



Faith: Judaism

# Yom Kippur

[yaam kuh-poor](#) 

Yom Kippur, the Day of Atonement, marks the end of the High Holy Days (also called the High Holidays or Days of Awe), a ten-day long period of repentance that starts with Rosh HaShanah. Yom Kippur is the holiest day of the year in Judaism, and its observances center repentance, atonement, fasting, and prayer.

## Date

Annually on 10 Tishrei, usually late September or early October on the Gregorian calendar.

## Greetings

None that are common for non-Jewish people.

## Common Practices and Celebrations

- Fasting, which may impact energy and focus
- Attending services at a synagogue

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- This is commonly a day of fasting from sundown to nightfall the following day.

Feedback is welcome; please visit [northwestern.edu/diversity](https://northwestern.edu/diversity).

## Impact at Northwestern

Expect that observers of this holiday will be unavailable this day.

If you would like to learn more or need help navigating accommodations, please visit the [Policy on Academic Accommodations for Religious Holidays](#).

## Campus Resources

- [northwesternhillel.org/](https://northwesternhillel.org/)