

# My Culture: Tibet and USA

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# Location Of Tibet

- Tibet is a region in east Asia. (Apart of west China)
- Borders Nepal, India and Bhutan



# Tibet

- Small cities with houses next to each other
- There are no modern buildings
- No tall buildings or skylines



# New York City

- Skylines
- Tall buildings



# Attractions In Tibet

- Potala palace
- Mountains. (Mount Everest)
- Tibetan temples and monastery
- Lakes (Namsto, Siling)





# Attractions In NYC

- Statue of Liberty
- Central Park
- Museums (Natural History of Museum)
- Bridges (Brooklyn Bridge)



# Languages

- In Tibet, we speak Tibetan
- In New York, English is the primary language
- There are other languages spoken in New York. (Ex: Spanish, Chinese, etc)

ཀ	ཁ	ག	ང	ཅ	ཆ	ཇ	ཉ
ka	kha	ga	nga	ca	cha	ja	nya
[ka]	[k <sup>h</sup> a]	[ga]	[ŋa]	[tʃa]	[tʃ <sup>h</sup> a]	[tʃa]	[ɲa]
ཏ	ཐ	ད	ན	པ	ཕ	བ	མ
ta	tha	da	na	pa	pha	ba	ma
[ta]	[t <sup>h</sup> a]	[da]	[na]	[pa]	[p <sup>h</sup> a]	[ba]	[ma]
ཅ	ཆ	ཇ	ཉ	ཞ	ཟ	འ	ཡ
tsha	tsha	dza	wa	zha	za	'a	ya
[tsha]	[ts <sup>h</sup> a]	[dza]	[wa]	[ʒa]	[za]	[a]	[ja]
ར	ལ	ཤ	ས	ཏ	ཨ		
ra	la	sha	sa	ha	a		
[ra]	[la]	[ʃa]	[sa]	[ha]	[a]		

# Religion In Tibet

- Tibetan Buddhism
- Practical methods for cultivating spiritual awareness.
- The importance of finding the truth for oneself.
- Treasures loving-kindness, compassion, equanimity, clarity of mind, and wisdom.
- Ultimate goal is to find peace.
- Also believes in reincarnation, Karma and Dharma.
- Dalai Lama is the spiritual leader of the Tibetan Buddhism.



# Religions In America(NYC)

## Religious composition of adults in New York

### Christian

60%

▶ **Evangelical Protestant**

10%

▶ **Mainline Protestant**

11%

▶ **Historically Black Protestant**

5%

### Catholic

31%

▶ **Mormon**

< 1%

▶ **Orthodox Christian**

1%

**Jehovah's Witness**

1%

▶ **Other Christian**

< 1%

### Non-Christian Faiths

12%

**Jewish**

7%

**Muslim**

2%

**Buddhist**

1%

**Hindu**

1%

**Other World Religions**

< 1%

▶ **Other Faiths**

2%

**Unaffiliated (religious "nones")**

27%

**Atheist**

5%

**Agnostic**

5%

▶ **Nothing in particular**

17%

**Don't know**

1%



# Tibetan Foods

- Tibetan food is a combination of Nepali, Bhutanese and Indian foods.
- Momo (Tibetan dumplings)
- Thukpa (Tibetan noodle soup)
- Butter tea



# Different Types of Food In NYC

- New York City is very diverse in terms of foods
- Some popular foods in NYC are Pizza, hotdogs, bagels, Halal food and sandwiches
- Cuisines from different regions (Ex: Chinese, Korean, Mexican, Indian, etc)



# Tibetan Norms & Values

- Do not point at anything (It is considered rude)
- Avoid stepping over anything
- Remove your shoes when entering a home
- Address anyone older than you as “older brother” or “older sister” (friends, relatives, or any strangers)
- Be courteous
- Always find the peaceful solution to any situations



# American Norms & Values

- Tip any services (restaurants, barbershops)
- Greetings are casual and informal
- Be respectful towards friends, colleagues or strangers
- People value their privacy and their own space
- Concept of equality is embedded in the American Values.





# Lesson Learned from My Cross Cultural Experiences

My cross cultural experiences has taught me the importance of cultural diversity. Our schools, workplace and New York City itself consists of various different cultures, races and ethnicity. In this diversity, we can learn alot from each other. Learning about other cultures brings in new perspectives of the world, as well as helping us understand these different perspectives of the world. This also helps us recognize, acknowledge and respect other cultures way of life. In addition, helps us get rid of any negative stereotypes and biased judgements about other cultures. So cultural diversity is important because learning about different groups provides us with trust, respect and understandings across cultures.

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