



## Mercury Bhutan Travels

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## CULTURAL TIPS / USEFUL BHUTANESE PHRASE FOR VISITOR

Bhutanese English	Bhutanese English
<p><b><u>GREETINGS</u></b></p> <p><i>Jen pa leg so</i> • Welcome  <i>Kuzuzan pola</i> • Hello  <i>Ka din cheyla</i> • Thank You  <i>Kuchey</i> • Sorry  <i>Leyzhimbi joen</i> • Goodbye  <i>(person leaving)</i>  <i>(person staying)</i> • Lazhimbi Zhu  <i>Ing/Yo</i> • yes  <i>Me</i> • Nga</p> <p><b><u>DIRECTIONS</u></b></p> <p><i>Nub</i> • West  <i>Shar</i> • East  <i>Lho</i> • South  <i>Jang</i> • North  <i>Barna</i> • Centre</p>	<p><b><u>FOOD</u></b></p> <p><i>Toa/Zhego</i> • Food  <i>Thu ni</i> • Drinks  <i>Chum</i> • Rice  <i>Kepta</i> • Bread</p> <p><b><u>PLACES</u></b></p> <p><i>Dzong</i> • Fortress  <i>Ta Dzong</i> • watch tower  <i>Lhakhang</i> • Temple  <i>Chorten</i> • Stupa  <i>Darshing</i> • Prayer Flags  <i>Chu</i> • River  <i>Lam</i> • Trail  <i>La</i> • pass  <i>Zam</i> • Bridge</p>

### Cultural Tips

1. Respect the local cultural and customs.
2. Dress appropriately, wear clothes which cover the body at least from chest to knee while hiking.
3. Take off your shoes while visiting religious places such as temples or monasteries. If you want to enter a temple (Lhakhang) or monastery, wear long sleeves, long pants or a skirt and remove your hat.
4. Always walk in a clockwise direction around religious places such as temples or monasteries, or around the flags.
5. Photography and filming inside the temple is not allowed.

Wish you a enjoyable trip!

