



## **Guidance for Students Sitting Exams during Ramadan 2016**

In 2016, the Islamic holy month of Ramadan overlaps with the School's Summer Term exam period from **Tuesday 7<sup>th</sup> – Friday 10<sup>th</sup> June**.

LSE recognises religion and belief as a protected equality characteristic and offers support to all staff and students, including while exams take place. The LSE Faith Centre's [Religion and Belief Guide](#) provides information regarding LSE's religious observance policy and the resources available to students at the LSE Faith Centre, including prayer facilities and people available to speak to.

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.

If you would like to discuss your thoughts regarding your approach to sitting exams during Ramadan, the LSE Faith Centre can be contacted by telephone at +44 (0)20 7955

7965; by e-mail at [faithcentre@lse.ac.uk](mailto:faithcentre@lse.ac.uk) or you are very welcome to visit the Centre in the Saw Swee Hock building room 2.01. The Faith Centre can discuss options such as fasting later in the year, as undertaken by Team GB discus thrower Abdul Buhari during the London Olympics, or undertaking charitable acts in lieu of fasting.

As stated within [Exams Procedures for Candidates](#), all LSE students declare themselves fit to sit their exam by entering the exam room and the sitting will be counted as an exam attempt. However, students who feel that observance of Ramadan has had a significant adverse impact, along with other specific and individual circumstances, upon their ability to undertake their exam are able to submit Exceptional Circumstances as per the procedure outlined in [Exams Procedures for Candidates](#).

All students may take water in to exams in a clear bottle without the wrapper. Students who are observing Ramadan may take unwrapped dates in to their exams in a clear plastic bag.

***Other Sources of Support and Advice:***

The London Directory of Mosques and Islamic Cultural Centre offer information regarding the location of mosques in London:

<http://www.iccuk.org/page.php?section=religious&page=masjiddirectory>

The NHS provides information on remaining healthy during Ramadan:

<http://www.nhs.uk/Livewell/Healthylamadan/Pages/fastingandhealth.aspx>