



Guideline for Students

- Prior to enrolling in a summer course, choose a class schedule that would suit your personal timetable while observing the fast.
- Ensure you have a nutritious pre-dawn meal as this is not only highly encouraged in Islam, but will also help sustain you throughout the day.
- Break your fast with a few dates and water, as per the Islamic recommendation. One of the many physical benefits of breaking the fast with dates is that your body benefits from the date's high level of natural sugars.
- Do not over exert yourself physically while fasting. Conserve your energy during the day and try to sneak in an afternoon siesta.
- If you are having difficulties, communicate to your professor that you are observing Ramadan and need some assistance - be open and specific about what support you are asking for.

Questions?

Still have some questions on how best to support students observing Ramadan?

Please contact the

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Faith & Spirituality Centre

Supporting Students Observing Ramadan

May 16* - June 15*, 2018

Prepared by: The Faith & Spirituality Centre,
in consultation with Enrolment Services

*Depending on the sighting of the crescent



What is Ramadan?

Ramadan is the ninth month of the Islamic Lunar calendar. It is a month wherein all healthy adult Muslims across the globe observe 29 or 30 days of consecutive fasting based on the visual sighting of the crescent moon. This annual observance is regarded as one of the five pillars of Islam. The fast requires a person to abstain from food, drink and sexual contact from dawn till dusk. The fast here in Calgary during the summer months could last up to 16 hours, while in winter would be over the duration of 9-10 hours. Those who are ill, travelling, pregnant, nursing or elderly are exempted from fasting. During Ramadan, Muslims also congregate in the observance of special daily night prayers which last about 90-120 minutes listening to the recitation of their holy text, the Quran. Among the benefits of fasting, a few are:

- Enhancing a person's discipline and will power
- Feeling compassion for the less fortunate, poor and needy
- Developing a sense of community and generosity
- Increasing one's spirituality, patience and determination

Considerations

Unique considerations for Muslim students observing Ramadan in Calgary:

- Long hot summer days
- This year, Ramadan is observed from May 16 - June 15, 2018
- Those observing will not eat or drink anything between 4:15/3:51 a.m. (Day 1/30) to 9:21/9:53 p.m. (Day 1/30)
- Fasting results in natural bodily responses such as fatigue & inability to concentrate

International Students

- Families not here for support
- Feeling a sense of loneliness and lack of community
- Haven't acclimatized to the observance of Ramadan in the North American setting

Recommendations

for University Faculty & Staff

- When a student approaches you for support, welcome their request with a positive demeanour. If you cannot answer their question or wish to understand better, you may seek consultation from the Faith & Spirituality Centre;
- If an exam is scheduled in the late afternoon or evening, be aware that fasting students may be a bit fatigued or distracted. You may allow them some additional breaks if requested;
- During the last ten days of Ramadan and the day marking the end of Ramadan known as Eid-ul-Fitr, some students may be feeling particularly fatigued and could ask for a deferral of an assignment or exam. Where possible they should be accommodated;
- Allow a student to partake in a light snack if the class is scheduled during sunset.