



A Guide to Learning more about Ramadan: A Time for Understanding and Respect

ISLAMIC
MUSEUM
OF AUSTRALIA
ART HERITAGE DISCOVERY

Objective: Foster cultural understanding and inclusivity by promoting empathy and respect during the holy month of Ramadan, coinciding with A Taste of Harmony 2025.





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Introduction

This year, Ramadan dates coincide with **A Taste of Harmony**. We encourage workplaces to embrace this opportunity to learn more about Ramadan during March. Once Ramadan is complete, we encourage workplaces to host their food events so that everyone on the team can fully participate. For this reason, **A Taste of Harmony** will run throughout March and April (usually taking place for only two weeks in March).

What is Ramadan?

Ramadan is the ninth month of the Islamic lunar calendar and also the holiest for good reason. The importance of this period is founded on the belief that this is when the sacred scripture, the Quran, was first revealed to the Prophet Muhammad (Peace be upon him – PBUH1). Approximately 1.8 billion Muslims around the world observe this rite annually through intense

spiritual revival, self-discipline, and festivities. For some, it's a reminder to 'reconnect with Allah and embrace my beautiful faith', while others see it as 'a time for social connection; a friendly and peaceful month.'

During Ramadan, it's obligatory to both fast and perform acts of charity. Paying zakat al-fitr is a requirement for fasting Muslims during Ramadan, and the amount payable is equal to one day's meal for one person. For more information, see our fact sheet from our partner, the Islamic Museum of Australia on our website.

How can my workplace learn more about Ramadan?

In March, take some time to learn about Ramadan and engage in activities that promote empathy and respect for those observing it in your workplace. This activity sheet is designed to be completed individually or as a team, depending on your workplace preferences.



1. Learn About Ramadan:

- Watch our short video or read our fact sheet about the significance of Ramadan and its customs.
- Research the basic principles of fasting and its importance in Islam.
- Familiarise yourself with common greetings and phrases used during Ramadan.

2. Share Your Knowledge:

- Gather in small groups or hold a team meeting to discuss what you've learned about Ramadan.
- Share interesting facts or personal experiences related to Ramadan.
- Encourage open conversations about cultural diversity and religious practices in your workplace.

3. Be Mindful of Colleagues Observing Ramadan:

- Be Respectful and mindful of fasting practices. Be understanding if colleagues appear fatigued, as fasting can be physically and mentally challenging.
- Offer support and empathy, showing appreciation for their commitment to observing Ramadan.

4. Plan an Iftar Experience:

- Organise a team iftar (breaking of the fast) where everyone can participate and learn more about the Ramadan traditions. An **A Taste of Harmony** lunch event is an excellent way to do this!
- Coordinate a potluck-style meal, incorporating traditional foods if possible.
- Ensure that there are vegetarian and halal options available for all participants.

5. Consider Ramadan Decorations for Eid al-Fitr (to celebrate the end of Ramadan):

- Decorate a communal area in your workplace with Ramadan-themed decorations.
- Engage team members to collaborate in creating the decorations.
- Be respectful of cultural and religious sensitivities when choosing decorations.

Remember, the aim of this activity sheet is to promote understanding, empathy, and inclusivity during Ramadan. Feel free to modify the activities according to your workplace culture and the preferences of your colleagues. Ramadan Kareem! (Generous Ramadan!).