

CULTURE CALENDAR - 2026 MAY



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Labour Day Vesak / Buddha Day 🌀 Beltane ⭐	2 Twelfth Day of Ridván *	3 World Press Freedom Day International Family Equality Day 🇬🇧
4 Early May bank holiday 🇬🇧	5 Lag B'Omer ⚡ African World Heritage Day	6	7	8 World Ovarian Cancer Day	9	10
11	12 International Nurses Day	13	14 Ascension †	15 International Day of Families	16	17 International Day Against Homophobia, Transphobia, and Biphobia
18	19	20	21 Shavuot ⚡ World Diversity Cultural Day for Dialogue and Development	22 Shavuot ⚡ International Day for Biological Diversity	23 Shavuot ⚡ Declaration of the Báb * International Day to End Obstetric Fistula	24 World Schizophrenia Day
25 International Missing Children's Day Africa / Global Africa Day / African Liberation Day	26 Day of Arafah ☪️ National Sorry Day 🇦🇺	27 Eid al-Adha ☪️	28 World Blood Cancer Day	29 Ascension of Bahá'u'lláh *	30 World MS Day	31 World No Tobacco Day

MONTHLY AWARENESS

- May 11–17: Mental Health Awareness Week 🇬🇧
- [Mental Health Awareness Month](#) 🇨🇦🇬🇧🇺🇸
- Hypertension Awareness Month
- Celiac Awareness Month 🇬🇧
- [Asian American and Pacific Islander Heritage Month - AANHPI Heritage Month](#) 🇨🇦🇺🇸
- Foster Care Awareness Month 🇺🇸
- Better Hearing and Speech Month
- Lupus Awareness Month
- Ehlers-Danlos Syndrome Awareness Month
- Family Violence Prevention Month 🇦🇺
- [Haitian Heritage Month](#) 🇺🇸
- Indian Heritage Month 🇺🇸
- [Jewish American Heritage Month](#) 🇺🇸🇨🇦
- National Speech-Language-Hearing Month 🇺🇸
- Older Americans Month 🇺🇸
- Jewish American Heritage Month 🇺🇸

Themes

Ability | Cultural Heritage | Health | LGBTQIA+ | Mental Health | Nature | Neurodivergence | Religion | UN Days | Workplace

Legend

Religion

- Bahaí: ✨
- Buddhist: 🌀
- Christian and/or Catholic: ✝️
- Druid and/or Wicca and/or Pagan: ⚡
- Hindu: 🕉️
- Islamic: 🌙
- Jewish: ⬡
- Orthodox: ⛔
- Persian and/or Iranian: 🕌
- Sikh: ☸️
- Tibetan Buddhism: 🏔️
- Zoroastrianism: ☀️

Countries

- | | | |
|---------------|-------------------|-------------------|
| 🇦🇲 Armenia | 🇯🇵 Japan | 🇺🇸 United States |
| 🇦🇺 Australia | 🇲🇾 Malaysia | 🇻🇪 Venezuela |
| 🇧🇩 Bangladesh | 🇲🇽 Mexico | 🇻🇳 Vietnam |
| 🇧🇷 Brazil | 🇲🇲 Myanmar | 🇪🇺 European Union |
| 🇰🇲 Cambodia | 🇳🇵 Nepal | |
| 🇨🇦 Canada | 🇳🇿 New Zealand | |
| 🇨🇳 China | 🇵🇪 Peru | |
| 🇨🇴 Colombia | 🇵🇭 Philippines | |
| 🇪🇨 Ecuador | 🇷🇺 Russia | |
| 🇪🇹 Ethiopia | 🇸🇬 Singapore | |
| 🇫🇷 France | 🇿🇦 South Africa | |
| 🇭🇰 Hong Kong | 🇰🇷 South Korea | |
| 🇮🇳 India | 🇱🇰 Sri Lanka | |
| 🇮🇩 Indonesia | 🇹🇭 Thailand | |
| 🇮🇪 Ireland | 🇬🇧 United Kingdom | |