

新时代西藏人权事业的发展与进步	<b>Human Rights in Xizang in the New Era</b>
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<b>前言</b>	<b>Introduction</b>
实现人人充分享有人权，是人类社会的共同追求，也是包括西藏各族人民在内的全体中国人民的奋斗目标。	It is a common human aspiration for every individual to fully enjoy their human rights. This is also the goal of the Chinese people of all ethnic groups, including those in the Xizang Autonomous Region.
中国共产党和中国政府始终重视西藏工作，不断丰富和发展治藏方略，采取切实有力举措，发展经济，改善民生，增进人民福祉，促进民族团结进步，充分保障西藏各族人民的基本权利。	The Communist Party of China (CPC) and the Chinese government have always attached great importance to their work related to Xizang, and have constantly refined and expanded their guidelines for governing the region. They have implemented effective measures to develop the economy, improve living standards and people's wellbeing, promote ethnic unity and progress, and protect the basic rights of all the people in the region.
党的十八大以来，以习近平同志为核心的党中央，坚持把尊重和保障人权作为新时代党的治藏方略的重要内容，融入西藏工作的全过程各方面，奉行以人民为中心的人权理念，坚持以发展促人权，大力推进全过程人民民主，不断加强人权法治保障，协	Since the 18th CPC National Congress in 2012, the CPC Central Committee, with Xi Jinping at its core, has made respecting and protecting human rights an important part of its guidelines for the governance of Xizang in the new era. This commitment is reflected in all aspects and stages of work related to the autonomous region. The CPC has maintained a people-centered approach to human rights and a commitment to ensuring human rights

调增进公民权利和政治权利以及经济、社会、文化权利，努力促进人的全面发展和各族人民共同富裕，推动西藏人权事业取得全方位进步、历史性成就。	through development, and has vigorously promoted whole-process people's democracy. It has strengthened legal protection of human rights, and coordinated efforts to increase people's civil and political rights as well as economic, social and cultural rights, so as to achieve well-rounded development and common prosperity for all people from all ethnic groups. As a result, human rights cause in the region has made all-round and historic progress.
今天的西藏，政治安定、民族团结、经济发展、社会和谐、宗教和顺、环境友好、人民安居乐业，创造了雪域高原上的人权保障奇迹。	Today Xizang enjoys political stability, ethnic unity, economic development, social harmony, and amity among different religions. Its environment is sound, and its people are content in their work and daily lives. This progress represents a remarkable achievement in protecting human rights on the snowy plateau.
<b>一、西藏人权事业波澜壮阔的发展历程</b>	<b>I. Remarkable Progress in Human Rights in Xizang</b>
西藏人权事业的发展，与当代中国发展进程相统一，是中国特色社会主义发展的必然结果。以西藏和平解放为起点，中国共产党团结带领西藏各族人民为争取人权、尊重人权、保障人权、发展人权不懈努力，西藏人民的生存权、发展权和其他各项基本权利保障不断向前推进。	Advances in human rights in Xizang are part of the development of contemporary China and a natural result of the progression of socialism with Chinese characteristics. Since the peaceful liberation of Xizang in 1951, the CPC has united the people of all ethnic groups in the region and led them in an unremitting fight to institutionalize, respect, protect and expand human rights. Their rights to subsistence and development and all other basic rights have been guaranteed and are being progressively improved.
——和平解放奠定西藏人权事业发展根基	<b>- Peaceful liberation laid the foundations for human rights in Xizang.</b>
1951 年和平解放之前的旧西藏，是世界上侵犯人权最为严重的地区之一。	Before its peaceful liberation in 1951, Xizang was one of the worst regions in the world for human rights violations.
广大农奴和奴隶生命安全得不到保障，没有人身自由、财产自由和思想自由，根本谈不上做人的权利。	Serfs and slaves were afforded no human rights: no protection of life, no personal freedom, no property, and no freedom of thought.
政教合一的封建农奴制以及帝国主义侵略、奴役西藏和煽动“西藏独立”的图谋与行径，使西藏人民的生存权得不到保障，发展权难以实现。	Theocratic feudal serfdom, imperialist invasion, and schemes and activities designed to enslave people and foment "Tibet independence" made the people's right to subsistence insecure and their right to development impossible.
政教合一的封建农奴制粗暴践踏人的尊严，严重窒息社会生机和活力。	Feudal serfdom under theocracy trampled on human dignity and stifled social vitality.
占总人口 95%以上的农奴和奴隶一无所有，只能依	Serfs and slaves, who made up more than 95 percent of the total population, possessed

附于农奴主，无条件服从命令和要求。	nothing. They were forced to be dependent on serf owners, and would be required to unconditionally obey their orders and satisfy their demands.
农奴主可以随意买卖、转让、赠与、交换农奴和奴隶，也可以对他们施加剜目、割舌、砍手、剁足等酷刑。	Serf owners could trade, transfer, bestow and exchange serfs and slaves as they pleased, and would impose excruciating acts on them, including gouging out eyes, cutting out tongues, and cutting off hands or feet.
农奴和奴隶的生死、婚姻、迁徙等都受到农奴主的控制，承受着沉重的赋税、劳役和高利贷盘剥，成年累月辛勤劳动，却连温饱也得不到保障。	Serfs and slaves were controlled by serf owners in all aspects of their lives, from marriage to movement. They were burdened with heavy taxes and usurious loans, and forced into unpaid labor, and in spite of their year-round toil they would not be provided with sufficient food or clothing.
近代以来，英国两次武装入侵西藏，严重破坏中国的主权和领土完整，践踏西藏人民的生存权，损害西藏人民的经济社会等各项权利。	After the Opium Wars in the mid-19th century, the United Kingdom invaded Xizang on two occasions, posing a significant threat to China's sovereignty and territorial integrity. This violated and damaged the rights of the local people, including their right to subsistence and their social and economic rights.
帝国主义势力一手炮制所谓“西藏独立”问题，干涉中国内政，扶植西藏地方分裂势力，对抗中央政府。	Later, imperialist forces interfered in China's internal affairs by concocting the idea of "Tibet independence" and propped up local separatist forces who defied the central government.
历史证明，所谓“西藏独立”问题完全是帝国主义侵略中国的产物。	The history of the region demonstrates clearly that "Tibet independence" is a product of imperialist aggression against China.
1951年5月23日，中央人民政府和当时的西藏地方政府全权代表在北京签订了《中央人民政府和西藏地方政府关于和平解放西藏办法的协议》（简称《十七条协议》），宣告西藏和平解放，使西藏摆脱了帝国主义势力的侵略及其政治、经济羁绊，有力维护了中国的国家主权、统一和领土完整，为西藏与全国一起实现共同进步和发展创造了基本前提，为西藏人权事业的发展奠定了坚实基础。	On May 23, 1951, in Beijing, the plenipotentiaries of the Central People's Government and the local government of Xizang signed the Agreement of the Central People's Government and the Local Government of Xizang on Measures for the Peaceful Liberation of Xizang, also referred to as the 17-Article Agreement. This agreement marked the peaceful liberation of the region, freeing Xizang from imperialist aggression and political and economic control. It effectively safeguarded the national sovereignty, unity and territorial integrity of China, and created the necessary conditions for Xizang to progress and develop along with the rest of the country, laying firm foundations for the region's human rights cause in the process.
——民主改革实现西藏各族人民当家作主	<b>- Democratic reform enabled the people of all ethnic groups in Xizang to become masters of their own destinies.</b>
和平解放后，中央对西藏投入大量财力、物力和人	After the peaceful liberation, the central government provided Xizang with a huge input of

力支持，推动了西藏经济、社会、文化事业发展。	fiscal, material and human resources that helped to propel the region's economic, social and cultural development.
然而，西藏反动上层为了维护农奴主阶级的既得利益和特权，根本反对改革，企图永远保持封建农奴制，蓄意破坏《十七条协议》，策划实施了一系列分裂祖国的活动，并于1959年3月10日发动全面武装叛乱，图谋把西藏从祖国分裂出去。	However, local upper-class reactionary forces opposed any reform in the region, in an attempt to preserve serfdom and sustain their vested interests and privileges. These forces plotted a series of activities to split Xizang from China, in blatant violation of the 17-Article Agreement, and their actions ultimately led to a full-scale insurrection on March 10, 1959.
为维护国家统一和西藏人民的根本利益，中央人民政府采取果断措施，与西藏人民一道坚决平息了叛乱，并进行了一场彻底摧毁封建农奴制度的民主改革运动。	To safeguard China's national unity and the fundamental interests of the people of Xizang, the Central People's Government, together with the local people, took decisive measures to quell the insurrection and implemented democratic reform in the region, effectively eradicating feudal serfdom.
民主改革废除了政教合一制度，实现了政教分离，西藏社会制度发生了根本性变化；	Reform in Xizang resulted in the annulment of theocracy and the separation of religion and government - a fundamental change in Xizang's social system.
废除了生产资料封建领主所有制，确立了农牧民个体所有制；	The right of feudal serf owners to own the means of production was abolished, and private ownership by farmers and herdsman was established.
废除了对“三大领主”的人身依附，农奴和奴隶获得人身自由和法律上的平等地位。	Personal bondage of serfs and slaves to officials, nobles and upper-ranking monks was abolished, and they were instead awarded personal freedom and equal legal status.
随后西藏各地开展普选，选举产生了基层各级权力机关和政府，广大农奴和奴隶彻底改变了昔日“会说话的工具”的地位，第一次获得了当家作主的民主权利，成为新西藏的主人。	A general election was held across Xizang, in which agencies of state power and governments at various levels in the region were elected. For the first time, former serfs and slaves were no longer regarded as "talking tools", but instead as the masters of their own destiny and of the new Xizang.
1965年9月，西藏自治区成立，西藏实现从政教合一的封建农奴制转向人民民主的社会主义制度的历史性跨越，开始全面实行民族区域自治制度，大批翻身农奴和奴隶担任了自治区各级政权机关的领导职务。	In September 1965, the Xizang Autonomous Region was founded, signifying a historic shift from theocratic feudal serfdom to socialism characterized by people's democracy. The region began to exercise comprehensive regional ethnic autonomy, and a large number of liberated serfs and slaves earned leading posts in agencies of state power at various levels of the region.
民主改革是推动西藏社会发展和人权进步的划时代重大历史事件，也是人类文明发展史和世界人权史	This democratic reform was an epoch-making event shaping Xizang's social development and human rights cause and a significant advance in human civilization and global human

上具有重大意义的进步。	rights.
——改革开放为西藏人权事业发展注入强大动力	<b>- Reform and opening up has provided a powerful driving force for human rights development in Xizang.</b>
改革开放极大地解放和发展了社会生产力，也为西藏人权事业发展注入了强大动力，西藏在改革开放的广阔天地中走上了与全国同步发展的轨道，各项人权迈上了高速发展的快车道。	Reform and opening up has helped not only unleash and develop productive forces across Xizang, but also provide a powerful driving force for human rights in the region. As a result, Xizang has achieved synchronous development with the rest of the country, while at the same time making rapid progress in all aspects of its human rights.
从改革开放至党的十八大召开前，党中央根据西藏实际，先后召开了五次西藏工作座谈会，适时确定了新时期西藏工作的指导思想、主要任务和发展规划，确立了西藏从加快发展到跨越式发展再到在科学发展的轨道上推进跨越式发展、从基本稳定到长治久安的战略目标。	The CPC Central Committee held five national meetings on Xizang in the period between the launch of reform and opening up in 1978 and the 18th CPC National Congress in 2012. These meetings played a crucial role in defining the guiding principles, major tasks and development plans for Xizang during that period, ultimately leading to the formation of the strategic goals that allowed the region to develop rapidly in stages - picking up speed, advancing in leaps and bounds, and following a sustainable path, and to achieve lasting peace after securing basic stability.
制定了一系列加快西藏发展的特殊优惠政策和措施，形成了国家直接投资建设项目、中央政府实行财政补贴、全国进行对口支援的全方位支持格局，有力推动了西藏经济发展和社会进步，显著提高了西藏人民的生活水平，充分保证了民族区域自治权利的实现。	During these meetings, a series of special favorable policies and measures for speeding up the development of Xizang were formulated. This led to the birth of a mechanism for all-round aid for Xizang in which the central government would directly invest in construction projects in the region and provide financial subsidies, while other parts of the country would provide paired-up aid. This mechanism provided a powerful impetus for economic development and social progress in Xizang that improved the lives of local people and ensured the realization of their rights to regional ethnic autonomy.
——新时代开启西藏人权事业全面发展新篇章	<b>- The new era has opened a new chapter of all-round human rights development in Xizang.</b>
党的十八大以来，以习近平同志为核心的党中央心系西藏各族人民，从全面建成小康社会、实现“两个一百年”奋斗目标和中华民族伟大复兴的中国梦的总要求出发，制定了西藏发展和稳定的大政方针。	Since the 18th CPC National Congress, the CPC Central Committee, with Xi Jinping at its core, has attached great importance to the wellbeing of the people of all ethnic groups in Xizang. They have formulated major policies for Xizang's development and stability in line with the overall goals of building a moderately prosperous society in all respects, achieving the Two Centenary Goals, and realizing the Chinese Dream of national rejuvenation.
习近平总书记亲自为西藏工作把舵定向、谋篇布局，党中央先后召开第六次、第七次西藏工作座谈	General Secretary Xi Jinping has set the direction and made overall plans for the work in Xizang. At the sixth and seventh national meetings on Xizang, the CPC Central Committee

<p>会，明确新形势下西藏工作的指导思想和目标任务，确立了新时代党的治藏方略，规划实施了中央政府支持西藏的一大批重点建设项目，制定了惠及西藏各族人民的一系列特殊优惠政策，开启了西藏人权事业全面发展新篇章。</p>	<p>defined the guiding principles, objectives and tasks under the new circumstances, and outlined the CPC guidelines for governing Xizang in the new era. It was decided at these meetings that the central government would support a large number of key construction projects in Xizang, and a series of special preferential policies were enacted to benefit all ethnic groups in the region. These decisions opened a new chapter of all-round human rights development in Xizang.</p>
<p>在以习近平同志为核心的党中央坚强领导下，西藏各族干部群众团结一心、艰苦奋斗，西藏人权事业取得全方位进步、历史性成就。</p>	<p>Under the strong leadership of the CPC Central Committee with Xi Jinping at its core, officials and people of all ethnic groups in Xizang have worked hard as one and achieved all-round progress and historic success in advancing human rights across the region.</p>
<p>新时代的西藏，社会大局持续稳定向好、经济建设全面快速发展、人民生活水平不断提高、民族和睦宗教和顺、文化事业繁荣进步、生态安全屏障日益坚实、依法治藏全面推进，西藏各族人民与全国人民一道迎来了从站起来、富起来到强起来的伟大飞跃，踏上了全面建设社会主义现代化国家新征程。</p>	<p>In the new era, significant progress has been made in stabilizing the social environment and achieving rapid economic growth, which has led to a better life for the local people, amity among all ethnic groups and religions, cultural prosperity, sound systems for safeguarding the eco-environmental security, and comprehensive progress in law-based governance. Together with the rest of the country, the people of Xizang have witnessed the tremendous transformation of the Chinese nation, from standing up and becoming better off to growing in strength, and now embarking on a new journey of building a modern socialist country in all respects.</p>
<p>在推进西藏人权事业发展的实践中，中国共产党和中国政府把马克思主义人权观同中国具体实际相结合、同中华优秀传统文化相结合，总结团结带领西藏各族人民尊重和保障人权的成功实践，积累了推动西藏人权事业发展的基本经验：</p>	<p>In promoting human rights in Xizang, the CPC and the Chinese government have integrated the Marxist perspective on human rights with China's actual conditions and the best of traditional culture. In reviewing successful experience in leading all ethnic groups of Xizang in respecting and protecting human rights, the CPC and the Chinese government have accumulated the following basic experience:</p>
<p>坚持中国共产党领导。</p>	<p>Upholding the leadership of the CPC.</p>
<p>全心全意为人民服务是中国共产党的根本宗旨，中国共产党始终代表最广大人民根本利益，与人民休戚与共、生死相依。</p>	<p>The fundamental purpose of the CPC is to serve the people wholeheartedly. The Party has always represented the fundamental interests of all Chinese people; it stands with them in the best and the hardest of times and shares a common destiny with them.</p>
<p>尊重和保障人权是中国共产党人的不懈追求。西藏人权事业能取得全方位进步、历史性成就，最根本的是有中国共产党的坚强领导。</p>	<p>Respecting and protecting human rights is an ongoing quest of China's Communists, and the strong leadership of the CPC is the fundamental source of the all-round progress and historic achievements in human rights in Xizang.</p>

只有坚持中国共产党的领导，才能真正实现和保障西藏人民当家作主，才能维护好、发展好西藏人民的根本利益，才能为西藏的长治久安和高质量发展提供根本保证。	Only by upholding this leadership can the people of Xizang become and remain the masters of their own affairs, can their fundamental interests be safeguarded and advanced, and can there be long-term stability and high-quality development in the region.
坚持尊重人民主体地位。	Respecting and ensuring the principal status of the people.
人民性是中国人权发展道路最显著的特征。	"For the people" is the distinguishing feature of the Chinese path of human rights protection.
人权不是一部分人或少数人享有的特权，而是广大人民群众享有的普惠性人权。	Human rights are not exclusive privileges reserved for a single group of people, but rather universal rights for all.
中国共产党和中国政府坚持以人民为中心的人权理念，充分激发西藏各族人民积极性、主动性、创造性，让人民成为人权事业发展的主要参与者、促进者、受益者。	By taking a people-centered approach to human rights, the CPC and the Chinese government have boosted local people's enthusiasm, initiative and creativity, and have enabled them to become the dominant participants in, contributors to, and beneficiaries of human rights progress in the region.
坚持从西藏实际出发。	Basing our work on Xizang's realities.
中国共产党和中国政府立足西藏实际，走中国特色、西藏特点的发展路子，抓好稳定、发展、生态、强边四件大事，把改善民生、凝聚人心作为经济社会发展的出发点和落脚点。	Based on the real conditions in the region, the CPC and the Chinese government have adopted a development model with Chinese characteristics that respects Xizang's regional features. This approach allows them to fulfill four main tasks in the region - ensuring stability, facilitating development, protecting the eco-environment, and strengthening the borders - while focusing on improving people's lives and strengthening unity in social and economic development.
坚持所有发展都赋予民族团结进步的意义，都赋予维护统一、反对分裂的意义，都赋予改善民生、凝聚人心的意义，都有利于提升各族人民的获得感、幸福感、安全感。	The Party and the Chinese government uphold that the region's development serves to benefit ethnic unity and progress, safeguard national unity and oppose separatism, improve people's lives, and build social consensus. This will give all the people in Xizang a greater sense of gain, fulfillment and security.
坚持以生存权、发展权为首要的基本人权。	Focusing on basic human rights, primarily the rights to subsistence and development.
生存是享有一切人权的基础，人民幸福生活是最大的人权。	Subsistence is the foundation of all human rights, and living a life of contentment is the ultimate human right.
中国共产党和中国政府坚持以人民为中心的发展思想，把保障西藏人民的生存权、实现西藏人民的发	The CPC and the Chinese government adhere to a people-centered development philosophy by which they prioritize protecting the rights of the people of Xizang to subsistence and

展权作为第一要务，坚持发展为了人民、发展依靠人民、发展成果由人民共享，着力解决西藏各族人民最关心最直接最现实的利益问题，着力解决发展不平衡不充分问题，努力实现更高质量、更有效率、更加公平、更可持续、更为安全的发展。	realizing their rights to development. Committed to the principle that development is for the people and by the people and the people share the benefits, they focus on addressing the most pressing and immediate issues that concern the local people the most, and on resolving the problem of imbalanced and insufficient development, so as to achieve higher-quality development that is more efficient, equitable, sustainable and secure.
坚持以安全守护人权。	Protecting human rights through maintaining security.
西藏是重要的国家安全屏障和生态安全屏障，是维护祖国统一，反对民族分裂的重点地区。	Xizang plays an important role in protecting national and eco-environmental security, and is a key region in the country's efforts to safeguard national unity and combat separatist forces.
中国共产党和中国政府把维护祖国统一、加强民族团结作为西藏工作的着眼点和着力点，把反分裂和维护国家安全作为保障民生的基础工作，推动西藏社会大局持续稳定向好，确保边疆巩固、边境安全，以安全稳定的环境为人权事业发展创造良好条件，奠定坚实基础。	Focusing on safeguarding national unity and strengthening solidarity among all ethnic groups, the CPC and the Chinese government consider that countering separatist activities and preserving national security are essential to the people's wellbeing. This approach has ensured sustained and steady social development for Xizang and stable and secure border areas. A safe and stable environment creates favorable conditions and serves as a solid foundation for the development of human rights in the region.
坚持依法保障人权。	Protecting human rights in accordance with the law.
法治是人权最有效的保障。	The rule of law is the most effective guarantee for human rights.
西藏坚持依法治藏，维护宪法法律权威，坚持和完善民族区域自治制度，实现西藏各族人民当家作主，享有平等参与管理国家事务和自主管理本地区、本民族事务的权利。	By upholding law-based governance, the autonomous region ensures that the authority of the Constitution and the law is maintained. By these means, it has upheld and improved the system of regional ethnic autonomy, and ensured that the people of all ethnic groups in the region exercise the right as masters of the region and enjoy the rights to participate in the administration of state affairs equally and to administer their own regional and ethnic affairs.
坚持法律面前人人平等，把尊重和保障人权贯穿西藏立法、执法、司法、守法各个环节，不断提升西藏人权法治化保障水平，维护社会公平正义。	Predicated on the principle that everyone is equal before the law, the Xizang government has strengthened human rights protection throughout the process of legislation, law enforcement, judicature, and the observance of the law, as part of its effort to provide legal protection for human rights and defend social fairness and justice in the region.
<b>二、全过程人民民主广泛真实管用</b>	<b>II. Extensive, Genuine and Effective Whole-Process People's Democracy</b>
中国共产党和中国政府坚持将民主价值和理念转化	The CPC and the Chinese government have translated the values and concepts of

<p>为科学有效的制度安排和具体现实的民主实践，全面发展全过程人民民主，保障人民参与民主选举、民主协商、民主决策、民主管理、民主监督，人民当家作主的内涵不断丰富、渠道不断拓宽、效能不断提升，西藏人民依法享有更加广泛充分、真实具体、有效管用的民主权利。</p>	<p>democracy into sound and effective institutional arrangements and concrete actions by developing whole-process people's democracy and ensuring the people's rights to engage in democratic elections, consultation, decision-making, management and oversight. As a result, the people's status as masters of the country has grown richer in content and broader in scope, and is having a greater impact. The people of Xizang enjoy full, extensive, genuine, concrete and effective democratic rights in accordance with the law.</p>
<p>——民族区域自治制度全面实行</p>	<p><b>- Full implementation of regional ethnic autonomy</b></p>
<p>民族区域自治制度保障西藏各族人民充分享有自主管理本地区、本民族事务的权利。</p>	<p>The system of regional ethnic autonomy ensures that the people of all ethnic groups in Xizang fully enjoy the right to administer their regional and ethnic affairs.</p>
<p>根据《中华人民共和国民族区域自治法》规定，西藏自治区人民代表大会常务委员会中有藏族公民担任主任或副主任，自治区主席由藏族公民担任。</p>	<p>In accordance with the Law on Regional Ethnic Autonomy of the People's Republic of China, there shall be citizens from the Tibetan ethnic group among those who assume the offices of chairperson or vice chairperson of the Standing Committee of the People's Congress of the Xizang Autonomous Region, and the office of governor of the autonomous region shall be assumed by citizens from the Tibetan ethnic group.</p>
<p>目前，西藏省级少数民族干部有 26 名，地厅级少数民族干部有 512 名，地（市）、县（区、市）党政正职由一定数量的少数民族干部担任，乡镇（街道）党政班子中少数民族干部占 57.17%以上。</p>	<p>Currently, the autonomous region has 26 provincial/ministerial level officials and 512 prefectural/director-general level officials from ethnic minorities. A considerable number of Party and government heads at prefecture and county levels come from ethnic minority groups, and 57.17 percent of the officials in the Party and government leading groups at township level are from ethnic minorities.</p>
<p>在山南、林芝、昌都三市人口较少民族聚居区共设立 8 个民族乡，其中门巴族乡 5 个、珞巴族乡 3 个，依法保障西藏各族人民平等参与管理地方事务的政治权利。</p>	<p>Eight ethnic townships have been set up in Shannan, Nyingchi, and Qamdo, of which five are for the Monba ethnic group and three for the Lhoba ethnic group, both with small populations. Through these arrangements, the political rights of all ethnic groups in Xizang to equal participation in the management of local affairs are ensured in accordance with the law.</p>
<p>——选举权和被选举权严格保障</p>	<p><b>- Strict protection of citizens' rights to vote and to stand for election</b></p>
<p>在西藏，年满 18 周岁的公民依法享有选举权和被选举权，依照宪法和法律规定，各民族公民直接选举县（区、市）、乡（镇）人民代表大会代表，在此基础上逐级选出市、自治区和全国人民代表大会代表，参与管理国家和地方事务，民主选举具有广</p>	<p>In Xizang, as elsewhere in China, citizens aged 18 or above enjoy the right to vote and the right to stand for election in accordance with the law. As prescribed by the Constitution and relevant state laws, the people of all ethnic groups in Xizang directly elect deputies to the people's congresses of county-level and township-level administrative units. Deputies to the higher levels - the people's congresses of cities, the People's Congress of the Xizang</p>

泛性、平等性、真实性、发展性。	Autonomous Region, and the National People's Congress (NPC) - are then elected by deputies at the next lower level. This system ensures that the people can participate in the management of state and local affairs and that democratic elections offer extensive and equal participation in a genuine and progressive nature.
党的十八大以来，西藏进行的两次县、乡换届选举中，90%以上的选民参加了县、乡直接选举，有些地方参选率达到100%。	Since the 18th CPC National Congress in 2012, two elections at the county and township levels have been held in Xizang to elect people's congresses, in which more than 90 percent of eligible voters - 100 percent in some places - in the region participated in these direct elections.
当前，西藏共有四级人大代表42153名，藏族和其他少数民族占89.2%，与2016年换届选举相比，2021年换届选举中增加县乡人大代表名额近6500名。	At present, a total of 42,153 deputies to people's congresses at four levels in the autonomous region have been elected, 89.2 percent of whom are from the Tibetan or other ethnic minority groups. Compared with the elections in 2016, in 2021 the number of deputies to people's congresses at the county and township levels increased by nearly 6,500.
西藏自治区第十二届人民代表大会共有428名代表，藏族和其他少数民族代表共280人，占65.42%。	There are 428 deputies to the 12th People's Congress of the Xizang Autonomous Region, 280 of whom are of Tibetan or other minority ethnicity, accounting for 65.42 percent of the total.
西藏共有25名第十四届全国人民代表大会代表，其中藏族和其他少数民族代表17名，占68%，门巴族、珞巴族等人口较少民族也有自己的代表。	Of the 25 deputies of the Xizang delegation to the 14th NPC, 17 or 68 percent are from the Tibetan or other ethnic minority groups, including those with small populations such as the Monba people and the Lhoba people.
实行基层群众自治，严格规范村（居）民大会和选举委员会组建、选民登记、推荐提名、候选人确定、投票选举等环节，2021年圆满完成5535个村（社区）“两委”换届选举工作。	The region has implemented a system of community-level self-governance, which includes strict requirements for the organization of villagers' and residents' congresses and election committees, voter registration, recommendation and nomination, decisions on candidates, voting, and other procedures. In 2021, villagers' or neighborhood committee elections and CPC village branch elections were carried out in 5,535 villages and communities.
——知情权和参与权充分保障	<b>- Full protection of people's rights to be informed and to participate</b>
信息公开持续推进。	Access to information continues to improve across Xizang.
西藏各级政府不断完善政务公开制度体系，推进重点领域信息公开。	Governments at various levels in the region have upgraded their systems for government information disclosure and continue to promote transparency in key fields.
通过政府门户网站、政务新媒体、政府公报等载体，围绕社会关切，发布相关文件，做到法定主动	Documents of public concern are published via government websites, social media platforms, government gazettes, and other channels. All legally required information for voluntary disclosure is accessible to the public.

公开内容全部公开。	
为健全村务公开制度，2019 年西藏自治区人民政府颁布《西藏自治区村务公开办法》，要求村委会通过村务公开栏、村民代表会议、网络、广播、手机短信、微信、“明白卡”等途径实现村务公开全覆盖。	In 2019, the People's Government of the Xizang Autonomous Region issued the Measures of the Xizang Autonomous Region on Transparency in Village Affairs to strengthen the system for disclosing village affairs. Villagers committees are required to fully disclose village information via transparency bulletin boards and at villagers' representative meetings, as well as via online platforms, broadcasting services, text messages, WeChat, transparency cards, and other channels.
民主参与形式和渠道不断丰富。	Forms of democratic participation, and the channels through which they are accessed, have become increasingly diverse.
西藏自治区人大常委会在全区设立 10 个基层立法联系点，将其建成广泛联系群众、践行全过程人民民主的重要载体。	The Standing Committee of the People's Congress of the Xizang Autonomous Region has established 10 local outreach centers for legislative matters across the region, which serve as an important means of communicating with the general public and practicing whole-process democracy.
完善人大代表联系人民群众工作办法，支持和鼓励各级代表广泛深入联系和接待选民，围绕乡村振兴、农牧民增收、非公有制经济发展、高校毕业生就业等重点工作，倾听群众心声，帮助解决问题。	The working methods for deputies to people's congresses to reach out to the public have also been improved. Deputies at various levels are encouraged to maintain close contact with voters and to listen to their voices on issues that matter to them, such as rural revitalization, income increase for farmers and herdsmen, development of the private economy, and employment of college graduates.
截至 2024 年底，西藏共创建 790 个“人大代表之家”，所有村（社区）都设有人大代表联络站、人大代表联系群众活动室，为人民群众反映社情民意提供有效平台，人民代表大会闭会期间代表履职活动更加常态化、规范化、制度化。	By the end of 2024, Xizang had instituted 790 outreach offices for deputies to people's congresses, and all administrative villages and grassroots urban communities had been equipped with an outreach station or center. These facilities provide effective platforms for the people to interact regularly with deputies and voice their opinions, and create a standardized process for deputies to perform their duties during intersessional periods.
完善农村村民代表会议、城市社区居民代表大会、职工代表大会制度，健全基层选举、议事、公开、述职、问责等机制，推动基层民主实践更加广泛真实生动。	Systems for villagers' representative meetings, urban community residents' congresses, and employees' congresses have been improved, and mechanisms for grassroots elections, deliberations, information disclosure, work reporting, accountability and other affairs have been improved, to make primary-level democracy more extensive and effective.
协商民主作用得到充分发挥。	Consultative democracy is now having its full effect across the region.
西藏各级政协组织坚持党的领导、统一战线、协商民主有机结合，创新协商形式、丰富协商内容、搭	The Chinese People's Political Consultative Conference (CPPCC) organizations at all levels in Xizang have upheld the integration of Party leadership, the united front, and consultative

建协商平台，广泛吸收各族各界人士参政议政，形成以政协全体会议为龙头，专题议政性常委会会议和专题协商座谈会为重点，提案办理协商、界别协商、对口协商等为常态的协商议政格局。	democracy, introduced new methods, expanded the coverage and established new platforms of consultation to encourage more extensive participation in and administration of state affairs by people from all ethnic groups and all walks of life. This has ensured that a framework of consultation and deliberation is now in place in the autonomous region, which is characterized by the CPPCC plenary sessions that play the leading role, subject-specific deliberative meetings of the Standing Committee and special consultative forums as the focus, and regular proposal handling consultations, sector-specific consultations, and consultative meetings with relevant departments.
29 名住藏全国政协委员中，少数民族委员占比 93.1%。	There are 29 members of the CPPCC National Committee who are residents of Xizang, 93.1 percent of whom are from ethnic minority groups.
政协第十二届西藏自治区委员会共有委员 429 名，其中党外委员占比 59.91%。	There are 429 members on the 12th CPPCC Committee of the Xizang Autonomous Region, 59.91 percent of whom are not CPC members.
74 个县（区、市）政协组织全覆盖，政协委员超过 8000 名，其中 85%是少数民族。	CPPCC organizations have been established in all 74 county-level administrative units in the region, with more than 8,000 CPPCC members, of whom 85 percent are from ethnic minority groups.
政协西藏自治区委员会在 2013 年至 2024 年间共收到提案 5095 件，立案 4920 件，办复率 100%；2018 年至 2024 年间形成报告、决议、倡议书 159 份。	Between 2013 and 2024, the CPPCC Committee of the Xizang Autonomous Region received a total of 5,095 proposals, 4,920 were accepted and filed and the rest were given a formal response or reply. Between 2018 and 2024, a total of 159 reports, resolutions and calls for action were created.
——表达权和监督权有效保障	<b>- Effective protection of people's rights to expression and oversight</b>
表达和监督渠道更加多样化。	Channels for expression and oversight have evolved in Xizang.
西藏在办好广播、电视、报纸、杂志等传统媒体的同时，创建各种形式的网络平台，不断拓展公民的表达渠道。	While continuing to support traditional media such as radio, television, newspapers and magazines, the region has also developed various internet platforms through which people express their opinions.
规范开展政务服务监督举报和评估评价，开通“12345”政务服务便民热线，及时回应社会关切。	Standards and procedures are in place for evaluation of and comment on government services, and reporting of misconduct. To respond to public concerns in a timely manner, the 12345 government service hotline has been launched.
推动《信访工作条例》贯彻落实，各级领导干部带头接待群众来访，主动下基层接访，打通服务群众	The Regulations on Handling Public Complaints have been issued and implemented in the region. Officials at various levels meet with the people they serve and handle their

的“最后一公里”。	complaints at the grassroots level, closing the "last mile" gap in government service delivery.
积极拓宽网上信访制度，形成信访事项网上办理、网上流转的工作机制。	Online channels for handling public complaints have been expanded. This includes the formation of new working mechanisms for handling and processing public complaints online.
2022年3月，西藏自治区信访局推出“藏易访”等微信公众号和手机APP，网上信访更加方便更受欢迎。	In March 2022, the Xizang Autonomous Region launched mobile APPs and official WeChat accounts such as Zang Yi Fang to simplify the process of lodging public complaints for mobile users.
民主监督更加全面。	Democratic oversight has also been made more comprehensive throughout the region.
西藏自治区充分发挥人大监督、法律监督、信访举报、政协民主监督、社会舆论监督等的作用。	Xizang has given full play to the oversight by people's congresses, oversight of law enforcement, democratic oversight from the CPPCC, oversight through public complaints, and oversight through public opinion.
2018年至2024年，西藏自治区人大及其常委会听取和审议相关工作报告199项，检查59件（次）法律法规的实施情况，组织开展调研146次，提出有关意见建议1296条；组织在藏全国人大代表和自治区人大代表参与执法检查、专题调研和集中视察975人次，保障各族人民合法权益得到维护和实现。	From 2018 to 2024, the People's Congress of the Xizang Autonomous Region and its Standing Committee have heard and reviewed 199 work reports, conducted 59 inspections on the implementation of laws and regulations, and organized 146 surveys, offering 1,296 opinions and pieces of advice based on their findings. Additionally, they have organized deputies to the NPC from Xizang and deputies to the People's Congress of the Xizang Autonomous Region to participate in law enforcement, research projects, and group inspections, with a total attendance of 975. These efforts have ensured the protection and realization of the legitimate rights and interests of people of all ethnic groups.
2018年至2024年，西藏自治区政协省级领导带队开展专题监督检查49次，发现并协调解决问题353个。	Between 2018 and 2024, the leaders of the CPPCC Xizang Autonomous Regional Committee led teams to conduct 49 special reviews and inspections. During this process, they identified 353 problems and successfully coordinated solutions.
组织政协委员紧扣群众关心的热点和社会治理的难点深入调研，以提出意见、批评、建议等方式开展民主监督。	Members of the CPPCC Xizang Autonomous Regional Committee have conducted in-depth surveys on topics of public concern and difficulties in social governance, and have carried out democratic oversight by offering advice, criticism and suggestions.
拉萨融媒开通《问政拉萨》栏目，聚焦人民群众“急难愁盼”问题和社会普遍关注的民生问题进行问政、展开监督。	The Integrated Media Center of Lhasa City has opened a Q&A column on local government affairs to allow the public to raise questions and oversee pressing concerns and matters that impact their wellbeing.
<b>三、经济社会权利保障水平全面提升</b>	<b>III. Better Protection of Economic and Social Rights</b>

西藏坚持以发展促人权，完整、准确、全面贯彻新发展理念，通过发展全面提升经济社会权利保障水平，西藏人民的适当生活水准权、受教育权、工作权、健康权、社会保障权得到更充分保障。	Xizang is committed to promoting human rights through development. By fully and faithfully following the new development philosophy in all fields, the region has improved protection of economic and social rights. The rights of people in Xizang to an adequate standard of living, education, work, health, and social security are better guaranteed.
——适当生活水准权保障显著提高	<b>- The right to an adequate standard of living is better protected in Xizang.</b>
绝对贫困得到历史性消除。	Absolute poverty has been eradicated in Xizang for the first time in its history.
西藏曾经是全国贫困发生率最高、贫困程度最深、扶贫成本最高、脱贫难度最大的深度贫困地区。	The region was once a profoundly impoverished area that led the country in the incidence and penetration rates of poverty, and the cost and difficulty of eliminating poverty was therefore the biggest.
党的十八大以来，西藏坚持精准扶贫、精准脱贫基本方略，大力实施产业发展、易地搬迁、生态补偿、教育发展、社会保障兜底等脱贫措施，截至2019年底，累计实现62.8万建档立卡贫困人口全部脱贫。	After the 18th CPC National Congress in 2012, Xizang has followed guidelines for targeted poverty alleviation and eradication, and carried out five measures through which people would be lifted out of poverty: boosting new industries, relocating the poverty-stricken population from uninhabitable areas, recompensing the poor for their loss due to eco-environmental conservation, improving education, and securing social assistance to meet basic needs. By the end of 2019, all 628,000 registered impoverished people in the region had risen from poverty.
此后，党和政府继续实施乡村振兴战略，巩固拓展脱贫攻坚成果，2024年，西藏脱贫人口人均纯收入增长12.5%以上。	Following this success, the CPC and the Chinese government continued with the rural revitalization strategy to consolidate and expand the achieved outcomes. In 2024, the per capita net income of those lifted out of poverty in Xizang increased by over 12.5 percent.
适足住房权得到保障。	The right to adequate housing is also safeguarded in Xizang.
2006年至2024年，中央和西藏共下达补助资金372.63亿元，不断增加保障性住房供给。	From 2006 to 2024, the central and local authorities provided over RMB37.26 billion in subsidies to increase the availability of affordable housing.
在城镇，建设公共租赁住房（廉租房）16.19万套、周转房9.58万套、棚户区改造24.26万套、保障性租赁住房0.14万套。	In urban areas, 161,900 public and low-cost rental units, 95,800 transitional housing units for relocated residents, and 1,400 government-subsidized rental housing units were constructed, and 242,600 housing units in rundown urban areas were rebuilt or renovated.
每年约1万人享受城镇住房保障家庭租赁补贴。	About 10,000 people were provided with the annual rental subsidies for urban families eligible for housing support.
在乡村，开展生态保护搬迁、易地扶贫搬迁和农村危房改造等重点工程。	In rural areas, projects such as relocation for ecological conservation, relocation from uninhabitable areas for poverty eradication, and renovation of dilapidated rural houses were

	carried out.
在前期完成 46 万多户农牧民住房改善工程的基础上，2016 年以来，又完成 11.08 万户农村危房改造和抗震改造，48.66 万户农村房屋安全隐患排查整治，确保农牧民住房安全。	Before 2016, a project for improving housing conditions for more than 460,000 farming and herding households had been completed. Since then, to ensure safe housing for farmers and herders, 110,800 dilapidated homes in rural areas have been renovated to be more earthquake-proof, and checks and rectifications against hidden hazards have been carried out across 486,600 households.
2024 年，农村居民人均住房建筑面积达到 41.32 平方米，较 2012 年增加 11.74 平方米。	In 2024, the per capita floor space for rural residents stood at 41.32 sq m, 11.74 sq m larger than in 2012.
西藏各族人民普遍实现了住有所居、居有所安。	The people of all ethnic groups in Xizang now enjoy adequate and safe housing.
改善交通便利居民出行。	Improved transport infrastructure and services facilitate travel across the region.
2012 年至 2024 年，西藏累计完成公路交通固定资产投资 4019.25 亿元，建设一批交通重点工程。	Between 2012 and 2024, Xizang made a fixed-asset investment of RMB401.93 billion in major highway transportation projects.
西藏铁路运营里程从 2012 年的 701 公里增加到 2024 年的 1359 公里。国际国内航线达到 183 条，通航城市 78 个。	By 2024, the region had 1,359 km of in-service railways, almost double the length in 2012 (701 km), and it had 183 flight routes connecting the region with 78 domestic and international cities.
公路总里程从 2012 年的 6.52 万公里增加到 2024 年底的 12.49 万公里。	The total road length grew from 65,200 km in 2012 to 124,900 km by the end of 2024.
农村、山区公路条件全面改善，截至 2024 年底，乡镇、建制村通达率达 100%，通畅率分别达 97.99%和 86.05%。	Roads in rural and mountainous areas have seen overall improvement. By the end of 2024, all towns and townships had access to roads, with 97.99 percent connected by paved roads; all administrative villages had access to roads, with 86.05 percent connected by paved roads.
2012 年至 2024 年，农村公路里程从 5.32 万公里增加到 9.48 万公里，高等级公路里程从 38 公里增加到 1196 公里。	The rural road length increased from 53,200 km in 2012 to 94,800 km in 2024, with the length of high-grade highways rising from 38 km to 1,196 km in the same period.
所有县（区、市）、623 个乡镇、3869 个建制村通客车。	All counties and equivalent administrative units are linked to bus networks, as are 623 towns and townships and 3,869 administrative villages.
交通便民举措更有温度，西藏 7 地（市）与全国 329 个城市公交一卡通实现互联互通，全面实行 60 岁以上老年人乘坐公交车免费政策。	Bus passes issued in any of Xizang's seven prefectures and prefectural-level cities are also valid in 329 other cities across the country, and people aged 60 and above all enjoy free bus rides.

用电难问题得到根本性解决。	Problems of access to electricity have also been largely resolved in Xizang.
2011 年以来，西藏重点解决无电地区电力建设，并着力发展水能、太阳能、风能等清洁能源，清洁能源装机占比超过 95%。	Since 2011, the region has focused its efforts on building power infrastructure in areas without access to electricity. Priority has been given to waterpower, solar, wind and other clean energy, which make up over 95 percent of all new power installations.
2020 年 12 月，平均海拔超过 4500 米的阿里联网工程建成投运，实现了建设西藏统一电网以及大电网对全区 74 个县（区、市）与主要乡镇全覆盖的目标。	In December 2020, the Ngari-Central Xizang Interconnection Project was put into operation. Lying at an average altitude of over 4,500 m, this project has unified the Xizang grid and ensured full electricity coverage for all the 74 county-level administrative units as well as major towns and townships in the region.
用电人口从 2012 年的 175 万人增加到 2024 年的近 350 万人，供电可靠率达到 99.6%。	In 2012, 1.75 million people in Xizang had access to electricity. By 2024, this figure stood at around 3.5 million, with an electricity supply reliability of 99.6 percent.
2024 年西藏人均电力消费 4404.8 千瓦时，相较 2012 年同比增长 162.89%。	The region's electricity consumption per capita in 2024 was 4,404.8 kWh, marking a 162.89 percent increase compared with 2012.
电信普惠服务向好向优发展。	The public-interest telecommunications service network in Xizang is continuing to improve.
西藏持续推进数字西藏、智慧西藏建设，截至 2024 年，西藏所有行政村实现光纤和 4G 网络通达，10G PON 及以上端口规模达 8.1 万个，千兆光纤网络覆盖 287 万户家庭，固定互联网宽带接入用户 159.2 万户。	Efforts have been made to turn Xizang into a digital and intelligent region. By 2024, all administrative villages had access to fiber optics and 4G connections; the number of ports of 10G PON and beyond had reached 81,000; a total of 2.87 million households had access to 1000M fiber optic networks; and fixed broadband internet services were accessed by over 1.59 million households.
5G 基站总数达 17881 个，实现所有乡镇、70%的行政村通达 5G 网络，移动互联网用户达 331.4 万户，5G 移动电话用户达 214 万户，占移动电话用户总数的 60.5%。	In addition, there were over 3.31 million mobile internet users in Xizang, served by 17,881 5G base stations that provide 5G access to every town and township and 70 percent of administrative villages. A total of 60.5 percent of the mobile phone users in the region, or 2.14 million, were 5G users.
移动流量资费水平从 2015 年末的 128.1 元/G 下降至 2024 年末的 1.8 元/G，降幅达到 98.6%。	The price of cellular data had fallen by 98.6 percent from RMB128.1 per GB at the end of 2015 to RMB1.8 per GB at the end of 2024.
城乡居民普遍享用快速优质的信息服务，促进了信息平等共享。	Both urban and rural residents have access to fast and reliable internet services, which promotes equal sharing of information.
——受教育权保障更加充分	<b>- The right to education is better protected.</b>

教育保障水平不断提升。	Significant advances have been made in protecting the right to education in Xizang.
西藏积极顺应各族人民对教育高质量发展的期待，2012 年以来，先后 11 次提高对农牧民子女和城镇困难家庭子女“包吃、包住、包基本学习费用”经费标准，目前年生均标准达到 5620 元（含营养改善计划资金 1000 元）。	To meet its people's expectations for high-quality education, the region has significantly increased subsidies covering boarding, lodging, and basic study expenses for children from farming and pastoral areas, as well as those from families in urban areas with financial difficulties. Since 2012, these subsidies have been raised 11 times, with the figure currently standing at RMB5,620 per student per year, including RMB1,000 from the nutrition improvement program.
2014 年至 2024 年，西藏累计投入财政性教育经费 3022.5 亿元。	Between 2014 and 2024, the region invested around RMB302.3 billion as government budgetary spending on education.
截至 2024 年，西藏共有各级各类学校 3618 所，教职工 9.66 万名，在校生总数达到 97 万人，超过西藏总人口的 1/4。	By 2024, there were 3,618 schools at various levels and of different types, 96,600 faculty and staff members, and 970,000 students on campus, accounting for more than 25 percent of the total population of Xizang.
2024 年投入建设资金 2.54 亿元，新建、改扩建幼儿园 25 所，建立起了地（市）、县、乡、村四级学前教育公共服务网络，目前西藏共有 2474 所幼儿园。	In 2024, the region invested RMB254 million into the building, renovation, and expansion of 25 kindergartens, establishing a public service network of preschool education at the prefecture, county, town, and village levels. There are currently 2,474 kindergartens in the region.
持续实施中西部欠发达地区优秀教师定向培养计划、中小学幼儿园教师国家级培训计划、职业院校教师素质提升计划、高海拔艰苦边远地区教师定向培养计划、乡村教师支持培养计划等，不断提高教师队伍整体水平。	Specialized teacher training programs continue to be introduced across Xizang to raise the overall quality of teachers, including a special program to train outstanding teachers for underdeveloped central and western regions, a national program to train teachers for kindergartens and elementary and secondary schools, a capability improvement program for vocational school teachers, a special program to train teachers for high-altitude, tough and outlying areas, and a program to support and train rural teachers.
教育普及水平实现历史性跨越。	Historic strides have been made in ensuring universal access to education.
2012 年起，西藏在全国率先实行 15 年公费教育。	In 2012, Xizang led the entire country in providing 15 years of publicly-funded education from kindergarten to senior high school.
截至 2024 年，学前教育毛入园率、九年义务教育巩固率、高中阶段教育毛入学率、高等教育毛入学率分别为 91.33%、97.86%、91.56%、57.81%，教育主要指标均达到或超过全国平均水平。	By 2024, the gross enrollment rate of preschool education reached 91.33 percent, the completion rate of nine-year compulsory education was 97.86 percent, the gross enrollment rate in senior high schools reached 91.56 percent, and the gross enrollment rate of higher education was 57.81 percent. The major educational indicators have reached or exceeded the national average.

第七次全国人口普查数据显示，西藏每 10 万人中拥有大学文化程度人数由 2010 年的 5507 人上升到 2020 年的 11019 人。	According to the Seventh National Census conducted in 2020, the number of college or university graduates per 100,000 inhabitants in Xizang rose from 5,507 in 2010 to 11,019 in 2020.
学校寄宿服务有效解决偏远农牧区学生上学不便问题。针对一些地区海拔极高、自然条件艰苦、人口居住极为分散、上下学路途遥远的情况，西藏根据《中华人民共和国义务教育法》，采取与全国其他省区市相同做法，部分学校提供寄宿服务，实行“包吃、包住、包基本学习费用”政策。	Boarding schools play a vital role in providing education to children from remote farming and pastoral areas, where accessing schools can be challenging due to high altitude, harsh natural environments, extremely low population density and long distances. To address this problem, Xizang has followed the same practice as the rest of the country in accordance with the Compulsory Education Law of the People's Republic of China, that is, providing accommodation service and covering all the boarding, lodging, and basic study expenses for the pupils in some schools.
学生和家长自愿选择是否寄宿，学生周末、节假日可以回家，家长参与寄宿生活的管理和规划，最大限度保障各族学生平等享受高质量教育的权利。	Students and parents can choose if they wish to board at schools, and students can go home during weekends and holidays. Parents take part in the management and planning of the students' boarding life. These measures aim to protect the equal rights of students from all ethnic groups to high-quality education.
——工作权保障切实有效	<b>- The right to employment is effectively safeguarded.</b>
完善就业服务。	Employment services have been improved.
西藏实行城乡统一的免费公共就业服务制度，提供职业介绍、职业指导、求职登记等服务。	Xizang has adopted a unified urban-rural public employment service system covering job recommendation, employment guidance, and job seeker registration.
广泛开展职业技能培训，16 周岁以上有就业意愿和培训需求的城乡劳动者均可申请参加职业技能培训。	Extensive vocational training is offered across the region, and is open to anyone over the age of 16 in need of a job and training service.
制定培训就业计划时充分尊重群众意愿和需求，城乡劳动者可自主选择培训项目、培训方式和培训机构。	When creating training and employment plans, the aspirations and needs of the people are fully respected, and they are free to choose whichever training program, method and institution suits them best.
2024 年城镇新增就业 5.1 万人。城镇调查失业率低于全国平均水平，零就业家庭持续动态清零。	In 2024, 51,000 new jobs were created in urban areas. The surveyed urban unemployment rate has remained below the national average and the number of families with no one in work has been steadily reduced to zero.
积极帮助农牧民转移就业。	Farmers and herders are given support to find other jobs.
采取多种政策措施鼓励企业吸纳当地农牧民就业，	Various policies and measures have been implemented to encourage enterprises to create

农牧民转移就业人数从 2012 年的 45 万人增至 2024 年的 64.8 万人。2024 年，西藏农牧民转移就业劳务收入达到 71.55 亿元。	more jobs for local farmers and herders. In 2024, the number of farmers and herders in non-farming employment stood at 648,000, up from 450,000 in 2012, and their total income from non-farming employment reached RMB7.16 billion.
各地（市）依托区外就业服务站点，加强劳务协作，帮助农牧区富余劳动力外出务工，积极解决农牧民在生活、住宿、往返、权益保障等方面的问题。	Prefectural and city governments also collaborate with employment service centers outside of the autonomous region to provide new opportunities for job-seeking farmers and herders, and to support them in their daily life, lodging, travel, and rights and interests protection should they find work outside of Xizang.
多措并举增加高校毕业生就业机会。	Multiple measures have been put in place to increase the number of jobs for college graduates.
拓宽就业渠道，通过实施就业见习补贴、社会保险补贴等政策，鼓励各类企业吸纳区内高校毕业生就业。	Xizang has broadened employment channels by providing internship and social insurance subsidies to encourage enterprises to employ graduates from colleges in the region.
支持高校、企业建立创业孵化基地等就业服务平台，鼓励自主创业，对创业的高校毕业生补贴每人 6 万元启动资金及每年最高 2.4 万元场地租金、水电费。	It supports colleges and enterprises in setting up employment service platforms like business incubation bases to encourage start-ups, and subsidizes graduates who start new businesses with seed money of RMB60,000 for each person and an annual subsidy of up to RMB24,000 for overhead costs.
应届高校毕业生就业率连续多年保持在较高水平。	For consecutive years, the employment rate of new college graduates has remained at a relatively high level.
——健康权保障更加均衡	<b>- The right to health is protected in a more balanced way.</b>
持续推进基本公共卫生服务均等化。	Equal access to basic public health services is advancing throughout the region.
深入开展健康西藏行动，倡导健康文明生活方式，预防控制重大疾病，将主要健康指标纳入经济社会发展总体规划。	The Healthy Xizang Initiative advocates a healthy and positive lifestyle, focuses on prevention and control of major diseases, and incorporates key health indicators into the overall plan of economic and social development.
人均基本公共卫生服务补助经费从 2012 年的 25 元提高到 2024 年的 115 元，中央财政按照 80%的比例予以拨付，免费向西藏城乡居民提供基本公共卫生服务。	The subsidy on basic public health services per capita increased from RMB25 in 2012 to RMB115 in 2024, with 80 percent funded by the central budget, to provide urban and rural residents in the region with free basic health services.
根据第七次全国人口普查结果，西藏人均预期寿命	According to the Seventh National Census in 2020, the average life expectancy in the

由 2010 年的 68.17 岁提高到 2020 年的 72.19 岁。	region rose from 68.17 years in 2010 to 72.19 years a decade later.
医疗卫生服务网络全覆盖。	Xizang's medical and health service network has now achieved full coverage.
2012 年以来，国家和西藏落实投资近 76 亿元，基本建成自治区、地（市）、县（区、市）、乡（镇）、村（社区）五级卫生健康服务网络，城市公立医院、基层医疗机构、公共卫生服务机构设施设备更加完善，服务可及性便利性不断提高。	Since 2012, the central and local governments have invested nearly RMB7.6 billion into establishing a five-tiered health service network at the region, prefecture, county, township and village levels. Urban public hospitals, grassroots medical institutions as well as public health service establishments now have better facilities and equipment and can provide increasingly accessible and convenient services.
截至 2024 年，医疗卫生机构总数达到 7231 家（含村卫生室 5222 家）、床位 21551 张、卫生技术人员 29379 人，分别比 2012 年增长 29.79%、112.66%、159.42%。	By 2024, Xizang had 7,231 medical and health institutions (including 5,222 village clinics), with 21,551 hospital beds and 29,379 healthcare professionals, representing an increase of 29.79 percent, 112.66 percent, and 159.42 percent, respectively, compared with 2012.
每千人口医疗卫生机构床位数、卫生技术人员数、执业（助理）医师数分别从 2012 年的 3.29 张、3.67 人、1.53 人，增至 2023 年的 5.90 张、8.05 人、3.34 人。	And in 2023, there were 5.9 hospital beds per 1,000 people, up from 3.29 in 2012; 8.05 healthcare professionals per 1,000 people, up from 3.67 in 2012; and 3.34 practicing physicians or physician assistants per 1,000 people, up from 1.53 in 2012.
医疗人才“组团式”援藏大幅提升西藏医疗服务能力。	Medical expert teams from other parts of the country have helped to substantially increase the medical service capacity in Xizang.
从 2015 年起，全国 17 个对口支援省市 203 家医院选派 2000 余名专家组团式帮扶西藏各级医疗机构，显著提高了诊疗水平，为西藏培养本地医务人员 5536 名。	From 2015, 203 hospitals from 17 paired-up provinces and municipalities directly under the central government selected and dispatched more than 2,000 experts to work in teams in Xizang's health system at various levels, helping to improve diagnosis and treatment capability in the region. Additionally, this program helped to train 5,536 local healthcare professionals.
医疗机构年总诊疗人次由 2012 年的 1167 万增长到 2023 年的 1570.57 万，三级以上医院从 3 家增加到 17 家，远程医疗服务实现乡镇以上公立医疗机构全覆盖。	Medical establishments in the region received 15.71 million patient visits in 2023, up from 11.67 million in 2012, and the number of tertiary-care hospitals increased from 3 to 17. All public medical institutions at the township level and above can provide telemedicine services.
藏医药事业获得传承发展。	Tibetan medicine has been conserved and developed.
制定实施一系列传承创新发展藏医药的政策，逐年	The region has formulated and implemented a series of policies on promoting Tibetan

加大投入力度，推进藏医医疗、教育、科研和产业发展。	medicine and encouraging innovation. It has increased input year by year for the application, education, research, and industrial development of this field of medicine.
公立藏医医疗机构数量、卫生技术人员及床位数由 2012 年的 28 家、2232 人、1364 张分别增至 2024 年的 51 家、5287 人、3260 张。	In 2024, there were 51 public Tibetan medicine institutions, up from 28 in 2012. These institutions employed 5,287 professionals, up from 2,232, and housed 3,260 hospital beds, up from 1,364.
社区卫生服务中心、乡镇卫生院、村卫生室藏医药服务覆盖率分别从 2012 年的 50%、71%、15% 提高到 2024 年的 100%、94.4%、50.04%。	All community health service centers, 94.4 percent of township health centers, and 50.04 percent of village clinics could provide Tibetan medicine services, up from 50 percent, 71 percent, and 15 percent, respectively, in 2012.
获批全国首个民族医类国家医学中心，建成国家民族医临床研究基地和 5 个国家临床重点专科、17 个国家中医药管理局重点专科，先后有 3 名藏医专家荣获国医大师称号。	The country's first national medical center of ethnic medicine has been approved, a national center for ethnic medicine clinical research, five national-level key clinical specialties, and 17 key medical specialties accredited by the National Administration of Traditional Chinese Medicine have been established, and three Tibetan medicine experts were given the title of Master of Chinese Medicine.
持续推进藏药纳入国家基本药物目录（民族药）工作。	Efforts are also ongoing to incorporate Tibetan medicines into the National List of Essential Medicines (Ethnic Medicines).
——社会保障体系全民覆盖	<b>- The social security network covers all citizens.</b>
多层次社会保障体系基本建成。	A multi-layer social security network has taken shape in Xizang.
截至 2024 年底，西藏各项社会保险参保人数达 763.22 万人次，其中，企业职工养老保险 41.50 万人、机关事业单位养老保险 29.98 万人、城乡居民基本养老保险 175.53 万人、工伤保险 77.92 万人、失业保险 42.61 万人、基本医疗保险 346.45 万人、生育保险 49.23 万人。	By the end of 2024, the number of policies issued under various social insurance programs totaled about 7.63 million. The figure included 415,000 covered by the old-age pension for enterprise employees, 299,800 covered by the old-age pension for staff of Party and government offices and public institutions, 1,755,300 by the basic old-age pension for rural and non-working urban residents, 779,200 by work-related injury insurance, 426,100 by unemployment insurance, 3,464,500 by basic medical insurance, and 492,300 by maternity insurance.
城乡居民基本医疗保险财政补助标准逐年提高，2024 年已达到每人每年 705 元。	Government subsidies for basic medical insurance for rural and non-working urban residents have increased year by year, reaching RMB705 per person per year in 2024.
城乡居民参保人员住院产生的合规医疗费用、门诊特殊病合规医疗费用最高报销比例达 90%，普通门诊起付标准降低至年度累计 50 元，报销比例为	The maximum reimbursement rate of inpatient expenses and of outpatient expenses on special diseases has reached 90 percent. Sixty percent of general outpatient expenses in excess of the annual deductible that has been lowered to RMB50 are reimbursable.

60%。	
大病专项救治病种扩大到 38 种，比国家标准多 8 种。	A special treatment policy has been extended to cover 38 serious diseases, eight more than the national list.
建成并上线全国互联互通的西藏医疗保障信息平台，全面实现“基本医保、大病保险、医疗救助一站式服务、一单制结算”和跨省异地就医直接结算。	The region has established a medical insurance information platform that is interconnected with similar platforms nationwide, providing one-stop services and settlement in basic medical insurance, major disease insurance and medical assistance schemes, and real-time settlement of medical expenses for treatment incurred outside the provincial-level unit where the patient is insured.
城乡最低生活保障标准持续提高、覆盖面不断扩大。	Subsistence allowances in urban and rural areas continue to grow, and now cover a broader range of the population.
截至 2024 年，共有 22203 人纳入城镇最低生活保障，148435 人纳入农村最低生活保障。2024 年城市居民低保标准为每月 947 元，农村居民为每年 5340 元。	By 2024, a total of 22,203 urban residents received a monthly minimum allowance of RMB947, and a total of 148,435 rural residents received a yearly minimum allowance of RMB5,340.
<b>四、文化权利保障持续加强</b>	<b>IV. Further Improvement in the Protection of Cultural Rights</b>
西藏高度重视各民族优秀传统文化的保护、传承和发展，不断提升公共文化服务质量，推广使用国家通用语言文字，保障藏语言文字学习使用权利，西藏文化建设实现了前所未有的繁荣与发展，有效保障了各族人民的文化权利。	Xizang attaches great importance to protecting, passing down and developing the fine traditional cultures of all ethnic groups, improving public cultural services, generalizing the use of standard spoken and written Chinese language, and guaranteeing the right to study and use the Tibetan language. These measures have raised cultural prosperity and development in the region to new heights and ensured that the cultural rights of all the ethnic groups in Xizang are protected.
——各民族优秀传统文化传承保护	<b>- Preserving and protecting fine traditional cultures of all ethnic groups</b>
切实加强非物质文化遗产保护和传承。	The protection of Intangible Cultural Heritage (ICH) in Xizang has steadily improved.
2012 年至 2024 年，中央和西藏自治区财政累计投入专项资金 4.73 亿元，用于西藏非物质文化遗产代表性项目保护、国家级非遗代表性传承人记录工作、开展传习活动及保护利用设施建设等。	Between 2012 and 2024, RMB473 million from the central government and the government of the Xizang Autonomous Region was earmarked for the protection of ICH items on the national representative list in the region, the documentation and recording of the knowledge and skills of the bearers of ICH items on the national list, the training of new ICH practitioners, and the construction of new ICH protection and utilization facilities.
西藏现有各级各类代表性项目 2760 项，代表性传	Xizang now boasts 2,760 items on the representative lists of all types and levels, with 1,668 bearers. Gesar, Tibetan Opera, and the Lum medicinal bathing of Sowa Rigpa of Xizang

<p>承人 1668 名。《格萨（斯）尔》、藏戏和藏医药浴法已列入联合国人类非遗代表作名录，认定国家级生产性保护示范基地 5 家、自治区级生产性保护示范基地 12 家，命名 8 个非遗特色县乡村、19 个非遗旅游景区（点）、159 个非遗传习基地和 153 支民间藏戏队，完成 66 名高龄国家级、8 名自治区级代表性传承人的抢救性记录工作，设非遗工坊 224 家，各类非遗项目得到有效传承、保护和发展。</p>	<p>have been inscribed on the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity. Five state-level and 12 regional-level demonstration bases that protect ICH items by transforming them into cultural products have been approved. Eight counties, townships, and villages with abundant ICH resources, 19 ICH scenic areas and spots, 159 bases for ICH practitioner training, and 153 part-time Tibetan Opera troupes have been named. Xizang has completed a rescue effort to record the knowledge and skills of 66 old-age bearers of the ICH items on the national representative list and of eight bearers of the ICH items on the regional representative list, and set up 224 ICH workshops. ICH items of all types have been effectively preserved, protected and developed.</p>
<p>妥善保护文物古迹。</p>	<p>Cultural relics and historic sites have been placed under proper protection.</p>
<p>截至 2024 年 12 月，西藏调查登记各类文物点 4468 处，各级文物保护单位 2373 处（其中全国重点文物保护单位 70 处），世界文化遗产 1 处 3 个点（布达拉宫、罗布林卡、大昭寺），革命旧址 155 处，博物馆陈列馆纪念馆 43 家，革命文物名录 155 处。完成 277 处石窟寺等资源调查，15 通碑刻石刻入选国家文物局第一批古代名碑名刻文物名录。</p>	<p>By December 2024, a total of 4,468 cultural relics sites of all types had been examined and registered. There are 2,373 cultural relics units under the protection of governments at different levels (70 of which are key units under state protection). The Potala Palace, Norbulingka, and Jokhang Temple, together as one item, are inscribed on the UNESCO World Heritage List. The region boasts 155 sites of revolutionary significance, 43 museums, exhibition halls, and memorial halls, and 155 places on the list of immovable revolutionary cultural heritage. Xizang has completed the survey of resources in 277 grotto temples, and 15 stele and stone inscriptions have been included in the first batch of the list of famous ancient inscriptions by the National Cultural Heritage Administration.</p>
<p>2016 年至 2024 年，累计投入资金 28.42 亿元，实施 377 个文物保护维修项目。</p>	<p>Between 2016 and 2024, over RMB2.84 billion was earmarked for 377 projects on the protection and maintenance of cultural relics.</p>
<p>积极推进“考古中国”“高原大考古”重大项目，2016 年至 2024 年，实施考古发掘项目 102 项，其中主动性考古发掘项目 70 项，抢救性发掘项目 32 项。</p>	<p>Major programs such as the Archeological Finds in China program and the archeological program on the Qinghai-Tibet Plateau have been promoted. From 2016 to 2024, 102 archeological excavation projects have been carried out, including 70 proactive ones and 32 rescue operations.</p>
<p>举办 21 个文物展，推出 10 个博物馆“云展览”。</p>	<p>The region has held 21 cultural relic exhibitions and 10 museum online exhibitions.</p>
<p>科学保护古籍文献。</p>	<p>Ancient books and documents have been placed under sound protection in Xizang.</p>
<p>2018 年底，西藏启动了周期 10 年、计划投资约 3 亿元的布达拉宫贝叶经等古籍文献保护利用项目，</p>	<p>At the end of 2018, a 10-year project with a budget of RMB300 million was launched to conserve and explore the use of ancient documents, including the Pattra-leaf Scriptures in</p>

目前已完成一期二期项目的验收。	the Potala Palace. The results of the first and second phases of this project have been reviewed and accepted.
西藏古籍保护中心创新古籍文献保护手段，截至2024年12月，在全球“云共享”平台上传珍贵古籍达6.7万余叶，完成1180家收藏单位18000余函古籍文献的普查登记，305函古籍成功入选《国家珍贵古籍名录》，累计修复近13990叶破损古籍文献。	The Ancient Book Protection Center of Xizang has created innovative methods of protecting ancient books and documents. By December 2024, more than 67,000 folios of rare ancient texts had been uploaded to global cloud-sharing platforms, more than 18,000 rare ancient texts from 1,180 units had been registered and filed, 305 ancient texts had been included in the Catalog of National Rare Books of China, and some 13,990 broken folios of ancient texts had been repaired.
2013年，国家组织实施《中华大典·藏文卷》重点文化工程，出版从吐蕃时期至西藏和平解放前的藏文文献典籍，目前已完成12种201卷，共约1.28亿字。	In 2013, the state launched a priority cultural project called the Complete Collection of Chinese Classics: Tibetan Volume. This project aims to publish important Tibetan classics for the period from the Tubo Kingdom (618-842) through to the peaceful liberation of Xizang in 1951. Currently, 201 volumes have been published across 12 titles, containing around 128 million characters in total.
2023年11月，出版了《藏医药文献大全》（206册），收录了藏医药古籍共3022种。	Additionally, in November 2023, a total of 206 volumes of Tibetan Medical Canon were published, recording 3,022 titles of ancient Tibetan medicinal classics.
——公共文化服务水平不断提升	<b>- Improving public cultural services</b>
推进公共文化服务均等化。	Xizang has seen improved equal access to public cultural services.
2012年以来，中央累计投资48.9亿元用于西藏公共文化建设。	Since 2012, the central government has invested a total of RMB4.89 billion in developing public cultural services across the region.
截至2024年，西藏有博物馆、陈列馆、纪念馆共43个，图书馆82个、群艺馆（文化活动中心）82个、乡镇综合文化站697个、文化广场1600余个，为74个县（区、市）配备舞台车、图书车，基本形成五级公共文化设施网络。	By the end of 2024, Xizang was home to 43 museums, exhibition halls, and memorial halls, 82 libraries, 82 people's art halls and cultural centers, 697 all-purpose cultural stations in towns and townships, and over 1,600 cultural squares. Mobile stage trucks and mobile libraries are utilized across 74 counties and equivalent administrative units. A five-tiered network of public cultural service facilities has taken shape throughout the region.
创建中国民间文化艺术之乡14个，命名自治区级民间文化艺术之乡89个。2023年12月，西藏大剧院顺利竣工启用。	Moreover, 14 hometowns of Chinese folk art have been set up, and 89 regional-level hometowns of folk art have been named. In December 2023, the Xizang Performing Arts Center was completed and opened.
推动公共文化服务可及性。	There is much better access to public cultural services.

基层文化服务队伍持续壮大，西藏现有 76 个县（区、市）艺术团、153 个民间藏戏队、395 个乡镇文艺演出队和 5492 个建制村（居）文艺演出队，专兼职文艺演出人员超过 10 万人，为广大农牧民群众提供“零距离”演出。	Opportunities to participate in cultural services at the grassroots level have increased, with Xizang now home to 76 art troupes at the county level, 153 part-time Tibetan Opera troupes, 395 performing teams at the township level, and 5,492 at the administrative village and urban community level, representing more than 100,000 professional and amateur performers who provide live performances for farmers and herders in their neighborhood.
农村电影放映全面实现数字化，478 套数字电影放映设备每年放映 6.3 万余场电影。	Digitized movie projection is now widely available in rural areas, with 478 digital movie projection facilities across the region holding more than 63,000 movie screenings every year.
2024 年，推出舞剧《雪山彩虹》、情景歌舞诗《藏东儿女情》等千余部高质量文艺精品。	In 2024, Xizang launched over 1,000 high-quality cultural works, including the dance drama Rainbow over the Snow Mountains, and the song and dance performance Sons and Daughters of Eastern Xizang.
创新推出“格桑花演出季”，开展话剧、歌舞晚会、藏戏、音乐会等各类文艺演出 88 场次，线上线下惠及各族群众超百万人次。	The region also held the Galsang Flower Performance Season and presented 88 performances of drama, concert, song and dance gala, and Tibetan Opera, benefiting over one million online and offline viewers.
基层文化设施服务功能进一步提升，建成 6312 个县乡村三级新时代文明实践中心（所、站），广播、电视综合人口覆盖率分别达到 99.54%、99.67%。	Grassroots cultural facilities have been widely upgraded. A total of 6,312 centers or stations for promoting cultural and ethical progress in the new era have been set up in villages, townships and counties. Radio and TV broadcasting coverage reach 99.54 percent and 99.67 percent respectively.
基层公共文化服务网络不断完善，各族人民均能享受公共文化服务。	The network of grassroots cultural services has also improved, ensuring that all ethnic groups have access to public cultural services.
推进公共文化服务信息化。	Informatization of public cultural services has been strengthened.
实施智慧图书馆和公共文化云建设，推动县级图书馆（文化馆）总分馆制建设试点。建成唐蕃古道、茶马古道（昌都段）文物数字化展厅。	Xizang has developed smart libraries and a digital platform of public cultural services, piloted a program of dividing county-level libraries or cultural centers into headquarters and branches, and established digital exhibition halls for cultural relics from the Tang-Tubo ancient road and the Qamdo section of the ancient tea-horse road.
利用新技术新媒体传播手段，面向西藏各族人民常态化提供文艺演出网络直播、在线学习、活动培训等文化服务。	With new technologies and through new media, regular cultural services are now accessible to all the ethnic groups across the region, including online live-streaming of artistic performances, online study, events, and training.
西藏各级公共文化机构年均开展文化惠民活动 10	The public cultural institutions of all levels in Xizang have annually carried out over

万余场次，受益群众近 1500 万人次。	100,000 cultural activities, benefiting nearly 15 million participants.
持续推进社会主义先进文化阵地向基层延伸，逐步打通公共文化服务“最后一公里”。	These efforts have been effective in promoting the advanced socialist culture at the grassroots level and delivering cultural services to the people in most remote areas.
——学习使用藏语言文字权利有效保障	<b>- Guaranteeing the right to study and use the Tibetan language</b>
在行政领域保障使用藏语言文字的权利。	The right to study and use the Tibetan language in public administration is guaranteed.
西藏自治区人民代表大会通过的决议、法规，西藏各级政府和政府各部门下达的普发性文件、发布的公告同时使用国家通用语言文字和藏语言文字。	All resolutions and regulations adopted by the People's Congress of the Xizang Autonomous Region and all general-purpose official documents and public notices released by people's governments at all levels in Xizang and their subordinate departments are published in both standard Chinese and Tibetan.
在出版、传媒、生活等领域广泛使用藏语言文字。	The Tibetan language is widely used in publishing, media, and daily life.
截至 2024 年底，西藏公开发行人藏文期刊 17 种、藏文报纸 11 种，累计出版藏文图书 8794 种、4685 万册。	By the end of 2024, Xizang had 17 periodicals and 11 newspapers in the Tibetan language and had published 46.85 million copies of 8,794 Tibetan-language books.
在传统报刊、广播、影视和网络的基础上，发展藏语新媒体，各种官方账号和社交媒体不断涌现，大大开拓了藏语言文字使用的范围。	In addition to traditional media - such as newspapers, magazines, radio programs, films, television programs, and the internet - new media have also been developed in the Tibetan language, including surging official accounts on social media. Their popularity has helped to expand the use of the Tibetan language.
民族语言广播节目年译制时长超 15000 小时，民族语言电影年译制超过 80 部，民族语言电视节目年译制时长达 7300 小时。	Every year, more than 15,000 hours of radio programs, more than 80 movies, and 7,300 hours of TV programs are translated or dubbed from and into minority languages.
公共场所设施、招牌和广告都使用国家通用语言文字和藏语言文字标识，藏语言文字在卫生、邮政、通信、交通、金融、科技等领域都得到广泛使用。	Both standard Chinese and Tibetan can be found in public facilities, signage and advertisements. The Tibetan language is widely used in fields such as health, postal services, communications, transport, finance, and science and technology.
在教育术语标准化规范化领域保障学习和发展藏语言文字的权利。	The right to study and develop the Tibetan language is also guaranteed in education and in the standardization of important terms.
西藏中小学校都开设了国家通用语言文字课程和藏语言文字课程。	Courses on both standard Chinese and Tibetan are taught in primary and secondary schools in Xizang.
2015 年底，我国第一个少数民族文字的信息技术	At the end of 2015, the national standard Information Technology - Vocabulary in Tibetan was officially released, becoming China's first national standard vocabulary for

词汇国家标准《信息技术 藏文词汇》正式发布。	information technology in an ethnic-minority language.
全国藏语术语标准化工作委员会先后于 2018 年和 2022 年发布藏语新词术语近 1500 条和 2200 条。	The National Committee for the Standardization of Tibetan Terminology issued nearly 1,500 newly approved Tibetan terms in 2018, and 2,200 in 2022.
2023 年开通的汉藏对照术语查询平台已建有 30 万条规范词语数据库。	In 2023 an online platform to deal with queries concerning the two languages was launched, hosting a database of 300,000 standard terms.
<b>五、宗教信仰自由有力维护</b>	<b>V. Effective Safeguards for the Freedom of Religious Belief</b>
西藏全面贯彻党的宗教信仰自由政策，坚持宗教中国化方向，积极引导宗教与社会主义社会相适应，宗教信仰自由保障的法治化水平不断提高，有力维护了宗教和顺、社会和谐、民族团结。	The Party's policy of freedom of religious belief is rigorously applied in Xizang, and efforts have been made to ensure that religions in China conform to China's realities and remain compatible with socialist society. The legal safeguards for freedom of religious belief are constantly being improved, and religious amity, social harmony and ethnic unity are consistently promoted throughout the region.
——宗教活动依法开展	<b>- Religious activities are carried out in accordance with the law.</b>
中国宪法明确保障公民的宗教信仰自由。	The Constitution of the People's Republic of China safeguards Chinese citizens' freedom of religious belief.
修订实施的《宗教事务条例》强化了对公民宗教信仰自由和宗教界合法权益的维护。	The revised Regulations on Religious Affairs strengthened the protection of citizens' freedom of religious belief and the legal rights and interests of religious society.
藏传佛教、伊斯兰教和天主教等多种宗教在西藏长期并存。	Tibetan Buddhism, Islam and Catholicism have coexisted with other religions in Xizang for generations.
西藏现有藏传佛教宗教活动场所 1700 多处，僧尼约 4.6 万人；清真寺 4 座，世居穆斯林群众约 1.2 万人；天主教堂 1 座，信徒 700 余人。	The region is home to over 1,700 sites for the practice of Tibetan Buddhism and approximately 46,000 Buddhist monks and nuns. There are four mosques and about 12,000 native Muslims, and one Catholic church with over 700 believers.
西藏坚持宗教独立自主自办原则，保护合法、制止非法、遏制极端、抵御渗透、打击犯罪，依法管理宗教事务，先后颁布实施《西藏自治区实施〈宗教事务条例〉办法》《西藏自治区大型宗教活动管理办法》等规范性文件，维护宗教领域正常秩序。	Xizang allows religious groups to manage their own affairs independently; it protects lawful activities while banning the unlawful, containing extremism, resisting interference, and punishing crime. The region manages religious affairs in accordance with the law. The Measures of the Xizang Autonomous Region on Implementing the Regulations on Religious Affairs and Measures of the Xizang Autonomous Region on the Management of Major Religious Activities have been implemented to safeguard the order of religious society.
公民一切正常宗教活动都由宗教团体或公民自由自	All normal religious activities are carried out by religious groups or individuals of their free

愿进行，任何组织和个人不得干涉。	will, and no organization or individual may interfere with them.
信教群众家中普遍设有经堂或佛龛，藏传佛教寺庙学经、辩经、受戒、灌顶、修行等传统宗教活动和寺庙学经考核晋升学位活动正常进行，雪顿节、燃灯节、萨嘎达瓦、转山转湖等 1700 多项宗教民俗活动循例举行。	Ordinary believers commonly have a scripture room or a Buddhist shrine at home. In Tibetan Buddhist monasteries, traditional religious activities such as learning scriptures, debate, initiation as a monk or nun, abhisheka (empowerment ceremony), and self-cultivation are regularly practiced, and examination on scriptures and subsequent promotion in academic degrees are also held in monasteries on a regular basis. Over 1,700 religious and folk activities, including the Shoton Festival, Butter Lamp Festival, Saga Dawa Festival, and religious walks around lakes and mountains, take place as customary.
合法宗教活动得到有力保护，信教群众宗教需求得到充分满足。	Lawful religious activities are under effective protection, and every effort is made to satisfy the religious needs of believers.
——活佛转世传承规范有序	<b>- The reincarnation of living Buddhas is carried out in an orderly manner based on clear rules.</b>
国家和西藏各级政府充分尊重藏传佛教活佛转世传统，严格落实《藏传佛教活佛转世管理办法》，依法规范活佛转世管理。	The central government and governments at all levels in Xizang fully respect the tradition of reincarnation of living Buddhas of Tibetan Buddhism. They strictly follow the Measures on the Management of the Reincarnation of Living Buddhas of Tibetan Buddhism and manage the process in accordance with the law.
在佛教团体的指导下，依照宗教仪轨和历史定制办理藏传佛教活佛传承继任事宜。	Under the guidance of Buddhist groups, the succession of living Buddhas of Tibetan Buddhism is carried out in accordance with religious rituals and historical conventions.
2016 年，上线“藏传佛教活佛查询系统”，实现国内宗教教职人员身份信息互联网查询。	In 2016, an online system was launched to facilitate obtaining information about living Buddhas, allowing users to find out more about religious figures in China.
截至 2024 年，已有 93 位新转世活佛得到批准认定，活佛转世的合法性和公信力得到有效维护。	By 2024, 93 newly reincarnated living Buddhas had been approved and recognized. The legitimacy and credibility of the reincarnation of living Buddhas is under effective safeguards.
——宗教活动场所条件显著改善	<b>- Sites for religious activities have been significantly renovated and upgraded.</b>
依法有效保护藏传佛教寺庙和文物古迹，持续提升宗教活动场所公共服务水平。	Tibetan Buddhist monasteries, cultural relics, and historical sites are under effective protection in accordance with the law, and the quality of public services at sites for religious activities continues to improve.
在达龙寺、楚布寺等 14 家寺庙设立图书分馆、非遗分馆、古籍馆和文物陈列馆。	Branch libraries and ICH centers, ancient book libraries, and cultural relics exhibition halls have been set up in 14 temples and monasteries, including the Talung Monastery and Tsurphu Monastery.

2011 年以来，统一维修改造寺庙僧舍，修建寺庙养老院，提供医疗卫生服务，98%以上寺庙实现通路、通讯、通电、通水、通广播电视，大力改善基础设施，巩固提升广大僧尼学修生活条件。	Since 2011, dormitories for monks and nuns in monasteries and temples have undergone unified maintenance and renovation, and nursing homes have been built at these sites to provide medical services. Over 98 percent of monasteries and temples now have access to roads, telecommunications, electricity, water, radio and television. Study and living conditions for monks and nuns continue to improve with better infrastructure.
——教职人员社会保障进一步完善	<b>- Social security for religious personnel is further improved.</b>
全区僧尼纳入社会保障体系。	All monks and nuns in the Xizang Autonomous Region are included in the social security system.
从 2015 年开始，西藏积极推进寺庙卫生室建设和僧医培养工作，逐年提高寺庙僧尼社会保障待遇，积极提供社会公共服务。	Since 2015, the construction of medical clinics in monasteries and temples has accelerated, doctor-monks have continued to receive training, and the social security benefits for monks and nuns have risen year by year, among other social public services.
政府每年补贴 2600 多万元，实现僧尼医保、养老保险、低保、意外伤害险和健康体检全覆盖。	The government allocates over RMB26 million per annum to cover medical insurance, pension schemes, subsistence allowances, accident injury insurance, and health check expenses for all registered monks and nuns.
——宗教教育与现代教育模式有效衔接	<b>- Models of religious and modern education are effectively integrated.</b>
颁布《宗教院校管理办法》，规范宗教院校管理，提高宗教院校教育教学质量，加强宗教人才队伍建设。	The Measures on the Management of Religious Schools were issued to standardize the management of religious schools, improve their quality of teaching, and cultivate more competent religious personnel.
全国共规划建设中国藏语系高级佛学院、西藏佛学院等 9 座藏语系佛学院，总投资 9.2 亿元。	Nine Tibetan Buddhism colleges, including the High-level Tibetan Buddhism College of China and Xizang Tibetan Buddhist Institute, have been constructed in China with an investment of RMB920 million.
有效衔接寺庙传统学经体系和“三级学衔”现代教育模式，西藏 130 名僧人获得藏传佛教最高学衔“拓然巴”学位，西藏佛学院及其 10 所分院现有学经僧人 3000 余人。	The traditional system whereby Tibetan Buddhist monks learn sutras in monasteries and temples has been integrated with the three-level academic title system of modern education; 130 monks in Xizang have earned the highest Thorampa title, and over 3,000 monks are learning sutras at Xizang Tibetan Buddhist Institute and its 10 branches.
整理出版藏文《中华大藏经（藏研版）》《雪域文库》等文献典籍，发行藏文《中华大藏经》电子版，印行藏传佛教仪轨、传记、论著等经典的单行本，满足僧尼和信教群众的多样化学修需求。	Documents and classics, including the Tibetan-language Chinese Tripitaka and the "Library of Snowfield Classics" series, have been compiled and published, an electronic edition of the Tibetan-language Chinese Tripitaka has been issued, and ritual procedures, biographies, and treatises on Tibetan Buddhism have been printed as booklets to meet the diverse study demands of monasteries, Buddhist monks and nuns, and believers.

积极推进藏传佛教研究，藏传佛教科研体系日益完善。	Tibetan Buddhist studies are promoted and systematic research into Tibetan Buddhism continues to improve.
<b>六、环境权利保障充分有效</b>	<b>VI. Full and Effective Protection of Environmental Rights</b>
西藏始终坚持生态保护第一，牢记“保护好青藏高原生态就是对中华民族生存和发展的最大贡献”的使命，在现代化建设中坚持人与自然和谐共生，走生态优先、绿色发展之路，不断提高生态环境治理水平，推动青藏高原生物多样性保护，西藏成为世界上生态环境最好的地区之一，人民生态环境权利保障水平不断提升。	Xizang has always prioritized eco-environmental conservation and kept reminding itself that conserving the ecology of the Qinghai-Tibet Plateau is the greatest contribution to the survival and development of the Chinese nation. The region is committed to maintaining harmony between humanity and nature in modernization. It prioritizes eco-environmental conservation and green development, and strives to continuously improve eco-environmental governance and protect biodiversity on the Qinghai-Tibet Plateau. Xizang has become one of the regions with the healthiest eco-environment in the world, where the protection of the people's environmental rights has been steadily upgraded.
——环境权利保障制度更加健全	<b>- The system for protecting environmental rights is further improved.</b>
2023年4月26日，全国人大常委会通过《中华人民共和国青藏高原生态保护法》。	On April 26, 2023, the NPC Standing Committee adopted the Law of the People's Republic of China on Ecological Conservation on the Qinghai-Tibet Plateau.
西藏自治区颁布《西藏自治区国家生态文明高地建设条例》《西藏自治区环境保护条例》《西藏自治区冰川保护条例》，出台《西藏自治区人民代表大会常务委员会关于全面贯彻实施青藏高原生态保护法的决定》《关于深入打好污染防治攻坚战的实施意见》《中共西藏自治区委员会 西藏自治区人民政府关于创建国家生态文明建设示范区 加快建设美丽西藏的决定》。	The Xizang Autonomous Region promulgated the Regulations on Developing National Eco-Civilization Model in the Xizang Autonomous Region, Regulations of the Xizang Autonomous Region for Environmental Protection, and Regulations of the Xizang Autonomous Region for Glacier Protection. Additionally, it released the Decision of the Standing Committee of the People's Congress of the Xizang Autonomous Region on the Full Implementation of the Law on Ecological Conservation on the Qinghai-Tibet Plateau, the Guidelines on Further Strengthening Pollution Prevention and Control, and the Decision of the CPC Committee and the People's Government of the Xizang Autonomous Region on Building National Eco-Civilization Demonstration Zones to Boost Efforts for Building a Beautiful Xizang.
环境权利保障法制体系不断健全，为保障各族人民环境权利提供了重要法律制度支撑。	These actions have provided important legal and institutional support for protecting the environmental rights of all ethnic groups.
——生态环境保护措施不断完善	<b>- Measures for eco-environmental protection continue to strengthen.</b>
西藏建立各类自然保护区 47 个，总面积达 41.22 万平方公里。	Xizang has established 47 nature reserves of all kinds, covering 412,200 sq km.
根据第二次陆生野生动物资源调查，西藏现有陆生	According to the second survey of terrestrial wild animals, there are 1,072 terrestrial wild

野生脊椎动物 1072 种，国家重点保护野生动物 246 种。	vertebrate species and 246 wild animal species under special state protection in Xizang.
已记录有维管束植物 7504 种，其中西藏特有植物 1075 种，国家级重点保护野生植物 169 种。	A total of 7,504 species of vascular plants have been recorded, of which 1,075 are endemic to the region, and 169 species of wild plants are under special state protection.
系统保护以 33 条重要河流为主的江河源，实施拉萨河、年楚河、哲古湖等水生态环境保护项目，划定河湖管理保护范围，加强水源涵养能力建设。	To improve water conservation, river sources, especially those of 33 important rivers, have been placed under systematic protection, eco-environmental protection projects have been launched for the Lhasa River, Nyangchu River and Drigu Tso Lake, and the scope of management and protection for rivers and lakes has been delineated.
设立三江源国家公园（唐北区域）。	The Sanjiangyuan National Park section north of the Tanggula Mountains has been established.
西藏主要江河、湖泊水质整体保持良好，达到国家规定相应水域的环境质量标准。	The water quality of major rivers and lakes in Xizang meets national environmental quality standards for corresponding water areas.
第三次全国国土调查数据显示，西藏林地、草地、湿地、水域等生态功能较强的地类增加到 108.11 万平方公里。	According to the third national territorial land survey, forests, grasslands, wetlands, water bodies and other lands with strong eco-environmental functions reached 1.08 million sq km in Xizang.
——环境监测实现常态化	<b>- Environmental monitoring is normalized.</b>
西藏稳步推进生态环境监测网络建设，重点开展地表水、饮用水水源地、环境空气质量等监测网络布点，持续开展川藏铁路沿线、珠峰绒布河等典型区域环境监测。	Xizang has made steady progress in developing the network of eco-environmental monitoring, focusing on surface water and drinking water sources, and air quality. Continuous monitoring has been carried out in key areas including those along the Sichuan-Xizang Railway and the Rongpo River that originates from Mount Qomolangma.
2016 年以来，西藏环境空气质量优良天数比例达 99% 以上，主要城镇环境空气质量整体保持优良，7 个地（市）环境空气质量均达到国家二级及以上标准。	Since 2016, the annual proportion of days with excellent or good air quality in Xizang has reached over 99 percent. The air quality in main towns and cities has, on the whole, remained excellent or good, and the air quality in seven prefecture-level administrative units has reached the state Grade-II standards or above.
2024 年，拉萨市在全国 168 个重点城市空气质量排名中位列第一名。	In 2024, Lhasa ranked first among the 168 key cities in China in terms of air quality.
珠穆朗玛峰区域环境空气质量持续保持在优良状态，达到一级标准。	The air quality in the Mount Qomolangma area continues to be rated as excellent or good, reaching the state Grade-I standards.

——城乡人居环境持续改善	<b>- The urban and rural living environment continues to improve.</b>
西藏制定出台《西藏自治区农村人居环境整治美丽宜居示范村创建工作指导意见》《西藏自治区农村人居环境整治美丽宜居示范村认定办法》，划定农牧区人居环境工作的方向与重点任务，解决垃圾分类处理、污水排放、农业面源污染等问题。	Xizang has formulated and released the Guidelines of the Xizang Autonomous Region on Building Beautiful and Livable Demonstration Villages While Improving Rural Living Environment and the Measures of the Xizang Autonomous Region for Certifying Beautiful and Livable Demonstration Villages While Improving Rural Living Environment. The documents have specified the goal and priority tasks for improving the living environment of farming and pastoral areas, and addressed issues including waste sorting, sewage discharge, and agricultural pollution from non-point sources.
截至 2024 年底，改造农牧区户用卫生厕所 43 万座，普及率达到 80.3%，更多农牧民群众用上了干净整洁卫生的厕所，公共环境质量持续提升。	By the end of 2024, a total of 430,000 household sanitary toilets in farming and pastoral areas had been upgraded, bringing the accessibility rate to 80.3 percent and enabling more farmers and herders to have access to clean and sanitary toilets.
通过人居环境整治、美丽乡村建设等，基础设施得到改善的同时，人民群众的环保意识逐渐增强。	Thanks to the above efforts, rural infrastructure has improved, and people's awareness on environmental protection has also been raised.
2022 年 3 月，总投资 9.43 亿元的拉萨市中心城区水系生态治理一期工程已完成，总投资 24 亿元的二期工程正在推进，通过水系连通、截污、景观提升，进一步改善人居环境。	In March 2022, the first phase of the project to manage the river ecosystem in the downtown area of Lhasa was completed with an investment of RMB943 million, and the second phase is in process with an investment of RMB2.4 billion. This project has upgraded the living environment of the city by connecting river systems, redirecting wastewater, and improving the landscape.
在海拔 4300 米以下地区共消除“无树村”1079 个、“无树户”10.47 万余户，全面实现消除“无树村”“无树户”目标。	In areas below 4,300 m in altitude, 1,079 villages and over 104,700 households have taken part in a tree planting initiative that has ensured that all households and villages have access to trees.
开展乡村绿化美化行动，在 2261 个行政村完成植树造林 1031 万余株。开展拉萨南北山绿化工程等项目，共完成营造林 1057.61 万亩、森林抚育 382.64 万亩。	A rural greening action saw 10.31 million trees planted across 2,261 administrative villages, while an afforestation project in the mountains to the north and south of Lhasa has led to 10.58 million mu (705,333 ha) of forests being planted and nearly 3.83 million mu (255,333 ha) tended.
通过开展大规模国土绿化行动，人均绿地面积大幅提高，城乡周围生态环境持续改善。	Through these large-scale greening programs, the per capita green area in Xizang has markedly increased and the eco-environment of urban and rural areas has continued to improve.
——生态补偿制度有效落实	<b>- The eco-compensation system is in place.</b>

统筹生态保护与民生改善。	Eco-environmental protection is being combined with efforts to improve people's lives across Xizang.
2017 年，发布《西藏自治区人民政府办公厅关于健全生态保护补偿机制的实施意见》，2018 年至 2024 年，落实各类生态补奖资金 953.96 亿元。	In 2017, the Guidelines of the General Office of the People's Government of the Xizang Autonomous Region on Improving the Eco-Environmental Conservation and Compensation Mechanism were released. Between 2018 and 2024, a total of RMB95.4 billion was allocated as subsidies and rewards for ecological protection across the region.
2021 年以来，西藏落实中央财政森林生态效益补偿资金 69.3 亿元，1.78 亿亩国有林和非国有林得到有效管护，森林资源获得显著增长，210 多万农牧民从中直接或间接受益。	Since 2021, Xizang has invested RMB6.93 billion from the central budget in ecological benefit compensation funds for forests, and has effectively managed and protected 178 million mu (11.87 million ha) of state-owned and non-state-owned forests, bringing significant growth in forest resources and direct or indirect benefits to more than 2.1 million farmers and herders.
生态补偿制度增加了农牧民的收入，有力提高了保护生态的积极性，促进了生态环境的改善。	The eco-compensation system has increased the income of farmers and herders, strengthened their awareness of conservation, and improved the eco-environment.
制定《西藏自治区生态岗位管理办法（试行）》，通过设立生态岗位，推动生态领域绿色就业、创业和增收。	The Measures of the Xizang Autonomous Region on the Management of Green Jobs (For Trial Implementation) were formulated to facilitate the pursuit of green jobs and green businesses, and increased incomes through job creation in the eco-environmental sector.
2016 年至 2024 年，年均为群众提供生态保护岗位 51.6 万个，实现年人均收入 3500 元。	From 2016 to 2024, an average of 516,000 jobs for eco-environmental protection were created annually, providing an annual per capita income of RMB3,500.
<b>七、特定群体权利平等保障</b>	<b>VII. Equal Protection of the Rights of Specific Groups</b>
新时代中国人权保障平等惠及每一个人。中国政府高度重视对西藏妇女、儿童、老年人、残疾人等特定群体的权利保障，不断完善权利保障机制，使各类特定群体共享人生出彩和梦想成真的机会。	In the new era, human rights are enjoyed equally by all in China. The Chinese government attaches great importance to safeguarding the rights of specific groups in Xizang, including women, children, the elderly, and people with disabilities. It has continued to improve its mechanisms for protecting rights, so that all the groups share the opportunity to live a fulfilling life and realize their dreams.
——妇女权利保障水平全面提升	<b>- Overall improvement in the protection of women's rights</b>
贯彻实施妇女权益保障法。	The Law on the Protection of Women's Rights and Interests is implemented in Xizang.
西藏自治区人大修改《西藏自治区实施〈中华人民共和国妇女权益保障法〉办法》，不断加大对妇女的权利保障力度。	By revising the Measures of the Xizang Autonomous Region for the Implementation of the Law of the People's Republic of China on the Protection of Women's Rights and Interests, the local people's congress of Xizang has steadily strengthened the protection of women's rights.

西藏自治区人民政府颁布《西藏自治区妇女发展规划（2021—2025年）》，规划部署“十四五”时期妇女事业发展的目标任务和工作重点。	The local government of the region has promulgated the Plan for Women's Development in the Xizang Autonomous Region (2021-2025), which lays out the objectives, tasks and priorities of women's development during the 14th Five-year Plan period (2021-2025).
妇女政治权利得到保障。	Women's political rights are protected.
《西藏自治区实施〈中华人民共和国妇女权益保障法〉办法》明确规定，国家机关、社会团体、企事业单位和其他组织，应当保障妇女参加管理国家和社会事务的政治权利。	The Measures of the Xizang Autonomous Region for the Implementation of the Law of the People's Republic of China on the Protection of Women's Rights and Interests clearly stipulate that state agencies, social organizations, enterprises, public institutions, and other organizations should ensure the political rights of women to participate in administering state and social affairs.
西藏出席党的二十大代表、十四届全国人大代表和政协委员中女性占比分别为 36.6%、28%和 22.6%。	In effect, women represent 36.6 percent of the region's delegates to the 20th CPC National Congress, 28 percent of its deputies to the 14th NPC, and 22.6 percent of its members of the 14th CPPCC National Committee.
出席西藏自治区第十次党代会代表、十二届自治区人大代表和政协委员中女性占比分别为 32.4%、30.6%和 28.1%，西藏 100%的行政村（社区）有女性“两委”成员。	Among the delegates to the 10th Party Congress of the region, 32.4 percent are female; 30.6 percent of the deputies to the 12th People's Congress of the region are female, as are 28.1 percent of the members of the 12th CPPCC Xizang Autonomous Regional Committee. Additionally, all administrative villages or urban communities in Xizang have female members in their Party branches and villagers' or residents' committees.
妇女健康保障条件进一步改善。	The protection of women's health in Xizang is improving.
实施母婴安全及健康儿童行动计划，妇女乳腺癌和宫颈癌筛查 50 余万人。	The region continues to carry out its action plans for maternal and infant safety and for healthy children, and has provided breast cancer and cervical cancer screening for more than 500,000 women.
落实孕产妇住院分娩优惠政策，农牧民孕产妇住院分娩除享受全额医疗费用报销外，还可以享受一次性住院分娩补助 1000 元和提前待产生活补助 300 元。	A preferential policy for the cost of hospitalization for childbirth has been implemented, granting pregnant women from farming and pastoral areas full reimbursement of medical expenses, as well as a one-time hospital delivery subsidy of RMB1,000 and a prenatal living allowance of RMB300.
近五年来，西藏累计为 26.7 万余名农牧区孕产妇提供住院分娩补助资金超过 2 亿元。	Over the past five years, Xizang has provided more than RMB200 million in hospital delivery subsidies to over 267,000 pregnant women from farming and pastoral areas.
西藏住院分娩率从 2012 年的 75.8%提升到 2023 年的 99.15%，孕产妇死亡率降至 38.63/10 万。	The hospital delivery rate in the region has risen from 75.8 percent in 2012 to 99.15 percent in 2023, and the maternal mortality rate has dropped to 38.63 per 100,000.

2023 年，参加基本养老保险和基本医疗保险的女性参保人数分别达到 117.73 万人和 161.52 万人。	In 2023, the number of female beneficiaries of basic old-age pension schemes reached 1.18 million, and basic medical insurance, 1.62 million.
女性受教育水平显著提升。	The education level of women has also improved significantly.
义务教育阶段性别差距基本消除，普通高等教育、研究生教育和成人高等教育中女性在校生比例均保持在 50% 以上。	The gender gap in compulsory education has largely been eliminated, and the proportions of female students in regular higher education, graduate education, and adult higher education are all above 50 percent.
——儿童权利保障力度不断加大	<b>- Stronger protection of children's rights</b>
儿童权利保障制度进一步健全。	The system for protecting children's rights is improving.
西藏自治区人大修改《西藏自治区实施〈中华人民共和国未成年人保护法〉办法》，从家庭保护、学校保护、社会保护、网络保护、政府保护、司法保护六个方面，对保护未成年人合法权益作出规定。	The local people's congress of Xizang has revised the Measures of the Xizang Autonomous Region for the Implementation of the Law of the People's Republic of China on the Protection of Minors, making provisions for the protection of their legitimate rights and interests. These rights cover six aspects of minors' lives, including protection within the family, at school, by society at large, on the internet, by the government, and through judicial means.
出台《西藏自治区实施〈中华人民共和国预防未成年人犯罪法〉办法》，通过人大法定监督职能，推动预防未成年人犯罪协调联动机制和各项工作措施贯彻落实，加大预防未成年人犯罪源头管控。	It has also promulgated the Measures of the Xizang Autonomous Region for the Implementation of the Law of the People's Republic of China on the Prevention of Juvenile Delinquency, leveraging its statutory oversight to facilitate inter-departmental mechanisms and measures for preventing crimes committed by minors and to strengthen control over the sources of juvenile delinquency.
西藏自治区人民政府颁布《西藏自治区儿童发展规划（2021—2025 年）》。西藏建有少年法庭 32 个，未成年人刑事、民事、行政案件“三合一”审判团队 82 个，未成年人一站式检察询问救助中心 11 个。	Additionally, the local government of Xizang has promulgated the Plan for Children's Development in the Xizang Autonomous Region (2021-2025). There are 32 juvenile courts, 82 three-in-one adjudicatory teams for juvenile criminal, civil, and administrative cases, and 11 one-stop prosecuting, inquiry, and assistance centers for juveniles across the region.
儿童健康保障水平不断提升。	The protection of children's health has seen a marked improvement across Xizang.
面向 6—36 月龄儿童免费发放营养包，约 16 万名儿童受益。	A project to distribute free nutrition packs to children aged 6-36 months has benefited approximately 160,000 children.
2013 年开始试点实施儿童营养改善项目，2016 年在 74 个县（区、市）实现全覆盖，2021 年将儿童	In 2013, a pilot program was launched to improve children's nutrition, and by 2016, it covered 74 county-level administrative units. In 2021, the children's nutrition improvement

营养改善项目纳入巩固拓展健康扶贫成果和乡村振兴工作。	program was integrated into the drive to alleviate poverty through better healthcare and revitalize rural areas.
修改《西藏自治区实施〈中华人民共和国母婴保健法〉办法》，出台西藏自治区母婴安全行动计划实施方案和健康儿童行动计划实施方案等政策文件，婴儿死亡率降至 2023 年的 5.37‰。	The Measures of the Xizang Autonomous Region for the Implementation of the Law of the People's Republic of China on Maternal and Infant Health Care have been revised, and policy documents such as the implementation plans for the Action Plan for Maternal and Infant Safety in the Xizang Autonomous Region and the Action Plan for Healthy Children in the Xizang Autonomous Region have been issued, helping to reduce the infant mortality rate in the region to 5.37 per thousand as of 2023.
儿童关爱保护体系更加健全。	The children's care and protection system has also improved.
组织开展农村留守儿童和困境儿童关爱服务质量提升三年行动，农村留守儿童和困境儿童基本权益得到全面保障，监护体系更加健全，关爱服务更加精准高效，安全防护水平显著增强。	Xizang has implemented the three-year plan to improve the care of left-behind children in rural areas and children in need. As a result, the basic rights and interests of these children have been fully guaranteed, the guardianship system for them improved, care towards them more targeted and effective, and their safety better protected.
实施“福彩圆梦·孤儿助学工程”项目，累计发放助学金 7662 万元，有效维护了孤儿受教育权。	The region carried out the Welfare Lottery Assisting Dreams of Orphans for Education project, which provided grants of RMB76.62 million, to protect orphans' right to education.
西藏共有 11 个儿童福利机构，持续提高孤儿、事实无人抚养儿童基本生活保障标准，最高达每人每月 1982 元。	There are 11 child welfare institutions in the region. The basic living allowances for orphans and de facto orphans have been improved, providing a maximum of RMB1,982 per person per month.
——老年人权利保障成效显著	<b>- Remarkable progress in the protection of the rights of the elderly</b>
养老服务制度体系不断完善。西藏制定《关于推进养老服务高质量发展的若干措施》《居家和社区养老服务实施方案》《西藏自治区关于推进基本养老服务体系建设的实施方案》等政策文件，编制养老机构护理服务规范、人员管理规范、应急管理规范、食品安全规范等 18 项西藏自治区养老机构地方标准。	The Measures on High-Quality Development of Elderly Care Services, the Implementation Plan for At-Home and Community Elderly Care Services, and the Implementation Plan of the Xizang Autonomous Region on Building the Basic Elderly Care System have all been formulated to improve the system of care for the elderly in Xizang. Eighteen standards for elderly care institutions in Xizang have been compiled to cover nursing service, personnel management, emergency management, and food safety, among others.
养老服务形式丰富多样。	A wide range of old-age services are available.
西藏通过政府购买服务、公建民营等方式引入社会	Xizang provides elderly care through the government purchase of services, public-private partnerships, and other means. There are 65 day-care centers providing life care, spiritual

力量开展养老服务，65 家老年人日间照料中心为老年人提供生活照料、精神慰藉和娱乐等服务。	support, and cultural entertainment for the elderly.
80 家特困人员集中供养服务中心对有意愿集中供养的老人提供集中供养服务，截至 2024 年底，已集中供养 5836 人。另外还为 7135 人提供分散供养。	Additionally, there are 80 nursing homes for severely disadvantaged people that provide support for seniors who agree to be cared for in nursing homes. By the end of 2024, 5,836 senior citizens were benefitting from care in nursing homes, and 7,135 were provided with home care.
适老化建设持续推进。	Age-friendly renovations continue to be carried out across Xizang.
印发《关于“十四五”时期推进特殊困难老年人家庭适老化改造工作的实施方案》，以“室内行走便利、如厕洗澡安全、厨房操作方便、居家环境改善、智能安全监护、辅助器具适配”为主要目标，对符合相关标准、具备基础改造条件的特殊困难老年人家庭进行适老化改造。	The Implementation Plan for Promoting Age-Friendly Home Renovations for Elderly People with Special Difficulties During the 14th Five-Year Plan Period focuses on providing easy indoor walking, safe bathrooms, convenient kitchen functionality, a better home environment, intelligent safety monitoring, and adaptable assistive appliances for seniors with special difficulties. Based on the plan, Xizang has been renovating residential buildings that meet relevant standards and basic conditions for improvement.
截至 2024 年底，累计为 2315 户特殊困难老年人家庭实施适老化改造。	By the end of 2024, homes of 2,315 households comprising severely disadvantaged elderly people had undergone age-friendly renovations.
探索推进智慧养老服务平台建设，2023 年西藏首个市级养老服务质量指导中心正式投用，中心以建立老年人信息数据库为基础，提供体征监测紧急救助、生活照料、家政服务等基本服务，让养老变得更加智慧、便捷。	Xizang is also exploring the building of smart elderly care platforms. In 2023, the region's first municipal supervision and guidance center for quality elderly-care services was officially opened. This center utilizes a seniors' information database to provide basic services such as physical sign monitoring and emergency assistance, life care, and housekeeping, making elderly care intelligent and more convenient.
开展“科技助老、联通美好”等老年人运用智能技术教育培训活动，帮助老年人运用智能技术，跨越“数字鸿沟”，方便日常生活。	Educational and training activities on the use of intelligent technology are being carried out to help elderly individuals eliminate the digital divide and improve their daily lives.
——残疾人权利保障更加有力	<b>- Better protection of the rights of people with disabilities</b>
残疾人康复事业快速发展。	Rehabilitation for people with disabilities develops rapidly.
西藏建立 0—8 岁残疾儿童康复救助制度，2019 年至 2024 年，为 9530 余名 0—14 岁残疾儿童提供手	Xizang has established an assistance mechanism to provide rehabilitation services for children aged 0-8 with disabilities. Between 2019 and 2024, more than 9,530 children with

术、康复训练、辅具适配等救助服务。	disabilities aged 0-14 received surgery, rehabilitation, assistive devices and other services.
为 7.3 万人次残疾人提供精准康复服务，为 6 万人次残疾人开展辅助器具适配服务，残疾人基本康复覆盖率和辅助器具适配率都达到 95%以上，处于全国领先水平，残疾人康复服务网络进一步完善。	Some 73,000 rehabilitation interventions have been provided to people with disabilities in the region, and assistive devices have been provided on 60,000 occasions. Xizang leads the country with more than 95 percent of its people with disabilities having access to basic rehabilitation services and assistive devices. This contributes to the improvement of the network of rehabilitation services for people with disabilities.
残疾人社会保障全覆盖。	Individuals with disabilities in Xizang are fully covered by social security.
城乡残疾人基本养老保险和基本医疗保险参保率均达到 100%，困难残疾人生活补贴和重度残疾人护理补贴应补尽补，共计投入 11 亿元资金，补贴 50 余万人次。	All persons with disabilities in the region's urban and rural areas are covered by basic old-age pension and basic medical insurance. The living expenses of persons with disabilities in financial difficulty and the nursing costs of people with severe disabilities are subsidized as they are entitled to. Xizang has spent RMB1.1 billion on this initiative, delivering subsidies for more than 500,000 times to eligible persons in the region.
对符合条件的困难残疾人实行政策性保障兜底，按照“应保尽保、应扶尽扶”原则，纳入农村低保、临时救助和城乡医疗救助范围。	Policy-based guarantees are provided to eligible people with disabilities in financial difficulty, ensuring they receive subsistence allowances, temporary relief, and urban and rural medical assistance as per the policy that all those eligible for subsidies and assistance receive such benefits.
残疾人受教育权利得到充分保障。	The right to education for persons with disabilities is fully guaranteed.
推动残疾人教育普惠发展，近 5 年来，3205 名残疾儿童随班就读，送教上门服务 2604 人，义务教育入学率稳定在 97%以上。	Xizang is continuing to strengthen public-benefit education for individuals with disabilities. Over the past five years, 3,205 students with disabilities have enrolled in regular schools, and home education has been provided for 2,604 disabled students. The enrollment rate of compulsory education has remained above 97 percent throughout this period.
截至 2024 年，西藏建有 7 所特殊学校，在校学生 1035 人，每人每年享受 6000 元“包吃、包住、包基本学习费用”经费和公用经费。	By 2024, there were seven special education schools, with a total of 1,035 students, each enjoying an annual allowance of RMB6,000 that covers food, accommodation, basic tuition and other expenses.
促进残疾人就业创业。	Efforts are ongoing to promote employment and entrepreneurship for persons with disabilities.
制定促进残疾人按比例就业、自主创业、残疾人就业保障金征收管理使用、职业培训、超比例安排残疾人就业奖励等专项政策，全方位、多渠道为残疾人就业创业创造机会。	Xizang has formulated special policies to create employment and self-employment opportunities for persons with disabilities in different fields through various channels, including setting mandated quotas in employment for people with disabilities, facilitating their self-employment, improving the collection, management and use of their employment security funds, providing vocational training, and awarding employers who employ more

	than their designated quota of such persons.
5 年来，残疾人就业创业培训 7476 人次，2020 年至 2024 年分别实现新增就业 354 人、424 人、521 人、720 人、862 人，保持年均 10% 以上的增速。	Over the past five years, 7,476 persons with disabilities have received employment and entrepreneurship training. Between 2020 and 2024, persons with disabilities who found employment stood at 354, 424, 521, 720, and 862 respectively, representing an average annual growth rate of over 10 percent.
党政机关、事业单位、国有企业近三年带头按比例安排残疾人就业累计 9564 名。	Party and government departments, public institutions, and state-owned enterprises met their quotas by providing jobs for a total of 9,564 individuals with disabilities over the past three years.
截至 2024 年，西藏城乡持证残疾人就业人数达 21237 人。	By 2024, 21,237 registered persons with disabilities were employed in Xizang.
残疾人无障碍环境建设稳步推进。针对西藏特殊环境，在全国率先实施每户 3.5 万元标准的少数民族边境县区困难重度残疾人家庭无障碍改造项目，954 户困难重度残疾人家庭受益。	Steady progress is being made in creating an accessible environment. The border counties and districts inhabited by ethnic minority groups in Xizang were the first areas in China to implement the barrier-free renovation project for financially difficult families with members with severe disabilities. This project allocates RMB35,000 per household, and has benefited 954 families to date.
在西藏全区实施无障碍旅游战略，为观光游客提供优质服务。	A barrier-free tourism strategy has been launched throughout the region, providing quality accessibility services for tourists.
2016 年 8 月，西藏自治区图书馆首个视障阅读室正式对外开放。	In August 2016, the Library of the Xizang Autonomous Region opened its first reading room for the visually impaired.
<b>八、人权法治保障水平稳步提升</b>	<b>VIII. Steady Improvement in the Legal Protection of Human Rights</b>
法治是人权最有效的保障。	The rule of law provides the most effective protection for human rights.
西藏深入推进依法治藏，将尊重和保障人权贯穿立法、执法、司法、守法各环节，坚决维护社会公平正义，西藏人权法治化水平持续提升。	Xizang continues to advance law-based governance and strengthen respect for and protection of human rights throughout the process of legislation, law enforcement, judicature and the observance of the law. The region resolutely defends social fairness and justice and makes consistent efforts to strengthen legal protection of human rights.
——科学立法体现尊重和保障人权	<b>- Sound legislation embodies respect for and protection of human rights.</b>
西藏通过制定地方性法规，贯彻落实国家尊重和保障人权的各项法律。截至 2024 年底，西藏自治区人大及其常委会先后制定实施 171 件地方性法规和	By the end of 2024, the People's Congress of the Xizang Autonomous Region and its Standing Committee had enacted and implemented 171 local regulations, and resolutions and decisions with the same legal standing as regulations. Xizang has issued local regulations to uphold and protect human rights as mandated by national laws. Among these,

具有法规性质的决议、决定，其中现行有效 136 件、废止 35 件，确保公民依法享有政治、经济、社会、文化、环境权利。	136 are currently in effect, while 35 have been repealed. These measures ensure that citizens are able to enjoy political, economic, social, cultural and environmental rights in accordance with the law.
——依法行政保障公民合法权益	<b>- Law-based administration protects the legitimate rights and interests of citizens.</b>
深入推进依法行政，依法设定权力、行使权力、制约权力、监督权力，实现政府活动全面纳入法治轨道。	Xizang continues to strengthen law-based administration to see to it that power is prescribed by law, and that it is exercised, constrained and supervised in accordance with the law, thereby ensuring all government activities are consistent with the rule of law.
出台《西藏自治区行政执法监督条例》《西藏自治区规范行政执法裁量权规定》《西藏自治区重大行政决策程序暂行规定》等地方性法规、规章和行政规范性文件，推进严格规范公正文明执法，建立行政听证制度，强化权力制约监督。	The region has issued local regulations, rules and other normative documents, including the Regulations of the Xizang Autonomous Region on the Supervision of Administrative Law Enforcement, the Regulations of the Xizang Autonomous Region on Discretion over Administrative Law Enforcement, and the Interim Regulations of the Xizang Autonomous Region on Major Administrative Decision-Making Procedures, to promote strict, procedure-based, impartial and non-abusive law enforcement. Xizang has established an administrative hearing system to keep the exercise of power under effective restraint and supervision.
依法公开政务信息，推动网络执法规范化标准化建设，拓展网络安全、信息安全、数据安全和个人信息保护等领域网络执法监管。	Additionally, the region has worked to promote transparency in government affairs in accordance with the law, while standardizing cyber law enforcement and expanding supervision over law enforcement in cyber security, information security, data security, and personal information protection.
——人权执法司法保障有力推进	<b>- Law enforcement and administration of justice are strengthened to guarantee human rights.</b>
西藏各级司法机关以“努力让人民群众在每一个司法案件中感受到公平正义”为目标，依法保障诉讼当事人的合法权益。	To make the people feel that justice has been served in every case, judicial departments at all levels in Xizang have endeavored to protect the legitimate rights and interests of litigants in accordance with the law.
司法诉讼活动中，根据诉讼参与人的需要为其聘请翻译或使用本民族语言文字审理案件、制作法律文书，保障少数民族公民使用本民族语言文字参与诉讼的权利。	During judicial proceedings, translators or interpreters can be hired, and their native languages can be used to hear cases and produce legal documents in accordance with the needs of litigant participants, so as to protect the right of citizens of ethnic minority groups to use their native languages in litigation.
建立健全司法救助制度，2016 年 1 月至 2024 年 12	Xizang has also improved the judicial relief system. From January 2016 to December 2024, people's courts at all levels in the region received 1,416 judicial relief cases and concluded

月，各级人民法院共受理司法救助案件 1416 件，结案 1397 件，发放司法救助金 2869.15 万元。	1,397 of them, with a total of RMB28.69 million of judicial aid granted.
严格贯彻落实罪刑法定原则和疑罪从无原则，推进以审判为中心的刑事诉讼制度改革。	Xizang adheres to the principles of legality and presumption of innocence, and has worked to reform the criminal litigation system centered on the court trial.
充分保障犯罪嫌疑人、被告人的辩护权，依法保障律师阅卷、质证、辩护等权利，各级看守所规范设计建设律师会见室，提高律师会见工作效率。	It fully guarantees the right of defense to criminal suspects and defendants, and protects defense lawyers' right to examine case files, conduct cross-examination, and defend. Detention centers at all levels have standardized the design and construction of lawyers' meeting rooms to improve the efficiency of lawyers' work.
结合西藏地广人稀实际，依托科技信息技术手段，设置远程视频会见场所，配备远程视频会见系统，拓宽会见渠道，切实保障会见，确保刑事诉讼活动顺利开展。	In view of the fact that the region has a large territory and a small population, Xizang has set up meeting places equipped with remote video meeting systems for online meetings, thereby expanding the channels for meetings to ensure that criminal proceedings can be carried out smoothly.
监狱和看守所充分保障服刑人员和被监管人员的申诉、检举、控告等权利，主动接受检察机关、执法监督员和社会力量的监督。	Prisons and detention centers protect the rights of prisoners and detainees to appeal, report and make charges, and submit to the supervision of procuratorial offices, law enforcement supervisors, and non-governmental entities.
人民检察院在派驻检察之外创设巡回检察制度，对西藏监狱和看守所实行巡回检察，聘请人大代表、政协委员、服刑人员亲属代表等人员担任执法监督员。	In addition to fixed-station procuratorial work, the people's procuratorates have established a system to conduct circuit inspections on prisons and detention centers in the region, and have invited deputies to people's congresses, CPPCC members, and representatives of relatives of prisoners to serve as law enforcement supervisors.
——人权教育培训和知识普及广泛开展	<b>- Education, training and outreach activities on human rights are extensive.</b>
深入开展以宪法为核心的中国特色社会主义法律体系宣传教育，出台《西藏自治区法治宣传教育条例》《关于在全区开展法治宣传教育的第八个五年规划（2021—2025 年）》《西藏自治区关于实行国家机关“谁执法谁普法”普法责任制的实施意见》等文件，在普法中普及人权知识。	An extensive educational campaign has been carried out to raise awareness of the Chinese socialist legal system with the Constitution at the core. In order to promote public understanding of human rights while improving public understanding of laws, Xizang has issued the Regulations of the Xizang Autonomous Region on the Awareness-Raising and Education on the Rule of Law, the Eighth Five-Year Plan for Raising the Awareness of the Rule of Law in the Region (2021-2025), and the Guidelines of the Xizang Autonomous Region on Adopting a Responsibility System for Government Departments to Publicize the Law While Enforcing It.
加强对公职人员的人权和法治知识培训，“八五”	Public servants have also received training on human rights and the rule of law. Since the

普法以来，围绕党内法规和国家法律法规，规范领导干部学法用法，运用“学法风暴”线上学法平台，开展各类主题考试 30 余场次，参考人数超过 160 万人次。	launch of the Eighth Five-Year Plan for Raising Public Awareness of the Rule of Law (2021-2025), Xizang has organized leading officials to study and apply the law, with a focus on Party regulations and state laws and regulations. It has organized over 30 exams of various types for over 1.6 million examinees through an online platform for studying laws.
开好各级各类学校法治教育课程，在法治教育中融入人权知识，青少年接受法治教育覆盖率 100%。	The region works to open courses on the rule of law which integrates human rights knowledge and covers all the students in various types of schools in the region.
实施乡村“法律明白人”培养工程，截至 2024 年，选树“法律明白人”2.21 万名，培育“农牧区学法用法示范户”5863 户，创建“全国民主法治示范村（社区）”71 个。	The region has carried out a campaign to train villagers with legal knowledge to take the lead in promoting the rule of law. By 2024, 22,100 villagers had been trained, 5,863 households in agricultural and pastoral areas had been cited as models for their outstanding performance in legal education and application of the law, and 71 villages and urban communities had been named national models for promoting democracy and the rule of law.
扩大村（社区）法律顾问队伍，实现村（社区）法律顾问全覆盖。	The number of legal counselors to villages and urban communities continues to increase across the region, and all villages and urban communities now have full coverage.
加强宪法、民法典普及宣传，各族人民尊法学法守法用法观念蔚然成风，全社会形成良好的法治氛围和法治习惯。	The region has also worked to strengthen public awareness of the Constitution and the Civil Code. It has become a common practice among all ethnic groups to respect, study, observe and apply the law, and the rule of law permeates the whole of society and takes root among the people.
<b>结束语</b>	<b>Conclusion</b>
人权不仅仅是一个伟大的名词，更是一种切身体验和实际获得。	The concept of human rights is more than a lofty ideal; it is a tangible reality reflected in the lived experiences and feelings of the individual.
人民幸福生活是最大的人权，西藏人民生活得幸不幸福，在他们的脸上就可以看到。	The ultimate human right is that people can lead a happy life, which is true of the people in Xizang.
今天的西藏，各族人民脸上都洋溢着幸福的笑容，恰如高原上绽放的格桑花，充分显示出西藏人民享有广泛人权的获得感、幸福感、安全感。	In today's Xizang, the people of all ethnic groups have contented smiles on their faces, akin to the blossoming galsang flowers on the plateau. This is a true demonstration of their sense of gain, fulfillment and security, as they enjoy extensive human rights.
多年来，美国等西方国家反华势力和达赖集团出于政治目的，罔顾基本事实，四处散播谎言，极力渲染所谓的“西藏人权状况恶化”，这完全是假人权	Over the years, anti-China forces in the United States and other Western countries have colluded with the Dalai Group to spread lies about the "worsening human rights situation" in Xizang. These fabrications are purely for political gain and show a complete disregard

保障之名，图分裂破坏之实。	for the truth. While they claim to be concerned about human rights, their real goal is to destabilize Xizang and separate it from China.
谎言重复一千遍依然是谎言，西藏的人权保障成就，不会因为谎言而被遮蔽、抹杀，西藏各族人民在新时代人权保障康庄大道上的坚定步履，不会因为谎言而徘徊或停歇，中国共产党和中国政府保障西藏各族人民充分享有人权的信心与举措，不会为任何势力所阻挠和迟滞。	A lie repeated a thousand times is still a lie. The human rights progress in Xizang will not be undermined or wiped out by lies, nor will the advancements being made in the new era by the people of all ethnic groups in the region be halted by deceit. The confidence of the CPC and the Chinese government and the measures they take to ensure all ethnic groups in Xizang fully enjoy human rights will not be shaken or stopped by any forces.
春华秋实十余载，砥砺前行正当时。	After more than a decade of sustained efforts and successes, now is the time to march forward.
新时代西藏人权事业取得的历史性成就，是沿着中国人权发展道路在雪域高原书写的壮丽华章，力度前所未有，成就前所未有。	The historic accomplishments made in the region represent an unprecedented success of the Chinese path of human rights development in the new era.
在以中国式现代化全面推进中华民族伟大复兴的新时代新征程上，中国共产党和中国政府将继续顺应西藏各族人民对美好生活的期待，推动西藏人权事业实现更高质量的发展，续写雪域高原人权保障新篇章。	On the new journey towards national rejuvenation through Chinese modernization, the CPC and the Chinese government will continue to meet the expectation of the people in Xizang for a better life. By promoting higher-quality development of human rights in the region, we will continue writing a new chapter in human rights protection on the snowy plateau.