

Waldorf Astoria Lusail Doha set to launch NASAYIM RAMADAN, an immersive cultural experience



Waldorf Astoria Lusail Doha is committed to carrying forward the initiative this year, with a focus on local sourcing and reducing food waste during the Holy Month.

Experience Hilton's Green Ramadan with iftar and suhoor at Bywater for only QAR 240. Book now and commemorate the season of Ramadan at Waldorf Astoria Lusail Doha.



The initiative includes forensically measuring food waste through Winnow's AI technology, diverting excess food to donations, local sourcing of goods, zero waste culinary techniques, implementing behavioral change through visual prompts and key messages from Recipe of Change by UNEP, plastic free usage, produce plant based menu options and making smart choices using carbon labeling on menus by Klimato.



This Holy Month of Ramadan, Waldorf Astoria Lusail Doha will be hosting NASAYIM RAMADAN, an engaging cultural experience. Located at the hotel's Bywater restaurant, NASAYIM RAMADAN will feature buffets, live stations, henna, ebru painting, oud & darbuka live music, kids storytelling, and family entertainment.



NASAYIM RAMADAN will build on 'Green Ramadan', an initiative launched by Hilton last year across three hotels in the region, including Waldorf Astoria Lusail Doha. Together with its partners, Hilton collectively accomplished a 61 per cent reduction on food waste in 2023.



WALDORF ASTORIA
LUSAIL, DOHA
والدورف أستوريا لوسيل الدوحة

NASAYIM RAMADAN

CELEBRATE THE HOLY MONTH OF RAMADAN AT WALDORF ASTORIA LUSAIL

ENJOY THE EXQUISITE IFTAR AND SUHOOR BUFFET, HENNA, EBRU PAINTING,
AND FAMILY ENTERTAINMENT, ACCOMPANIED BY OUR ENCHANTING OUD MUSIC.

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Covering formidable stays and succulent F&B options

Souq Waqif Boutique Hotels reveal its opulent set of Ramadan Offers

Souq Waqif Boutique Hotels, the five-star designer collection of boutique hotels, has announced its opulent set of exquisite offers to welcome their guests during the holy month of Ramadan. The offers have launched with the objective of providing an authentic and unique Arabian hospitality experience for families and corporate guests through stay offers and Iftars.

During the holy month, Souq Waqif hotels seek to provide an exceptional and warmth atmosphere for guests to enjoy memorable times and indulge in the most delicious culinary during the company of family and friends. "Argan" the group's renowned and award-winning restaurant at "Al Jasra Boutique Hotel" will provide a luxurious Iftar buffet that includes Ramadan drinks, various selection of soups, baked delicacies, variety of cheeses compendium, in addition to cold and hot mezzah and appetizers, oriental and western salads, a large variety of



luscious assortment of Moroccan, Arab, and international dishes rich in delicious flavors to satisfy all tastes and meet the aspirations of all guests.

Furthermore, "Argan" will welcome during the blessed month kids under six years to enjoy the buffet for free, while those below 12 will be entitled to get 50% discount. Guests will also be able to redeem the "entertainer", "My Book" and "Urban points" vouchers.



To add additional charm to the holy month, Souq Waqif Boutique Hotels launched a special Ramadan stay offer at competitive rates, starting from March 9 to April 8, which includes accommodation for two people in one of the group's unique hotels, including a selected Suhoor menu, or an accommodation for two with a selected Iftar and Suhoor menus, with the ability to upgrade the room for free (subject to room availability), and early check-in and late check-out (subject to room availability).



With a view for the guests to experience the authentic local hospitality

Al Najada Hotel introduces special Ramadan offers

Al Najada Hotel Doha has introduced a set of exclusive, distinctive, and appealing offers for the occasion of the holy month of Ramadan. The offer includes both stays and dining experiences, with the objective of providing all guests and patrons the opportunity to enjoy the upscale services that distinguishes Al Najada Hotel Doha from other hospitality players.



During the blessed season, Al Najada Hotel will provide guests with the chance to discover the warmth and charm of authentic Qatari hospitality through exclusive stays. These exclusive stays will be available from March 9 until April 8, at a competitive rate for two people per room. The offer includes a suhoor meal from a selected menu, or an iftar and suhoor buffet from a selected menu. Both offers also include the possibility of a free room upgrade, subject to room availability, and early check-in and late check-out, also subject to room availability.



For those craving for an unmatched oriental flavour, "Al Baraha" Restaurant is set to offer an authentic and elevated hospitality experience for families and individuals during the holy month through Iftars starting with the Maghrib call to prayer until 8:30 pm, where the hotel's talented chefs will curate a distinctive buffet including the delicious and succulent delicacies, starting from the famous Ramadan drinks, soups, cold and hot appetizers, passing through a



variety of Eastern and Western main courses, in addition to a live cooking station, paired with an assortment of oriental and international desserts, and diverse variety of juices.

To enrich the guests' experience, "Al Baraha", with its traditional heritage architectural design, provides the opportunity to savor a traditional Ramadan atmosphere and indulge in an authentic "Suhoor", which is considered the perfect and ideal opportunity for friends and families to gather and spend the most cherished times together. The "Suhoor" offer will be available on Thursdays and Fridays for the entire holy month, starting from 9:00 pm until 1:00 am.



Furthermore, "Al Baraha" will welcome, during the holy month, kids under six years to enjoy the buffet for free, while those below 11 will be entitled to get 50% discount. Guests will also be able to redeem the "entertainer", "My Book", and "Urban points" vouchers.

Personifying the charm, warmth, and authenticity of Qatari Hospitality

Souq Al Wakra Hotel unveils its exquisite Ramadan offers

Souq Al Wakra Hotel, the stunning beachside property nestled in the historic Al Wakra Souq, has unveiled an exquisite Ramadan offering that includes both iftar and suhoor experiences in its renowned, distinguished, and magical Ramadan tent - a tradition for which the hotel is celebrated, eagerly anticipated by patrons year after year. Additionally, the hotel is presenting remarkable stay offers to enhance the overall Ramadan experience.

The newly introduced offers are specially curated and thoughtfully designed to embody the magic, heritage, and authenticity of Qatari hospitality to mark the celebration of the holy month.



During the holy month, Souq Al Wakra Hotel's Ramadan tent offers guests a chance to relax and unwind with daily iftars. Starting from the sunset call for prayer until 8:30 pm, the iftar is priced at 240 riyals per person. Additionally, suhoor is available on Thursdays and Fridays, from 9:30 pm until 1:00 am, for 199 riyals per person. The Ramadan buffet provides an opportunity to indulge in a lavish spread, featuring delightful soups, baked goods, a variety of cheeses, hot and cold mezza, appetizers, assorted salads, and a selection of international main courses. Guests can also savor fresh and succulent grills at the BBQ live cooking station, while the dessert corner serves mouthwatering sweets and Ramadan beverages.

To enrich the patrons' experience, "Emshoot", Souq Al Wakra Hotel's renowned restaurant, will also provide the opportunity to relish a traditional Ramadan atmosphere and indulge in an authentic daily "Iftar" buffet, from sunset call for prayer until 8:30 pm, priced at 199 riyals per person.

To share the joy with community members during this blessed occasion, Souq Al Wakra Hotel will welcome kids under five years to enjoy the buffet for



free, while those under 11 will be entitled to get 50% discount. Guests will also be able to redeem the "entertainer", "My Book", and "Urban points" vouchers.

To complete the Ramadan experience and embark on the journey of exploring the fragrance of authentic Qatari traditions and the latest modern amenities and upscale services, Souq Al Wakra Hotel has introduced a special stay offer from March 9, which includes accommodation for two including Iftar, or an accommodation for two including Iftar and Suhoor, with the ability to upgrade the room for free (subject to room availability), and early check-in and late check-out (subject to room availability) at competitive rates.

فندق النجادة
AL NAJADA
HOTEL

فنادق سوق واقف
SOUQ WAQIF
BOUTIQUE HOTELS

فندق سوق الوكرة
SOUQ AL WAKRA
HOTEL
QATAR

Cherished Ramadan Moments

رمضان كريم

Enjoy a culinary journey with your family and friends at our locations this Ramadan. Delight in the rich aromas, glorious colours and authentic tastes of Arabia and more.

أرغان

ARGAN

IFTAR
BUFFET

QAR260

/PERSON

DAILY: SUNSET-8:30PM

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Souq Waqif, Doha, Qatar

البراهة

AL BARAHA RESTAURANT

IFTAR
BUFFET

QAR250

/PERSON

DAILY: SUNSET-8:30PM

SUHOOR
BUFFET

QAR250

/PERSON

THU-FRI: 9PM-1AM

+974 5529 3149

fb.tnjd@tivolihotels.com

Al Najada, Doha, Qatar

فندق سوق الوكرة

SOUQ AL WAKRA

HOTEL

QATAR

IFTAR
BUFFET

QAR240

/PERSON

DAILY: SUNSET-8:00PM

SUHOOR
BUFFET

QAR199

/PERSON

THU-FRI: 9:30PM-1AM

+974 4428 7888

fb.tswk@tivolihotels.com

Al Wakra, Qatar



SCAN QR CODE FOR MORE INFORMATION.

Children under 6: Free | Children 6 to 11 : 50% off
The Entertainer, My Book, and Urban Points vouchers are accepted at Al Baraha Restaurant and Argan Restaurant. Terms and conditions apply.

What to eat and what to avoid during Ramadan



Fasting from sunrise to sunset is a significant practice during this period, and ensuring proper nutrition becomes paramount for maintaining energy levels, promoting well-being, and enhancing the overall fasting experience. This article aims to provide a detailed guide on what to eat and what to avoid during the holy month of Ramadan, covering the pre-dawn meal (Suhoor), breaking fast (Iftar), snacks, hydration, and essential dietary tips.

Suhoor (Pre-dawn Meal)

Complex Carbohydrates

Suhoor is the foundation of a day of fasting, and including complex carbohydrates is crucial. Opt for whole grains like oats, brown rice, and whole wheat bread. These slow-releasing carbohydrates provide sustained energy throughout the day, helping individuals stay energized during the fasting period.



Protein

Incorporating lean protein sources into Suhoor is essential for maintaining muscle mass and promoting satiety. Options such as eggs, yogurt, cottage cheese, and legumes are excellent choices. Protein-rich foods help keep you feeling full for an extended period, reducing the likelihood of overeating later in the day.

Healthy Fats

Don't shy away from healthy fats during Suhoor. Avocados, nuts, seeds, and olive oil can be included to provide essential fatty acids that support overall health. These fats contribute to a feeling of fullness and can help sustain energy levels throughout the day.

Hydration

Water

Adequate hydration is crucial during Ramadan. Between Iftar and Suhoor, it's essential to drink plenty of water to prevent dehydration. Dehydration can lead to fatigue, headaches, and other health issues, so make a conscious effort to stay hydrated during non-fasting hours.

Hydrating Foods

In addition to drinking water, consume water-rich foods to contribute to your daily fluid intake. Watermelon, cucumber, oranges, and other fruits with high water content are excellent choices for maintaining hydration levels.

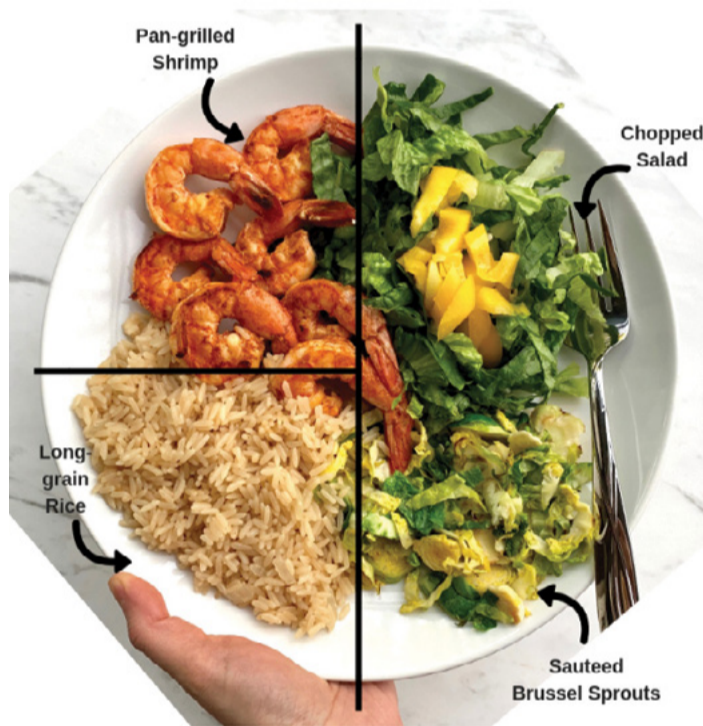
Iftar (Breaking Fast)

Dates

Traditionally, Iftar begins with dates and water, following the example of Prophet Muhammad (peace be upon him). Dates provide a quick source of energy and essential nutrients, while water helps rehydrate the body after a day of fasting.

Balanced Meal

Iftar should consist of a balanced meal that includes carbohydrates, proteins, and vegetables. Start with a light soup to prepare the stomach for the main meal and to replenish fluids. Incorporate a mix of complex carbohydrates like brown rice or quinoa, lean proteins like grilled chicken or fish, and a variety of vegetables to ensure a well-rounded nutritional intake.



Soup

Including a nutritious soup at the beginning of Iftar has both cultural and health benefits. It eases the digestive process, provides hydration, and adds valuable vitamins and minerals to the meal.

Snacks

Fruits

Fresh fruits make for excellent snacks during non-fasting hours. They satisfy sweet cravings while providing essential vitamins, minerals, and natural sugars that contribute to sustained energy.

Nuts and Seeds

A handful of nuts and seeds can serve as a nutritious and satisfying snack. Rich in healthy fats, protein, and fiber, they contribute to satiety and offer a variety of essential nutrients.

What to Avoid

Sugary Foods

While a sweet treat after Iftar is customary, it's crucial to limit the intake of sugary foods and desserts. These can lead to energy spikes followed by crashes, affecting overall energy levels during the fasting period.

Fried and Processed Foods

Fried and processed foods can be heavy on the stomach and lead to indigestion. Minimize their consumption during Ramadan to promote better overall health and digestive well-being.

Caffeine and Caffeinated Beverages

Reduce or eliminate caffeine intake, as it can contribute to dehydration. Opt for herbal teas or water instead to stay hydrated without the diuretic effects of caffeine.

Salty Foods

Excessive salt intake can contribute to thirst and fluid retention. Be mindful of salt content in your meals and snacks, and choose whole, minimally processed foods to control sodium intake.

Overeating

Practice moderation during meals to avoid overeating. Mindful eating promotes better digestion, prevents discomfort, and allows the body to absorb nutrients more efficiently.

Maintaining a healthy and balanced diet during Ramadan is not only a physical necessity but also aligns with the spiritual essence of the month. By focusing on nutrient-dense foods, proper hydration, and mindful eating practices, individuals can make the most of this sacred time while taking care of their physical well-being. As always, it's advisable to consult with a healthcare professional or a registered dietitian for personalized advice based on individual health conditions and dietary needs. Embracing a holistic approach to nutrition during Ramadan ensures that both the body and the spirit are nourished, fostering a sense of well-being and connection throughout the month.

10 Tips for safe exercise during Ramadan



While fasting from dawn to sunset is a central aspect of Ramadan, maintaining a healthy lifestyle, including regular exercise, is essential for overall well-being. However, exercising during fasting hours requires careful consideration to ensure safety and optimal health outcomes. Here are 10 tips to help you engage in safe exercise during Ramadan.

- **Choose the Right Time:** Opt for non-fasting hours, such as after Iftar (the meal that breaks the fast) or before Suhoor (pre-dawn meal), to engage in intense workouts. This allows you to stay hydrated and nourished, reducing the risk of dehydration and fatigue.
- **Moderate Intensity Workouts:** During fasting hours, focus on moderate-intensity exercises like brisk walking, light jogging, or low-impact aerobics. These activities maintain cardiovascular health without putting excessive strain on your body.



- **Stay Hydrated:** Hydration is crucial, especially when exercising during Ramadan. Consume plenty of water during non-fasting hours to stay adequately hydrated. Aim to drink at least 2-3 liters of water between Iftar and Suhoor.
- **Balanced Nutrition:** Ensure a balanced diet during non-fasting hours to provide your body with the necessary nutrients. Include complex carbohydrates, lean proteins, and healthy fats to sustain energy levels throughout the day.
- **Warm-Up and Cool Down:** Prioritize warm-up and cool-down sessions to prepare your muscles and prevent injuries. Gentle stretching helps improve flexibility and reduces the risk of muscle strains or sprains.
- **Listen to Your Body:** Pay close attention to your body's signals. If you feel excessively fatigued, dizzy, or experience pain, it's crucial to stop exercising immediately. Pushing yourself too hard during fasting hours may lead to health complications.
- **Shorter, Frequent Workouts:** Consider breaking your workout into shorter, more frequent sessions throughout the day. This approach helps you stay active without overexerting yourself during the limited time between Iftar and Suhoor.
- **Incorporate Strength Training:** Include strength training exercises to maintain muscle mass. Use lighter weights with higher repetitions to reduce the strain on your body and accommodate the fasting period.
- **Mindful Breathing:** Practice mindful breathing techniques, such as deep diaphragmatic breathing, to enhance oxygen intake and improve endurance. This can be particularly beneficial during cardiovascular exercises.
- **Consult with a Healthcare Professional:** Before starting any exercise routine during Ramadan, consult with a healthcare professional or fitness expert, especially if you have pre-existing health conditions. They can provide personalized advice based on your individual health status.

Exercising during Ramadan is not only possible but can also contribute to improved physical and mental well-being when done safely and mindfully. By following these 10 tips, you can maintain a healthy and active lifestyle while observing the spiritual practices of this sacred month. Always prioritize safety, listen to your body, and consult with healthcare professionals if needed to ensure a positive and fulfilling Ramadan experience.

RAMADAN KAREEM

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Unveiling the Ultimate Layali Katara Ramadan Tent Experience at The Chedi Katara Hotel & Resort

Embark on a transcendent journey of cultural richness and culinary splendour as you step into Layali Katara Ramadan Tent at The Chedi Katara Hotel & Resort.

Immerse yourself in the enchanting tapestry of Middle Eastern folklore, where each evening unfolds with the allure of timeless tales amidst the panoramic backdrop of the Arabian Gulf and the mesmerising Doha skyline. Here, amid a harmonious blend of tradition and modernity, find yourself enveloped in an atmosphere of refined luxury and sophistication. Indulge your senses in an opulent buffet spread, a symphony of flavours that pays homage to the authentic essence of Arabic cuisine while embracing international culinary delights.

Nestled in the heart of Katara Cultural Village, The Chedi Katara Hotel & Resort offers guests a one-of-a-kind serene escape to all who enter its graceful colonnades. Understated elegance, heritage antiques and impeccable Arabian hospitality – bringing a balance of traditional artisanal flare and contemporary calm within its dynamic location. This architectural landmark seamlessly weaves the most exquisite elements of two magnificent cultures, Mughal and Ottoman, displaying



sumptuous design and unmatched attention to detail – genuinely ensuring this modern-day palace provides unparalleled privacy and a memorable stay.

The Chedi Katara offers 91 well-appointed keys: 59 luxurious rooms and suites overlooking the serene seascape and 32 state-of-the-art private villas with a private pool and a lavish garden. Each of which reflects royal furnishings and maximum comfort. With panoramic seascape views and lush botanicals surrounding the resort, guests can expect to indulge all their senses, a heightened sense of zen with the natural and timeless environment that The Chedi stands by.



The Chedi Katara Hotel & Resort embodies an exclusive fusion of tranquillity, indulgence, and nature within the vibrant city of Doha. It lives up to its name, “a place of meditation and finding peace”. The hotel offers its guests a serene escape and a unique luxury boutique experience from the intimacy and privacy, the artistic sense and lavish interior accentuated by local hospitality, and personalised service.

The Iftar buffet is available from sunset to 8:00 pm at QAR 295 per person, while the Suhoor buffet is available from 9:30 pm to 2:00 am at QAR 295 per person.



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KATARA HOTEL & RESORT
DOHA, QATAR

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THE CHEDI KATARA HOTEL & RESORT**

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LAYALI KATARA
AT THE CHEDI
RAMADAN TENT

Experience the essence of togetherness with our Iftar & Sohour gatherings, which are perfect for group celebrations and outside catering.

Break your fast under the vast expanse of the open sky, where each gathering is a symphony of joy and unity. Witness the sunset hues usher in a serene dining experience and allow the spirit of Ramadan to enrich our hearts and plates within the graceful confines of the Layali Katara Ramadan Tent.



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RAMADAN KAREEM

Harnessing the power of abstinence

Fasting from daybreak to sunset is a devotional ritual. Allah, the Almighty Says in the Noble Qur'an (what means): {"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous."} [Qur'an 2:183] It refers to that you may fear Allah, keep away from His prohibitions, and fulfil His Commands. Prophet Muhammad, sallallaahu 'alaihi wa sallam (may Allah exalt his mention), said: "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e., Allah will not accept his fasting.)" [Imam Al-Bukhari].

This means that Allah does not want us to abstain from eating and drinking only, rather, He wants us to refrain from all kinds of evil deeds and vileness too. The Prophet, sallallaahu 'alaihi wa sallam, instructed that 'a fasting person, if offended or abused, should say': "I am fasting." [Imam Al-Bukhari] By this, as though the fasting person says: "It is because I am fasting, I do not return your abuses." The offender at that point may feel embarrassed, and desist.

The purpose of fasting is not physical training to endure hunger, thirst and exhaustion; rather, it is disciplining the ego to relinquish the loved for the sake of the Beloved. The loved are the desires of eating, drinking, sexual activities etc., while the Beloved is Allah, the Exalted. Hence, it is imperative to keep in mind when we observe fasting that we do so only for the sake of Allah. It becomes imperative on us to try our best to observe the rites that reflect our obedience to Allah, such as the remembrance of Allah, reading the Qur'an, supererogatory prayers, charitable deeds and donations, good manners, etc.

Fasting has great significances and aims, which, if carefully considered, instill in us much surprise. Among these significances, we mention the following:

Fasting is linked with true faith in Allah, the Most Exalted; that is why it has been reported that fasting is a secret act of worship since a person may break his fast, if he wishes, by eating, drinking or simply by



not making the intention to fast (in which case his fast will not be accepted even if he remains fasting the whole day). Fasting, then, is a hearty, secret worship that concerns only the servant and his Creator.

When the servant knowingly gives up the things and acts that nullify the fast, despite his ability to reach them in secret, he gives indeed strong evidence of his certain belief that Allah, the Almighty, watches over him in both his manifest and secret deeds. There is no doubt that in this kind of conduct is a significant training to strengthen faith in Allah.

Fasting is also a training for the servant to aspire to the Hereafter since, by fasting, he gives up some of the worldly matters, looking forward to Almighty Allah's reward. By observing the fast, he weighs the profit in terms of the condition in the Hereafter. However, those who measure things in materialistic terms are only concerned with the worldly aspect of fasting. As a result, they think of it as merely deprivation of the pleasures of life, which please the self and satisfy the body. They are not in the least concerned with the other aspect of its significance in the hereafter that constitutes the real reward and the genuine perpetuity. This attitude of their hearts weakens their aspiration for the hereafter and its eternal enjoyment.

Fasting is a practical embodiment of submission and servitude to Allah, the Exalted, that the servant manifests by eating and drinking at night only in response to the call of his Lord, Allah Who Says in the Noble Qur'an (what means): {And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]} [Qur'an 2:187]. That is why the fasting Muslim should eat at the time of sunset known as Iftar (break fast) and just before dawn Suhoor (the pre-dawn meal) because continuous fasting (day and night) is forbidden in Shari'ah (Islamic law).

The act of eating is, therefore, a form of worship of Allah, the Almighty. When dawn starts, Muslims discontinue eating and drinking (and having sex with their spouses) in compliance with Allah's order, for He Says (what means): {...Then complete the fast until the night [i.e. sunset]} [Qur'an 2:187]. In this way, the Muslim is educated about complete servitude to Allah, the Most High, in such a way that when his Lord commands, he complies. It is, therefore, not simply a matter of personal taste, whim and disposition, but a matter of obedience to Allah and implementation of His Commands.

Article source: <http://www.islamweb.net/emainpage/>

Nando's

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EVENTS

A Fusion of Arts, Gastronomy, and Tech Delights

This month, Qatar is presenting a diverse array of activities, spanning food festivals, extraordinary art exhibitions, and a multitude of Ramadan events and activities. Culminating the month-long festivities is the conclusion of the Doha Expo 2023, the inaugural A1 International Horticultural exhibition in the Middle East and North Africa, after its enriching six-month journey in Qatar.

Commenting on the March calendar, Sheikha Noor Abdulla Al-Thani, Head of Tourism Events and Festivals Organising Section at Qatar Tourism said: "On the March calendar we will bid farewell to one of the longest running exhibitions in Qatar, the Doha Expo 2023 which ran for six months. Subsequently, we are welcoming an array of different events suitable for all tastes. At Qatar Tourism we aim to expand on our offerings to residents and visitors, providing a diverse selection of family friendly events."



معرض أمة النباتات
NATION OF PLANTS EXHIBITION

إكسبو 2023 الدوحة - جناح متحف التنوع البيولوجي
Expo 2023 Doha, Biodiversity Museum Pavilion

Agriculture

The Doha Expo 2023 is hosting various exhibitions in its final month (till March 28), including the 'Nation of Plants Exhibition' at the Biodiversity Museum Pavilion and 'The LifeHub' on the future of medicine. It will also host the farmer's market till March 28 that celebrates Qatar's produce, food, and artisanal crafts.

The Little Gardeners Academy is hosting workshops on gardening at Education City Micro-Farm till March 30.

Food and Ramadan exclusives

The Shaaban and Ramadan Trade Fair is taking place till March 15 at Katara, where visitors can shop products for the holy month.

Old Doha Port will be hosting the Throwback Food Festival throughout the holy month of Ramadan where visitors can anticipate culinary delights daily from a broad range of cuisines. Souq Al Wakrah



معرض تجهيزات شعبان ورمضان
SHAABAN AND RAMADAN TRADE FAIR

الحى الثقافي كتارا، الجهة الجنوبية
Katara, Southern Area

Hotel also has a lineup of Ramadan Activities at Al Wakrah Old Souq taking place during Ramadan with activations for the whole family to enjoy.

Art exhibitions

The Fire Station is hosting the exhibition 'The Voyager is the Narrator' till April 20, focused on New York and Paris Residences. Fire Station is also hosting 'Electric Idyll' exhibition by artist Pipilotti Rist, as her first exhibition in the Middle East. It features hypnotic-themed immersive artwork, and will run till June 1.

M7 Msheireb is hosting exhibitions that explore Arab art, such as the '100/100 Best Arabic Posters - round 4' and 'Arab Design Now', till August 8 and August 5, respectively.

The 'Colors of the City: A Century of Architecture in Doha' is on till March 30, celebrating local architecture, particularly highlighting the influence of Art Deco, Classicism, and Modernism.

The 'Crafting Uzbekistan: Tradition in Threads' exhibition is running till March 30, displaying Uzbekistani textiles and arts. Additionally, the 'Weaving Poems' exhibition also running now, displaying and honouring women from Afghanistan and their carpet weaving work through art and poetry.



THE NARRATOR

المسافر هو الراوي

معرض "المسافر هو الراوي"
"THE VOYAGER IS THE NARRATOR" EXHIBITION

جاليري 3 و 4، مطاف
Gallery 3 & 4, Fire Station

How Ramadan transforms hospitality sector for an entire month



Ramadan, the holiest month in the Islamic calendar, heralds a transformative period not only for the individuals observing fasting and prayers but also for the hospitality sector. This sacred month, marked by spiritual reflection, self-discipline, and communal harmony, inspires the industry to evolve its offerings, services, and community engagement.

The hospitality sector becomes a dynamic player in fostering a sense of unity, compassion, and shared experiences among Muslims around the world.

Extended Operating Hours and Suhoor Services

As dawn approaches, signaling the commencement of the daily fast, the hospitality sector adapts its operating hours to accommodate the needs of fasting Muslims. Establishments, ranging from hotels to local cafes, extend their services into the early morning to provide



Suhoor offerings. This pre-dawn meal becomes an essential part of the fasting routine, prompting the industry to innovate and diversify its menu offerings to cater to varying tastes and dietary preferences.

Iftar Buffets and Special Menus

Iftar, the evening meal that breaks the fast at sunset, becomes a central focus for the hospitality sector during Ramadan. To mark this momentous occasion, hotels and restaurants curate elaborate Iftar buffets and special menus, featuring an array of traditional and international dishes. This culinary extravaganza not only satisfies the palate but also fosters a sense of communal dining, where families, friends, and colleagues come together to share the experience of breaking the fast.

Community Engagement and Corporate Social Responsibility (CSR)

The spirit of giving and community service takes center stage in the hospitality sector during Ramadan. Many establishments actively engage in Corporate Social Responsibility (CSR) initiatives, contributing to charitable causes and sponsoring Iftar events for the less fortunate. By aligning their business practices with social responsibility, the hospitality industry not only enhances its image but

also becomes a catalyst for positive change within local communities.

Innovative Marketing and Promotions

The competitive landscape of the hospitality sector during Ramadan prompts businesses to unleash their creativity in marketing and promotions. Innovative campaigns, exclusive discounts, and loyalty programs capture the attention of consumers seeking unique experiences during this festive month. The strategic use of social media, themed events, and collaborative partnerships further elevates the overall marketing approach, creating a vibrant and engaging atmosphere for patrons.

Diverse Cultural Experiences

Recognizing the rich tapestry of cultural diversity within the Muslim community, the hospitality sector strives to offer a plethora of cultural experiences during Ramadan. From traditional decorations to live music performances, themed events, and cultural showcases, hotels and venues aim to create an atmosphere that resonates with the diverse traditions associated with Ramadan. This inclusive approach not only attracts a broad audience but also enriches the overall hospitality experience.



Catering to Family and Social Gatherings

Ramadan is a time when families and friends come together to break their fast and share moments of joy. The hospitality sector adapts its services to cater to the demand for family-friendly environments, private dining spaces, and packages for group celebrations. This emphasis on creating spaces conducive to social gatherings enhances the familial and communal aspect of Ramadan, making hospitality establishments central to the celebration.

In conclusion, Ramadan serves as a catalyst for the transformation of the hospitality sector, turning it into a vibrant hub of cultural exchange, culinary delights, and community engagement. From the early morning Suhoor services to the elaborate Iftar buffets, the industry undergoes a month-long evolution that reflects the spiritual essence and communal spirit of Ramadan. As businesses adapt to the unique needs and expectations of their Muslim clientele, they contribute to the creation of lasting memories and shared experiences that define the beauty of Ramadan in the hospitality sector.



TIMELESS TRADITIONS MODERN ELEGANCE

Experience the true essence of Ramadan with our lavish Iftar and Sohoor feast, featuring a delectable selection of International favorites and live entertainment, carefully curated for memorable moments.

Iftar | QAR 220 per person | Sunset to 8:00 PM
Sohour | QAR 240 per person | 9:30 PM to 1:00 AM

* Kids entertainment will be available from Thursdays till Saturdays for Iftar & Sohoor

For more information and bookings
Please call 3158 7940

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LUXURY IS PERSONAL

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EMBRACE RAMADAN TOGETHERNESS AT SHERATON GRAND DOHA



Sheraton Grand Doha is delighted to announce its celebration of Ramadan, extending a warm invitation to guests to embark on a remarkable culinary journey. As Qatar's iconic landmark renowned for embracing tradition and heritage, Sheraton sets the perfect stage for treasured moments with family and friends throughout the holy month of Ramadan. Offering a range of Ramadan experiences throughout the hotel's various venues, designed to accommodate diverse preferences and group sizes, from enriching iftar to elevated suhoor, guests are invited to indulge in the complete spectrum of Arabian hospitality.

Iftar at Al Hubara

From sunset, Al Hubara's Iftar welcomes guests to embark on a culinary journey unlike any other, featuring a delectable spread for QAR 350 per person. Delight in Middle Eastern classics, international dishes, local favourites, live cooking counters, and gourmet desserts under its iconic golden domes.

Suhoor at Khaymat Hayyakom

Surrounded by loved ones and exceptional tastes, suhoor at Khaymat Hayyakom will be an experience worth enjoying for QAR 295 per person with a rich suhoor buffet accompanied by melodic live music. Guests can also unwind and treat themselves to the finest bubbly-bubbly flavours, starting from QAR 125, in a relaxed environment.

Jamavar Royal Iftar & Atrium Lounge

Embark on a royal journey of Indian flavours at Jamavar Doha, where special moments are celebrated with a Jamavar royal Iftar for QAR 275 per person, or unwind in the delightful atmosphere of Atrium Lounge and savour wholesome suhoor delights.



Group Gatherings

For group gatherings to experience the spirit of Ramadan in a bespoke setting, whether hosted in the elegant ambiance of the Salva Tent or amidst the tranquil surroundings of the private iftar at the Pool Café Garden surrounded by lush greenery, guests are treated to an unforgettable culinary journey.

Sheraton & Jamavar On-The-Go

Celebrate sumptuous Ramadan delicacies with the incomparable culinary journey of Indian cuisines in the comfort of your home, starting from QAR 115,

or indulge in balanced Mediterranean meals and top-rated Ramadan favourites, starting from QAR 125. Whether planning an intimate iftar or enjoying a traditional family-style suhoor at home, Sheraton offers the perfect culinary takeaway option.



Ramadan Hampers & Outside Catering

Surprise friends and families this Ramadan with a gift of hand-crafted delicacies of mouth-watering Arabic desserts and traditional sweets, starting from QAR 125. The celebration continues outside the hotel as Sheraton delivers the finest outside catering options with dedicated services that can transform any event into a reality.

Sheraton Staycation

Experience the ultimate Ramadan staycation. Embrace the true essence of the holy month as you reconnect in a setting that feels like home. With Sheraton Staycation, enjoy unparalleled savings on your stay along with the added delights of iftar at Al Hubara and suhoor served in the comfort of your own room.


Sheraton Grand Doha extends a warm invitation to savor the essence of Ramadan amidst its timeless elegance. With heartfelt offerings and a steadfast dedication to exceptional hospitality, Sheraton promises an unforgettable experience where every moment is filled with the spirit of unity and tradition. Embrace the joy of Ramadan, where genuine warmth and connections await, creating memories to treasure.



**CELEBRATE
RAMADAN
TOGETHERNESS**

Celebrate the Holy Month of Ramadan with your loved ones while embracing the richness of Qatari heritage at the iconic and most recognized social landmark.

Our thoughtfully curated offerings promise a profound experience, from exclusive dining indulgences to inviting staycations, enriching your Ramadan journey.



Please scan for the Ramadan brochure



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EMBARK ON A HEARTWARMING JOURNEY

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