

# The Lunar New Year

February 1-16, 2022

The new Lunar calendar has begun – celebrated in Asia as the beginning of a New Year.

Lunar New Year, or Spring Festival, is one of the most important holidays in Asian culture. Tied to the lunar calendar, the holiday was traditionally a time to honor household and heavenly deities and ancestors and was a time to bring family together for feasting. It's called the Lunar New Year because it marks the first new moon of the lunisolar calendars traditional to many east Asian countries, which are regulated by the cycles of the moon and sun.

In China (Chinese New Year), the 15-day celebration kicks off on New Year's Eve with a family feast called a reunion dinner full of traditional Lunar New Year foods, and typically ends with the Festival of Lanterns – when the full moon arrives.

It's important to note that the Lunar New Year isn't only observed in China and is celebrated across several countries and other territories in Asia, including South Korea, Vietnam, Singapore and more.

This year, Lunar New Year begins February 1, 2022.

## Zodiac Animal Signs

The lunar calendar has 12 zodiac animal signs which rotate every year, as opposed to every month like in the Gregorian calendar. Each new year is marked by the characteristics of one of the 12 zodiac animals: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Pig.

February 2022 will start the year of the water tiger, and the year of the Ox (2021) will come to an end.

The water tiger comes up every 60 years. The water tiger is action-oriented and represents strength, clearing away evil and bravery.

## How is Lunar New Year Celebrated?

Millions of people all over the world celebrate Lunar New Year in their communities and families. Before the celebrations begin, people deep clean their homes. On the day itself, it is considered bad luck to sweep or clean your home.

Families and friends come together to celebrate with food and parties. Parades and performances are usually held too, including beautifully decorated dragons, people in traditional costumes and fireworks. The colorful lights and bang of fireworks are said to ward off evil spirits.

## 2022 Lunar New Year Celebrations

Despite the lack of in person celebrations this year, families are still encouraged to have intimate, traditional dinner gatherings in their homes, which includes meals like fish and dumplings on New Year's Eve (brings prosperity) and noodle soup on New Year's day (brings luck).

Sources:

<https://www.oprahmag.com/life/a34892893/what-is-lunar-new-year-festival/>

<https://www.history.com/topics/holidays/chinese-new-year>