

A bright yellow background with a white diagonal stripe running from the top-left to the bottom-right. The stripe is slightly irregular, with rounded corners. The text is centered over the stripe.

**WRITE TO
TIBETAN HEROES**

WHAT IS WRITE TO TIBETAN HEROES ?

To mark both Human Rights Defenders Day (9 December) and Human Rights Day (10 December) Tibetans and Tibet supporters around the world are taking time out of their days to send a letter to someone they've never met; a Tibetan political prisoner; a Tibetan hero.

THERE ARE ESTIMATED TO BE AT LEAST 2,000 TIBETANS CURRENTLY DETAINED BY CHINESE AUTHORITIES FOR OPPOSING OR CRITICIZING CHINA'S RULE OF TIBET.

Write to a Tibetan Hero is a global action to send messages to imprisoned Tibetans to show them that they are not forgotten and that people around the world know about their wrongful detention and their courage.

Writing letters to political prisoners is known in many cases to help boost morale and make an important psychological difference to people while in prison. Despite all our email actions a hand-written letter is still one of the most powerful tools we have as activists: letters can build pressure on authorities by showing there is a level of international support for individual prisoners.



FREE TIBETAN HEROES

3 REASONS TO JOIN US

1. IT IS SUCCESSFUL

Your words really can make a difference. Human rights organisations who run letter writing actions have had feedback from released political prisoners that letters from supporters helped change their lives.

2. IT IS SIMPLE

You simply need to write a short letter or message to one or more of the listed Tibetan Heroes. We do then ask that you let us know who you wrote to, which can be just one or many.

In this pack you will find easy to use information with everything you need to write your letter(s).

3. IT GIVES HOPE

By sending a letter, or letters, you will be joining with human rights supporters around the globe who are writing to political prisoners to bring hope and to make change.

As well as writing your own letters you could organise a Tibetan Heroes Rights Write and invite your friends, family, work colleagues and community members together to give hope and solidarity to Tibetan Heroes in Tibet. **Join us!**

FAQS

WHAT SHOULD I PUT IN MY LETTER?

You can write something very short and basic, but simply make it personal from you. We have provided a short sample letter to give you an idea but feel free to be creative and let your personality come through. Remember this is a letter of solidarity, aiming to help Tibetan Heroes feel uplifted and supported. Tell them where you're writing from so they know how far their story has traveled.

IS THERE ANYTHING I SHOULD AVOID SAYING?

Avoid talking about politics, and definitely do not write about Tibetan freedom or independence. It is highly probable that your letter will be read by the authorities before it reaches the writer, so use your common sense and don't say anything that could put her/him at risk.

WHAT LANGUAGE SHOULD I WRITE IN?

Ideally in English, or if that isn't possible please write in your own language. If the Tibetan Heroes does not speak the language in which you are writing, keep the sentences short and simple and the overall length of the message relatively brief to enable the letter to be easily translated.

WRITE TO TIBETAN HEROES



LHAMO KYAB

ལྷ་མོ་སྐུབས་

Respected Tibetan school teacher sentenced to 15 years for criminal charges after 18 months of detention.

In 2008 Lhamo Kyab, a school teacher from Nagchu in Central Tibet (Ch: Tibet Autonomous Region), was taken away late at night, from a school where she was working. She was first taken to her home by Chinese security personnel who searched through her family possessions, and then to a “secret” detention centre where she was interrogated her about “alleged involvement in political activities.” No explanation was given to her family why she was being taken.

Lhamo Kyab was kept in secret detention for nearly two years, without contact with her family or a lawyer, and in January 2010 approximately eighteen months after detention, a court sentenced Lhamo Kyab to 15 years in prison. Her exact medical condition is unknown but she is believed to be in ill health.

SEND A SOLIDARITY MESSAGE TO: *If possible please copy and paste the address*

Lhamo Kyab | ལྷ་མོ་སྐུབས་

Xizang Lasa Jianyu (Lhasa prison)
Duodi street, Duodi village
Chengguan district
Lhasa, Tibet Autonomous Region, 850000
People's Republic of China

In Chinese:

Lhamo Kyab | ལྷ་མོ་སྐུབས་ | 拉姆加(音)
西藏拉萨监狱
公司地址：
西藏自治区·拉萨市·城关区·夺底乡 夺底路

LANGUAGE: English, Tibetan or in your own language

SALUTATION: Dear Lhamo Kyab la

SAMPLE MESSAGE:

Dear Lhamo Kyab la,

I'm writing to you from [ADD YOUR COUNTRY]. Please know that I and many others around the world are thinking of you and hope very much for your release.

LET US KNOW: Please let us know that you wrote to a Tibetan Hero at <http://bit.ly/WriteTibetResponse>

IMPORTANT NOTE: Avoid talking about politics, and definitely do not write about Tibetan freedom or independence. It is highly probable that your letter will be read by the authorities before it reaches the prisoner. Please use common sense when composing your text and don't say anything that could put her/him at risk.

WRITE TO TIBETAN HEROES



YESHE CHOEDRON

ཡེ་ཤེས་ཚེས་སྒྲོན་

Retired Tibetan medical doctor detained in March 2008 and sentenced to 15 years for “espionage”.

On 7 November 2008, Yeshe Choedron, a retired medical doctor, was sentenced to 15 years’ imprisonment for allegedly providing “intelligence and information” linked to the 2008 protests in Lhasa. The Lhasa Evening News, a government run newspaper, reported that the court convicted Yeshe Choedron of “espionage” and claimed that the Tibetan Government in Exile had “assigned” her a task and provided her with “financial aid.”

Yeshe Choedron is being held in the notorious Drapchi Prison and has not been able to see her children since her sentencing. She is believed to be in very poor health.

SEND A SOLIDARITY MESSAGE TO: *If possible please copy and paste the address*

Yeshe Choedron | ཡེ་ཤེས་ཚེས་སྒྲོན་
Drapchi Prison,
Zaki village,
Lhasa, Tibet Autonomous Region, 850000
People’s Republic of China

In Chinese:

Yeshe Choedron | ཡེ་ཤེས་ཚེས་སྒྲོན་ | 益西曲珍
拉萨第一监狱, 扎基村, 拉萨市
西藏自治区 · 中国

LANGUAGE: English, Tibetan or in your own language

SALUTATION: Dear Yeshe Choedron la

SAMPLE MESSAGE:

Dear Yeshe Choedron la

I’m writing to you from [ADD YOUR COUNTRY]. Please know that I and many others around the world are thinking of you and hope very much for your release.

LET US KNOW: Please let us know that you wrote to a Tibetan Hero at <http://bit.ly/WriteTibetResponse>

IMPORTANT NOTE: Avoid talking about politics, and definitely do not write about Tibetan freedom or independence. It is highly probable that your letter will be read by the authorities before it reaches the prisoner. Please use common sense when composing your text and don’t say anything that could put her/him at risk.

WRITE TO TIBETAN HEROES



LHUNDRUB DRAKPA

ལྷུན་འགྲུབ་གྲགས་པ་

Lhundrup Drakpa, a popular Tibetan singer from Driru, Eastern Tibet, was detained in May 2019, less than two months after he released a song – “Black Hat” – that criticised government policies.

After being held for over a year he was sentenced to six years in prison after a ‘closed-door trial’ during which he was not allowed legal representation of his choice.

Lhundrub Drakpa is known by Tibetans for his devotion to Tibetan cultural and artistic traditions. He is one of the most popular Tibetan singers in the region performing songs that highlight Tibetan national identity and pride.

Lhundrup was beaten during detention and is in serious danger of further torture at the hands of Chinese authorities.

SEND A SOLIDARITY MESSAGE TO: *If possible please copy and paste the address*

Lhundrup Drakpa | ལྷུན་འགྲུབ་གྲགས་པ་ | 楞珠扎巴
c/o Wang Junzheng
General Office of the People’s Government of
Tibet Autonomous Region,
No.1-2, Kangang East Road, Chengguan District,
Lhasa, 850000

In Chinese:

Lhundrup Drakpa | ལྷུན་འགྲུབ་གྲགས་པ་ | 楞珠扎巴
c/o Wang Junzheng 王君正
850000 西藏自治区拉萨市城关区康昂东路1号
西藏自治区人民政府

LANGUAGE: English, Tibetan or in your own language

SALUTATION: Dear Lhundrup Drakpa la

SAMPLE MESSAGE:

Dear Lhundrup Drakpa la,
I’m writing to you from [ADD YOUR COUNTRY]. Please know that I and many others around the world are thinking of you and hope very much for your release.

LET US KNOW: Please let us know that you wrote to a Tibetan Hero at <http://bit.ly/WriteTibetResponse>

IMPORTANT NOTE: Avoid talking about politics, and definitely do not write about Tibetan freedom or independence. It is highly probable that your letter will be read by the authorities before it reaches the prisoner. Please use common sense when composing your text and don’t say anything that could put her/him at risk.

DOWNLOAD ADDRESSES: https://freetibetanheroes.org/freedom101/wp-content/uploads/2016/12/FTH_WritingKit_2016_ENG_Addresses.docx

WRITE TO TIBETAN HEROES



A-NYA SENGDRRA

ཨ་ཉ་སང་སྐྱེ

A-Nya Sengdra, a Tibetan nomad and environmental activist, was detained by Chinese security officers in Amdo, Eastern Tibet in 2018. His arrest came after years of working to fight corruption and protect his local environment from unregulated mining.

A-Nya was beaten by Chinese security officers and held for over 14 months without trial. For the first 48 days of his detention, A-Nya Sengdra was denied access to his lawyer.

On December 6th 2019 he was found guilty for “gathering people to disturb public order” and “picking quarrels and provoking trouble” – phoney charges China often brings against human rights defenders.

His arrest and detention are a direct response to his peaceful activism as an environmentalist, community leader and anti-corruption activist.

A-Nya is known to be in very poor health.

SEND A SOLIDARITY MESSAGE TO: *If possible please copy and paste the address*

A-Nya Sengdra | ཨ་ཉ་སང་སྐྱེ | 阿亞桑扎
c/ o Wang Jianjun 王建军
No.12 Xidajie, Xining,
Qinghai 810000

In Chinese:

A-Nya Sengdra | ཨ་ཉ་སང་སྐྱེ | 阿亞桑扎
c/ o Wang Jianjun 王建军
810000 中華人民共和國青海省西寧市西大街12號

LANGUAGE: English, Tibetan or in your own language

SALUTATION: Dear A-Nya Sengdra la

SAMPLE MESSAGE: Dear A-Nya Sengdra la, I'm writing to you from [ADD YOUR COUNTRY]. Please know that I and many others around the world are thinking of you and hope very much for you release.

LET US KNOW: Please let us know that you wrote to a Tibetan Hero at <http://bit.ly/WriteTibetResponse>

IMPORTANT NOTE: Avoid talking about politics, and definitely do not write about Tibetan freedom or independence. It is highly probable that your letter will be read by the authorities before it reaches the prisoner. Please use common sense when composing your text and don't say anything that could put her/him at risk.

DOWNLOAD ADDRESSES: https://freetibetanheroes.org/freedom101/wp-content/uploads/2016/12/FTH_WritingKit_2016_ENG_Addresses.docx

ADDRESS LABELS

Lhamo Kyab | ལྷ་མོ་སྐུབས་

Xizang Lasa Jianyu (Lhasa prison)
Duodi street, Duodi village
Chengguan district
Lhasa, Tibet Autonomous Region, 850000
People's Republic of China

Lhamo Kyab | ལྷ་མོ་སྐུབས་ | 拉姆加(音)

西藏拉萨监狱
公司地址：
西藏自治区·拉萨市·城
关区·夺底乡 夺底路

Yeshe Choedron | ཡེ་ཤེས་ཚེས་སྒྲོན་

Drapchi Prison,
Zaki village,
Lhasa, Tibet Autonomous Region, 850000
People's Republic of China

Yeshe Choedron | ཡེ་ཤེས་ཚེས་སྒྲོན་ | 益西曲珍

拉萨第一监狱, 扎基村, 拉萨市
西藏自治区·中国

Lhundrup Drakpa | ལྷུན་འགྲུབ་གྲགས་པ་ | 楞珠扎巴

c/o Wang Junzheng
General Office of the People's Government of
Tibet Autonomous Region,
No.1-2, Kangang East Road,
Chengguan District, Lhasa, 850000

Lhundrup Drakpa | ལྷུན་འགྲུབ་གྲགས་པ་ | 楞珠扎巴

c/o Wang Junzheng 王君正
850000 西藏自治區拉薩市城關區康昂東路1
號 西藏自治區人民政府

A-Nya Sengdra | ཨ་ཉ་སེང་སྐྱ་ | 阿亞桑扎

c/ o Wang Jianjun 王建军
No.12 Xidajie, Xining, Qinghai 810000

A-Nya Sengdra | ཨ་ཉ་སེང་སྐྱ་ | 阿亞桑扎

c/ o Wang Jianjun 王建军
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