

Dear Students,

We regret to inform you that currently we are not offering Tibetan classes within our curriculum. Our foremost priority as of now is to meticulously refine our teaching materials to uphold the highest standards of quality and relevance. Currently, classes are exclusively offered to students actively participating in our Dharma material testing initiatives. We will announce opportunities for student participation in such activities via our Facebook page (<https://www.facebook.com/Esukhia/>). Please stay updated for future announcements.

Thank You!

*Welcome to*  
**Esukhia's Internship School**  
*2024*

We are pleased to announce that Esukhia is offering the opportunity to apply for online classes on a **PWYW** (*pay what you want*) basis. The aims & objectives of the IS school are to test & improve TSL (Tibetan as a 2nd Language) material, pedagogy & teacher training methods. Please review the details of this program.

**REGISTER NOW**

*Please note that many teachers of this program are INTERN teachers (in training). If you are a language program interested in working with Esukhia to provide fully trained Esukhia teachers to your students, please reach out to [contact@esukhia.org](mailto:contact@esukhia.org), or visit our Zoom Office (link below).*

In case of any issues joining the class, or additional questions, please visit our **Zoom Office**:  
<https://esukhia-org.zoom.us/j/85257600058?pwd=ZzlJK2lubHZycUxFOzBEQU9vVlErdz09>

Meeting ID: 852 5760 0058 | Passcode: 884378

(Our office is open Monday to Friday 7:00 am to 6:00 pm Indian Standard Time)

**IS School Enrollment & Attendance Policy**

1. **Request for enrollment** (or resume classes from an extended leave by filling in [registration form](#))
  - Class will start as soon as possible, but may take up to two weeks or longer depending on teacher availability

## 2. Rule regarding overall attendance %

- The IS school expect students to **maintain 65% average attendance** during an active enrollment (schedule requested start to end date)
- If % goes **below 65%, one will be removed** from the schedule
- Inform us about the leave through email, whatsapp, or coming to the office link, minimum 24 hours in advance.
  - i. If **3x absences in a row without communication, one will be removed** from the schedule.
- Extended leave requests:
  - i. If absence or leave more than 4x in a row, it must be requested 2 weeks in advance!
    - IF requested less than TWO WEEKS, those absences will affect your overall attendance % score
  - ii. Leaves LONGER than 2 weeks, may require a schedule/group change and are therefore considered a withdrawal from the program.
    - Message us directly, or send a registration form again when you are ready to resume your classes after a leave of two weeks or longer.

### 3. Self Assessment

- Students are expected to be active participants in monitoring the development of their language skills. This includes doing one's self-assessment in their student profile.
- [Instructions](#)
- The progress of all active students can be found in the [Courses Dashboard](#)

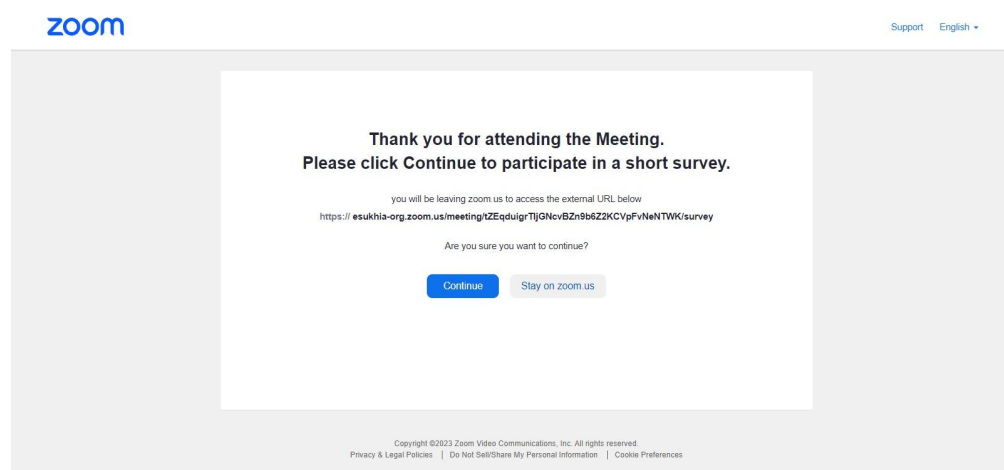
## Esukhia's Orientation Slideshow

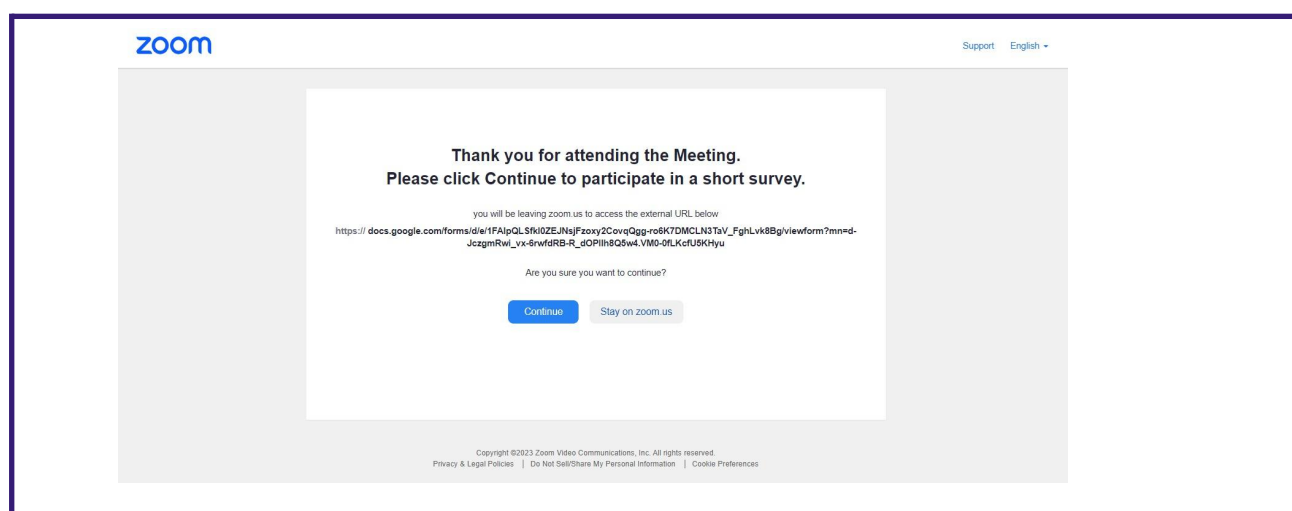
## Orientation Questionnaire - **REQUIRED**

## IS School General Introduction - Practical Items

1. [Checking the Google Calendar + student profile](#)
  - Your textbook IS the student notebook you create together with your teacher
2. [Feedback form pop up at the end of class](#)

Click on continue





## Mission Plans

1. [The 6 hours mission](#) = (3 hrs homework + 3 hrs mission)
  - [Chinese Version](#)
  - [Flipped Class & Bloom Methodology \(Chinese\)](#)
  - [Self Study on Arapatsa](#)
  - **HOMEWORK is assigned in column H of the student profile**
  - [Mission Structure \(The 6 steps\)](#)
2. [Pomodoro Technique of Time Management](#) (25 minute on, 5 min off)
  - [For downloading](#)
3. [Active engagement in Esukhia Student Facebook Group](#)

## Tibetan for Specific Purposes (TSP) & Co-learning

1. [Flipped Class](#): Prepare for your classes by doing the **homework** assigned by your teachers in advance.
  - a. **HOMEWORK is assigned in column H of the student profile**
2. 1.5 hours/week - **Content class** (*including Cultural aspects and Cognitive transformation*)
  - a. Meet with a specialist (Geshe la) and your classmates to discuss the content
3. 3 hours or 2 sessions of 1.5 hours/week - **Language class** (*including Cultural aspects and Cognitive transformation*)
  - a. Meet with your Tibetan guides and practice language skills based on the content.

| Official Holiday - India (2024) |          |                                                                      |
|---------------------------------|----------|----------------------------------------------------------------------|
| Date                            | Day      | Occasion                                                             |
| 1-January-2024                  | Monday   | New Year                                                             |
| 26-January-2024                 | Friday   | Republic Day of India                                                |
| 12th feb to 16th feb            | Mon-Fri  | Tibetan New Year                                                     |
| 24-February-2024                | Saturday | Chotrul Duchen (Great Prayer Festival)                               |
| 10-March-2024                   | Sunday   | Tibetan National Uprising Day                                        |
| 23-May-2024                     | Thursday | Saka Dawa (Buddha Shakyamuni's Birth, Enlightenment and Parinirvana) |

|                  |           |                                                          |
|------------------|-----------|----------------------------------------------------------|
| 22-June-2024     | Saturday  | Zamling Chisang (Universal Prayer Day)                   |
| 6-July-2024      | Saturday  | 87th Birthday of His Holiness the 14th Dalai Lama        |
| 9-July-2024      | Tuesday   | Choekhor Duechen (Buddha Shakyamuni's First Teaching)    |
| 15-August-2024   | Thursday  | Independence Day of India                                |
| 2-September-2024 | Monday    | Tibetan Democracy Day                                    |
| 2-October-2024   | Wednesday | Gandhi Jayanti                                           |
| 22-November-2024 | Friday    | Lhabab Duechen (Buddha Shakyamuni's Descent from Heaven) |
| 10-December-2024 | Tuesday   | Nobel Peace Prize Day (World Human Rights Day)           |
|                  |           | The Day of the Nine bad Omens                            |
|                  |           | The Day of the Ten Good Omens                            |

*Last Updated: March 4, 2024*