

## Tibetan (Zang) 藏族

Zàngzú

藏族

1. 藏族人住在西藏。
2. 他們說藏語。
3. 他們穿藏袍。
4. 他們信佛教。
5. 他們喝酥油茶。
6. 今天他們有傳統，也有挑戰。

Zàngzúrén zhù zài Xīzàng

1. 藏族人 住 在 西 藏 。

tāmen shuō Zàngyǔ

2. 他們 說 藏 語 。

tāmen chuān cáng páo

3. 他們 穿 藏 袍 。

tāmen xìn Fójiào

4. 他們 信 佛 教 。

tāmen hē sūyóuchá

5. 他們 喝 酥 油 茶 。

jīntiān tāmen yǒu chuántǒng yě yǒu tiǎozhàn

6. 今天 他們 有 傳 統 ， 也 有 挑 戰 。

1. The Tibetan people live in Tibet.
  2. They speak the Tibetan language.
  3. They wear long robes.
  4. They follow Tibetan Buddhism.
  5. They drink butter tea.
  6. Today, they maintain their traditions while also facing challenges.
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## 1. Dwelling Location

The Tibetan people predominantly inhabit the Tibetan Plateau, a vast and elevated region in East Asia. Their main settlements are in the Tibet Autonomous Region (TAR) and the neighboring provinces of Qinghai, Sichuan, Yunnan, and Gansu in China. Smaller Tibetan communities exist in India, Nepal, and Bhutan. The plateau is one of the highest regions in the world, averaging over 4,500 meters in elevation. The climate is harsh, with cold temperatures and thin air, which has shaped Tibetan architecture, clothing, and daily routines. Villages are often built near rivers or valleys for access to water and grazing land. Traditional Tibetan homes are constructed from stone or mud bricks with flat roofs. Many houses include yak shelters or storage for barley, the staple crop. Isolation of some regions has helped preserve Tibetan culture and language over centuries ([en.wikipedia.org](https://en.wikipedia.org)).

[Image and Photos: Map of Tibet]

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## 2. Language

Tibetan belongs to the Tibeto-Burman branch of the Sino-Tibetan language family. It is spoken primarily in the TAR, Qinghai, Sichuan, Yunnan, and Gansu provinces, as well as in Tibetan communities in India, Nepal, and Bhutan. Tibetan has multiple dialects, including Central, Southern, Northern, and Western, which differ in pronunciation and vocabulary. The language is written in the Tibetan script, an abugida derived from the Indian Brahmi script. The script is used in religious texts, historical documents, and literature. Classical Tibetan serves as a liturgical language for Tibetan Buddhism. Many Tibetans are bilingual, speaking both Tibetan and Mandarin Chinese. Language preservation programs exist to maintain Tibetan literacy in schools. Tibetan language media, including newspapers and television broadcasts, support cultural continuity ([en.wikipedia.org](https://en.wikipedia.org)).

[Image and Photos: Sample of Tibetan language]

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## 3. Clothing

Traditional Tibetan clothing is designed for high-altitude, cold environments. The most iconic garment is the chuba, a long-sleeved robe that wraps around the body and is secured with a belt. Chubas are made of wool, sheepskin, or yak hair, providing insulation against harsh winters. Men and women both wear chubas, but women often adorn them with bright sashes, jewelry, and decorative scarves. In urban areas, Tibetans may wear modern clothing, but the chuba is still worn during festivals, religious ceremonies, and cultural events. Accessories often include fur hats, boots, and gloves. Festival attire is more colorful, with intricate patterns and embroidered motifs symbolizing luck, longevity, and spiritual protection. Traditional clothing also varies by region; for example, residents of eastern Tibet may wear lighter cotton garments for warmer summers ([norlha.com](https://norlha.com)).

[Image and Photos: Sample of Tibetan clothing]

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#### 4. Unique Culture

Tibetan culture is deeply rooted in Tibetan Buddhism, which influences art, architecture, and daily life. The prayer flag is a significant symbol, believed to spread blessings and goodwill when fluttering in the wind. Monasteries serve as centers of religious learning, meditation, and community gathering. Major festivals include Losar (Tibetan New Year), Saga Dawa (celebrating the Buddha's birth, enlightenment, and death), and the Shoton Festival, featuring opera performances and yak butter sculptures. Ritual dances, masked performances, and cham dances are integral to religious ceremonies. Tibetan art includes thangka paintings, mandalas, and sculpture, often used in meditation and worship. Music is also important, with chanting and instruments like the damaru and dungchen. Pilgrimages to sacred mountains and lakes reinforce community and spiritual life. Oral traditions and folklore help transmit moral lessons, history, and cultural identity ([en.wikipedia.org](https://en.wikipedia.org)).

[Image and Photos: About Tibetan New Year and other festivals and traditions]

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#### 5. Food

Tibetan cuisine reflects the high-altitude environment and need for high-energy foods. The staple beverage is yak butter tea (po cha), made from tea leaves, yak butter, salt, and sometimes milk, providing warmth and calories. Another essential food is tsampa, roasted barley flour, often mixed with butter tea to form a dough. Meat from yak, sheep, and goat is common, as are dairy products like cheese and yogurt. Vegetables are limited due to the climate, but potatoes, radishes, and turnips are grown in some valleys. Food preparation is communal, especially during festivals or rituals. Ritual foods, such as barley flour offerings, are part of religious ceremonies. Eating habits emphasize hospitality and sharing, reflecting Tibetan social values. Seasonal dishes also mark agricultural cycles and festivals ([tibettravel.org](https://tibettravel.org)).

[Image and Photos: food and drink]

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#### 6. Today or Famous People

##### Today:

Tibetans continue to preserve their cultural heritage while adapting to modern life, working in tourism, trade, and crafts like thangka painting. Education programs support literacy and vocational skills. At the same time, they face political challenges, including restrictions on religious practices, cultural expression, and autonomy. The Chinese government controls the reincarnation of Tibetan spiritual leaders, such as the Dalai Lama, and promotes Mandarin over Tibetan in schools ([reuters.com](https://reuters.com), [en.wikipedia.org](https://en.wikipedia.org)). Tibetan activists, such as Jigme Gyatso, have been imprisoned for advocating independence, and monasteries face strict oversight, exemplified by the detention of monks like Choegyal Wangpo ([hrw.org](https://hrw.org)). These challenges highlight the struggle of Tibetans to maintain religious, cultural, and political autonomy in the face of Chinese policies. Despite this, many Tibetans continue to balance tradition with modern life, keeping festivals, language, and crafts alive.

**Famous People:**

Tibet has many notable figures in religion, politics, culture, and activism. The **14th Dalai Lama (Tenzin Gyatso)** is the spiritual leader of Tibet and a Nobel Peace Prize winner, promoting peace and compassion. The **Panchen Lama** is the second-highest religious figure, while the current 11th Panchen Lama, **Gedhun Choekyi Nyima**, has been missing since 1995. **Jetsun Pema**, the Dalai Lama's sister, works in education and refugee welfare. Politician **Lobsang Sangay** served as Sikyong of the Central Tibetan Administration. Writers **Jamyang Norbu** and **Tsering Woesser** advocate for Tibetan culture and rights. Artists like **Yungchen Lhamo** share Tibetan music globally, and mountaineer **Tenzing Norgay** was among the first to summit Everest. These figures highlight Tibet's spiritual, cultural, and political heritage.

[Image and Photos: Dalai Lama and political protest]

**Poster Board Design:**

1. Three-fold poster boards will be provided.
  2. Group members will assign each other tasks and work on the content as well the poster board.
  3. Project timeline:
    - a. Friday (10/3) Form teams; assign members specific tasks
    - b. Monday (10/6) Put together the complete content and review both Chinese and English sentences. Share group project in Google Doc. Have one member creates the document: **101Project1\_Tibet**, and then share with other group members, Sun Laoshi, and Andy.
    - c. Wednesday (10/8) Prepare all printed materials and bring to class to make the posters. Scissors. tapes and markers will be provided.
    - d. Friday (10/10) Share your group board project in class.
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Final Presentation and Poster Board Session on Monday Evening at the **Voices of Heritage** event

**Monday, Oct. 13 | 7:00 pm - 8:30 pm**  
**Kilworth Chapel & Lounge, University of Puget Sound**  
**VOICES OF HERITAGE | 台灣南澳碧候國小合唱團**  
**Performance & Reception**



Songs performed by the 12 Indigenous Children's Choir members from the Biho Elementary School, Nan'ao, Taiwan  
Introduction by Dr. Huiyu Lin, University of Washington Tacoma, Taiwan Studies, University of Washington

Prof. Lin will begin with a brief introduction on efforts to reclaim and revitalize Indigenous languages. She will share how language connects to Indigenous cultures, knowledge, and daily life, offering context for the traditions and stories carried in the music. The program will feature seven traditional songs in the Atayal language, highlighting the rich cultural heritage of the Atayal people. Following the performance, there will be a reception and poster session in the Chapel's basement lounge, where students from the Puget Sound Chinese 101 class will present their projects and have the opportunity to engage with the visiting choir members.