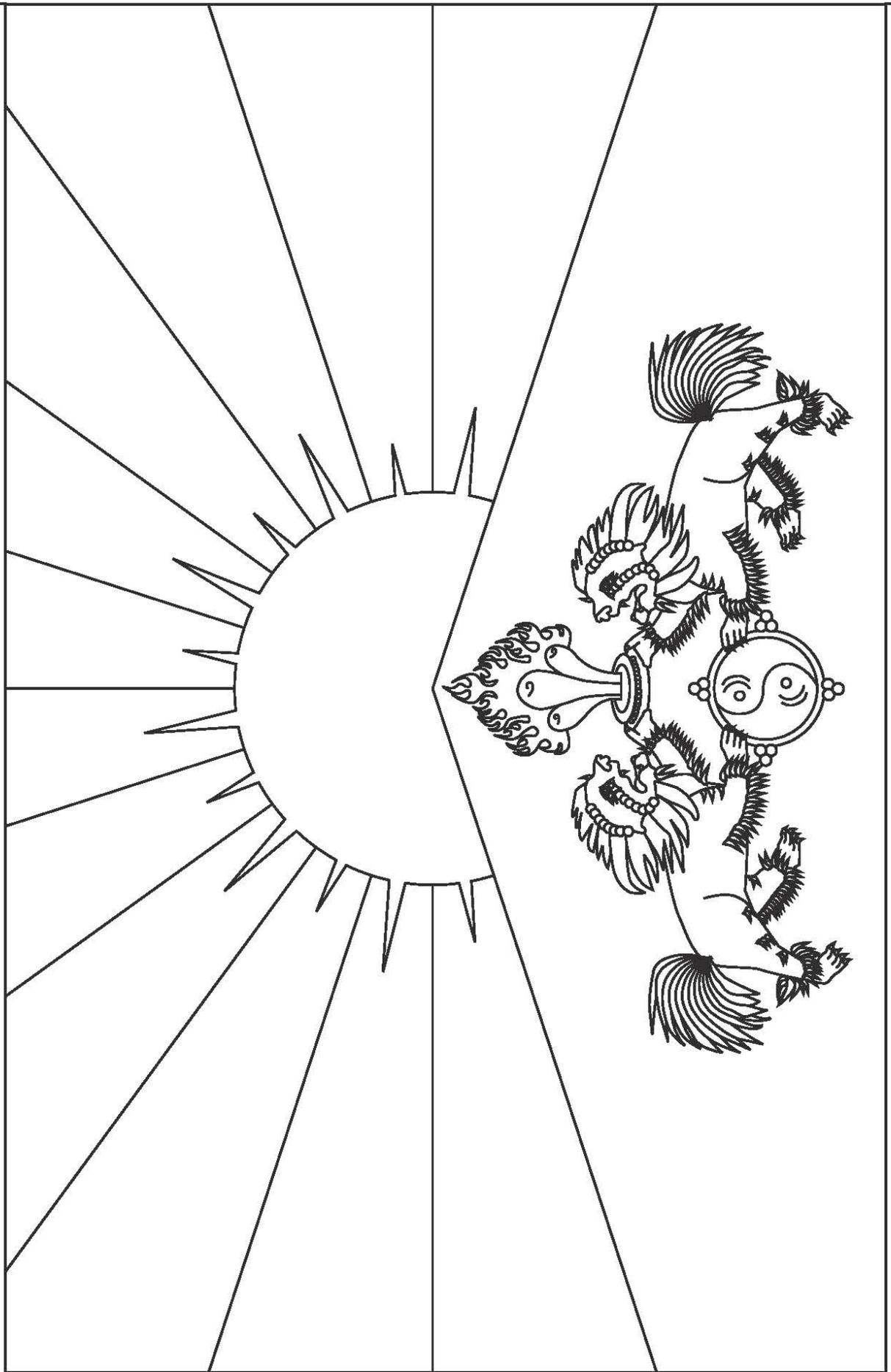
- www.asianart.com/exhibitions/calligraphy
- www.tibetan-calligraphy.com

Tibetan language and alphabet

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

Online Tibetan news and radio

- www.rfa.org/tibetan
- www.tibettimes.net
- www.phayul.com



Resources Request Page:

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Item:	Number Available:	Number Required:	Office use only:
* Tibetan Flag	Medium 1 Large 1		
* Tibetan Prayer Flags	Small (string of 10) 1 Medium (string of 5) 1 Large (string of 5) 1		
Tibet Relief Fund information leaflets	30		
Tibet Relief Fund sponsorship leaflets	30		
Sponsor forms [NB It is cheaper for us to send these via email for you to print out]	30 [or 1 by email – please state which you prefer]		
Tibet Relief Fund newsletter – ‘Tibet Matters’	30		
Merchandise Catalogue	30		
Tibet Relief Fund Bookmarks	15		
* Collection Box	2		

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Tibet Relief Fund
Unit 9
139, Fonthill Road
Finsbury Park
London
N4 3HF

Email: trf@tibetrelieffund.co.uk

