



Water matters

To grow well and be healthy you need at least 50 litres of clean water each day. This is a very small amount of water when you consider the average New Zealander uses more than 200 litres of water each day*. In countries like New Zealand most water is clean and safe to drink, however in places where worldbuddies live there is often not enough water and it can be dirty, making people sick.

*This includes water used for drinking, washing, cleaning and cooking.

Learn more about water. Read the **Water facts** below and complete some, or all, of the **What's it like** activities.

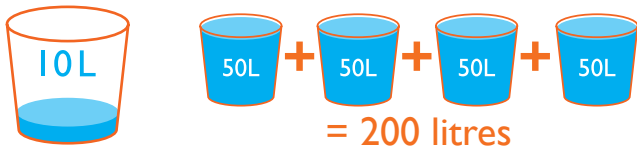


Water fact 1

In our world today, 1 in 6 people do not get clean water to drink.

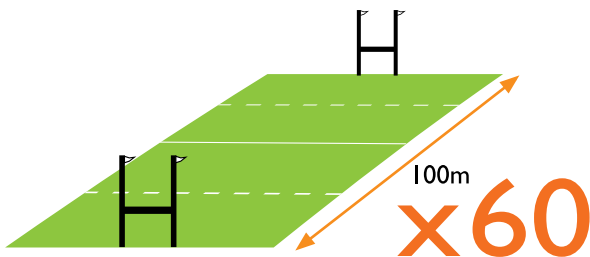
Water fact 2

People in countries where it is very difficult to get water use less than 10 litres a day.



Water fact 3

The average distance someone in Africa and Asia walks to get the water they need is 6 kilometres.



What's it like activities

Ask your Mum or Dad to figure out the distance from your front door to your letterbox. Then ask them to help you calculate how many times you would have to walk this distance to complete 6 kilometres. Find a bucket that can carry at least 10 litres of water (if this is too heavy, then only fill it half full). See how far you can carry the bucket of water by counting how many times you can go from the front door to your letterbox and back. Imagine what it would be like to carry this water for 6 kilometres.

Collect several 1 or 2 litre milk bottles. Every time you have a drink of water, measure out the same amount and pour it into the bottles. At the end of the day work out how much water you have drunk. Try to imagine what it must be like to be thirsty and not be able to turn on a tap to get clean, fresh water.

Each person, on average, uses 15 litres of water to wash in every day. Put 2 litres of water in a bucket and stand in the shower or bath but don't turn on the taps. Now try to wash yourself with just the water in the bucket. Imagine how hard it would be to get clean with only this amount of water.

Hint: Wet your body first then apply some soap. Remove the soap by scooping water out of the bucket with a cup and pouring it over your body.

