



*Happy New Year!*

# Lunar New Year

Interfaith / National

[loo:nr](#) 

Lunar New Year is a celebration typically celebrated across Asia and is sometimes referred to as the Spring Festival. Observances of the holiday can vary as well as the interpretations of the calendar.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- Depending on the festival's region within Asia, it is celebrated during different times of the year.
- Certain parts of Asia (China, Korea, Vietnam and Japan) celebrate between January 21 and February 20.
- South Asia uses the lunisolar calendar; the date falls in April.

## Greetings

Greet someone with "Happy New Year" or consider using the following phrases: "Gong hei fat choy" (Cantonese), "Gong xi fa cai" (Mandarin), and "Sae hae bok manhi bah doo seh yo" (Korean).

## Common Practices and Celebrations

- Lunar New Year celebrations vary across cultures/regions; however, the theme of connecting with parents/grandparents and family reunions remains common throughout.
- Family members receive red envelopes (lai see) containing small amounts of money.
- Colourful lanterns are used to light up the houses.
- Traditional foods include yuanxiao (sticky rice balls that symbolize family unity), fagao (prosperity cake), and yusheng (raw fish and vegetable salad).
- Many Asian-Americans continue to celebrate Lunar New Year with their families, with many modifying the cultural practices by creating their own versions of the celebration.

## Common Dietary Restrictions

There are no dietary restrictions, but many follow a vegetarian diet of vegetables, fruits and grains.

## Impact to U-M Community

- Lunar New Year is not a public holiday in the U.S, but those in the U-M Community may decide to use their vacation time to visit family during this holiday.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Association of Religious Counselors](#), U-M

## Information Sources

- [Tanenbaum](#)

## Photo credit:

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