

Intergenerational Cultural Education among Tibetans in Minnesota (ICET-MN)

The Intergenerational Cultural Education among Tibetans in Minnesota (ICET-MN) is a community-engaged collaborative program between the University of Minnesota's Center for Spirituality & Healing (CSH) and Tibetan American Foundation of Minnesota (TAFM). This program is part of the CSH's Tibetan Healing Initiative (THI) effort to engage with the local Tibetan community to fulfill His Holiness the Dalai Lama's aspiration to contribute to human flourishing informed by Tibetan cultural values and practices.

The program's primary goal focuses on building capacity for the future Tibetan scholars and leaders rooted in Tibetan cultural values and practices. Specifically, the program will facilitate a conducive educational environment where Tibetan youngsters will learn different facets of Tibetan cultural knowledge from Tibetan elders. The educational sessions will include Tibetan cultural knowledge, such as, Buddhist philosophy and psychology, contemplative practices, language, medicine, astrology, history, arts, music, and other cultural practices. In so doing, the program will provide a unique Tibetan culturally driven education, which will have a significant impact on Tibetan youngsters, both personally and professionally. Importantly, the program will not only fulfill a collective goal to preserve and promote Tibetan culture but will also contribute to the health and wellbeing of the Tibetan community and beyond.

The program will select 15-20 Tibetan high school / college students. The selected Tibetan students will have an opportunity to learn from Tibetan cultural experts, as well as be mentored in incorporating what they have learned from the program into their academic career.

ICET-MN Objectives:

- 1) Fulfill His Holiness the Dalai Lama's aspiration to contribute to human flourishing informed by Tibetan cultural values and practices.
- 2) Facilitate a conducive educational environment where Tibetan youngsters can learn different facets of Tibetan cultural knowledge from Tibetan elders.
- 3) Provide a unique Tibetan culturally driven education, which will have a significant impact on Tibetan youngsters, both personally and professionally.
- 4) Render emotional and social skills to youngsters informed by Tibetan cultural values and practices.
- 5) Provide an opportunity for Tibetan students to incorporate Tibetan cultural knowledge in their academic pursuance.

Timeline: Mid-April to mid-December 2025

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