

Sharing by award-winning students

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I have not personally participated in the Dragon Boat Festival, but I have heard a lot about it as an international student in Taiwan. It's fascinating to learn about the dragon boat races and the tradition of making and using fragrant sachets. These sachets remind me of similar customs in other cultures, such as lavender sachets used in Europe for their calming scent and insect-repelling properties. The way different cultures use aromatic herbs for protection and health highlights a shared human appreciation for the natural benefits of plants.

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I haven't personally participated in Dragon Boat Festival activities, but I am familiar with the festival and its customs. The Dragon Boat Festival, celebrated in China and other parts of Asia, involves dragon boat races and the making of zongzi (sticky rice dumplings). One notable tradition is the use of fragrant sachets filled with herbs, believed to ward off evil spirits and disease.

Similar customs can be found in various cultures. For instance, in some European countries, people use small cloth bags filled with lavender or other herbs to repel insects and infuse their homes with a pleasant aroma. In Japan, during certain festivals, people use small sachets filled with incense or fragrant wood to invoke good luck and protection. These practices underscore a common cultural theme of using pleasant scents for both practical and spiritual purposes.
