

PERSPECTIVES

Celebration Of The Soul

With the holy month of **Ramadan** starting at the end of May, we capture the flavour and rich traditions that enlighten the hearts and souls of Dubai during this colourful time

Ramadan is a time of reflection, spiritual improvement and devotion. It's a time to slow down, take stock and be more mindful – something most of us need to do more of. It's also a month when family and friends devote time to their relationships, coming together to indulge in sumptuous spreads at the nightly iftar – the meal that breaks the daily fast. Beyond the beautifully decorated Ramadan tents that appear across Dubai are streets lit up with decorations, a Ramadan market that comes alive after dark with lavish local wares and, at the end of the month during Eid, a huge city-wide celebration. ►



Food plays an important role during Ramadan, as every day after sunset, locals join together to mark iftar (the breaking of the fast). All over town, dedicated iftar tents filled with a celebratory, convivial atmosphere serve up mouthwatering feasts for all to enjoy. Traditionally, you start with dates – juicy and nutritious, they’re an Arabian staple and the ideal way to break the day’s fast. Dates are also among the sweet treats commonly gifted between friends and neighbours throughout the month as a token of friendship. ►





There's no better time to admire the stunning architecture of Dubai's mosques than during Ramadan. Take a few moments to appreciate the beautiful domes and white minarets, the intricate frescoes and decorative windows. Then, at the end of the holy month, see the sky lit up with a flurry of dramatic fireworks in celebration of Eid al-Fitr. On the ground, expect parades and performances across the city, along with some spectacular shopping promotions and events at the many malls around town. ♦ *The Sheikh Mohammed Centre for Cultural Understanding (cultures.ae) hosts tours of the Jumeirah Mosque (pictured, opposite), Saturday to Thursday at 10am, priced at Dhs20 per person including water, dates, Arabic coffee, tea and traditional pastries. Children under 12 go free*