

# TIBETAN

## SOME USEFUL PHRASES IN TIBETAN

ཁ་ཤི་དེ་ལེ།

[tʃə ʃi tɛ lɛ]

/tra shi dé lek./

*Hello.*

ཁྱེ་རང་ཀུ་སུ་དེ་པོ་ཡིན་པེ།

[kʰɛraŋ kusu tɛpo jin pɛ]

/khyé rang kusu dé po yin pé?/

*How are you?*

ང་ཤི་པོ་ཡིན།

[ŋa tɛpo jin]

/nga dé po yin./

*I'm fine.*

ཁྱེ་རང་གི་ཚས་ལ་ག་རེ་ཞུ་གི་ཡོ།

[kʰɛraŋ ki tɕʰɛn la kʰarɛ ju ki jø]

/khyé rang gi tsen la ga ré zhu gi yö?/

*What is your name?*

ངེ་མིང་ལ་ཇོ་མ་ཇེ་རྩ་གི་ཡོ།

[ŋɛ minla dʒan rɛ ki jø]

/ngé ming la John zer gi yö./

*My name is John.*

ཁྱེ་རང་ག་ནེ་ཡིན།

[kʰɛraŋ kʰanɛ jin]

/khyé rang ga né yin?/

*Where are you from?*

ང་ ... ག་ནེ་ཡིན།

[ŋa ... nɛ jin]

/nga ... né yin./

*I'm from ...*

ཐུ་ཇེ་ཅེ།

[tʰu dʒɛ tʃɛ]

/tuk jé ché./

*Thank you.*

ཇེ་མ་ཇེ་ཡོང།

[dʒɛma dʒɛ•jɔŋ]

/jé ma jel yong./

*Goodbye.*

## FIVE REASONS WHY YOU SHOULD LEARN MORE ABOUT TIBETAN AND THEIR LANGUAGE

1. The Tibetan population is estimated to be about 6.5 million, and can be found mostly in China, India, and Nepal.
2. A member of the Tibetao-Burman language group, Standard Tibetan shares many structural similarities to other Tibetao-Burman languages, including Burmese.
3. The whole of Tibet, including the U-Tsang, Kham, and Amdo provinces, spans over 976,000 square miles across Asia and has an overage altitude of 13,000 feet above sea level.
4. Commonly called the "Roof of the World," Tibet is home to the Himalayan mountain range featuring Mount Everest which at 29,029 feet above sea level is the highest mountain in the world.
5. Tibet is the source of many of Asia's largest rivers (including the Yangtze, Yellow, Mekong, Salween, and Tsangpo) and provides water for over one billion people.

## ABOUT US

The Center for Languages of the Central Asian Region (CeLCAR) at Indiana University develops materials for learning and teaching a wide variety of Central Asian languages.

For more information, go to [www.iub.edu/~celcar](http://www.iub.edu/~celcar).



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Qinghai, Gansu, and

Today, the Tibetan population is estimated to be about 6.5 million with approximately 6.2 million living in China, significant populations in India (190,000), Nepal (60,000), and smaller, but still significant populations of Tibetans living in Australia, Bhutan, Canada, Taiwan, the United States, and the United Kingdom.

Standard Tibetan, also known as Lhasa Tibetan, belongs to the Bodic branch of the Western Tibeto-Burman group of languages within the larger Sino-Tibetan language family. The Sino-Tibetan language family includes more than 400 varieties of language spoken by over 1.3 billion people throughout Asia, including Chinese, and the Tibeto-Burmese subgroup includes Burmese,

Tibetan nouns and verbs tend to be monosyllabic and many dialects, including Standard Tibetan, use two tones (high and low) to differentiate in lexical and grammatical meaning between the sounds. Tibetan is an ergative language (meaning the direct object of transitive verbs use the same form as the

Since the 7th century, Tibetan has been written using the Uchen script, a block style script modeled on the Devanāgarī alphabet, which is most commonly used to write Indian languages. The Tibetan alphabet is made up of thirty basic letters and is written left to right in horizontal lines, similar to Romanized alphabets. However, unlike Roman alphabets, each letter in the Tibetan alphabet represents a consonant-vowel sound unit.

Similar to Arabic, the Tibetan alphabet also uses diacritics in order to change the sound value of the letters.

[illegible]

For many centuries, Tibetan culture has been influenced by the cultures of neighboring countries, such as Nepal, India, and China. However, the greatest influence on

Tibetan cuisine is influenced by the livestock and crops of the region. Many dishes feature goat, yak, or mutton meat, and dairy products such as yogurt, butter, and cheese are made from yak or goat milk. Staple crops include barley and rice, which are used to make noodles, dumplings, and breads. Some traditional Tibetan dishes include *tsampa* (roasted barley), *Sha Phaley* (meat and cabbage in bread), *thukpa* (a noodle dish with vegetables and meat), and a traditional Tibetan dessert is *thue*, which is made from dried yak cheese, brown sugar, and butter.

A photograph of a table set with various traditional Indonesian dishes. The table is covered with a red and gold patterned cloth. The dishes include fried chicken (Ayam Goreng), beef (Beef Rendang), fish (Ikan Bakar), and vegetables (Sayur Paku). There are also bowls of rice, a bowl of soup, and a bottle of beer. A person is sitting at the table, and a small white bowl is visible in the foreground.