

ATHLETE WANTED

LET YOUR VOICE BE THE VOICE OF FREEDOM



"Freedom of expression is something that is absolute. It's a human right. Athletes have it."

- International Olympic Committee President Jacques Rogge

These suggested actions were designed by a network of 154 Tibet organizations around the world. Doing even one when you are in Beijing will send a powerful message of support for the Tibetan people:



RAISE THE TIBETAN FLAG

After your event has ended (and hopefully you have triumphed!) why not take your victory lap waving your home country's flag together with the Tibetan flag? You can also incorporate the colors and images of the Tibetan flag into your headband, socks, warm-ups or boxing gloves!



WEAR OR PRESENT A KHATA

A *khata* is a traditional ceremonial silk scarf used in Tibet as a way of bestowing honor and respect on someone. It can be presented at any festive occasion such as a wedding, birth, graduation, or athletic competition. It symbolizes goodwill, auspiciousness and compassion. Ask the Tibet Support Group near you to present one to you before you leave for Beijing, present one to a teammate, or have a family member present one to you after your event.



SHAVE YOUR HEAD

As a way of showing solidarity with the thousands of Tibetan monks and nuns who have been killed or jailed leading nonviolent protests in their homeland, consider shaving your head as a symbolic gesture. When giving interviews, discuss the lack of religious freedom in Tibet and demand that the Chinese Government reveals the whereabouts of monks and nuns who took part in the recent uprising in Tibet.



WEAR TEAM TIBET GEAR

Because Tibetans are not allowed to field their own team at the Olympics, Team Tibet is now a movement of people everywhere who are determined to give Tibetans a voice in Beijing. By wearing a "Free Tibet" T-shirt or Team Tibet gear, you can symbolically stand in for Tibetans who don't have the opportunity to be there themselves.



WEAR A RANGZEN BRACELET

'*Rangzen*' is the Tibetan word for 'Independence,' and these bracelets were originally woven by nuns serving prison sentences for political "crimes" such as participating in freedom marches or publicly calling for the return of the Dalai Lama to Tibet. The bracelets are now worn by Tibetans around the world as a show of support for their country's freedom.



DEDICATE YOUR MEDAL

If you are one of the elite few who wins a medal, consider dedicating your medal to Tibet. Whether on the medal podium, speaking to the press or speaking out on your website, let the world know that you value freedom and human rights by dedicating your hard work and effort to those who are engaged in the greatest struggle of all: that of life or death. Lend your voice to those who have had theirs silenced.



You can order Tibetan flags, khatas, rangzen bracelets and Team Tibet gear directly from us by sending an email to: olympics@tibetnetwork.org

WWW.ATHLETEWANTED.ORG