

Ramadan Policy for Students staying with Hosts

The annual month of Ramadan is when Muslims fast during daylight hours, and devote particular focus to prayer, purification and charitable acts. The Muslim calendar operates on a lunar system and so the dates for Ramadan change annually.

Fasting is of particular significance when staying with a Host as the Student will need to wake before sunrise to pray and eat before the day's fast begins – this meal is called Suhoor. Your student will then fast (no food or drink) during the day. Once the sun sets, they break their fast – preferably with the family - this meal is called Iftar and typically starts with eating dates.

The timings for praying and eating are based on the moon so vary with locality however, we recommend UK based Students follow Mecca times which are more manageable when staying with a UK family.

Our recommendation is that

- Students under 14 years do not fast - but some may prefer to.
- Students 14 years and older may fast if they choose but they should follow [Mecca](#) times (Suhoor ~4am & Iftar ~7pm) rather than local Edinburgh times (~2am & ~9pm).

Arrangements for fasting Academic Families Students

- Fasting timings change daily and the Mecca times are closer to UK meal times than the UK fasting times.
- Students need to practise self-discipline and be responsible for their own prayer and eating times - possibly set an alarm on their phone to assist them.
- Hosts will discuss with their Student what they would like to eat at Suhoor, then prepare it and leave it for them to eat when they waken to pray and eat. This can be on their own or a Host can support them if they choose.
- Hosts will try to eat their family evening meal ~7pm in line with Mecca Ifta and support students with specific foods as required to break their fast. If possible this will include dates and then a normal family meal.
- Hosts will plan for fasting students to have a quiet place to pray and reflect, especially when other family members are eating during the day.