



a beginner's  
guide to

# Ramadan

## What is Ramadan?

Ramadan is the holy month of Islam, honoring when the Quran was first revealed to the Prophet Muhammad. It is a month of reflection, charity, and the strengthening of one's relationship with fasting and prayer.

## When is Ramadan?

Ramadan is celebrated during the ninth month of the Islamic lunar calendar, with exact dates determined by moon-sightings. In 2025, Ramadan starts at sundown on February 28th and ends sundown of March 30th.

## How is Ramadan observed?

Those who are physically able observe Ramadan by fasting (abstaining from food and water from sunrise to sunset), praying (5 times a day), and giving back to their community.

## How can I support my friends during Ramadan?

To support your friends during Ramadan, be mindful of their fasting schedule and avoid eating or drinking in front of them when possible. Respect your friends' prayer times by giving them space and time to pray.