U4

Z：Hi guys, the new year is coming soon, wish you all a happy new year!

Y/J：Happy new year!

Z：By the way, the Spring Festival comes immediately after the New Year, which is our Chinese Lunar New Year. It's my favorite Chinese festival. The family reunions and traditional food make it really special. Well, what’s your favorite festival?

Y：I love the Mid-Autumn Festival. Eating mooncakes and watching the full moon is such a beautiful tradition. What about you?

J：My favorite is the Dragon Boat Festival. I enjoy the dragon boat races and the zongzi are delicious!

Z：All these festivals have such rich cultural significance and bring families together, don't they?

J：You are right, and they also reflect the beautiful aspects of Chinese traditions and customs.

Z：Absolutely. It's a great way to keep our heritage alive and pass it on to the next generation.

Y：Each festival also brings unique flavors and experiences. It's always something to look forward to throughout the year.

J：I think what's also amazing is these festivals have some small change in different regions of China.

Z：True! Like how people in southern China have different customs for the Spring Festival compared to the north.

J：That's the beauty of our culture, isn't it? The diversity within unity.

Y：Speaking of diversity, let's not forget the Qingming Festival, when we honor our ancestors. It's a deep reminder of our roots and history.

J：Yes, and these festivals are not just about celebration, but also about reflection and gratitude.

Z：As you said, each festival tells a story, which is a piece of history that's passed down through generations.

Y：In addition, let's not forget the fun part like the food, the games, the fireworks. They bring so much joy and excitement.

Z：All in all, these festivals are the perfect blend of tradition and fun.

J：Another festival I think fascinating is the Double Ninth Festival. It's a day to respect the elderly and enjoy the autumn scenery.

Z：Right, and it's also linked with climbing mountains and enjoying chrysanthemum tea. Such a healthy tradition!

Y：Speaking of health, the Laba Festival is also interesting. The Laba porridge is not just delicious but also nutritious.

J：True! It's amazing how our festivals are not only about traditions but also emphasize health and well-being.

Z：To complement you, these festivals also show our connection with nature, like the Winter Solstice, which is about the balance of yin and yang.

J：Absolutely. They remind us of the changing seasons and our place in the natural world.

Y：And don't forget the fun and excitement of traditional games and performances during these festivals!

Z：In a word, festivals are important parts of our life, and we should all enjoy them.