

**2017 Asia Teaching by His Holiness the 14th Dalai Lama
29th August – 1st September, Mcleod Ganj, Dharamsala, India**



Message from 2017 Organizing Committee

Dear Participants,

Congratulations on your successful registration for the precious 11th year teaching by His Holiness the 14th Dalai Lama. To facilitate your preparation for your attendance at the teaching, enclosed herein are some salient information, which the Organizing Committee hope you will find useful. We strongly encourage you to **read this Information Kit** so that you are familiar with the teaching schedule, the Dos and Don'ts during the teaching etc. We also encourage you to print a copy of this information pack and bring it along with you to Dharamsala or keep a soft copy for easy reference.

We look forward to seeing you in Dharamsala. May you have an enjoyable teaching.

May all sentient beings be well and happy; May His Holiness the Dalai Lama and all other precious gurus enjoy good health to continue to propagate the Dharma for the benefit of all sentient beings.

Safe travels.

Yours in the Dharma,

2017 Organizing Committee
Asia Teaching by His Holiness the 14TH Dalai Lama

INFORMATION KIT

ASIA TEACHING ITINERARY*		
28 th August – 1 st September 2017		
Date	Time	Program
28 th August 2017, Monday	3.30pm – 4.30pm	<ul style="list-style-type: none"> Registration and collection of security passes at Namgyal Monastery
	4.30pm – 5.30pm	<ul style="list-style-type: none"> Participants' Briefing at Namgyal Monastery Prayer Hall
29 th August 2017, Tuesday	7.00am	<ul style="list-style-type: none"> Gather at Namgyal Monastery parade ground and proceed to teaching area.
	8.00am – 12.00pm	<ul style="list-style-type: none"> Teaching session
	12.00pm – 1.00pm	<ul style="list-style-type: none"> Lunch
	1.30pm – 3.30pm	<ul style="list-style-type: none"> Revision Session
30 th August 2017, Wednesday	7.00am	<ul style="list-style-type: none"> Gather at Namgyal Monastery parade ground and proceed to teaching area.
	8.00am – 12.00pm	<ul style="list-style-type: none"> Teaching session
	12.00pm – 1.00pm	<ul style="list-style-type: none"> Lunch
	1.30pm – 3.30pm	<ul style="list-style-type: none"> Revision Session
31 st August 2017, Thursday	7.00am	<ul style="list-style-type: none"> Gather at Namgyal Monastery parade ground and proceed to teaching area.
	8.00am – 12.00pm	<ul style="list-style-type: none"> Teaching session
	12.00pm – 1.00pm	<ul style="list-style-type: none"> Lunch
	1.30pm – 3.30pm	<ul style="list-style-type: none"> Revision Session
1 st September 2017, Friday	7.00am	<ul style="list-style-type: none"> Gather at Namgyal Monastery parade ground and proceed to teaching area.
	8.00am – 10.00am	<ul style="list-style-type: none"> Teaching Session
	10.15am – 11.00am	<ul style="list-style-type: none"> Question and Answer Session
	11.00am – 12.00pm	<ul style="list-style-type: none"> Photo Taking Session
	12.00pm – 12.30pm	<ul style="list-style-type: none"> Closing Briefing at Namgyal Monastery Prayer Hall and collection of blessed items after His Holiness has left the premise
	12.30pm – 1.30pm	<ul style="list-style-type: none"> Lunch
2.00pm – 3.30pm	<ul style="list-style-type: none"> Revision Session 	

* *subjected to changes by Office of His Holiness the Dalai Lama*

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ASIA TEACHING INFORMATION



REGISTRATION AND SECURITY PASS COLLECTION

Date: Monday (28th August 2017)
Time: 3:30pm – 4:30pm
Location: Namgyal Monastery
(You are required to bring along your PASSPORT for verification to obtain your security pass.

All participants registered with Tibetan Buddhist Centre (TBC) or with other Organizers will receive a **Teaching security pass**, which will allow you to be seated in the Dharma Prayer Hall. Participants without the TBC security pass will not be allowed to be seated in designated participants' area.

The security pass will only be issued to you or group representative in Namgyal Monastery at the above stated date and time.

Please keep your pass SAFELY. Should you lose your pass, please inform your Group Leader (GL) or the members of Organizing Committee (OC) immediately.



TEACHING ITINERARY

Date: 29th August – 1st September 2017
Time: 8am – 12pm (with short break at 10am)
Location: Namgyal Monastery Main Prayer Hall

- Do note that His Holiness will remain in the prayer hall during the break (*subjected to changes by Office of His Holiness the Dalai Lama*).

On 1st September 2016, after the break, there will be Question and Answer session with His Holiness, followed by a photo session.

- Question and Answer Session** - do note that the seating arrangement during this session might change.
- Photo-taking Session** – it will take place in groups, due to security reasons and safety of His Holiness, please strictly follow the instructions provided prior to this session.

*refer to page 5 for itinerary details



PARTICIPANTS' BRIEFING

Date: Sunday (28th August 2017)
Time: 4.30pm – 5.30pm
Location: Namgyal Monastery, Main Prayer Hall

Pre-teaching briefing will commence **at 4:30pm** after the collection of security pass and teaching material. Please gather at the temple's parade ground into your groups and be guided into the prayer hall for the briefing.

It is compulsory and important for all participants to attend the pre-teaching briefing as **crucial information** such as security issues or changes to the teaching schedule and planning will be communicated during this briefing.

If you CANNOT attend the briefing, please inform us at teaching@tibetanbc.org.



SEATING ARRANGEMENT DURING TEACHING

Daily Gathering Time: 7:00am

Please gather with your group at the temple's parade ground at **(7:00am)** before the commencement of each session.

Your GL will then bring you into the Dharma Hall to the designated area for your group. Please report your attendance to your GL before teaching starts.

To provide everyone a chance to be seated **as close as possible to His Holiness**, your seating arrangement during each session of the teaching **will be rotated** on a **daily basis**.

- While you are in the Dharma Hall and waiting for the teaching to commence, **please keep your voice down at all times**. You may also use this opportunity to chant your mantra or meditate.

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SECURITY DURING TEACHING

To ensure the safety of our precious teacher, there will be security search at the entrance to Namgyal Monastery.

The search includes both a body search and a search of your belongings.

Therefore, you are strongly encouraged to **minimize** the things that you bring into the teaching compound.

- Please also allow for sufficient time to clear the security check in the morning. In addition, certain items are **prohibited** at the teaching.

Please refer to the section “**Items not allowed during teaching**” for more information.



ITEMS NOT ALLOWED DURING TEACHING

The following items are **NOT allowed** during teaching:

1. Mobile phone
2. Camera or any devices with camera function
3. Sharp objects (e.g. pen-knife, nail cutter, scissors etc.)
4. Lighter, cigarettes, incense and matchboxes
5. Any flammable objects

If you're found to possess any of the above items, you are required to either dispose of them, put them back in your room or deposit at collection booth outside the temple, before you are allowed entry into the monastery.



TRANSLATION

His Holiness will deliver the teaching in Tibetan language. However, simultaneous translation in English, Mandarin, Korean, and Vietnamese are available via FM radio.

Translation in other languages maybe available if there is a sufficiently large number of participants who require that language.

Please let us know if you require translation into other language (before the teaching dates upon registration).

However, we also seek your understanding if your request cannot be met due either to a lack of translator or insufficient radio frequencies.



RECOMMENDED ITEMS TO BRING DURING TEACHING

You are **encouraged** to bring the following items for the teaching:

1. Teaching Security pass (issued in Dharamsala and to be worn at all times)
2. Prayer & Teaching text (issued in Dharamsala) *
3. Notebook and pen
4. FM radio/ MP3 / MP4
5. Wallet
6. A cup/ flask for tea
7. Water
8. A shoe bag to put your shoes and to be brought into the Dharma Hall

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MERIT MAKING OPPORTUNITIES

It is customary for tea to be served to all participants (including the local Tibetans) at the teaching. As a gesture of goodwill, money is also offered to monks and nuns. This is an offering to the spiritual community. In addition, lunch will be provided to all the sangha members, participants and public.

Both the tea and offerings are paid for by contributions from patrons and the general public. If you would also like to contribute, you can either approach the OC at the donation counter setup at the parade ground.

However, to facilitate the planning and preparation process, we strongly encourage you to contact us at teaching@tibetanbc.org before the teaching if you would like to make any contribution or sponsorship.



ATTIRE DURING TEACHING

As the teaching takes place in the Dharma Hall, to show respect to the Triple Gem, our precious teacher and his teaching, please dress appropriately during the teaching.

- You are **encouraged not to wear** spaghetti-strap shirt (for ladies), sleeveless shirt or shorts/ bermudas above knee length.

As September is towards the end of the monsoon season, there will be showers and weather will be cool.

Do bring along a sweater/shawl to keep yourself comfortably warm at all times.



MEALS DURING TEACHING

Vegetarian lunch will be provided during the 4-day teaching for all participants who have registered online with Asia teaching Organising Committee.

A tentage, which serves as the lunch area, will be set up at the monastery's parade ground. Please show your security pass to be allowed into the meal area.

You may choose to bring your own cutlery and bowl.

All other meals are on your own.

If you have signed up with any travel agency, please check with your respective travel agency for meal details.

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INCENSE PUJA and Hanging PRAYER FLAGS before teaching

Incense puja before the start of teaching has become a yearly activity for the past 8 years, since 2016, we have opened up this prayer session to all participants.

This puja is performed for purification of obstacles and obscurations as well as for blessings before the start of an auspicious event.

You are welcome to join us at this prayer session.

Date: 28th August 2017, Monday

Time: 7.30am – 9.30am

Location: Sheltered prayer place at the back of the hills behind Namgyal Monastery where the Protectors' Stupas are located

If you are not familiar on how to go to the prayer location, please gather at the 1-2 café (next to main temple) at 7.15am, there will be guides to bring you to the prayer place.

As we will be preparing the katas and prayer flags for offering, if you wish to join us at the prayers session, please inform your participation by emailing to admin@tibetanbc.org so that we can prepare sufficient offering items for all to offer.

The cost of offering items of kata and prayer flags will be advised on the day of the prayers. There will be at least 3-4 monks performing the puja, you may make offering to them if you wish.

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Other information pertaining to your trip that you should know

Things you should bring to India

The following items are suggested (aside from the items for monastery and are not exhaustive) for your trip to Dharamsala:

1. Torch and batteries (for sudden black-out sessions)
2. Umbrella/ raincoat (as it is the monsoon season)
3. Shoes that are waterproof or easy to dry
4. Personal medication (especially stomach-flu medicines) and toiletries as appropriate
5. Mosquito/ insect repellent
6. Sleeping bag
7. Electric kettle (for boiling of water)
8. Sufficient cash

You suffer from car motion sickness, you are encouraged to consume the motion sickness pill before you ascend the mountains.

You are encouraged not to bring too much valuables to Dharamsala or into the teaching compound

Health and vaccinations

You should be in good health to attend the teaching.

Please consult your family doctor for the vaccinations and medications you need, especially if you have special medical condition. If you are feeling unwell before your departure, please consult your family doctor before boarding the plane.

While in India, avoid drinking un-boiled water and taking food that is not fully cooked.

You are advised to consume cooked food, boiled and bottled water at all times.

Medical Assistance and Emergency contact

First aid corner (with simple medication) is available in the administrative office during the teaching time located near the enquiry booth.

Please reach out to our volunteer for assistance.

Should you require emergency medical assistance, you can contact the local hospital: -

The Tibetan Delek Hospital:

Phone: +91-1892-22053/23381;

Fax: +91-1892- 22406/24957

Electricity and voltage

Electricity in India is 220 volts AC. A 2-pin plug is being used.

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Information about Dharamsala

Location

Known as the Little Lhasa of India, Dharamsala is home to His Holiness the 14th Dalai Lama and the Tibetan Government in Exile. It is situated in the northern Indian state of Himachal Pradesh.

Dharamsala is divided into two very different parts. Kotwali Bazaar and areas further down the valley (at the average height of 1,250 metres) are called Lower Dharamsala, while McLeod Gunj (at the height of nearly 1,800 metres) and surrounding areas are known as Upper Dharamsala.

It lies on a spur of the Dhauladhar range, the Pir Panjal region of the Outer Himalayas; and commands majestic views of the mighty Dhauladhar ranges above, and the Kangra Valley below. Dhauladhar means "white ridge" and this breathtaking, snowcapped range rises out of the Kangra Valley to a height of 5,200 meters (17,000 feet).

Travel to Dharamsala

There are many ways to reach Dharamsala. Listed below are some of the more common routes used.

1) Delhi – Dharamsala

From Delhi Airport, you can take a prepaid taxi (at the airport taxi counter) to Majnuka Tila, the Tibetan settlement. From Majnuka Tila, there are a number of 40-seater coaches which will depart for Dharamsala at 6.30pm on a daily basis.

The coach ride from Delhi to Dharamsala in approximately 12 hours barring unforeseen traffic conditions and circumstances.

2) Jammu – Dharamsala or ; Amritsar - Dharamsala

You will need to arrange for a transport to pick you up from the airport or hotel for transfer to Dharamsala.

Following is the approximate travel time, barring unforeseen traffic conditions and circumstances.

- From Jammu is 3 - 4 hours
- From Amritsar 6 – 7 hours
- From Delhi: 12 – 14 hours

Should you require any further assistance in your travelling plan, you may contact our local agent:

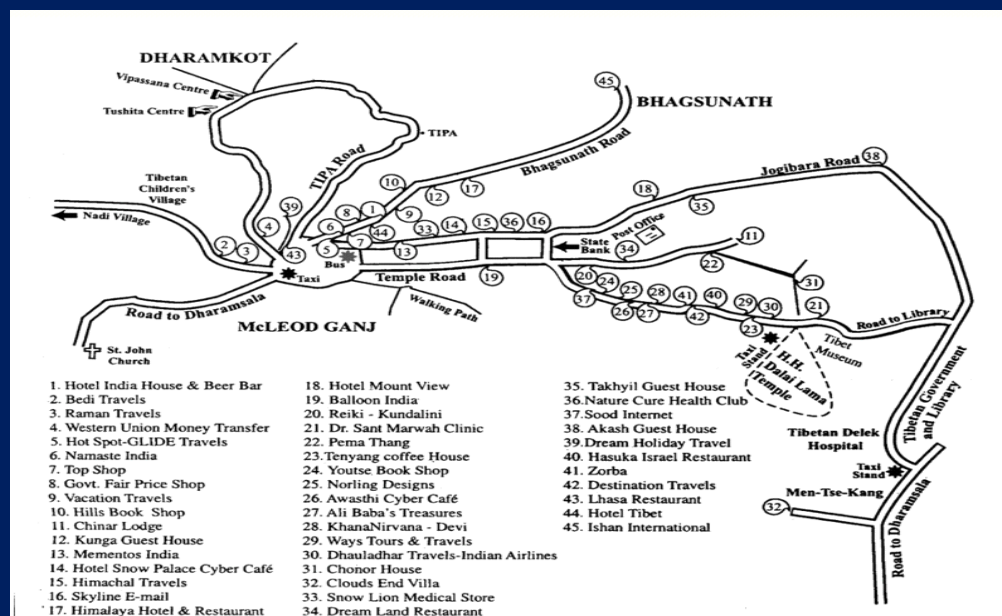
Name: Jamyang

Email: jamyang.gyatso7@gmail.com

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Altitude	Weather
Between 1,250 to 1,800 metres above sea level	July to September is the monsoon season. Therefore, please bring along an umbrella or raincoat and wear shoes that are either waterproof or easy to dry. Temperature ranges between 14 and 24 Degree Celsius in August/September.
Communication	Foreign Exchange
Roaming services are available via the India telephone operators. A short term pre-paid SIM card can also be purchased at a reasonable price in Dharamsala. You are required to submit a colour photo and a printed copy of your passport in order to purchase SIM. Internet cafes are a plenty and at reasonable cost (approximately Rs 30 per hour) in Dharamsala.	Money changers are readily available in Dharamsala. Major currencies such as US Dollars, Great British Pounds, Euros and Singapore Dollars are largely accepted by the money changers.

Reference Map



Latest map can be viewed at:

<https://www.google.com/maps/d/viewer?hl=en&mid=1fYtTZEe2HSJ9ypXBtUBBkGOVIXI>