

Dragon Boat Festival

端午节 duān wǔ jié



Is the Dragon Boat Festival about celebrating a dragon used as a boat?



The Dragon Boat Festival has a fascinating story behind it. It is celebrated to commemorate ancient Chinese poet and well known politician, Qu Yuan, who drowned himself in a river on the fifth day of the fifth month of the lunar calendar. Many people went out frantically searching for him, paddling their boats on the river and beating drums in a bid to scare evil spirits away. They also made sticky rice dumplings wrapped in bamboo to throw in the river so that the fish would stop eating the poet's body and eat the dumplings instead!



How do Chinese celebrate the Dragon Boat Festival nowadays?



Eat sticky rice dumplings / 粽子 ZONGZI

粽子 ZONGZI are made up of glutinous rice with various fillings. They are an essential food to eat when celebrating the Dragon Boat Festival. Zongzi can have different flavours and shapes, pending on the different regions where the festival is being celebrated.



Watch Dragon Boat Races

Although Dragon Boat Racing has now become an international sport, Chinese people still like to gather around lakes to cheer and enjoy the festive atmosphere of a Dragon Boat Race.



Sachet Bags with Scented Fillings

During the Dragon Boat Festival Chinese parents usually prepare sachets with scented fillings for their children to wear as it is believed to deter evil spirits.



Balancing Eggs

This fun game has become popular among families. The aim is to try to stand an egg upright, at noon. It is said you will have good luck for the year if you can manage to do it!

Let us know how long it takes you to balance an egg upright. Remember patience and a calm mind are the keys for success!!



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