



## Lama Gangchen World Peace Foundation - L.G.W.P.F. "Help in Action" in Tibet, China



### Tibet 2006

During the summer trip to Tibet the aid on behalf of the Lama Gangchen World Peace Foundation reached 23 villages in the surrounding area of Shigatse where the children adopted at a distance through "Help in Action" live. There, with the coordination of the local government, goods and supplies acquired in the cities of Lhasa and Shigatse have been distributed.

The area is located in the plateau of central Tibet, an altitude of 4.000 meters; life conditions in the villages are extremely harsh due to the natural conditions and extreme climate.

Houses are built with mud bricks, have a central fireplace and very few windows in order to avoid ice forming inside. There is no water, electricity nor heat; furniture, mattresses and bedcovers are often lacking.

The climate is very cold and arid therefore there is often a dramatic lack of water with years of great drought. Many times there is not even a fountain in the village and hygienic services do not exist.



Due to the altitude and arid environment, trees are rare, dry twigs and yak excrements are used for fire. Due to the lack of water, essential cultivations such as fruit and vegetables are also lacking.

The foundation built an **aqueduct and water ways** to bring water to the populations and therefore make irrigation possible, as



well the generation of electricity and so forth.



There is often no medical assistance and the few structures in the cities are too far due to the additional lack of means of transportation. There are no shops and no postal services. The only source of livelihood is the mountainous agriculture, but, the harvest from this arid and harsh land only supplies the population enough

food for 6 or 7 months a year. Therefore, there is nothing to sell and the families have no available income so as to provide their children with clothes or school supplies.

Thus children often confront the rigors of such winters wearing a few rags and homemade shoes while not attending school.



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Thanks to the aid, each of the approximately **2.000 children** of the area have received **clothes**: a jacket, wool pullovers, shirts, trousers, long underwear, leather and canvas shoes, socks, hats, soap and towels, toothbrushes and toothpaste and, according to their age, **school uniforms, notebooks, pens, ink and pencils. Money and rice and flour** sacks have been distributed to families for the winter, which, it is feared this year will be very harsh due to the serious drought registered in 2006.

Thanks to the donations received, activities such as the realization of humanitarian projects and development of the villages have followed through:

The **kitchen** and the **refectory** of the **Nye village school** have been completely reconstructed; they now have capacity for a growing number of children up to sixth class, a total of almost 500.

Before, the old kitchen was in terrible condition and was insufficient, while the new kitchen is large and built according to the best criteria based on the local reality.

A complete aluminum set has been bought for each school child including cups, saucers and dishes so that each can use their own, an improvement of hygienic conditions.



The **Nepu school**, built last year by the Foundation, asked and obtained help for maintenance work, indispensable due to the extreme climate of Tibet, and it has been supplied with notebooks, pens, pencils and books for the next year. As the teacher proudly informed us, in the month of June the school obtained from the governmental authorities the prize as best elementary school of the region for building and teaching quality; there children study Tibetan, Chinese, Mathematics, Design, Social studies, Physical education and are given ample space for playtime and socialization.

The new recently built **dispensary of Nye** has asked and obtained help in order to supply essential medical tools. Maintenance and sustaining activities of other schools and dispensaries already realized in the region continue as well as those of the aqueducts that always undergo a harsh test due to the winter ice.





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Within the “Nepu village” project, the construction of **greenhouses** for the cultivation of orchards in the village has since begun. The Tibetan climate is extremely arid due to the lack of rain; strong winds harden the earth. Due to these adverse conditions, there is practically no cultivation of orchards in the village, this gives way to a poor diet in general as well as lack of vitamins and minerals that affect general health, eyesight and so on. The installation of greenhouses (a recent novelty in the

area surrounding the capital of Lhasa) can give optimal results as the sun is in any case strong during many months per year, the greenhouse allows for the earth to maintain humidity and for the protection of the cultivation itself from the winds. The availability of fresh orchards will therefore mean a unique contribution to the health of the population of this area. Moreover, over **20.000 trees** have now been planted in the area.



The help of the Foundation has also reached various Tibetan monasteries where the ancient spiritual, cultural, artistic and medical tradition – patrimony of humanity - is preserved. It is also here that the poorest children can receive an education according to their tradition. But the monasteries are very old since they are sustained by donations. Often lacking is the money to insure a livelihood for the monks, the

maintenance of the buildings, the buying of medicine, clothes, shoes, beds, covers, combustible and books.

The Foundation rebuilt some monasteries and the aid received allows for them to survive and continue the precious cultural heritage of Tibet.