



Green Tara—Compassion In Action

The Manager

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Please pay Heart of Asia

Bank Account No: 12247860

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GB28HBUK40471712247860

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HSBC, Broad Street, Worcester WR1 2EJ

Quoting customer's name as reference

£.....monthly/quarterly/annually

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No.....

Sort Code.....

Account Name.....

Starting on.....date, until further notice

Signed.....

Date.....

If you would prefer to make a single donation, please
send your cheque, made out to Heart Of Asia to:

Heart of Asia
The Old Swan
Alfrick
Nr Worcester
WR6 5HY

Contact Us:

Email: info@heartofasia.org
Website: www.heartofasia.org

Gift Aid

Heart of Asia is able to reclaim tax on your donation
if you would sign the declaration below and return it
with your donation.

*I am a UK taxpayer and would like Heart of Asia to
reclaim tax on all donations that I make to Heart of Asia.*

Signed

Name Address

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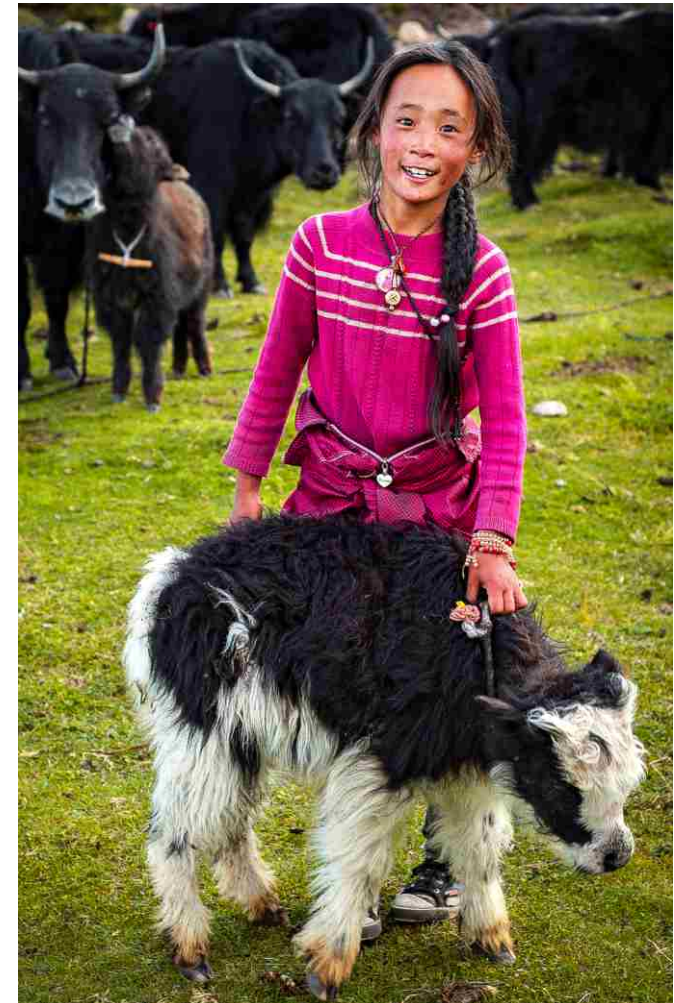
Date



Heart of Asia



Compassion In Action



Supporting vulnerable
communities in Tibet.

COMPASSION IN ACTION IN EASTERN TIBET

www.heartofasia.org

Registered Charity: 1114708



Tibet is well known as the “land of snows”, having the youngest and therefore some of the highest mountains on earth. In a landscape of awesome beauty the average altitude is 14,000 feet and its climate is savage and extreme. It takes a tough and resilient people to flourish in these conditions.

These people are nomads and farmers who for centuries have lived in harmony with their environment and the seasons. Their self-sufficient livelihood has depended heavily on the vagaries of nature and a barter economy. Recent decades have seen major social and climate changes that have greatly affected their lives.



Heart of Asia aims to help vulnerable communities in remote eastern Tibet. (The old provinces of Kham and Amdo.) We work closely with respected local community leaders, building on existing networks and knowledge to develop appropriate responses to ever changing conditions.

CURRENT PROJECTS:

Yushu Earthquake Orphans:

Wangdrak Rinpoche, of Gebchak Nunnery, has taken responsibility for 22 children, nearly all of whom were orphaned by the very devastating earthquake which hit Yushu County in Qinghai Province in 2010. *Heart of Asia* sends money to help fund food, clothes and education for these orphaned children.

It costs approximately **£1,200** a year to support each child at the Orphanage. This covers education, food, clothing, utilities for the building, transport, healthcare and any other needs for the children up to year 10 at school.



Heart of Asia is the major donor to the Yushu Orphans but we are only able to provide about 70% of the finances required to care for all the children’s needs to year 10.

Please help us in supporting these vulnerable children.

The Love Family Orphans:

Heart of Asia also helps, in a smaller way, to support *Choga Rinpoche’s* “Love Family” of 12 Orphans in Nangchen.



The Nomad Return Project:

Tibetan nomads, or drokpa are the heart and soul of Tibetan culture and have been living their holistic and self-sufficient lifestyle, moving their herds of Yak from pasture to pasture in harmony with nature and the seasons, for millennia. In recent decades they have been encouraged to settle.

Many, many nomads regret the move to a settled life where they are unable to keep their herd of Yak, and so have no marketable skills, and no income or focus for their lives. They miss the peace, their animals, the freedom and the self-sufficiency of their traditional way of living. Sadly, in many cases, poverty and crime can be the outcome of the “resettlement” policy.



“Pastoralism is ancient...but in a sense it is ultra-modern. For it represents an alternative to the energy intensive and careless consumption patterns that are causing unpredictable climate change, unprecedented biodiversity loss, as well as pollution of soils, air and water.” Ilse Kohler-Rollefson

In partnership with a respected Lama, and several local facilitators, *Heart of Asia* has initiated a project funding small herds of Dri (female Yak) for very poor drokpa families who wish to return to or remain in nomad life. We began by helping two families in our first year – and hope to extend this aid to more families with your help. Each family is given 10 Dri (either pregnant or with a baby) to help get them started.

A Dri with baby costs around £480, including transport and facilitator costs.

We appeal for your donations to support us in this vital work.

Regular donations help our organization to plan more effectively but all donations are welcome.