



台灣端午節的習俗

Customs of the Dragon Boat Festival in Taiwan



吃粽子 Eat rice dumplings

Use bamboo leaves to wrap glutinous rice to steam cooked food. The glutinous rice will wrap meat, egg yolks, peanuts, dried mushrooms and other ingredients



划龍舟 Dragon boat

During the Dragon Boat Festival competition, many people rowed a dragon boat with oars, and the winner on the boat grabbed the pennant in the river and won the championship.



立蛋 Egg balancing

Egg balancing symbolizes good luck, so if you successfully stand the egg, it will mean that you will have good luck in the coming year.



戴香包 fragrant sachets

The sachet is worn to repel insects, and it is usually filled with spices such as wormwood and realgar. There are also sachets that can be used to ward off evil spirits.



掛菖蒲 calamus

Its leaves look like a sword, symbolizing an ominous sword, so it is usually tied with banyan tree branches and wormwood, and inserted in the doorway to remove filth and repel mosquitoes.



午時水 noon water

The "noon time water" at noon of the Dragon Boat Festival is said to have the effects of removing filth, adding good luck, and relieving heat and epidemics. It is an important custom for Taiwan folks to celebrate the Dragon Boat Festival.

