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About TAFM

Tibetan American Foundation of Minnesota (TAFM) is a registered non-profit organization under 501 (c) (3). TAFM was established in 1992 to aid in the resettlement of Tibetan immigrants to the state of Minnesota.

Tibetans in MN

The U.S. Congress under the Immigration Act of 1990 granted one thousand immigrant visas to Tibetans living in India and Nepal. 160 Tibetans were settled in the Twin Cities area in 1992-93. Over the years, with family reunification and relocation we estimated about 5,000 Tibetans in Minnesota alone.

TAFM's Mission

TAFM is committed to preserving and promoting the rich Tibetan cultural and spiritual heritage under the leadership of His Holiness the Dalai Lama.



The Growing Community

Tibetan new arrivals to Minnesota under the “immigrant” status were not eligible for any public assistance funds. In fact, prospective Tibetan immigrants had to prove their self sufficiency prior to setting foot in the United States. Since their first arrival in the state of Minnesota in 1992, Tibetans have worked hard against all odds to build a thriving and exemplary community that place strong emphasis on self reliance and education.

Minnesota now has the second largest Tibetan American community in the United States. Tibetans reside all around the Twin Cities areas.

How TAFM works to achieve its Mission:

Tibetan Culture School, an educational program of TAFM was founded in 1997 by its members. The mission of this Culture School is to assist MN Tibetan children to learn their Language, History, and Cultural Heritage and instill in them basic values of compassion, humility, and respect. Currently, TAFM has 165 students and classes from KG - 8th grade with 17 teachers at the St. Paul Culture Center.

Tibetan Cultural Performing Arts classes empower our youth on the skills of Tibetan songs and dances. Aside from being a mere artistic expression, Tibetan songs and dances represent people's way of life in different regions and time period of Tibetan history. For our children here in Minnesota, the Tibetan Performing Arts has become a gateway to understanding other aspects of the Tibetan culture. Currently, we have four different groups of children at our weekend classes ranging from age 5 to 18. Over the years, it has grown from 30 students in the early 1990s to about 100 regular students today. In the past, the students have travelled to Seattle to perform at the Tibet Fest and to New York to perform. They have performed at the Timberwolves' game during an opening and at the half-time show. They have been invited at various sites by different organizations to perform to showcase the Tibetan culture, including the Hennepin County Library, University of Minnesota, and MN Songkran Festival.

LAMTON was founded by 7 Tibetan students from Carleton and St. Olaf College in 2008. It has since integrated with TAFM. These college students saw a need for, and the value of, having such a program in the Tibetan community.

LÂMTÖN provides Tibetan middle school and high school students with an opportunity to:

1. Increase academic success
2. Develop a general knowledge of higher education and the process of getting to college
3. Gain guidance, support and resources to pursue a higher education through our tutoring program, workshops/events and our one-to-one mentoring program.

TAFM's Social Service Committee works to provide other services to benefit our community such as:

- Annual free flu shots in coordination with local hospitals.
- Helping Tibetan families during illness or death.
- Annual free meal to homeless people.
- Providing COVID-19 resources (education, vaccines, boosters, oximeters, food, grocery/errand runs, etc.)