

A wide-angle photograph of the Pyramids of Meroe in Sudan. The scene is captured at sunset or sunrise, with a vibrant sky transitioning from deep blue at the top to soft pink and orange near the horizon. Several large, dark, conical pyramids are scattered across a vast, flat desert landscape. The foreground is a mix of reddish-brown sand and dark, pebbly ground. A small, scrubby bush is visible in the lower center of the frame. The overall atmosphere is serene and ancient.

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>



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

