

## **The following are some of the ways you can make your voice heard to support Tibet**

### **Congressman/Senator/MP**

Write to your constituency Congressman/Senator/MP and ask him or her where he or she stands on the issue of Tibet. Organise other people in the constituency to write-try to get between five and 10-this way he or she will be more inclined to take up the matter with the Foreign Ministry/State Department. Please send us a copy of any replies you receive to the respective [Office of Tibet](#).

### **Trade Unions**

Write to local and national trade union leaders and ask them what their position is on Tibet. Please send us a copy of any replies you receive to the respective [Office of Tibet](#)

### **Local Amnesty International Groups**

Ask your local group if they would like a speaker on Tibet. Contact your local Tibet Group - Tibetan community/[Tibet Support Group](#) for speakers. Alternatively, if there is a [Office of Tibet](#) in your city, contact them.

### **Church Leaders**

Write to local and national church leaders, prominent members of religious groups and other human rights groups for their support in opposing human rights abuses in Tibet. Offer them information for their newsletters; ask if they would like an article on Tibet, and let us know if they are interested. Speakers highlighting religion prosecution in Tibet and Gedhun Choekyi Nyima - Panchen Lama, the youngest political prisoner in Tibet.

### **Local Newspapers**

Write to them with news about Tibet. They need stories. Contact your local Tibet Group - Tibetan community/[Tibet Support Group](#) for speakers. Alternatively, if there is a [Office of Tibet](#) in your city, contact them.

### **Phone-in and Other Radio Programmes**

Take part in relevant phone-ins. Offer to take part in radio "magazines" and current affairs programmes-look for an angle, eg: religious affairs, women, education, ecology and so on.

### **Environmental Groups**

Let them know what is happening in Tibet. Most do not know about clearfelling of the forests of eastern Tibet. Contact your local Tibet Group - Tibetan community/[Tibet Support Group](#) for speakers. Alternatively, if there is a **Office of Tibet** in your city, contact them.

### **Form Local Networks**

Gather together with other sympathisers in your area and consolidate your efforts with combined action. See in the database, if there is a on Tibet related organisation in region.

### **Encourage Others to Join**

Supporter for Tibet has grow over the years. Various individuals have setup [Tibet Support Groups](#) in their area. In the last few years, new groups have been setup in Eastern Europe including the Baltic States. We need your support.

### **Talk to Anyone Who Shows Interest**

Explain to them what is happening in Tibet: preaching is out but explanation is in.

(the above is based on Free Tibet Campaign - UK's literature)

[ [Homepage](#) ] [ [How you can help Tibet](#) ]

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