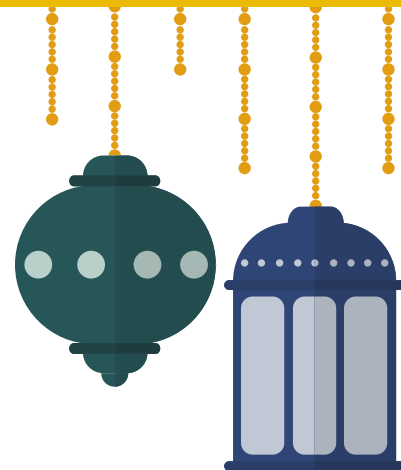


RAMADAN ON CAMPUS AT U-M 2020



This Winter Semester, around finals, many Muslims at U-M will abstain from food and drink for 16+ hours a day during the 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. During Ramadan, many Muslims abstain from food and drink (including water) from **dawn until sunset**. Muslims consider fasting in Ramadan one of the pillars of their faith. Muslims typically eat a meal before dawn, and then break the fast immediately after sunset with a meal called *iftar*. A few hours after the meal, some Muslims also attend congregational prayers until midnight or 1 a.m.

2 When is it?

Ramadan begins and ends with the sighting of the new moon. In 2020, the month is projected to fall between **April 23 and May 23**, give or take a day. The longest days of fasting can last from 4:30 a.m. to 9 p.m.—or **16.5 hours**.

3 How does this affect students?

The University's latest DEI survey estimated **the Muslim community comprises 2-3 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. By the time a 4 p.m. class rolls around, for example, a fasting student might not have eaten or drunk water for over 12 hours!

Common student concerns during Ramadan include: 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 chaplaincy and the Muslim Students' Association (MSA) offer programming and community throughout Ramadan. Any questions?

Email: ramadanUM@umich.edu

Support

Invite non-Muslim students to support inclusive community by attending one of the free community iftars organized by the Muslim Students' Association (MSA) and the Islamophobia Working Group (IWG). **More information here:** bit.ly/ramadan2020