

Guide to Ramadan

5 May – 4 June 2019



RAMADAN

Ramadan is a Holy month for Muslims and the community is encouraged to abstain from drinking and eating.

The teachings of Islam also call for Muslims to abstain from immoral acts and anger during the month.

The calendar is lunar so every year Ramadan starts slightly earlier. This year it began on the evening of Sunday 5 May and will end on the evening of Tuesday 4 June 2019.

ACKNOWLEDGING

As with any religion, showing your Muslim friends that you know it is Ramadan is likely to be appreciated. Ramadan Mubarak and Ramadan Kareem are common greetings.

FASTING

Ramadan falls in early Summer this year. This means in northern countries like the UK the fast goes out late at night. During Ramadan there are two meals: Suhur (around 2am) and Iftar (around 9pm). Fasting with a lack of sleep can leave many feeling tired and more dehydrated than before. The first three days are particularly hard. Muslims don't expect others to stop what they are doing during Ramadan. However, it is considered polite not to drink, smoke or eat in front of someone who is fasting.

EXEMPTIONS

If you are on a journey, pregnant, breast feeding or on your menstrual cycle you are exempt from fasting and can make up missed days. If you miss days, you can pay for meals for the poor as an act of ransom even if you make up for it later.

REVISING FOR EXAMS

Ramadan falls during the exam revision period this year. There are some excellent Ramadan and nutrition guides online. Most indicate that stodgy and fatty foods are not great. They often leave people feeling tired and lethargic.

Some recommend 'brain foods' as part of a healthy balanced diet:

- Oily Fish
- Eggs
- Dark leafy greens
- Nuts
- Fresh fruit
- Green tea (avoid high-caffeine drink options)

And remember to rehydrate during the evening.

The University does not give exam exemptions per se for fasting.

STAYING ALERT

It is best to alter your revision patterns according to your body clock. Many find varying revision, taking small breaks and revising in groups helpful.

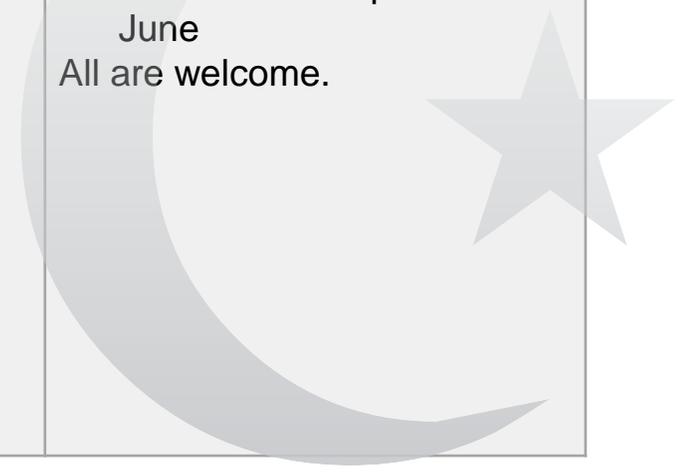
Remember to catch up on sleep. Powernaps are seen as a good idea.

IFTAR

Surrey Islamic Society hosts Iftar on campus throughout Ramadan at the following locations:

- Hillside: 5 - 20 May
- Pats Field Marquee: 21 - 5 June

All are welcome.



Surrey Islamic Society Ramadan Timetable



SURREY ISLAMIC SOCIETY		RAMADAN 1440 TIMETABLE										END OF SUHOOR	HILLSIDE	PATS FIELD MARQUEE	LOCATION TBC	
IF YOU WOULD LIKE TO HELP SET UP FOR IFTAAR, PLEASE ARRIVE 30MINUTES BEFORE MAGHRIB																
Ramadan	Day	May June	Fajr Athan	Iqama	Sunrise	Dhuhr Athan	Iqama	Asr Athan	Iqama	Maghrib Athan	Iqama	Athan	Iqama	Isha Athan	Iqama	
1	Mon	6/5	03:41		05:26	13:00		17:06		20:33	20:38	22:03				
2	Tue	7/5	03:39		05:25	13:00		17:06	17:15	20:34	20:39	22:04				
3	Wed	8/5	03:37	03:45	05:23	12:59	13:15	17:07	18:20	20:36	20:41	22:06				22:10
4	Thu	9/5	03:34		05:21	12:59		17:08		20:38	20:43	22:08				
5	Fri	10/5	03:33		05:20	12:59	13:05	17:08		20:39	20:44	22:09				
6	Sat	11/5	03:30		05:18	12:59		17:09		20:41	20:46	22:11				
7	Sun	12/5	03:28		05:16	12:59		17:09		20:42	20:47	22:12				
8	Mon	13/5	03:26	03:37	05:15	12:59	13:15	17:10	17:20	20:44	20:49	22:14				22:20
9	Tue	14/5	03:24		05:13	12:59		17:11		20:45	20:50	22:15				
10	Wed	15/5	03:22		05:12	12:59		17:11		20:47	20:52	22:17				
11	Thu	16/5	03:20		05:10	12:59		17:12		20:48	20:53	22:18				
12	Fri	17/5	03:18		05:09	12:59	13:05	17:12		20:50	20:55	22:20				
13	Sat	18/5	03:17		05:07	12:59		17:13		20:51	20:56	22:21				
14	Sun	19/5	03:14		05:06	12:59		17:13		20:53	20:58	22:23				
15	Mon	20/5	03:13	03:25	05:05	12:59	13:15	17:14	17:25	20:54	20:59	22:24				22:30
16	Tue	21/5	03:11		05:04	13:00		17:14	18:30	20:55	21:00	22:25				
17	Wed	22/5	03:09		05:02	13:00		17:15		20:57	21:02	22:27				
18	Thu	23/5	03:07		05:01	13:00		17:16		20:58	21:03	22:28				
19	Fri	24/5	03:05		05:00	13:00	13:05	17:16		20:59	21:04	22:29				
20	Sat	25/5	03:03		04:59	13:00		17:17		21:01	21:06	22:31				
21	Sun	26/5	03:02		04:58	13:00		17:17		21:02	21:07	22:32				
22	Mon	27/5	03:00	03:10	04:57	13:00	13:15	17:18	17:30	21:03	21:08	22:33				22:40
23	Tue	28/5	02:59		04:56	13:00		17:18	18:35	21:04	21:09	22:34				
24	Wed	29/5	02:57		04:55	13:00		17:19		21:06	21:11	22:36				
25	Thu	30/5	02:56		04:54	13:00		17:19		21:07	21:12	22:37				
26	Fri	31/5	02:54		04:53	13:01	13:05	17:20		21:08	21:13	22:38				
27	Sat	1/6	02:53		04:52	13:01		17:20		21:09	21:14	22:39				
28	Sun	2/6	02:52	03:10	04:51	13:01	13:15	17:20	17:30	21:10	21:15	22:40				22:40
29	Mon	3/6	02:51		04:50	13:01		17:21	18:35	21:11	21:16	22:41				
30	Tue	4/6	02:49		04:50	13:01		17:21		21:12	21:17	22:42				

INTENTION FOR FASTING

وَصَوْمُ غَدٍ نَوَيْتُ مِنْ شَهْرِ رَمَضَانَ
 Wa bisawmi ghadin nawayitu min shahri ramadan
 I intend to keep the fast for tomorrow in the month of Ramadan.

DUA FOR BREAKING FAST

اللَّهُمَّ إِنِّي لَكَ صَفْتُ وَكَأَنَّكَ تَوَكَّلْتُ وَعَلَيْكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَيْكَ رَزَقْتُ
 Allahumma inni laka sumtu wa bika aamantu wa aleyka tawakkaltu wa ala rizq-ika aftartu
 O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance.

Advisory and Support Services

STUDY

If you have any concerns about your studies or forthcoming examinations because of any issues you may be facing personally, please contact your personal tutor or your Faculty Student Services Manager:

FASS – Helen Taylor

Helen.Taylor@surrey.ac.uk

FEPS – Claire Buckley

C.Buckley@surrey.ac.uk

FHMS – Cassandra Wood

Cassandra.Wood@surrey.ac.uk

Academic Regulations

A copy of academic regulations is available [online](#).

CHAPLAINCY

The Chaplaincy is available to offer support and guidance to all staff and students. The team is based at the Roundhouse and has experienced Chaplains to assist with pastoral, exam and timetabling issues arising from Festivals and Holy Days.

Please contact the

[Chaplaincy team](#):

Muslim Chaplain, [Dr Husni](#)

[Hammuda](#)

Coordinating Chaplain,

[Rabbi Goldberg](#)

CENTRE FOR WELLBEING

The Centre for Wellbeing offers a range of services to help deal with difficult personal situations. It is open 8am – 5pm, Monday to Friday, and can be contacted by phone on +44 (0)1483 689498 or [email](#).

Additional student support services located at the Hive and NHS services on campus.

STUDENTS' UNION

The Students' Union Support Zone, led by the [VP Support](#), is there to assist students with a range of needs, queries and concerns.

ISLAMIC SOCIETY

The Islamic Society hosts Iftar on campus. The Islamic Prayer Room is located at AA on the Stag Hill Campus and JB-01-10 Manor Park. Friday Prayers location to be confirmed – contact the [Islamic Society](#) for more details.

SHIA STUDENTS

The campus has an [Ahlul Bayt Society](#).

LOCAL INFO

There are a number of Mosques and Associations in Surrey. See [Surrey Muslim Association](#) for more details.