

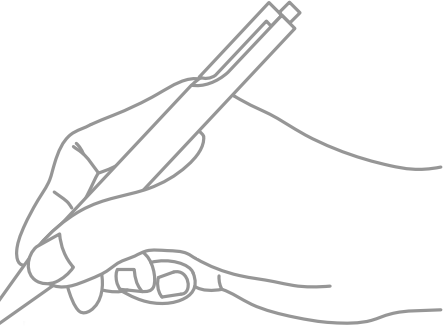
## 티벳에서 보내는 메시지

오늘 저는 희망을 가지고 이 편지를 맡깁니다.  
매년 2,000명이 히말라야를 넘어 망명합니다.  
티벳에 있는 사람들은 모두가 그 살아있는 증인입니다.

많은 친구들이 투옥을 당하고 있습니다. 모두 다 티벳의 종교나 표현의 자유를 요구하며  
전단지를 배포하고나 시위를 했다는 이유로 체포됐습니다. 형무소 안에서는 폭력과  
굶주림을 참아야 했고, 수많은 생명들을 빼앗아 갔습니다. 지금도 그 상황은 변하지 않았습니

고난이 많은 인생이지만, 아무도 원망하지 않습니다.  
오직 당신이 티벳의 위기적인 인권 상황을 알아 주시고  
티벳에 있으면서 목소리를 낼 수 없는 사람들을 대신해서  
이 편지를 다음 분에게 이어져 갔으면 합니다.

이 편지가 온 세계를 돌아, 많은 분들의 관심이 인권  
침해로 고통을 받는 사람들에게 향할 때, 크나 큰 힘이  
될 거라고 믿습니다.



### A Message from Tibet

It is in hope that I entrust you with this letter today.

Every year, more than two thousand people cross the Himalayas into exile.

We the Tibetan people have no human rights and the people in Tibet are livingproof this.

Many of my brothers and sisters have been imprisoned. All of them for activities such as participating in demonstrations or passing out fliers demanding freedom of religion and speech. In prison they must endure violence and hunger. Many lives have been lost, and still nothing changes.

Our lives are filled with hardships, yet no one holds a grudge. However, I would like you know about the human rights crisis in Tibet and to pass this letter on for those there who have no voice.

It is my hope that in traveling the world this letter can become a catalyst for change. Through the many people who take an interest in those suffering human rights abuse in Tibet, this letter has the power for real change.

\*이 편지는 지금까지 암네스티가 기록해 온, 티벳에서 망명한 사람들의 목소리를 바탕으로 하여 작성했습니다.  
\*뒷면의 서명란에 서명하시고, 이 편지를 다음 분에게 보내 주십시오.

\*This letter was composed using the actual words of Tibetan refugees.

\*Please sign your name the signature sheet on the reverse side and mail this message to next person.

- 이 불이 꺼여지지 않도록, 다음 분에게 불을 이어가 주십시오.  
티벳 사람들이 인권을 다시 찾을 때까지 -

*-Until the day that the Tibetans have regained true human rights,  
please keep this candle of hope alive by passing it on-*

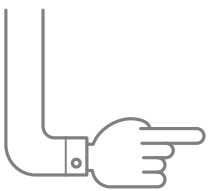
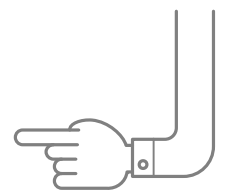
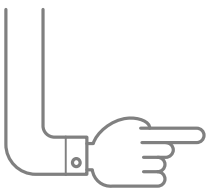
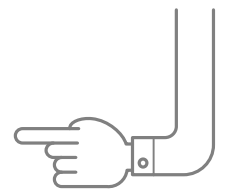
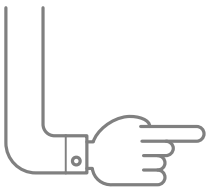
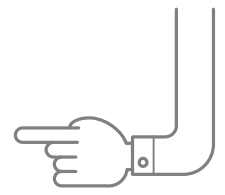
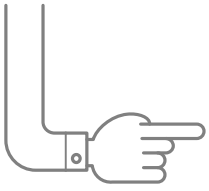
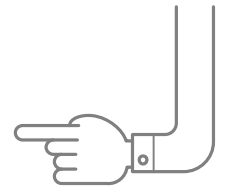
URL <http://amnesty.or.jp/?TibetPeaceRelay>

アマnesty・インターナショナル日本 〒101-0054東京都千代田区神田錦町2-2 共同ビル(新錦町)4F  
Amnesty International Japan 2-2-4F Kanda-nishiki-cho, Chiyoda-ku, Tokyo, Japan 101-0054





Name  
&  
Country



**GOAL!**

When the signature area is full, please mail to AmnestyInternational Japan.

Amnesty International Japan  
2-2-4F Kanda-nishiki-cho,  
Chiyoda-ku, Tokyo, Japan 101-0054

# チベットピースリレーとは

チベットの人權に世界中の関心を---手紙に旅をさせよう

人權侵害が恒常的に行われている国や地域では、被害者が外の世界に訴えることができないでいます。内側からの変化が難しいなら、外の世界からも変化を起こそう！という想いと学生のアイデアからこの「チベットピースリレー」は始まりました。

2008年にチベットで起こった騒乱によって関心が高まった「チベットの人權問題」。

チベットでは、毎年2000人も難民が流出しています。

平和的な抗議を行っただけで逮捕され、拷問や虐待の危険にさらされています。

学校の壁に“Free Tibet(チベットに自由を)”と書いただけで、中学生が警察に重傷を負わされる事件がありました。

多くの方が、信仰や言論・表現の自由を奪われ、経済的差別を受けています。国際的人権団体のアムネスティは、これまでも一人ひとりの手紙(署名)の力で、無実の罪で刑務所へ収容された人々を救うための活動を続けてきました。33年間投獄されたチベット人僧侶のパルデン・ギャツォさんも、署名で処刑から救われた一人です。

あなたもこの手紙に署名をして、国内や外国に住んでいる家族、友人、知人に転送しませんか？

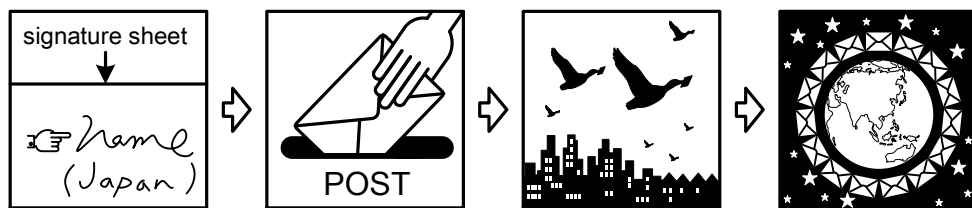
想像してみてください。

あなたが次の人に転送することで、手紙が世界中を飛び回り、結果チベット人權問題に関心を持つ人が世界中で増えたら、大きな動きになります。

チベットの人權のために、世界中に手紙のリレーを広げてください。

\*ご自由にコピー・他言語翻訳して構いません。  
\*署名欄がいっぱいになったらアムネスティ日本まで送ってください。  
この結果は、アムネスティ・インターナショナル日本HPにて集計しています。  
URL <http://amnesty.or.jp/?TibetPeaceRelay>

〒101-0054  
東京都千代田区神田錦町2-2 共同ビル(新錦町)4F  
アムネスティ・インターナショナル日本



⚠ Don't send the letter to Tibet.

## “About the Tibet Peace Relay”

The traveling letter for Tibetan human rights

In countries where human rights abuse is a regular occurrence, victims are unable to appeal to the outside world for intervention. The Tibet Peace Relay began with one student's idea and the mindset that if change from the inside is difficult, then change can come from the outside world.

Through the unrest in Tibet in 2008 the Tibet human rights problem gained increased international attention.

Every year more than 2000 refugees come from Tibet. Arrested for merely participating in peaceful protests, they risk torture and abuse. There was an incident where a middle school student was severely beaten by police just for writing "Free Tibet" on a wall at school. A great number of people are having their freedom of religion, speech and expression stolen and are subject to economic discrimination.

The international human rights organization, Amnesty International, continues to work to aid those have been imprisoned under false accusations. Palden Gyatso, a Tibetan monk incarcerated for 33 years, is one of those saved through a signature campaign. Will you join us in signing this letter and sending it to your family, friends and close acquaintances?

Just imagine! By sending this letter to someone else it will travel across the globe. Through this a large movement could be the result of increased global interest in the Tibetan human rights problem.

Please help spread this letter for the sake of Tibetan human rights.



\* Please translate and distribute freely.  
\* When the signature area is full, please mail to Amnesty International Japan.  
A summary of the results will be posted on Amnesty International Japan's home page at:  
<http://amnesty.or.jp/?TibetPeaceRelay>

\* Amnesty International Japan's address is: Amnesty International Japan  
2-2-4F Kanda-nishiki-cho,  
Chiyoda-ku, Tokyo, Japan 101-0054