

## **Relevant Cultural Information**

### **Afghani Students**

There are 2 main celebrations in the year:

**Ramadan** - Each year, Muslims spend a month in daytime fasting, during the 9th month of the Islamic calendar called Ramadan.

**Eid al-Fitr** - At the end of Ramadan, Muslims celebrate "The Festival of Fast-Breaking."

### **Greetings**

- When meeting someone the handshake is the most common form on greeting. You will also see people place their hands over their hearts and nod slightly.
- One should always enquire about things like a person's health, business, family, etc.
- Women and men will never shake hands let alone speak directly to one another.
- Eye contact should also be avoided between men and women. Between men eye contact is acceptable as long as it is not prolonged - it is best to only occasionally look someone in the eyes.

### **Clothing**

Women must always dress properly to avoid unwanted attention. They always wear loose fitting pants under their skirts and are sure the definition of the legs is undistinguishable. They usually wear a headscarf in public.

### **Food**

Be aware of pork products e.g. gelatines and lollies.

Pork is seen as unclean.

Halal Foods – are food or products that contain NO pork, lard, bacon, ham, alcohol or any other by-products.

Halal food should not come into contact with non-Halal food during transportation, storage, preparation or cooking