

The fourth Tenzin Delek Rinpoche Medal of Courage will be awarded in an evening ceremony this Friday 12 July in London.

The award was created by International Tibet Network in 2016 to recognise those who have shown a deep commitment to enhancing the freedom and rights of the Tibetan people at great personal risk, due to the persecution by the Chinese Communist Party (CCP).

It is awarded after a vote by members of International Tibet Network's Steering Committee, Tenzin Delek Rinpoche's cousin, Geshe Nyima, and other human rights experts. The date, 12 July, commemorates the day that senior monk, community activist and human rights defender Tenzin Delek Rinpoche died in prison in 2015.

Five Tibetans will be recognised at the ceremony this year, with one of them due to be awarded the 2019 Medal of Courage. They are:

Druklo (Pen name: Shokjang): A writer and blogger known for his thought-provoking articles. He was arrested in 2016, charged with "inciting separatism" and sentenced to three years in prison.

Gedhun Choekyi Nyima: The **11th Panchen Lama**. He was abducted as a six-year-old in 1996 and has not been seen since. In April Tibetans around the world marked his 30th birthday.

Jigme Gyatso: Currently serving a 15-year prison sentence following his arrest in 1996. In prison he has continued to protest. He has been beaten and tortured and his prison sentence extended.

Kunchok Tsepel: The founder of a popular Tibetan website that promotes Tibetan culture and literature. He is serving a 15-year prison sentence for “divulging state secrets”.

Tashi Rabten: A writer and the co-editor of Shar Dugri, a Tibetan-language literary magazine that has been banned. He was detained in 2010 and sentenced to four years in prison.

The first Medal of Courage was awarded in 2016 to medical doctor and political prisoner Yeshe Choedron. In 2017 it was awarded to language advocate and political prisoner Tashi Wangchuk.

Last year the award was shared by the filmmakers, former political prisoners and human rights

advocates Dhondup Wangchen and Golog Jigme.

This year attendees will also take time to recognise the life of Palden Gyatso, the Tibetan human rights advocate who passed away on 30 November

2018 .