

# What you need to know to support Muslim students during Ramadan



## What is Ramadan?



- Ramadan is the month of fasting in the Islamic calendar
- Muslims fast from sunrise to sunset
- It's a time for prayers, charity, community, spirituality and self-discipline

## Academic support



- Reasonable allowances and adjustments for exams and assignments
- Efforts to minimise stress
- Be mindful of any evening programmes conflicting with prayer and iftar (the meal to break the fast)

## Food on campus



- Nutritious, halal food made available on campus
- Extend refectory hours
- Promote/organise student iftars (meal to break the fast)

## Prayer times



- Some students may be more observant in the month of Ramadan
- Allow students time to pray during lessons
- Try and avoid back to back lessons with no breaks

## Increased safety



- More Muslim students may be out late due to night prayers
- Ensure students are aware of reporting mechanisms if they experience any issues

## Compassion and acknowledgement



- Acknowledge Ramadan and Eid and wish students well
- Cultivate an open culture of understanding of the challenges of the month as well as its blessings
- Check in on students mental health and wellbeing