Sudan

Appreciating and Understanding its culture
- Arabic is widely spoken
- Dominant religion is Islam
- Greet others with a kiss on the cheek and handshake
- Transportation: Tuk Tuk
- Homes of grass thatched mud huts
Part of the Sudanese Culture

Music

- The Sudanese tambour “Healing music”

[https://youtu.be/TmqH1utxMXU](https://youtu.be/TmqH1utxMXU)

Food

- stews and gravies (often eaten by hand) fresh salad, dips (shata), lime, peanut, rice dishes, sweet and savory pastries, unique breads, and desserts.

The importance of eating together

- Poverty is high, employment opportunities are low, meaning the vast majority are suffering of food insecurity.
- not uncommon for a group of diners sitting in a tight circle around a seniyya
- sharing of intimate moments allowed friendships to bloom or strengthen, and maintained the glue integral to the survival of communities.
- There is a Sudanese expression that roughly translates to, “we ate together” used figuratively to mean, “we were on good terms” or “there was harmony between us.”
The Walls Inside a Sudanese Home

Homes can be seen to have calligraphy of the Quran or verses hanged up on the walls and these serve as a reminder.

Animate pictures such as animals or people are not to be displayed in a home because it compromises the protection of the home not allowing angels to enter the home.
Islam

- By Prophet Muhammad (PBUH) in 7th century CE
- Followers of Islam are called Muslims
- Accept surrender to Allah (in Arabic) who is the only God
- Quran (Islamic sacred book)
- Muslims house of worship is the Mosque
Ramadan

What is Ramadan?

- Ramadan is the Arabic name for the ninth month in the Islamic calendar.
- Considered one of the holiest months for Muslims and is marked by a period of fasting (29-30 days).
- Also encouraged to give to charity, strengthen their relationship with God, and show kindness and patience.
- Some believers also perform an additional night prayer, called Taraweeh, which only takes place during Ramadan.

When?

- Different date every year, due to cycles of the moon

How does fasting work?

- Muslims have an early morning meal before dawn, known as suhoor.
- They do not eat or drink anything, including water, until they break their fast (iftar).
- Fasting should only be done by people who are in good health.

Some Muslims are exempt:

- Those who are sick or ill and whose health will be affected by fasting
- Children who have not reached puberty
- Pregnant and breastfeeding women
- Menstruating women
- Travellers
The way of Prayer

- There are **specific** prayer time
- **Five times** throughout the day
- Acts of **wudu** before prayer to **purify**
- **Direction** of Prayer
  - Facing the **Kaaba** (cube) located in Mecca, Saudi Arabia
  - Most **sacred** spot in the world to Muslims