

2025

## Dragon Boat Festival



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# Cultural background of the Dragon Boat Festival

## Origin of the festival

There are many theories about the origin of the Dragon Boat Festival. One theory is that in ancient times, people faced epidemics caused by seasonal changes, and they used ritual ceremonies to drive away evil spirits and pray for blessings. This is one of the earliest sources of the Dragon Boat Festival; There is a seasonal adaptation theory, and the solstice and ancient New Year customs are its direct sources, and the Dragon Boat Festival integrates some elements of the solstice and New Year; There is also the Dragon Worship theory, proposed by Mr. Wen Yiduo, which believes that the Dragon Boat Festival originated from the ancient Yue and Wu ethnic groups and is a day for worshipping the Dragon totem.

## Historical changes

The period from the pre-Qin to the Han Dynasty was the formation period, and in the Qin and Han Dynasties, the "Dragon Boat Festival" was celebrated on the "15th day of the 5th lunar month", and the main connotation was "avoiding evil".

The period of the Wei, Jin, Southern and Northern Dynasties was the period of establishment. The concept and customs of the Dragon Boat Festival in the south and the north merged, and there were obvious signs of the confluence of the summer solstice and the Dragon Boat Festival. The main Dragon Boat Festival events such as zao zi and racing boats appeared in the records, and the legends about the Dragon Boat Festival also increased.

From the Sui and Tang Dynasties to the Song and Yuan Dynasties, it was a prosperous period, and the race was popular in the north, and new customs such as shooting the willow appeared.

## Name meaning

The Dragon Boat Festival is also known as Duan Yang Festival, Chongwu Festival, etc. According to the ancient calendar, "Dragon Boat Festival" is originally in the noon of the sixth month, and sometimes it also emphasizes that it is at noon, so it is also called the Double Sixth Festival. After the Wei and Jin Dynasties, the Dragon Boat Festival was fixed on May 5th. The Dragon Boat Festival originated from the summer solstice. According to the theory of yin and yang, the summer solstice is a turning point where the yang energy is at its peak and the yin energy is rising again. It has the meaning of bidding farewell to the old and welcoming the new. The folk have converted it into the Dragon Boat Festival.

# Dragon Boat Festival customs

## 1. Dragon Boat Racing

The Dragon Boat Festival is the  
several mugwort plants at their



In ancient times, people used r  
children's foreheads, ears, nose  
also drink huangjiu wine to ble



used  
eve

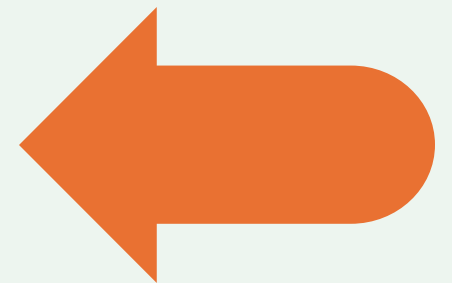


ding off evil spirits and diseases,  
and fragrant medicine,  
tring, small and cute.



wine

e to  
Adults



# Dragon Boat Festival customs

- Tie the five-colored string

5



- Paint the forehead

6



- Hiding from the Dragon Boat Festival

7



the meaning of avoiding disasters and evil spirits.

- Flying kites

8



# Dragon Boat Festival food



Zongzi

It is the representative food of the Dragon Boat Festival. Tastes vary from place to place, and people in the south prefer salty-tasting zongzi, such as pork belly zongzi and salted egg yolk zongzi. In the north, sweet glutinous rice dumplings are the main, such as jujube glutinous rice dumplings and red bean glutinous rice dumplings.



Five Poison Cake

It is a rose cake, with five images of scorpion, toad, spider, centipede, and snake printed on the top layer of the pastry. Eating the Five Poison Cake is believed to bring good luck, ward off disasters, and ensure the health of family members.



Oil Cake

It is a special food made by northerners during the Dragon Boat Festival. It is made by mixing hot oil dough, wrapping it with sugar, yellow cinnamon, and rose, and frying it in oil.



Calamus wine

made by soaking the roots and leaves of calamus in wine, ancient books often record that drinking calamus wine has the effect of warding off evil spirits.

# Qu Yuan has a close connection with the Dragon Boat Festival

## Commemoration of Origin

After Qu Yuan threw himself into the river, the people of the Kingdom of Chu were deeply grieved and flocked to the banks of the Miluo River to pay their respects to him. The fishermen rowed their boats to retrieve his body, and some fishermen threw food such as rice balls and eggs that they had prepared for Qu Yuan into the river, so that the fish, crabs, and lobsters would be full and not bite at the body of Qu Yuan. This eventually developed into the custom of eating zongzi. In order to avoid being swallowed by the dragon in the river, the people wrapped the rice in the leaves of the mume tree and wrapped it with colored silk, which is the prototype of the zongzi.

## Cultural symbol

Qu Yuan is a great patriotic poet in ancient China. His noble character of adhering to truth and dying rather than surrendering, as well as his patriotic spirit, have become one of the cultural connotations of the Dragon Boat Festival. The Dragon Boat Festival has also gradually evolved from a folk festival to a festival with profound cultural heritage and moral values, carrying people's reminiscence and reverence for Qu Yuan, as well as the worship and inheritance of patriotism.



## Qu Yuan has a close connection with the Dragon Boat Festival



Nowadays, the Dragon Boat Festival has become a statutory holiday, and people continue to inherit and carry forward the spirit of Qu Yuan through various customs and activities, such as Dragon boat racing and eating zongzi, making the Dragon Boat Festival an important part of the traditional culture of the Chinese nation.

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THANKS