

Castleton

A V E R M O N T S T A T E C O L L E G E

Study Abroad Program — Tibet

Course Title: Tibet: Rooftop of the World	Semester: Summer Sessions
Course Title: Sacred Visions – The Art of Tibet	Student Contact Hours: 90
Site: Beijing & Tibet	Instructor: Jim Hagan
Credits: 6	Contact us for exact dates and costs

Course Description

This intensive study abroad program to Tibet is offered in the summer and begins in Beijing where students will study one of the oldest living cultures in the world – China. Students will learn the history and study the architecture of the Forbidden City, The Temple of Heaven and the Great Wall of China before departing to Tibet. In Tibet the focal point of study will be Tibetan Buddhist philosophy and art. Students will receive lectures from prominent Tibetan lamas on Buddhist philosophy and meditation at each different monastery visited each day. The monastery will be the classroom with daily lectures and meditation. The sacred art will be studied in local artist studios and foundries, and Tibet’s living museums – its monasteries. Students will also study and experience Tibet’s physical environment and world’s highest ecosystem at the base camp of Mount Everest.

Course Objectives

- To learn and study the religious and cultural traditions of Tibet.
- To observe religious festivals, temple worship and religious rituals.
- To examine and practice Buddhist meditation with a “hands on” approach so that the student fully understands the practice and theory of Buddhist meditation theory being taught.
- To learn the timeless traditions of creating Buddhist sacred art and to learn its symbolic meaning.
- To study with local artists to learn how the art is created and how it is used as a visualization aid in Buddhist meditation.
- To experience directly the monumentality and symbolism of Buddhist architecture.

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Castleton State College • Castleton, Vermont 05735 • 802-468-5611 • www.castleton.edu