The Skylands Peoples

... Are predominantly Tibetan Buddhist.
... Live in hard to reach, remote locations.
... Speak many different dialects within each region.

MONGOLIANS

Mongolians in traditional areas: 9.8 million.
Christians: 70,000.

Harsh winters -40°C and harsh summers +40°C.

3 national sports:
horse racing, archery and wrestling.

The most common rural dish is cooked mutton.



Gers

More than 90% of rural Mongolians live in '*gers*', portable round tents that support the nomadic life.



BHUTANESE

Bhutanese in Bhutan: 560,000.
Christians: 450.

Bhutan means Thunder Dragon people.

The King of Bhutan created a **gross national happiness index** & decided that it was more important than the nation's GDP.

TIBETANS

Tibetans in traditional areas: 5.5 million.
Christians: 300

Tibetan life depends on yaks for many purposes.
Yak hair: clothes and tents.
Yak milk: soap and yak butter tea.
Yak droppings: fuel!

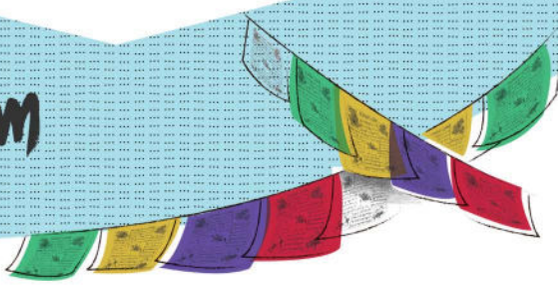
Yaks



Momos

Momos are Tibetan-style dumplings stuffed with pork, beef or cabbage & cheese, traditionally eaten during special occasions.

Tibetan Buddhism



RELIGIOUS MERIT-MAKING

Giving gifts to monks, moral conduct, and meditation are done to achieve Nirvana.

PRAGMATISM

Performing rituals is believed to help with sickness, animal welfare, wealth and prosperity.

SHAMANISM

Appeasing the spirits of the underworld and being possessed by spirits as a means to Enlightment.



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**All figures are approximate.*