

7 THINGS TO CONSIDER WHEN SUPPORTING STUDENTS DURING RAMADAN

1 LEARN ABOUT RAMADAN TRADITIONS & ISLAM

- All students feel included when those around them understand their lives and have an interest in their cultures and backgrounds. For about 2 billion Muslims around the world, it's Ramadan—the holiest period in the Islamic calendar. This year, Ramadan is from **Thursday, March 23 to Friday, April 21**. It is a time for reflection, contemplation, and celebration, and is meant for togetherness and community. At the end of Ramadan (sunset on April 21, 2023), there's a big three-day celebration called **Eid al-Fitr**, or the **Festival of the Breaking of the Fast**.
During the entire month of Ramadan, Muslims fast (no food or water) every day from sunrise to sunset. When it is time for evening prayers, people break the day's fast with a light meal or snack, called an **iftar** (a meal which usually starts with dates and water or milk), before performing the evening prayer. Many people go to the mosque for the evening prayer, followed by a special prayer that is only recited during Ramadan. This is all followed by a larger meal in the evening which is often shared with family and friends in one another's homes throughout the month. This is repeated daily during Ramadan.

2 PROVIDE A WARM GREETING

- If you want to wish people a Happy Ramadan, you are welcome to just say, "**Happy Ramadan!**". If you would like to make an effort to show and learn more about Ramadan, the standard greetings are "**Ramadan Kareem**" (which means "Have a generous Ramadan") or "**Ramadan Mubarak**" (which means "Have a blessed Ramadan"). For the Eid, you can greet someone with "**Happy Eid**" or "**Eid Fitr Saeed**".

3 AVOID FOOD-CENTRIC ACTIVITIES AND EVENTS

- During Ramadan, all adults are expected to fast from sunrise to sunset so you may have students participating in fasting. Have activities and engagement be the focus of an event rather than the food. If food is available, consider offering to-go containers so they can enjoy after the event.

4 REDUCE STRENUOUS PHYSICAL ACTIVITY

- Since fasting is an important part of Ramadan, students may experience low blood sugar, weakness or other symptoms that may impact physical activity. Allow for modifications in any physical activity and offer breaks to those who are fasting and may feel tired.

7 THINGS TO CONSIDER WHEN SUPPORTING STUDENTS DURING RAMADAN

5 OFFER TIME AND SPACE FOR MEDITATION

- Provide time and distraction-free space for students throughout the day. One way to create this type of space would be to periodically offer students 'mindfulness time' during which students can pray, meditate, or take a short break from what they are doing.

6 CREATE AN INCLUSIVE AND SUPPORTIVE SPACE

- Islamic art is beautiful, and Ramadan is a festive time. Any Ramadan/Eid poster or decoration will help those celebrating to be seen and recognized. Students may not want to share their faith and background so it's best not to ask if anyone is observing Ramadan. Assume you have Muslim students in your community and create an inclusive and supportive environment. If someone is not fasting that day, it is inappropriate to ask why, and inappropriate to assume that they may not fast the next day.

7 BE AVAILABLE TO PROVIDE ADDITIONAL SUPPORT

- Keep an eye out for students who may be experiencing acute senses of loss from missing family members and friends. A key part of Ramadan is breaking the fast with family and friends, and this may be the first holiday without loved ones.
- Students will also see changes in their sleeping hours and caffeine intake so they might seem more tired than usual, especially in the late afternoon. Flexibility and accommodating preferences for meeting hours may be needed.

RESOURCES

- **Food options:**

Earl's Market + Canyon Vista Marketplace:

Special Ramadan Hours: Open Daily 5am-9pm Halal-certified

Tahini:

Full Halal dining option at UC San Diego

- **Contemplation Lounge:** Quiet space to meditate, reflect, pray or ponder in Price Center West Level 3.
- **Asian Pacific Islander Middle Eastern Desi American (APIMEDA) Programs and Services:** apimeda.ucsd.edu
- **International Students and Programs Office:** istudents.ucsd.edu