

Guidance for Students Sitting Exams during Ramadan

Durham University is a multicultural, multi faith community and recognises religion and belief as a protected equality characteristic. The University offers support to all staff and students, including while exams take place. Information regarding Durham's faith support can be found at <https://www.dur.ac.uk/faithsupport/>.

It is also important that students observing Ramadan consider the impact it may have upon their preparation for and sitting their exams. Students are advised to consider, if they are fasting during their exams, how best to look after themselves for both revision and exams. The below points may be useful for this:

- Planning schedules and meals and ensuring you are able to access food at sundown for breaking the fast;
- Getting the required nutrients, hydration and rest;
- Concentrating upon foods rich in complex carbohydrates and protein, fruit and vegetables, and plenty of water at the morning meal;
- Staying indoors or in the shade and limit physical activity, resting if possible, if it is hot;
- Eat a healthy, balanced evening meal with plenty of water;
- Take a small clear bottle of water and something sweet, such as a date, into the exam room just in case you feel dizzy or very ill, in which case you are allowed to break the fast and make up for it at a later time.

If you would like to discuss your thoughts regarding your approach to sitting exams during Ramadan, you can contact the Muslim chaplain Dr. Mahshid Turner (m.f.turner@durham.ac.uk) and for activities and events notifications for Ramadan and other festivities contact Islamic Society (<http://www.duisoc.com/>)

Students who feel that observance of Ramadan, in conjunction with other specific and individual circumstances, has had a significant adverse impact upon their ability to undertake their exam are able to submit a Serious Adverse Circumstances form as per the procedure outlined in <https://www.dur.ac.uk/learningandteaching.handbook/6/2/6/>

Other Sources of Support and Advice:

Information regarding the location of mosques:

<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/islam/>