

Hi I'm Sue, a writer who met up with Tenzin who told me about his story of courage, resilience, and of overcoming fear.

Tenzin made a traumatic exit from Tibet, fleeing from the brutal new rules imposed by the Chinese. He will never forget the date he arrived in Australia as his journey from Tibet had taken over six years.

With a friend he travelled to the mountains and hid with nomadic tribes who were very helpful and supportive. It was a good plan as they were always on the move and the Chinese soldiers could not locate them easily.

Experienced guides took a small group of eleven people on the treacherous journey over the mountains to India. The adults had to help the three boys by carrying them on their backs as the boys were too small to walk alone.

While Tenzin was in India studying, he learnt about the opportunity to come to Australia. Six years later he arrived. He felt very lost and confused as he didn't have much English and even though he lived on the coast, he didn't have any connection with the ocean. When he saw grassland, however, he was very emotional, because his family home in Tibet, was on the grasslands. Tenzin had left behind his parents and seven siblings. He was very homesick.

Eventually, he enrolled in English classes, learnt to drive and successfully qualified as an aged care worker. What he loves about Australia is how supportive the Government has been, providing opportunities for education and work, and the freedoms we all have here.

He reads and writes in Chinese and enjoys reading, yoga and running. He treasures the very special sheepskin belt made by his mother, that he brought with him on his journey from Tibet.

Tenzin now has contact with his parents, and he is able to talk to them every couple of months.

Tenzin is grateful for his 'New Beginnings' in Australia.