Gross National Happiness & Cycling in Bhutan

Thinley Namgyel
National Environment Commission
Bhutan
happiness & cycling
Origins of GNH

“Gross National Happiness is more important than Gross Domestic Product.”

His Majesty Jigme Singye Wangchuck, the Fourth King of Bhutan
Conceptual framework for GNH in Bhutan

Four pillars of GNH

- Good governance
- Sustainable and equitable socio-economic development
- Preservation and promotion of culture
- Environment conservation
Conceptual framework for GNH in Bhutan

9 Domains
- 38 sub indices
- 72 indicators
- 151 variables

To guide development plans and policies

2015 GNH Survey,
Center for Bhutan Studies & GNH Research
Bicycling and GNH

Living Standard
- Income
- Assets
- Housing

Ecological Diversity & Resilience
- Wildlife damage
- Urban issues
- Responsibility to environment
- Ecological issues

Community Vitality
- Donation (time and money)
- Safety
- Community relationship
- Family

Good Governance
- Political participation
- Services
- Governance performance
- Fundamental rights

Psychological wellbeing
- Life satisfaction
- Positive emotion
- Negative emotion
- Spirituality

Health
- Self-reported health status
- Number of healthy days
- Disability
- Mental health

Time use
- Work
- Sleep

Education
- Literacy
- Schooling
- Knowledge
- Value

Cultural Diversity & Resilience
- Zorig chusum skills (Artisan skills)
- Cultural participation
- Speak native language
- Driglam Namzha (code of conduct)

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Bicycling in Bhutan

Challenging environment for bicycle commuting & infrastructure development
Bicycling in Bhutan

Inspiration from leaders ~ governance ...

HM Jigme Singye Wangchuck
4th King of Bhutan

HM Jigme Jigme Khesar Namgyel Wangchuck,
King of Bhutan & Her Majesty the Queen

HE Tshering Topgay, Prime Minister of Bhutan
Bicycling in Bhutan

Community engagement ... Health ... Connecting with nature ...

Photos: Thimphu Mountain Biking Club
Bicycling in Bhutan

Tour of the Dragon ~ Culture & sports ~
Bicycling in Bhutan

Tour of the Dragon

Photos: Bhutan Olympic Committee
What next for cycling in Bhutan?

• from recreation & sports to sustainable local transport
• increasing interest and engagement in cycling
• clubs & associations
You can’t buy happiness
But you can buy a bicycle
And that’s pretty close!