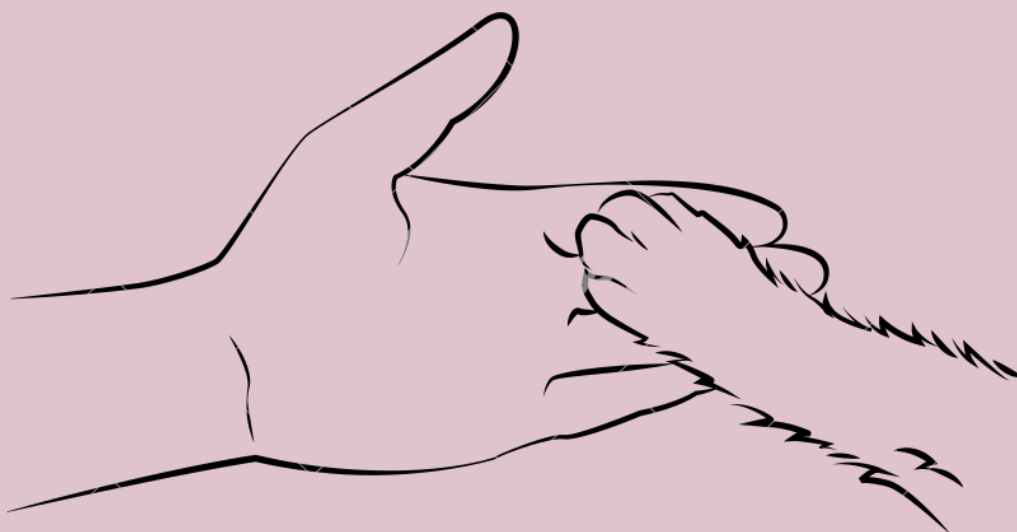


MDV BRISTOL

Muslim Vets Guide

Second Edition

September 2025-26



"Whoever puts their trust in Allah, then He 'alone' is sufficient for them"
(Quran 65:3)



WELCOME



Asalaamualaikum warahmatullahi wabarakatuh!

Congratulations on entering Bristol Veterinary School, and a warm welcome back for the returning students! For the freshers joining our vet school, I hope you have enjoyed your well-deserved break after an intense period of A-levels, or IFP finals.

We recommend all students to read through our guide as there is beneficial information whether you are a fresher or a returning student.

We understand that living away from home for the first time can be a daunting experience. There will be challenges that Muslims face related to their faith in a university/clinical environment however, there are ways to overcome them.

The aim is to help Muslim VetMed students on their journey through vet school by providing practical tips for placement, answering frequently asked questions and reminding of the importance of health and well-being.

May Allah SWT guide us all through our Veterinary Medicine or nursing degree, keep us steadfast in our religion and make us among those who can serve our patients and community to the best of our abilities. Ameen.

MDV Committee



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OUR COMMITTEE



Our committee work tirelessly throughout the year to make sure you have a society that represents you as Muslim vet students. We run events, give advice, and ensure an environment for Muslim students to connect across the university. We are also available for help and support and always appreciate feedback!

Committee 2025–2026

Co-Presidents: Ohona & Bekzod

Brothers' and Sisters' VP: Muhannad & Sanjida

Secretary: Misaal

Treasurer: Huda

Head of events: Jibreel & Duaa

Education Rep: Laila

Medic Lead: Sumayya

Dental Lead: Amal

Vet Lead: Nosaiba

Charity rep: Numa

Fresher's Rep: Muntaha

Social Officer: Sulaiman

EDI Officer: Jaber

‘It is truly I. I am Allah! There is no god worthy of worship¹ except Me. So worship Me alone, and establish prayer for My remembrance” (Qur'an, 20:14)

Salah (prayer) is a significant act of worship within our religion. It is the second pillar of Islam and a means of displaying our submission and devotion towards Allah SWT. Praying helps to increase our *Taqwa* (God consciousness) and strengthen our *Iman* (believers' faith). The importance of salah is emphasised through the obligation of praying the five daily prayers, attending *Jumu'ah* (congregational Friday prayer) and aspiring to complete the *Nafl* (voluntary) prayers. However, praying salah on time alongside our busy timetables can be challenging so here are some tips to help.



Tips

- Ask your supervisor/teaching staff for a short break to pray if it doesn't interfere with or disrupt the session
- Try to pray during your set lunch break
- Ask about prayer spaces or the nearest unoccupied room (this is where a portable prayer mat is helpful)
- Use opportunities wisely e.g. ask to step out to pray between appointments. Make sure you arrive back promptly!

Here is an example template that you can use to ask for time to attend Jumu'ah (or adjust for another prayer) that you can send to your head of year (or the appropriate person):

Good morning/afternoon,

I hope you are well.

I am emailing you about the [insert timetabled session], which I have scheduled for Fridays at [insert time].

Unfortunately, this will make it difficult for me to attend congregational Friday prayer. For context, Friday prayer is obligatory for men in Islam, so this is a vital religious commitment for me.

Therefore, I would appreciate it if we could come up with a solution so that I can attend both the Friday prayers and the scheduled teaching session.

Thank you for your time and understanding.

Kind regards,

If you have any faith related issues or concerns, please do not hesitate to contact one of the Muslim MDV committee members or speak to the University Chaplain Munira Hashmi (**munira.hashmi@bristol.ac.uk**.)

PRAYER SPACES ON CAMPUS

Prayer Space	Segregated?	Wudu'u facility?	Information
Senate House Prayer Room	✓	✓	<ul style="list-style-type: none"> • 2ND FLOOR • U-CARD TO ENTER BUILDING • OPEN 8AM-10PM WEEKDAYS • 9AM-6PM WEEKEND
Woodland Road Prayer Room	✓	✓	<ul style="list-style-type: none"> • OPEN 24/7 • Video on Location • U-card activation required
Multi-Faith Chaplaincy (MFC)	✓	✗	<ul style="list-style-type: none"> • QUIET ROOMS AVAILABLE • ASK CHAPLAINS OR MFC ASSISTANT • OPEN 11AM-3PM WEEKDAYS
Southwell Street Anatomy Building	✗	✗	<ul style="list-style-type: none"> • ROOM 2A.10 MULTIFAITH SPACE • ASK RECEPTIONIST IF LOST • OPEN 8AM-7PM WEEKDAYS
Arts & Social Sciences Library	✗	✗	<ul style="list-style-type: none"> • OPEN 24/7 • UNOFFICIAL MAKESHIFT AREA TO PRAY ON VERY BOTTOM FLOOR, LEFT UNDER STAIRCASE
Biomedical Sciences Building	✗	✗	<ul style="list-style-type: none"> • 2ND FLOOR, ROOM F40A • OPEN 9AM-10PM WEEKDAYS • 10AM-5PM WEEKENDS
SU Richmond Building*	✗	✗	<ul style="list-style-type: none"> • 4TH FLOOR - MULTIFAITH SPACE • WUDU'U-LIKE TOILET ON 2ND FLOOR • OPEN 8AM-11PM WEEKDAYS • 9AM-10PM SAT 2PM-10PM SUN
Dental School	✓	✓	<ul style="list-style-type: none"> • 1ST FLOOR • OPEN 8AM-8PM WEEKDAYS
Langford Vet Campus	✗	✗	<ul style="list-style-type: none"> • EWER ROOM, LANGFORD HOUSE • OPEN 24/7
Chemistry Building	✗	✗	<ul style="list-style-type: none"> • ROOM S223, RIGTH DOOR TO LT3 • ASK RECEPTION, BIT OF A MAZE • OPEN 9AM-7PM WEEKDAYS
NEW Physics Building	✗	✗	<ul style="list-style-type: none"> • ROOM 4.41, 4TH FLOOR • BOOKED 30 MINS POST-THAN • OPEN 9AM-7PM WEEKDAYS

"And establish the prayer, indeed, prayer prevents immorality and wrongdoing"

وَأَقِمِ الصَّلَاةَ إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ



*Jum'uah is held in the SU Richmond Building - Carpenter Room 2nd floor for Brothers & Sisters, unless limited alternative space is booked. For the details of room & times message Bristol ISOC @bristolisoc (IG) or email secretary@brisoc.com with your name + number to be added to the WhatsApp group chats. Jum'uah held too in Dental school + BRI Hospital + Southmead Hospital

PRAYER SPACES IN VET SCHOOL



"Guard your (obligatory) prayers. especially the middle (Asr) prayer.
Stand before Allah with true devotion." (Qur'an, 2:238)

Location	Information
<u>LANGFORD HOUSE</u>	"Located in Langford House. It is accessed via the Courtyard, through the white door marked Ewer room. Go through the door then to the left."



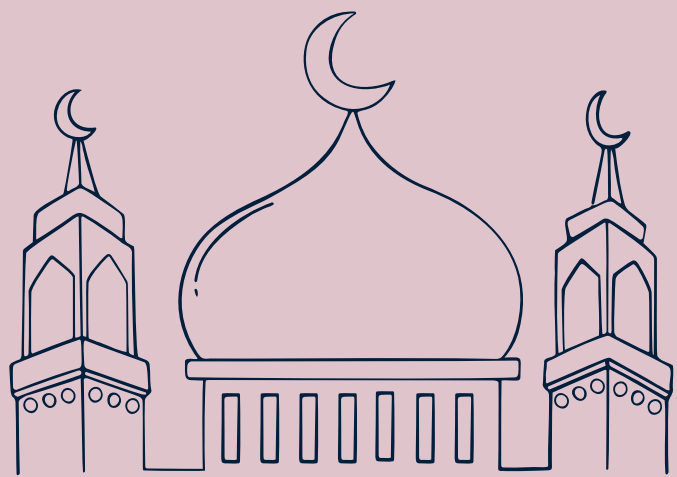


RAMADAN

“O, Believers! Fasting is prescribed for you – as it was for those before you – so perhaps you will become mindful of Allah.” (Qur’an, 2:183)

Ramadan is the ninth month of the Islamic calendar and is the fourth pillar of Islam. It is within this holy month that the Qur'an was first revealed to Prophet Muhammad SAW on *Laylatul Qadr* (the night of power). It is a month of fasting, praying, spiritual growth and reflection for Muslims. Fasting from dawn till sunset within the month of Ramadan is an obligation for all Muslims apart from those who are exempt.

Ramadan gives us the opportunity to reflect on both our good and bad deeds and contemplate how we can become better people and better Muslims. During Ramadan many Muslims follow the *Sunnah* (the Prophets way of life) of praying *Taraweeh* (night prayer), throughout the holy month the Qur'an is recited, this is one way for us to become closer to Allah SWT and form a deeper connection with our religion.





RAMADAN



Tips to balance Ramadan alongside student life

- Make a list of goals you want to achieve by the end of Ramadan
- Figure out a study/revision schedule that is going to work for you e.g. study/revise/read the Qur'an after *Fajr* before the start of placement and then relax after placement between *Asr* and *Maghrib*
- Inform your supervisors/group during placements/rotations that you are fasting so that they can support you if necessary
- If you have any concerns about attending a timetabled session whilst fasting, contact the vet school
- Make sure to have a full and balanced *Suhoor* (meal before sunrise)
- Reduce your tea/coffee intake leading up to Ramadan, this will help to prevent you from experiencing withdrawal symptoms e.g. headaches/fatigue
- Consider meal prepping your *Iftars* (meal after sunset) for the week
- Being away from your family and friends during Ramadan can be a lonely time. Try and have *Iftar* with your fellow Muslim friends or the BRISOC community
- Staying active is good for your mental health, adjust your exercise routine to make it achievable whilst fasting

EID

**“You must complete the quantity (of days) in order to thank God for leading you and be thankful.”
(Qur’an, 2: 185)**

As Muslims we celebrate *Eid al-Fitr* (festival that marks the end of Ramadan) and *Eid al-Adha* (festival of sacrifice) which marks the end of *Hajj* (annual pilgrimage to Mecca). On these important days we attend congregational Eid Prayer, give charity and celebrate the special occasion with close family and friends.

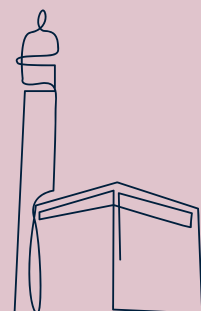
These dates change every year as they are based on the lunar calendar and are dependent on local moon sightings. This is why it is important to appropriately request leave from the vet school in advance.



Tips for requesting leave

- Inform your supervisors and coordinators well in advance about the upcoming Eid celebration
- Request a day off for Eid and assure them that you'll make arrangements to cover any missed work during this time
- Make sure to spend time with family and friends and enjoy the day!

If you are unable to go home for Eid, Muslim MDV and BRISOC communities are present with many people in a similar situation. Be proactive and try to celebrate Eid together!



MUSLIM LIFE IN BRISTOL

**“Give glad tidings to the ones who walk in the darkness to the mosques, with full light on the day of judgement.”
– Prophet SAW (al-Tirmidhī)**

Mosques, Butchers and Halal Food Spots

Within walking distance of UoB campus

- Assahaba Mosque (18 minute walk)
- Al-Baseera Bristol Centre (25 minute walk)

[Click here for a list of key mosques in Bristol on google maps](#)



[Click here for a list of halal butchers in Bristol on google maps](#)



[Click here for a list of halal food spots in Bristol on google maps](#)



**Information sourced from the University of Bristol Islamic Society Fresher's Handbook*



Tips

- **Importance of booking EMS placements early:**

- EMS (extra-mural studies) are compulsory placements that you do in your own holiday time (check the EMS handbook to see when you can complete EMS).

- You need to complete a specific number of pre-clinical and clinical weeks to graduate. Please check the Veterinary Science handbook or RCVS website to see the updated set number of weeks you need to complete and make sure to plan accordingly.

- EMS placements get booked up in advance (can be up to 1 year in advance or more) so it is important to book as early as possible.

- **Where to find EMS placement:**

- On BlackBoard located on the EMS module page there is a Database of all the EMS providers and their locations. This is a good way to find EMS and contact the providers.
- Asking upper years for recommendations!

- **Ensure to use your placements to practice clinical skills and animal handling!**

- On the course, you don't get much time to practice these key skills so ensure you keep on top of your skills and take every opportunity you get on placement to hone in on your skills.

- Always ask for feedback from clinicians to improve your skills.

- **Ask questions!**

- Use this time to ask questions when you are unsure as this is a very useful time to clear up and improve on your clinical knowledge as well as show you are interested and engaged.

- People will always be happy to answer questions and will be more inclined to let you do more on the placement.

- **Be on time and professional:**

- Remember this is a clinical setting which requires you to be punctual and professional.

- You will get much more out of your placement if you are on time and act professionally.

- **Ensure to prepare before your placement:**

- To get the most out of your placement make sure you read up on relevant topics before you attend the placement.

- Use this time to revise any previous knowledge. People will be able to tell if you have or haven't prepared.

- Use the timetable software in the practice to see what is coming into the practice and read up on the history.

- **Stick up for yourself:**

- You may be allocated to an area that is quite remote and not diverse. It is good to be mindful that people may not be as well educated on Islam and our requirements e.g. Salah and hijab. It is important to be understanding and friendly when explaining to them. However, if you experience racism/discrimination, please report any abuse immediately to the emergency EMS numbers. For more information on Islamophobia, refer to pages 22-23.

STUDY RESOURCES



Finding a way to learn that suits you

- The way that you learn at A-levels and GCSE might be completely different to how you learn at university and it is important to find a way that suits you early on. Use the first year to find a way that suits you.
- Useful ways to revise can be: summarising, watching videos, writing notes/questions/flashcards, practicing questions/flashcards e.g. Quizlet, Peerwise, Question banks and revising with friends.
- Blackboard will contain all the information you will need for your exams and it is important to go through the Vet handbook (on Blackboard) to find the specifications which will include all the information you need to know to get through vet school.
- Make sure to go through the learning objectives and key points of each lecture as this is what is mainly tested in exams.
- If you are ever struggling, make sure to ask for help (from the university or our Muslim MDV Vet Lead.)

[Click here for the Muslim MDV
Resource Bank!](#)

STUDY RESOURCES

Online journals and research databases:

- PubMed: A comprehensive database of biomedical literature, including veterinary research.
- CAB Abstracts: A valuable resource for veterinary and animal science research, offering literature on a wide range of topics.

Veterinary organisations:

- Royal College of Veterinary Surgeons (RCVS): The regulatory body for veterinary professionals in the UK offers guidelines, resources and information on veterinary standards.
- British Veterinary Association (BVA): A professional organisation representing veterinarians in the UK. Provides valuable information, publications, and networking opportunities.
- American Veterinary Medical Association (AVMA): A leading organisation in the U.S. for veterinary professionals, offering resources, continuing education, and advocacy.

Clinical Skills

- The clinical skills lab in Langford and Southwell Street (you will be shown where these are on induction) are extremely useful resources to help you practice your clinical skills.
- Before OSCEs especially use this time to get used to these skills as you will need to pass them in your OSCEs and more importantly you will need to be able to do them on EMS and placements.
- To make the most of it, go with friends to help each other practice or feel free to contact our Vet Lead to help with any skills you are struggling with.

HIJAB & MODESTY

**“And tell the believing women to lower their gaze and guard their chastity...Let them draw their veils over their chests, and not reveal their hidden adornments...”
(Qur'an, 24:31)**



For many Muslim women, the hijab is more than a religious obligation; it is a source of comfort, protection and part of their identity. It should not be compromised or made compromised unless needed e.g. patient safety.

Key rules on hijab in the clinical workplace:

- Religious head coverings are allowed
- 'Bare below the elbow' during direct patient contact
- At the clinic, you can either wear full sleeves which you roll up during patient appointments or use disposable sleeves – used like disposable gloves
- In surgical theatres, options:
 - Disposable orthopaedic hood from the trust
 - Disposable hijab (your own or from the trust)
 - Change to a newly washed hijab at 60°C



Tips

- The hijab and sleeves should not be loose and dangling
- Jersey hijab is more comfortable and easier to adjust
- If you are asked to expose e.g. elbows in non-patient settings, explain the guidelines to them
- Sizing up on scrub tops can provide more coverage
- try stethoscope over your hijab! (didn't think I'd hear anything but it works! esp if its 1 layer of hijab covering your ears)

“O Allah, I take refuge in you from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.”

– Prophet SAW (Al-Bukhari 7/158)*

[*Click for an explanatory video on Dua](#)

We understand that starting university, moving away from home and adjusting to the veterinary course can be an overwhelming experience.

At times you may experience low self-esteem, and imposter syndrome and feel that there is too much to do and too little time. These are common thoughts, however, you do not have to go through it alone.

It is important for us as veterinary students to prioritise our physical and mental well-being. Both the university and the veterinary school offer various pathways for you to seek guidance and support during your degree. If you feel that you are struggling at any point, please speak to someone.



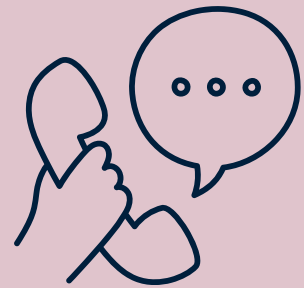
Tips

- Make sure to take frequent breaks from studying
- Set time aside each week to join society events, focus on your hobbies and spend time with your friends (use a planner to organise your time)
- If you're struggling to balance work and life, create study space boundaries e.g. some students complete all their work within the library environment
- Remember, self-care is the best care!

Who can you reach out to?

Within the Veterinary School

- Your personal tutor (BVSc, AGEF and VNP students) or PG mentors (residents and interns)
- *BVSc years 1-2: Julie Townsend*
- *AGEF years 1-4: Ellie Sellers*
- *BVSc years 3-5: Ronnie Roberts*
- *Vet nursing: Susan Holt*
- *Global Health and Wildlife Conservation MSc: Kate Bradley*
- Welfare Reps (BVSc and VN students)



Within the University

- [Health and Well-being Services](#), request support [here](#)
- [Multifaith Chaplaincy](#) - Contact the Muslim Chaplain
- [Student Health Service](#) - For medical related support
- [Resilife](#) - If living in university accommodation
- [BAME Support](#)
- [Nilaari](#) - Provides culturally appropriate counselling services for BAME students. Contact Nilaari (0117 952 5742) to receive up to six free counselling sessions

Other

- [Emergency Help](#)
- Your peers can be a good source of comfort to share concerns and advise with each other
- Our EDI Officer Maria Hussain, or any other committee member from Muslim MDV
- [The Muslim Youth Helpline](#)
- Self-help resources: [Practical Guide to Managing Stress by BIMA](#), [Self-Help Resources](#)

Take care of your soul...

“Allah does not burden any soul greater than it can bear.” (Qur'an, 2:286)

Allah SWT has provided various means of support for us in this *dunya* (this world), so we should use His provisions to improve our well-being. Islam also encourages us to turn to Allah SWT with our worries and concerns. This can be in the form of talking to Allah SWT through salah, making *dua* (supplication prayer) and reading/listening to the Qur'an.

**“We send down the Quran as a healing and mercy for the believers,”
(Qur'an, 17:82)**



Like in veterinary medicine, prevention is better than cure in Islam. Try to incorporate small and consistent habits into your routine to continuously seek refuge from Allah SWT and gain a deeper knowledge of the religion. This will maintain and strengthen your connection with Allah SWT.

For example:

- Read the Qur'an/Tafsir for 15 minutes every morning
- Attend the educational and social events held by Muslim MDV, BRISOC and local mosques
- Work on personal goals to [purify_your_heart](#)

HEALTH & WELL-BEING

Dua for seeking refuge from severe calamity, misery, and to be freed from misfortune

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ
 Allahumma inni a'uzu bika min jahdil-bala', wa darki shaqa', wa
 su'il-qadha', wa shamatatil-a'da'

"O Allah, I seek refuge in You from severe calamity, from misery to fall upon me, from misfortune in the decree, and from the joys of the enemies." (Sahih Al-Bukhari)

Dua for hardship and distress

Allah s.w.t. will grant whoever recites this 7 times in the morning or evening sufficiency from which whatever matters that brings him or her grief:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ
 HasbiyAllahu la illaha illa Huwa, 'alayhi tawakkaltu,
 wa Huwa Rabbul arshil azim

"Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, and He is the lord of the Majestic Throne."
 (Sunan Abi Daud)

Dua to attain calmness of the heart from being anxious

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي
 Rabbi-shrah li sodri, wa yassir li amri, wahlul
 uqdatan min lisani yafqohu qawli

"Lord, lift up my heart and ease my task for me. Remove the impediment from my tongue so that they may understand my speech." (Surah Taha, 20:25-28)



ISLAMOPHOBIA

**"You shall certainly be tried in your possessions and your lives, and you shall certainly hear many hurtful things from some of those who were given the Book before you and from some polytheists. But if you persevere patiently and guard yourselves against evil, that is a matter of strong determination."
(Qur'an, 3: 186)**

Islamophobia is the act of discrimination towards Muslims which can be experienced as direct actions or subtle comments. If you feel that you have been in a position where you feel uncomfortable with someone's actions or words, it is very important for you to raise a concern.

In a situation where you feel discriminated against it is important to remain calm. It may be that an individual is curious about Islam or that they have a misconception about Muslims, so in this case it would be beneficial to have a healthy and open discussion about the topic. Within these situations, you are representing all Muslims so this is why it is essential for you to embody the loving and peaceful nature of our religion. Where there is potential aggression and hostility, remove yourself from the situation and seek immediate support.

The Prophet SAW experienced high levels of insult and torture; his response was always with mercy. He chose peace over violence and would pray for their (and future generations) guidance.

ISLAMOPHOBIA

What steps can you take to tackle islamophobia?

1. Politely end the conversation, let them know you are uncomfortable. If you feel unsafe at ANY point e.g. at risk of any form of violence, LEAVE to an area of safety
2. Report the incident to e.g. your supervisor, personal tutor, the senior tutor team & your head of years
3. Consider further avenues in raising concerns
 - *I am a student/member of staff and I want to raise a concern about a student* → [Student Referral Form](#)
 - *I am a student and I want to raise a concern about a member of staff* → speak informally to senior members of staff (e.g. Year lead/tutors)
 - *I want to report anonymously or request contact from an Advisor* → Use the [Report and Support Tool](#)
4. Take care of your mental health, seek support from the university or external organisations e.g.
 - [SARI charity](#) in Bristol – provides free and confidential support for anyone who is a victim of a hate crime.
 - Report to [Bristol hate crime & discrimination services](#)
5. Join / Create initiatives to increase awareness of Islamophobia and help form resolutions
 - Share your story
 - Join [Islamophobia Awareness](#) campaigns
 - Reach out to other bodies e.g. Muslim MDV EDI Officer / Bristol SU advice team and Bristol SU EDI Officer

CLOSING



Alhamdulillah

Thank you for reading the 2nd edition of the Vets Guide by Muslim MDV. We hope that the information provided will help you to navigate your way through vet school. We understand that this is the 2nd edition and there may be content that has not been covered yet. If you have any ideas or concerns, please get in touch using our contact details below.

Finally, we make dua that your time here is successful and we hope that we have inspired you to feel confident about being a Muslim within the vet field and University.

CONTACT INFORMATION



[.@muslimMDVbristol](https://www.instagram.com/muslimMDVbristol)



muslimmedicsbristol@gmail.com



linktr.ee/muslimmedicsbristol



[muslimmedicsbristol](https://www.facebook.com/muslimmedicsbristol)

DM us on **Instagram** or email us at **muslimmedicsbristol@gmail.com** to be sent an invitation link to the WhatsApp announcement group chat and to be added to the brothers' or sisters' group chats!

