

#### "PRE-DAWN MEAL" SAHUR



#### 7 MENU SAHUR SIMPLE TERENAK



# KINDOFTAKUL











# FUN FACT "TAKJIL"

Restore energy after fasting

Accelerate the body's metabolic system

**Boost the body immunity** 

# PRODUCTIVE TIPS





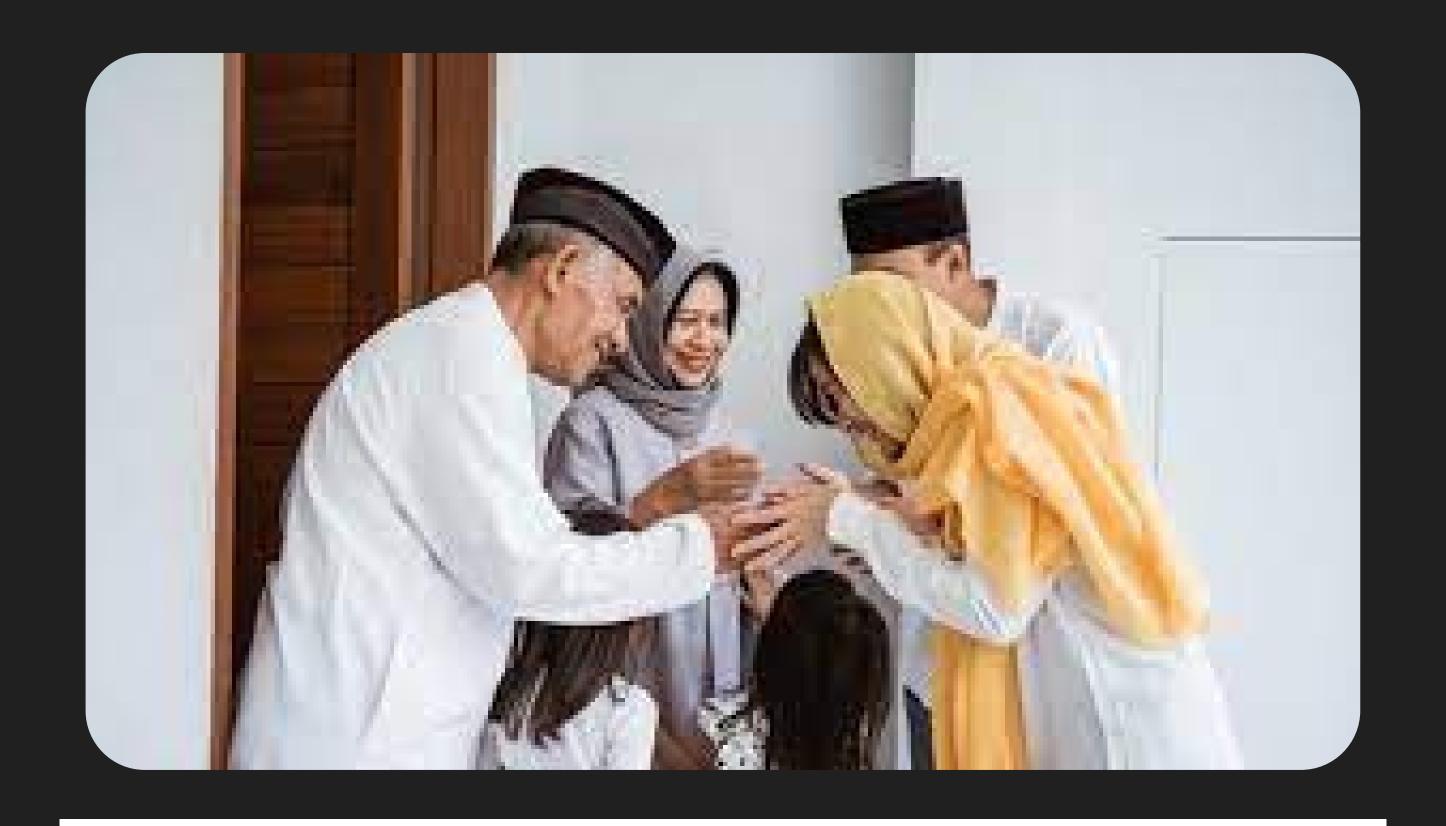
## Going Hometown Mudik



Going Hometown "Mudik"



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Going Hometown "Mudik"



Lampu Colok Festival is a tradition from Riau. This tradition is carried out on the 27th night of Ramadan. For people in the local area, Lampu Colok tradition have religious values, mutual cooperation, and a sense of togetherness.

#### Lampu Colok Festival - Riau



Mobil pawai is one of festival Ramadhan that will held on the Idul Fitr eve.

### Mobil Pawai - Rembang



# Ramadan in Different Country





On the European continent, the duration of fasting is longer. For example muslim on Norwegian has fasting for 19 hours.

In Saudi Arabia, the UAE, and Qatar, Muslims will fast up to 14 hours per day throughout the holy month.





Muslims in Asian, especially our country, Indonesia have average fasting hours of 12 to 14 hours per day.

The fasting duration in Australia is the shortest fasting period at 11 hours per days.





