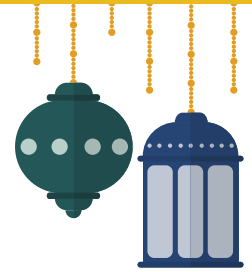


OFFICE OF DIVERSITY, EQUITY, AND INCLUSION RAMADAN GUIDE:



This March, many Muslim students, staff, and faculty members at Alliant and across higher education 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 university community.

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.

WHEN IS IT?

Ramadan begins and ends with the sighting of the new moon. In 2023, the month is projected to fall between March 22, 2023 and April 21, 2023, give or take a day. Depending on the time zone, the longest days of fasting can last from 5:30 a.m. to 7:15 p.m. PST 14.5 hours and up to 16.5 hours in other regions of the United States.

HOW DOES THIS AFFECT STUDENTS?

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., or evening class rolls around, for example, a fasting student might not have eaten or drunk water for over 12 hours! And a student might be in class during their time of breaking the fast. 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.

WHAT CAN I DO TO 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.

WHAT CAN I DO TO SUPPORT STAFF AND FACULTY?

- Muslim staff and faculty members may wish to request slight adjustments to the working day during Ramadan. For example, some Muslim staff and faculty members may wish to start earlier in the morning or have a shorter lunch break so that they can finish early.
- In some cases, staff and faculty might like to work from home for some of the weeks, to help maintain their own energy levels.
- Some Muslim staff and faculty members may endeavor to practice their faith more during Ramadan than they might for the remainder of the year. As a consequence of this, more Muslim staff and faculty might wish to offer prayers during the day. This will normally be around 1pm and 5pm in the spring and summer months for a few minutes each.
- It is considerate to avoid scheduling staff and faculty social activities or working lunches during Ramadan if you have Muslim members on your team who are observing Ramadan.

For more information or resources please reach out to the Office of Diversity, Equity, Inclusion, and Belonging at ODEIB@alliant.edu



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