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COVER SHEET FOR AMENDMENT OF POST-TRAVEL SUBMISSION

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SUBMIT DIRECTLY TO THE **OFFICE OF PUBLIC RECORDS IN 232 HART BUILDING**

Name of Traveler: Bethany Poulos

Employing Office/Committee: Senator Marco Rubio (R-FL)

Travel Expenses Paid by (List all sources): International Campaign for Tibet

Travel Date(s): September 28, 2019 - October 4, 2019

Description/Title of Attached Forms: Trip Itinerary

Purpose of Amendment (describe the reason for amending original submission): The submitted itinerary contained errors.

12-17-19
(Date)

(Signature of Traveler)

(Revised 4/19/2010)

INTERNATIONAL
CAMPAIGN
FOR TIBET

Senate Staff Delegation visit to Dharamsala, India

September 28 – October 4, 2019

Itinerary

Saturday, Sep. 28

6:30 pm Depart Washington, D.C. to New Delhi on United Airlines 082 via Newark, NJ from Washington National International Airport

Sunday, Sep. 29

9:30 pm Arrive Indira Gandhi International Airport, New Delhi
Transfer to Hotel, Aerocity, Delhi and rest overnight

Monday, Sep. 30

8:00 am **Briefing breakfast with ICT president, Mr. Matteo Mecacci.**
Overview of schedule, programs and meetings in Dharamsala.

8:30 am Depart hotel for Bureau of His Holiness the Dalai Lama, Lajpat Nagar, Delhi

9:00 am **Meeting with Mr. Tempa Tsering, and Mr. Ngodup Dongchung.** Mr. Tempa Tsering is India and East Asia Director, Office of His Holiness the Dalai Lama and ICT Board Member. Mr Ngodup Dongchung is the Representative of His Holiness the Dalai Lama in New Delhi. The meeting discussion will focus on an overview of the Tibetan exile administration and the efforts over 60 years under the leadership of His Holiness to maintain their identity, culture and religion while living in exile from their homeland.

10:00am **Meeting with Mr. Ranjit Gupta, Mr. Arun Shourie, and Mr. Jayadeva Ranade**. Mr. Ranjit Gupta, is a retired Indian Foreign Service officer. Mr. Arun Shourie, is former BJP leader and journalist. Mr. Jayadeva Ranade is a Member of the National Security Advisory Board and President of the recently established 'Centre for China Analysis and Strategy'. The group will have an opportunity to hear and discuss about Tibet affairs from the perspective of India's national security interests.

12:15pm Depart for Airport

2:30 pm Depart New Delhi (DEL) for Dharamsala (DHM) by Spice Jet flight (SG – 2746) *Flight duration: 1hr 20 min*

3:50 pm Arrive Dharamshala airport and transfer to Norbu House hotel

4:30 pm Arrive hotel and check in - McLeod Ganj, Dharamsala

5:30 pm **Briefing and Overview of Dharamsala** The little town of McLeod Ganj is the center of the Tibetan community life with many small businesses that include Tibetan shops, restaurants and various small non-profit offices. The group will have a brief tour which will provide a glimpse of the day to day life and visit a few businesses to understand the local economy and see some of the handicrafts produced by Tibetan refugees. For example, the Tibetan Children Village Handicraft shop which has products made by students from their vocational training center and the proceeds directly benefit the TCV school (we will visit TCV school on October 2). And we will see some of the grassroots social and charitable organizations located around town that cater to various needs of the refugee community such as the Lha Charitable Trust, a grassroots volunteer organization that provides resources for the local community like language classes, clean water and soup kitchen programs.

7:00pm – 8:30pm **Dinner with ICT members**
The International Campaign is an organization supported by a worldwide community of dedicated members who care about Tibet and support the ICT's ongoing programs. Every year, ICT invites a small group of members (upto 15) to visit Dharamsala during one of His Holiness the Dalai Lama's public teachings. This trip happens to coincide with the staff trip. We will learn about their experiences and what issues bring them to care about Tibet.

Tuesday, Oct. 1

7:30am **Briefing breakfast with ICT president, Mr. Matteo Mecacci.**
Overview of schedule, programs and meetings in Dharamsala.

8:00 am **Audience with His Holiness the Dalai Lama**
His Holiness the Dalai Lama is the spiritual leader of the Tibetan people. He was forced to flee into exile in 1959. He is one of the world's foremost exponents of non-violence and was awarded the Nobel Peace prize in 1989. The Dalai Lama has developed his Middle Way initiative to resolve the Tibetan issue in consideration of the interest of both the Tibetans and the Chinese people. Facing the threat of religious and cultural extinction and believing in resolving conflicts through serious dialogue and not confrontation, the Dalai Lama has since many decades relinquished the goal of independence of Tibet in favor of genuine autonomy – a proposal that is consistent with the Chinese Constitution. This approach also takes into consideration the People's Republic of China's security and stability

concerns. The group is scheduled to have a brief audience with His Holiness and may have opportunity to discuss the Tibetan issue and His Holiness's middle way approach.

9:15 am Depart for CTA

9:30 am **Meeting with Dr. Lobsang Sangay, President (Sikyong), Central Tibetan Administration (CTA).** Established in April 1959, the CTA is the continuation of the government of Tibet in exile and the true representative of the Tibetan people. The Sikyong or President of the CTA is elected by the Tibetans in exile and heads the Kashag, the highest executive office of the CTA which runs and fulfills all its executive and administrative responsibilities. The Sikyong will discuss the CTA's various projects, and how his administration is working towards finding a solution for the future of Tibet in light of the current challenges including political, environmental, cultural, economic challenges.

10:30 am **Meeting with Speaker and Deputy Speaker of Tibetan Parliament in Exile** Instituted in 1960, the Tibetan Parliament-in-Exile is the highest legislative organ of the Tibetan refugee community. The Tibetan Parliament-in-Exile is headed by a Speaker and a Deputy Speaker, who are elected by the members amongst themselves. The Speaker and Deputy Speaker will update on the work of the Tibetan Parliament and Tibetan people's efforts to transition to a secular democracy in exile. This interaction offers an opportunity to understand Tibetan democratic process in exile.

11:30 am **Briefing with Tibet Policy Institute (TPI) and Tibetan Center for Democracy and Human Rights (TCHRD).** The TPI serves as a think tank and intellectual hub for the CTA, gathering scholars and experts on topics related to Tibet. The TCHRD is a non-governmental human rights organization that monitors, researches and produces information on human rights situation in Tibet. We will hear from some of the scholars about their research and analysis. We will also hear from Ms. Tsering Tsomo, Executive Director, TCHRD, who will give an overview of the current human rights situation in Tibet. This session will enable the delegation to see how Tibetan researchers and human rights advocates are undertaking their work in exile.

12:30 pm Lunch

1:30 pm **Visit Library of Tibetan Works and Archives (LTWA)**
The LTWA serves as a national library, museum, and archive for the Tibetan community and is also a repository for significant collections of artifacts, manuscripts and other records, while also serving as a center for language and cultural education. Tibetan refugees have carried hundreds of ancient Tibetan manuscripts into India, often guarding them with their lives. Many of these precious texts are preserved in this Institute and today, it is internationally recognized as a pre-eminent education center, and houses numerous manuscripts and artifacts in its museum. We will meet Ven. Geshe Lhakdor, Director of the Museum to gain an understanding of the Institute

and Tibetans efforts to restore, protect, and preserve their culture in exile from their homeland.

2:30pm Depart for Reception Center

3:00pm **Visit the Reception Center and Transit school**
This is where all recent arrivals from Tibet are received and provided immediate assistance for basic needs. Young adult Tibetans coming from Tibet are receive education at the Transit school while they adjust to life as a refugee in India. We will meet with students and staff at the reception center and transit school to hear of their work and experiences.

4:00pm Depart for Norbulingka Institute

4:30pm **Visit to Norbulingka Institute**
The Norbulingka Institute is dedicated to the training and preservation of traditional Tibetan arts and culture including traditional Tibetan painting, wood carving, and weaving. We will have a guided tour of the center with one of the institute staff to meet and visit some of the artist workshops and see how Tibetans are developing and maintaining their traditional woodwork, painting, stitching crafts skills.

6:00 pm Return to Mcloed Ganj

7:00pm –.8:30pm **Dinner with guests from Central Tibetan Administration**
Guests will include Sikyong Lobsang Sangay, Speaker and Deputy Speaker of the Tibetan Parliament in exile, members of Kashag, and Secretaries of Department of Information and International Relations.

Wednesday, Oct. 2

9:00am **Briefing breakfast with ICT president, Mr. Matteo Mecacci.**
Overview of schedule, programs and meetings in Dharamsala.

9:30 am Depart hotel

10:00am **Visit and Tour of Tibetan Children's Village School (TCV)**
The Tibetan Children's Village was established in early 1960 to give much needed care and education to the many children who had been orphaned or separated from their families while arriving as refugees in India. TCV today has several thousand children under its care and the school model has received numerous awards and praise for its work with Tibetan children. The group will visit the school, classrooms, observe how Tibetan language, culture are taught alongside a modern education. Meet Mr. Thupten Dorjee, President of the Tibetan Children's Village School and learn about their efforts to educate and raise children in the diaspora while keeping their language, identity and connections to the homeland.

Noon. **Lunch and discussion on SEE Learning with Mr. Tempa Tsering**
Mr. Tempa Tsering will introduce and lead a discussion on the Social, Emotional, and Ethical (SEE) Learning Initiative. SEE Learning initiative is an innovative K-12 education program developed by Emory University, at the behest of His Holiness. It provides educators with tools to foster the development of emotional, social and ethical intelligence for students and themselves. It is rooted in a vision of a human society with genuine sense of concern for each other and collective responsibility for global welfare. Envisioning a human society with genuine sense of concern for each other and collective responsibility for global welfare, His Holiness proposed an educational transformation grounded in the perspective that the seven billion human beings are completely equal in wanting to be happy, not wanting to suffer and together in cooperation, we stand to gain for ourselves and our community.

2:00pm Depart for Mcloed Ganj

2:30pm **Meeting with Tibetan NGOs**
We will meet with leaders from Tibetan Youth Congress (TYC), the National Democratic Party (NDP) and Tibetan Women's Association (TWA). The TYC, established in 1970, is a non-governmental organization of Tibetans that advocates for independence of Tibet. The National Democratic Party, is a membership based political party founded by the TYC in in 1994, and operates as the only Tibetan national political party with its mission statement, manifesto and elected leadership. The third organization, TWA was formally established in 1984, and works to promote Tibetan women's empowerment and raise global awareness of the critical situation in Tibet. They will discuss their work and engagement within the Tibetan diaspora communities.

3:45pm Depart for Tsug-la-khang

4:00 pm **Visit the Tsug-lag-khang, Namgyal Monastery**
The *Tsuglagkhang* (pronounced *Su-Lag-khang*) refers to the main temple that is near the residence of His Holiness the Dalai Lama and Namgyal Monastery, which is next door to it. The Tsuglagkhang is the first temple built by the Tibetans in exile and contains numerous sacred Buddhist statues that Tibetan refugees rescued from Tibet and brought with them into exile. It Namgyal Monastery is historically connected to the Dalai Lamas and Tibetan historical heritage. It is the personal monastery of His Holiness the Dalai Lama, and is non-sectarian and responsible for maintaining ritual practices and teachings of all the four main lineages of Tibetan Buddhism. The monks of Namgyal perform all the rites and rituals for the successive Dalai Lamas and are especially adept ritual dances and offering creations like sand mandalas and butter sculptures. The visit will provide an overview of Tibetan Buddhist's traditional way of learning and life in the monasteries.

6:30 pm – 8:00pm **Dinner and overview of the day's program**

A discussion about what they learnt about the Tibetan community in exile and the complexities of the Tibetan issue.

Thursday, Oct. 3

7:15am **Briefing breakfast with ICT president, Mr. Matteo Mecacci.**
Overview of schedule, programs and meetings in Dharamsala

7:45am Depart Hotel for Tsugla-khang

8:00am **Attend His Holiness the Dalai Lama Public Teaching**
His Holiness the Dalai Lama gives teachings throughout the year at various times and in different places. His Holiness also gives public talks. In India, teachings and public talks are usually free and open to the public, and thousands of disciples flock to Dharamsala every year to receive His Holiness's teachings. The teachings are held the main Tibetan Temple (Tsulagkhang) in Dharamsala several times a year and they are officially translated into several languages including English, Chinese, Korean, Vietnamese, Hindi and Japanese on FM channels. In this occasion, His Holiness is giving three days of teachings at the request of disciples from Taiwan, and there will be several hundred disciples attending from all over the world and the local tibetan population. The group will have an opportunity to listen and observe a portion of the first day of the teachings.

11:00am **Visit and tour of Tibet Museum**
The *Tibet Museum*, aims to educate the exile Tibetan community and visitors to Dharamsala through presentations on Tibet's rich history and culture. The Tibet Museum's permanent exhibition, A Long Look Homeward, is dedicated to Tibet's recent history: the Chinese occupation and the Tibetan exile experience.

12:30pm Lunch and Check out of Hotel

2:00pm Depart hotel for Dharamshala airport

4:10 pm **Depart Dharamshala (DHM) for Delhi (DEL)**
by Spice Jet flight (SG – 2194) *Duration: 1hr 25 min*

5:35 pm Arrive Delhi airport and transfer to restaurant

6:30 - 8:00pm Dinner at Hotel Andaz

8:30pm Depart for IAG Airport

11:35 pm Travel to Washington D.C. National Airport, via Newark, NJ on United #83 from Indira Gandhi International Airport, New Delhi

Friday, October 4

9:59 am Arrive Washington National Airport (DCA)

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