

Ramadan Infographic 2024

#1

When is Ramadan?



This year, Ramadan starts on March 11th / 12th & will finish on either April 10th / 11th. Months in the Islamic Calendar start based on the sighting of the new moon – hence the variation!

#2

Why Muslims Fast



It is one of the Five Pillars of Islam and is compulsory for Muslim adults who are able to fast. The aim is to become a better person through re-connecting with the Divine as well as your spiritual self, your families, communities & those you love.

#3

How fasting works

Fasting starts at dawn and finishes at sunset. The length of fasts vary depending on the time of year and location in the world. In the UK this year, Muslims will fast for around 15 hours per day.

#4

More info...

Whilst fasting, Muslims abstain from things that can distract the spiritual self from connecting with the Divine. This includes:

- Food
- Drink
- Sex
- Gossip, impatience, bad manners etc...

Muslims engage in more spiritual acts such as prayer, reading the Qur'an and giving to charity.

#5

Useful lingo...

Ramadan Mubarak – Happy Ramadan
Suhoor – Pre-fast breakfast
Iftar – Meal to break the fast
Eid – Festival celebrating the end of fasting

#6

Do all Muslims fast?

No, there are many valid reasons why a Muslim might not be fasting:

- Illness
- Travel
- Breastfeeding
- Menstruation
- Medical exemption

#7

What can I do?

Act as you normally would!
Most Muslims have been fasting for years & are very used to others going about their daily business. You can eat in front of us, talk about food... its all good!
And it's absolutely fine if you keep forgetting that we're fasting and offer us something to eat/drink – we'll politely say 'no thank you'!
And yes, we don't drink water whilst fasting!

