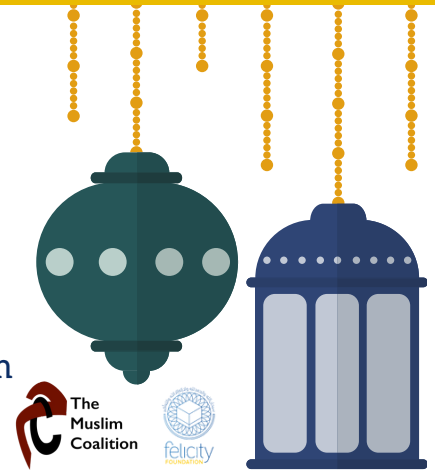


RAMADAN ON CAMPUS AT U-M 2024

IWG
ISLAMOPHOBIA
Working Group

Ramadan mubarak, or happy Ramadan! This Winter Semester, many Muslims at U-M will abstain from food and drink for 15+ hours a day during the holy month of Ramadan. Here's how you can support them as an ally and help promote a more inclusive campus community.



1 What is Ramadan?

Ramadan is the month of fasting and worship observed by Muslims around the world. It is celebrated as the month in which Prophet Muhammad, peace be upon him, received the first revelation of the Qur'an. During Ramadan, many Muslims abstain from food and drink (including water) from **dawn until sunset**. Fasting in Ramadan is one of the five pillars of Islam, or fundamental obligations of the faith. Muslims typically eat a meal before dawn, called *suhour*, and then break the fast immediately after sunset with a meal called *iftar*. A few hours after the meal, many Muslims also attend congregational prayers, called *taraweeh*, until midnight or 1 a.m.

2 When is it?

Ramadan is the ninth month of the Islamic *hijri* calendar, which is based on the lunar year (so Ramadan starts approximately 11 days earlier each year). Ramadan is projected to begin at sunset **March 10** with the sighting of the new moon and conclude at sunset **April 9** at the end of the lunar cycle, culminating in *Eid al-Fitr*, the celebration of the breaking of the fast. The longest days of fasting span from 5:20 a.m. to 8:20 p.m. – or 15 hours.

3 How does this affect students?

The University's latest DEI survey estimated **the Muslim community comprises approximately 4.2 percent of the student body**. Hundreds of students will endeavor to balance their academic obligations – studying, researching, and working – while observing religious obligations, like fasting and evening prayers. With long days, rigorous schedules, and limited time to rest at night, Ramadan is often an intense experience.

Common student concerns during Ramadan include: exam/class conflicts with iftar time, exam accommodations for lower energy during the fast, and instructors' awareness of what the month entails.

4 What can I do for students?

Acclimate

Let students know on your syllabus and at the beginning of the semester you are aware that some in the class may be fasting for Ramadan. Signaling awareness goes a long way to making students feel comfortable asking for accommodations in a national climate of Islamophobia.

Accommodate

Students have different thresholds – some prefer to take exams earlier in the day while others are better prepared after breaking their fast. Faculty and students should work together to find the best solution in each instance.

Resources

The University's Muslim student organizations – the Muslim Coalition, Muslim Students' Association, Islamic Society of Ahlul-Bayt, and the Felicity Foundation chaplaincy – offer programming and community throughout Ramadan. **Questions? Email: muslimcoalition@umich.edu**

Support

Invite all students to support inclusive community by attending one of the free community iftars offered throughout the month. **More information here: bit.ly/ramadan-umich**