

## Fasting during Exams - Guidance for Students

Staying healthy throughout the exam period is crucial to exam success. Brunel University London recognises that the summer examination period coincides with Ramadan and students may be fasting during this time. It is therefore necessary to consider how you can stay healthy for both revision and exams. Fasting can affect the body in different ways, if you are observing Ramadan you may wish to consider how fasting may impact your preparation for and sitting exams. Key points to consider:

- Be well prepared and start your revision in good time
- Have a revision plan or strategy
- Ensure you are well rested, staying in the shade if it is hot and limit physical activity, resting when possible
- If you have an exam in the afternoon, you may benefit from a short rest of 45 minutes around midday
- Dehydration is a common occurrence during a fast, therefore ensure you adequately hydrate before you fast and rehydrate when breaking fast. When sitting an exam, ensure you take a bottle of water with you in case of emergency
- Plan meals to ensure you have a pre-dawn meal that has slow-release energy food and you are able to access food and water at sundown for breaking the fast, please refer to the [NHS Guide](#) for more information
- Mentally prepare for the day ahead and work out how you can overcome any difficulties, the Meeting House can provide you with additional support, and discuss your approach to sitting exams during Ramadan
- Fasting should not be used as an excuse for failure or for not turning up for exams, if you feel unwell during an exam please raise your hand and inform an invigilator

For further information, please contact either the Meeting House [meeting-house@brunel.ac.uk](mailto:meeting-house@brunel.ac.uk) or [diversebrunel@brunel.ac.uk](mailto:diversebrunel@brunel.ac.uk).

Education and student experience – ensuring we afford our students the best possible examination experience. Our university community – enabling students to observe their religious and cultural practice as part of their University life.

