

The background is a solid yellow color with a white diagonal stripe running from the top-left to the bottom-right. The stripe is slightly curved at the 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



## Bangri Rinpoche

བང་རི་རིན་པོ་ཆེ་

Respected Tibetan community leader serving a 19-year prison term for “attempting to split the country and destroy national unity.”

Bangri Rinpoche and his wife Nyima Choedron founded Gyatso orphanage in Lhasa working with some of the city’s most deprived children. In 1999 they were arrested and charged with “attempting to split the country” after a Tibetan worker from the orphanage was arrested for trying to raise a Tibetan flag and allegedly attempting to explode a bomb in the Potala Square during the National Minority Games. Chinese authorities declared the orphanage an “illegal organization” and it was closed, leaving the children, aged between two months and 12 years, without a home.

Bangri Rinpoche was sentenced to life in prison, later commuted to 19 then 18 years. Nyima Choedron was sentenced to 10 years, later reduced to seven. She was released in 2006.

Bangri Rinpoche is believed to have been subjected to severe forms of torture including repeated interrogation sessions, being restrained with one hand behind his shoulder and the other around his waist, and having his legs fettered.

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

Bangri Rinpoche | བང་རི་རིན་པོ་ཆེ་

Chushul Prison  
Chushul County  
Lhasa, Tibet Autonomous Region, 850000  
People’s Republic of China

In Chinese:

Bangri Rinpoche | བང་རི་རིན་པོ་ཆེ་ | 晋美旦增尼玛  
曲水监狱, 西藏自治区, 拉萨市  
曲水县, 沿河路, 850000, 中国

**LANGUAGE:** English, Tibetan or in your own language

**SALUTATION:** Dear Bangri Rinpoche la

**SAMPLE MESSAGE:**

Dear Bangri Rinpoche 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



## TASHI WANGCHUK

བཀྲ་ཤིས་དབང་ཕྱུག་

Young Tibetan businessman and language rights advocate charged with “inciting separatism”. He could face up to 15 years in prison if found guilty.

Tashi Wangchuk is an advocate for greater Tibetan language education in schools in Tibet where mandarin has become the sole language of instruction. He has been detained with no access to his family or a lawyer and is at risk of torture and other ill-treatment.

He expressed his anxieties on social media about Tibetan children being unable to speak their native language fluently, and the gradual extinction of Tibetan culture. In 2015 the New York Times, in “A Tibetan’s Journey for Justice”, reported his attempts to file a lawsuit against local officials over the lack of Tibetan language education in schools, but no law firm would help him.

Though critical of the threats to Tibetan language and culture, Tashi has never written about Tibetan independence. His language campaign is in line China’s constitution: “[e]thnic minorities’ right to learn, use and develop their own spoken and written languages is guaranteed in accordance with the law” (Article 4). Amidst China’s current crackdown, Tashi Wangchuk’s case is an example of how Tibetans face additional persecution for any activity perceived as a threat, through charges of “separatism”.

### SEND A SOLIDARITY MESSAGE TO:

Tashi Wangchuk | བཀྲ་ཤིས་དབང་ཕྱུག་  
c/o Yushu Public Security Bureau,  
Minzhu Rd,  
Yushu Shi, Yushu Zangzuzhizhou,  
Qinghai Sheng, China, 815000  
People’s Republic of China

In Chinese:

Tashi Wangchuk | བཀྲ་ཤིས་དབང་ཕྱུག་ | 扎西旺珠(音)  
815000 中华人民共和国,青海省  
玉树藏族自治州,玉树市民族路  
玉树公安局

**LANGUAGE:** English, Tibetan or in your own language

**SALUTATION:** Dear Tashi Wangchuk la

### SAMPLE MESSAGE:

Dear Tashi Wangchuk 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.



# WRITE TO TIBETAN HEROES



## DRUKLO (SHOKJANG)

འབྲུག་ལོ། རོགས་ལྷང།

Tibetan writer and blogger sentenced to 3 years for his critical and thought-provoking articles about the current situation in Tibet.

Prominent Tibetan writer and blogger Druklo, also known by his pen-name Shokjang, was detained by Chinese authorities on 16 March 2015 by national security police officers from a hotel in Rebkong, Amdo, eastern Tibet (Chinese: Tongren County, Huangnan Tibetan Autonomous Prefecture, Qinghai province). On 17 February 2016, Shokjang was sentenced to 3 years; no details of the charge against him has been released by the Chinese authorities.

He wrote about the current situation in Tibet, including the resettlement of Tibetan nomads. In the days leading up to his arrest, Shokjang wrote a blog post about an intense build up of Chinese security forces in the Rebkong area. He is a prisoner of conscience and human rights defender.

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

Druklo (Shokjang) | འབྲུག་ལོ། རོགས་ལྷང།  
Tongren Detention Centre,  
Tongren County,  
Huangnan Tibetan Autonomous Prefecture,  
Qinghai Province 811300  
People's Republic of China

In Chinese:

Druklo (Shokjang) | འབྲུག་ལོ། རོགས་ལྷང། | 珠洛(音), 周洛  
811300 中华人民共和国青海省黄南藏族自治州同  
仁县·同仁县看守所

**LANGUAGE:** English, Tibetan or in your own language

**SALUTATION:** Dear Shokjang la

**SAMPLE MESSAGE:**

Dear Shokjang 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.



# 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

Bangri Rinpoche | བང་རི་རིན་པོ་ཆེ་  
Chushul Prison  
Chushul County  
Lhasa, Tibet Autonomous Region, 850000  
People's Republic of China

Bangri Rinpoche | བང་རི་རིན་པོ་ཆེ་  
晋美旦增尼玛  
曲水监狱, 西藏自治区, 拉萨市  
曲水县, 沿河路, 850000, 中国

Tashi Wangchuk | བཀྲ་ཤིས་དབང་ཕྱུག་  
c/o Yushu Public Security Bureau,  
Minzhu Rd,  
Yushu Shi, Yushu Zangzuzhizhou,  
Qinghai Sheng, China, 815000  
People's Republic of China

Tashi Wangchuk | བཀྲ་ཤིས་དབང་ཕྱུག་  
扎西旺珠(音)  
815000 中华人民共和国, 青海省  
玉树藏族自治州, 玉树市民族路  
玉树公安局

Druklo (Shokjang) | འབྲུག་ལོ། འོགས་ལྗང།  
Tongren Detention Centre,  
Tongren County,  
Huangnan Tibetan Autonomous Prefecture,  
Qinghai Province 811300  
People's Republic of China

Druklo (Shokjang) | འབྲུག་ལོ། འོགས་ལྗང།  
珠洛(音), 周洛  
811300 中华人民共和国青海省黄南藏族自  
治州同仁县·同仁县看守所

**WWW.FREETIBETANHEROES.ORG**

**FREE TIBETAN HEROES**