

RAMADAN 2017



From 26 May, Muslim colleagues globally will be observing the holy month of Ramadan for either 29 or 30 days. Below are some tips on how you can support team members fasting:-

- Allowing colleagues to come in a little later and leave earlier will make a big difference to their productivity
- Consider moving important meetings to earlier in the day when employees will have more energy
- For colleagues on shift schedules, avoid giving them evening/late shifts so they can break their Fast
- If you have any questions, please contact info@cubenetwork.org or visit www.cubenetwork.org

RAMADAN

Beginning at the sighting of a new moon, Ramadan is the 9th month in the Islamic Calendar & marks the start of Fasting for Muslims around the world



FASTING

Fasting starts from dawn and ends at sunset, which in some countries can be up to 21 hours



SPIRITUAL DEVOTION

Muslims focus on prayer, reading the Qur'an and deep contemplation of one's relationship with God



Fasting hours around the world

NO FOOD OR DRINK

No eating or drinking (not even water!) permitted for the entire duration of the fasting day



FIT AND ABLE

Children, the old, sick and travellers are not required to fast



IFTAR

The meal eaten by Muslims after sunset during Ramadan



CHARITY

Muslims are expected to give more to charity and the poor through 'Sadaqa' (voluntary giving)



EID

The festival of Eid-al-Fitr marks the end of Ramadan and celebrated with friends and family

