

IWIM CULTURE CALENDAR 2026 - MAY



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Labour Day Vesak / Buddha Day 🕉️ Beltane ☆	2 Twelfth Day of Ridván ✨	3 International Family Equality Day 🇬🇧 World Press Freedom Day
4	5 African World Heritage Day Lag B'Omer ☆ Red Dress Day 🇨🇦	6	7	8 World Ovarian Cancer Day	9	10 Mother's Day
11	12 International Nurses Day	13	14 Ascension †	15 International Day of Families	16	17 International Day Against Homophobia, Transphobia & Biphobia
18	19 World Fair Play Day	20 World Bee Day	21 World Diversity Cultural Day for Dialogue & Development Global Accessibility Awareness Day	22 International Day for Biological Diversity	23 Declaration of the Báb ✨ International Day to End Obstetric Fistula	24 World Schizophrenia Day
25 Africa Day / African Liberation Day International Missing Children's 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

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

AWARENESS WEEKS

- 11-17 May: [Mental Health Awareness Week](#) 🇬🇧

RELIGIOUS CELEBRATIONS

- 21-23 May: [Shavuot](#) ☆

Themes

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

Legend

Religion

- Bahaí: ✨
- Buddhism: 🌀
- Christianity: ✝️
- Druidism/Paganism: ⚡
- Hinduism: 🕉️
- Islam: 🕌
- Judaism: ⚡
- Orthodox Christianity: ⛦️
- Sikhism: ☸️
- Tibetan Buddhism: 🏔️
- Zoroastrianism: ☀️

Countries

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