

What is Ramadan?

- Fasting is a **key aspect** of Ramadan, the **ninth month** of the Islamic calendar (based on lunar cycle), and one of the **five key pillars** of Islam.
- Fasting, or *sawm* in Arabic, means "to refrain". It is not just about going without food and drink from sunrise to sunset, but also means abstaining from behaviours such as smoking and lying.
- It is a great time for **self reflection** and helps provide a renewed focus on life. It brings about **discipline** and **immense patience**.
- There is something about going without food and drink for so many hours that **heightens your other senses**. It gives an increased sense of **self-awareness** allowing room for **spiritual growth**. It makes you appreciate how remarkably adaptable the human body is.





A typical day in Ramadan

- **4am:** Wake up. Eat and drink everything in sight until dawn.
- **4.45am:** Morning prayer. Then back to bed for a few hours before starting work.
- **1.30pm:** Midday prayer, then back to work.
- **6.00pm:** Late afternoon prayer. Then either rest, sleep or prepare food.
- **8.05pm:** Break fast (also known as *iftar*) and sunset prayer. We usually break our fast with fresh dates and a few sips of water, followed by a hearty meal.
- **9.30pm:** Attend the local mosque for special Ramadan night prayers. Get back home and then either sleep until the 4am alarm goes off or just stay awake until breakfast.
- Repeat for 29/30 days.