About Tibet
Tibet lies at the center of Asia, with an area of 2.5 million square kilometers. Encircled by the Earth’s highest mountains, Tibet is a vast, arid plateau with an average altitude of 14,000 ft above sea level. Nearly 2 billion people in Asia are dependent on Tibet’s rivers. Under Chinese occupation, Tibet’s rivers are being polluted, dammed and diverted with dire consequences for those living in the downstream countries.

What’s going on there?
Over 1.2 million Tibetans have died as a direct result of China’s illegal occupation of Tibet, and human rights conditions remain critical. In Tibet today, there is no freedom of speech, no freedom of assembly, no freedom of press and no freedom of religion. The Chinese government is determined to wipe out all traces of Tibetan national identity in an attempt to stifle any form of dissent among Tibetans. Brutal reprisals by the Chinese authorities for openly expressing political dissatisfaction has led to an increase in Tibetan self-immolations with over 155 since 2009, all calling for the return of His Holiness the Dalai Lama, Freedom and Independence. 10 self-immolations by Tibetans have occurred in exile. Despite a concerted effort by the Chinese government to stamp out all loyalty to His Holiness the Dalai Lama, Tibetans inside Tibet still revere him as their legitimate spiritual and political leader and hope for the day when he returns to Lhasa, the capital of Tibet.

March 10, 2019, marks the 60th anniversary of the 1959 National Uprising against China’s illegal occupation of Tibet.
What you should know...

1.2 million Tibetans have died as a direct result of China's invasion.

<table>
<thead>
<tr>
<th>Event</th>
<th>Estimated Deaths</th>
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</thead>
<tbody>
<tr>
<td>Hiroshima &amp; Nagasaki atomic bombs</td>
<td>200,000 dead</td>
</tr>
<tr>
<td>Rwandan Genocide</td>
<td>800,000 dead</td>
</tr>
<tr>
<td>China's occupation of Tibet</td>
<td>1,200,000 dead (and counting)</td>
</tr>
</tbody>
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Tibet is literally being wiped off the map.

Historical Tibet (should be the world's 10th largest nation)

China's so-called Tibet Autonomous Region

China uses torture and fear to bully Tibetans into submission.

- THINGS THAT CAN GET YOU TORTURED IN TIBET -
  - Flying the Tibet flag
  - Carrying a picture of the Dalai Lama
  - Voicing opinion against Chinese government

About March 10:

On March 10, 1959, tens of thousands of Tibetans took to the streets of Lhasa, Tibet's capital, rising up against China's illegal invasion and occupation of their homeland. They surrounded the Norbulingka, the home of His Holiness the 14th Dalai Lama, to protect his life and the future of the Tibetan nation. Tens of thousands were killed when Chinese soldiers opened fire but the Tibetans refused to surrender, and many risked their lives to ensure the success of the Dalai Lama's escape into exile, where he has been a tireless advocate for his people. Ever since March 10, 1959, Tibetans have risen up – from the protests of the 80s to the 2008 widespread uprising to the recent self-immolations – and are risking everything with the belief that their sacrifices would change the course of history for the future generation. Every year thousands of Tibetans and their supporters take to the streets across the world to mark the anniversary of Tibetan National Uprising Day.

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