

### 1. Get Informed!

First and foremost, keep yourself informed about the current situation in Tibet. Check out [www.phayul.com](http://www.phayul.com) daily (News on Tibet in English) to find the latest news.

### 2. Ask Your Government to Act on Tibet!

As a citizen of a free country, express your views! Write or call your local congress person or other elected officials to let them know your concerns about the human rights situation in Tibet. In October 2007, His Holiness the Dalai Lama received a U.S. Congressional Gold Medal from former President George W. Bush. He wasn't honored because George Bush cared about Tibet, but because people in the United States care about Tibet. Write to your government representative TODAY!

Contact information is available at 1-800-FED INFO or [www.usa.gov](http://www.usa.gov)

Post your opinions on social networks, blogs, and in newspaper articles. Talk to friends & family and spread the word.

### 3. Join Tibet Support Groups Near you!

There are numerous Tibet support groups across the nation. Join or support one of the many Tibet support groups who are working for a Free Tibet. Each group organizes local demonstrations, action camps, campaigns and get-togethers. Once you are on their mailing list, they will notify you whenever your action is needed. For example, you can join in demonstrations and candle-light vigils with Tibetans, send emails to U.S. policy makers and Chinese policy makers to release prisoners, or pressure your government leader to meet with His Holiness the Dalai Lama upon his visit. These types of actions are organized throughout the year. Please keep it in mind that letters and email campaigns DID HELP in

releasing political prisoner Palden Gyatso and others, and he mentions Amnesty International Italy's letter writing campaign for him in *Fire Under the Snow*.

#### • A list of recommended organizations:

Please [click here](#) to find Tibet support group near you!

**[Students for a Free Tibet](#)**

H.Q. in New York, USA and world wide

Students for a Free Tibet (SFT) works in solidarity with the Tibetan people in their struggle for freedom and independence.

**[The Tibetan Youth Congress](#)**

H.Q. in Dharamsala, India and world wide

The Tibetan Youth Congress (TYC) is a worldwide Organisation of Tibetans united in our common struggle for the restoration of complete independence for the whole of Tibet.

**[International Campaign for Tibet](#)**

Washington D.C.

The International Campaign for Tibet (ICT) works to promote human rights and democratic freedoms for the people of Tibet.

### [International Tibet Independence Movement](#)

Indiana, USA

ITIM is a grassroots, volunteer, not for profit, educational organization founded by Thubten Jigme Norbu (His Holiness the Dalai Lama's late brother) and Prof. Larry Gerstein to achieve Tibet's independence through nonviolence. They are the organizer of Tibet Walk.

### [The International Tibet Support Network](#)

H.Q in London, UK and world wide

The International Tibet Support Network is a global coalition of Tibet-related non-governmental organisations.

### [The Gu-Chu-Sum Movement of Tibet](#)

Dharamsala, India

The Gu-Chu-Sum (9-10-3) Movement of Tibet was established by ex-political prisoners of the Tibetan freedom movement.

### [Tibetan Centre for Human Rights and Democracy](#)

Dharamsala, India

Tibetan Centre for Human Rights and Democracy is a Tibetan NGO that investigates the human rights situation in Tibet and presents this information internationally.