

# 端午龙舟与江南采茶节：民俗中的地域韵味

在我的家乡，端午节是每年最热闹的节日之一。最具代表性的活动莫过于龙舟赛。河道上，舟桨齐动，鼓声阵阵，参赛者奋力划桨，岸边观众呐喊助威，整个节日洋溢着竞争与激情。端午节的民俗还包括吃粽子、挂艾草菖蒲，这些活动不仅寓意驱邪避灾，也让人们在参与中感受到文化的延续。

而在江南地区的春季，采茶节成为当地的重要民俗活动。茶农和游客一同走进茶园，手采嫩芽，茶香四溢。采茶节不仅是农事活动的展示，更是一种生活美学的体现。与端午节的热闹相比，采茶节更显温婉与细腻，它强调人与自然的和谐关系，而龙舟赛则展现了人们拼搏和团结的精神。

我家乡的龙舟赛充满了竞技性和仪式感。每年赛前，舟队会举行祈福仪式，希望比赛顺利，平安健康。江南采茶节则充满生活气息，人们在茶园中穿行，享受春光和茶香，同时学习制茶技艺。两种活动虽然都是民俗，但呈现出的节奏、氛围和文化理念大相径庭，体现了地域文化的独特性。

现代社会中，这些传统节日正在经历创新与传承。龙舟赛加入了电子计时和直播，让更多人了解比赛过程；采茶节融入了茶文化体验和旅游活动，吸引年轻人参与。这表明，无论是竞技性的节日还是生活化的节日，都可以在现代社会中找到新的生命力，同时保持文化核心。

通过对比家乡的端午龙舟和江南采茶节，我深刻体会到民俗不仅是节日活动，更是地域文化和生活方式的映照。它们记录了历史、传递了价值观，也让现代人在参与中感受到文化的温度和魅力。尊重和理解不同地区的民俗，是我们在多元文化中保持文化认同的重要方式。

## Dragon Boat Racing and Tea Picking Festivals: Regional Flavors in Folk Customs

In my hometown, the Dragon Boat Festival is one of the liveliest annual celebrations. The most iconic activity is the dragon boat race. On the river, oars move in unison, drums beat rhythmically, and rowers paddle with all their strength while spectators cheer from the banks. Other customs include eating zongzi and hanging mugwort and calamus, symbolizing the drive away of evil and the wish for safety. Participating in these traditions allows people to feel the continuity of culture.

In contrast, the tea-picking festival in Jiangnan during spring is an important local folk activity. Tea farmers and visitors walk through the tea gardens, plucking tender leaves, filling the air with the fragrance of tea. The tea-picking festival is not only an agricultural display but also an expression of life aesthetics. Compared with the excitement of dragon boat racing, the tea festival is gentle and refined, emphasizing harmony with nature, while dragon boat races highlight human perseverance and unity.

The dragon boat race in my hometown is full of competitiveness and ritual significance. Before the race, the teams perform a blessing ceremony, praying for safety and success. The Jiangnan tea-picking festival, on the other hand, is full of daily life charm, with people enjoying the spring scenery, tea aroma, and learning tea-making skills. Although both are folk customs, their pace, atmosphere, and cultural philosophies are entirely different, reflecting the uniqueness of regional culture.

In modern society, these traditional festivals are undergoing innovation and inheritance. Dragon boat races now feature electronic timing and live broadcasts, allowing more people to follow the event, while tea festivals incorporate tea culture experiences and tourism activities, attracting younger participants. This shows that both competitive and leisurely festivals can find new vitality in modern society while preserving their cultural essence.

By comparing the Dragon Boat Festival in my hometown with the Jiangnan tea-picking festival, I deeply understand that folk customs are more than festival activities—they reflect regional culture and lifestyle. They record history, convey values, and let modern participants feel the warmth and charm of culture. Respecting and understanding folk customs from different regions is an important way to maintain cultural identity in a diverse world.