

LUNAR NEW YEAR

IN 2025, LUNAR NEW YEAR WILL BE CELEBRATED ON JAN. 29. IT IS A TIME OF CULTURAL SIGNIFICANCE FOR MILLIONS OF PEOPLE ACROSS ASIAN COMMUNITIES GLOBALLY AND HERE IN NOVA SCOTIA. While each culture may celebrate differently, Lunar New Year is generally observed with family gatherings, reflection and renewal, offering a time to honour heritage and strengthen community. This month-long celebration is a reminder of the importance of cultural diversity and inclusivity within our communities and workplaces. 2025 is the Year of the Snake. Snakes symbolize wisdom, intuition and transformation in many Asian cultures.

Lunar New Year is celebrated by various cultures, including Chinese, Korean and Vietnamese, each with unique traditions such as family feasts, lighting lanterns and offering symbolic gifts. As a province with an increasingly diverse population, Nova Scotia is home to many who observe this holiday. The most common way to say “Happy New Year” in Cantonese is “Gung Hei Fat Choy” (gung hay fat choy), which means “wishing you great happiness and prosperity.” Honouring Lunar New Year allows us to celebrate cultural traditions and embrace the diversity that enriches our communities and workplaces.

Connection to Doctors Nova Scotia’s Work

Physicians and health-care providers across Nova Scotia encounter patients from a variety of cultural backgrounds. Supporting observances like Lunar New Year promotes inclusivity within our healthcare spaces, allowing patients and colleagues alike to feel valued and seen. By increasing our understanding of cultural traditions, we build stronger, more compassionate relationships with patients and colleagues, fostering an environment that recognizes people’s diverse needs.

Resources

- Chinese Society of Nova Scotia – cs-ns.com
- Lunar New Year History – tinyurl.com/LNY-History
- What is Lunar New Year and how is it celebrated? – tinyurl.com/LNY-Celebrate



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