

WATER AROUND THE WORLD CHALLENGE!

Ahoy world travellers, can you walk the water
talk and live on the same water as other countries
around the world for each day of the week?



**BRISTOL
WATER**
THE FOUNDATION

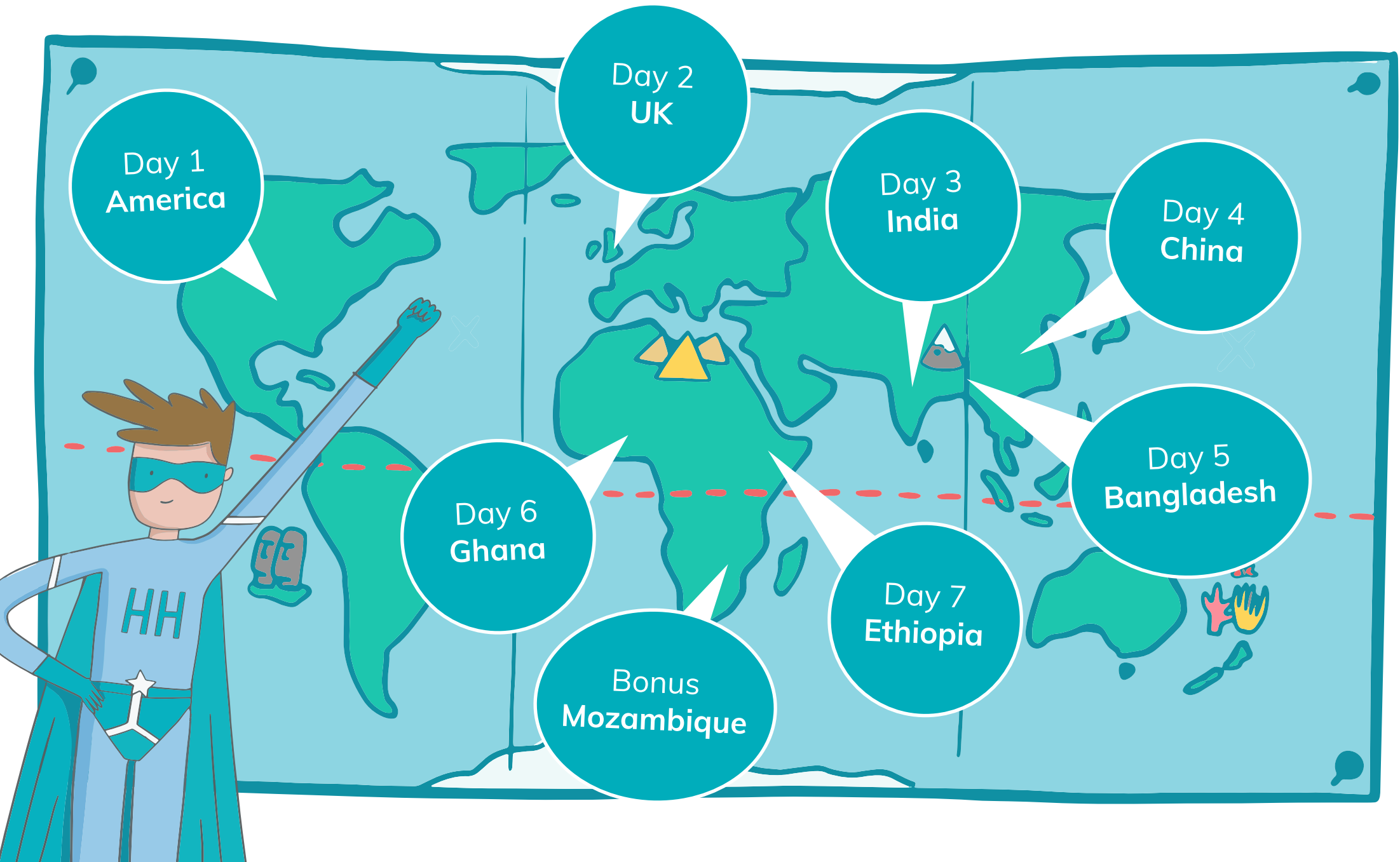
Rules

- You must stay hydrated! If you're drinking tap water, we won't even make you allocate more than 1.2litres on your sheet even if you drink a little more!
- Adult tasks count too – this means if your clothes are being washed by your adult, you'll need to include this in your water use! This also includes cooking, cleaning and plant watering.
- It's hard to measure water! Do your best and use our sheet above for guidance, but if you're unsure, guess. E.g., if you're showering, take a timer into the shower with you and times it by the 1-minute of showering on the table above.

Top tips

- If you have plants you want to water, try collecting rainwater! Rainwater won't count towards your water use.
- Shower with a bucket in the shower to collect falling water for other uses – genius!
- Why not try our navy shower technique? This means showering for less than 2 minutes and turning the shower off when soaping up! So 30 seconds on, lather up, 30 seconds off, and repeat for your conditioner if you're using it.
- If it's yellow, let it mellow! – This means not flushing after just a wee. If you have a dual flush (two buttons on the loo) using the little button will use less water
- You could also reduce the pressure of taps and showers by only turning it half way – this means you can half the water use!

Locations



Water use

Action	Estimate water use
Drinking (don't worry – drink as much as you like but always take off 1.2litres as your hydration is very important!)	1.2 litres
Loo flushing	
Using the larger button on a dual flush (where there's 2 buttons!)	6 litres
Using the half button on a dual flush (where there's 2 buttons!)	4 litres
Where there's only one button / way to flush (not a dual flush)	14 litres
Showering & washing	
Per 1 min of showering – high pressure shower	16 litres
Per 1 min of showering – average shower	12 litres
Per 1 min of showering with a water saving shower head	8 litres
Hand wash	2 litres
Running tap for a minute	6 litres
Brushing your teeth x 1 (turning off while brushing)	3 litres
Bubble bath	70 litres

Action	Estimate water use
Cleaning	
Dishwasher cycle	12 litres
Average washing machine cycle	50 litres
Running the tap until it gets cold	4 litres
Gardening	
Average garden watering can	10 litres
One minute with the garden hose on average	54 litres
Cooking	
Average saucepan (to boil food) - small	1 litre
Average saucepan – large	2 litres
Average cuppa size	0.35 litres
Average glass of water size	0.4 litres
Full kettle of water	1.5 litres
Other	
Dripping tap per day	4 litres

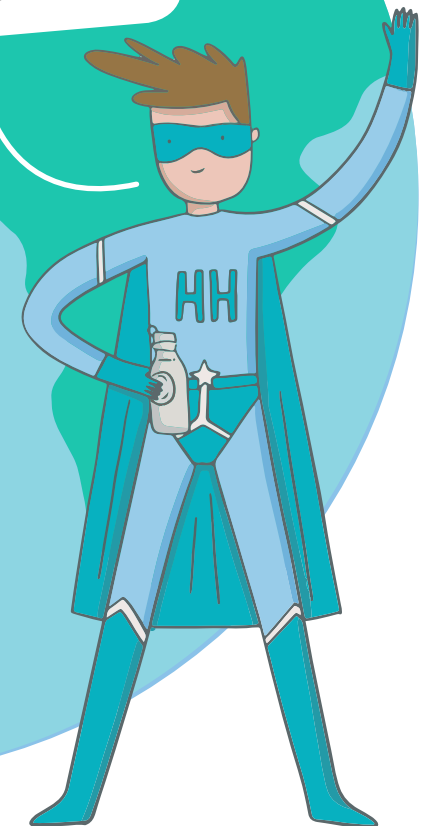
Day 1: America

Today's date is

You have a **whopping 400 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Fun fact: 40% of all the water in America is used in agriculture (to grow food!)



Your total use for the day: litres.

Day 2: UK

Today's date is

You have **150 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Many people in the world live on less than 10 litres of water a day – some of the toilets we have here in the UK use more water than that in just one flush!



Your target was 150! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

Day 3: India

Today's date is

You have **135 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Fun fact – there's far more Indian people than British people in the world – in fact people who live in India make up 18% of the worlds population!



Your target was 135! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

Day 4: China

Today's date is

You have **86 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

A third of people in China don't have access to piped water like we do. There is an old Chinese saying that when noble guests visit the streets must be sprinkled with water.



Your target was 86! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

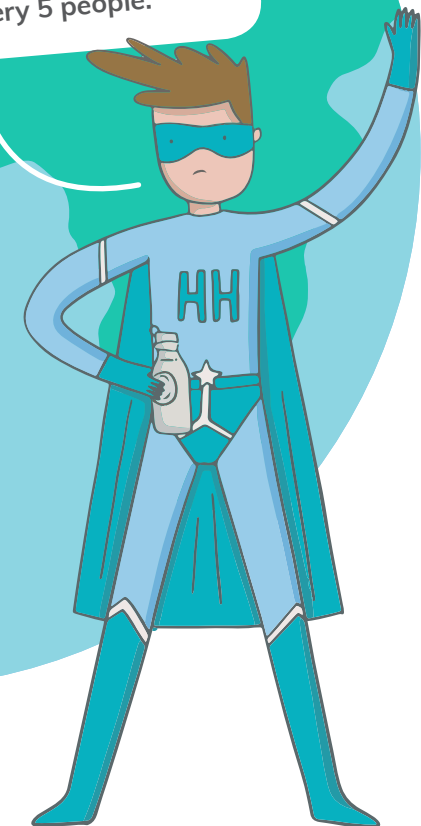
Day 5: Bangladesh

Today's date is

You have **46 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Less than 1% of people living in the rural areas of Bangladesh have piped water access in their home. Arsenic – which is found in the water in Bangladesh, has been shown to be the cause of death for 1 in every 5 people.



Your target was 46! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

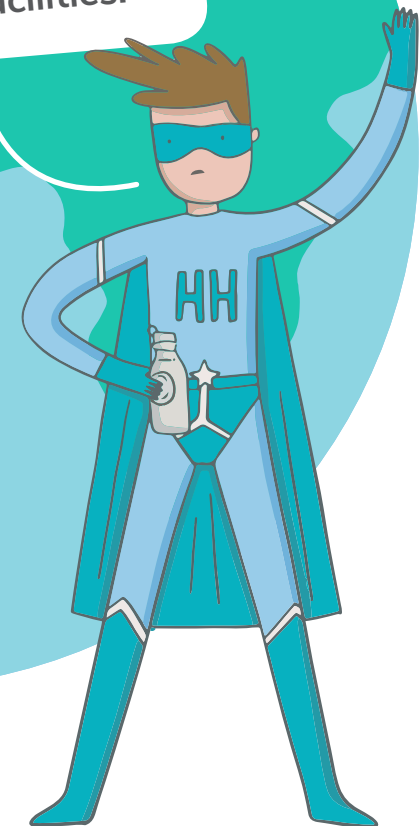
Day 6: Ghana

Today's date is

You have **36 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Over 80% of people in Ghana lack access to either a toilet or basic hand and shower facilities.



Your target was 36! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

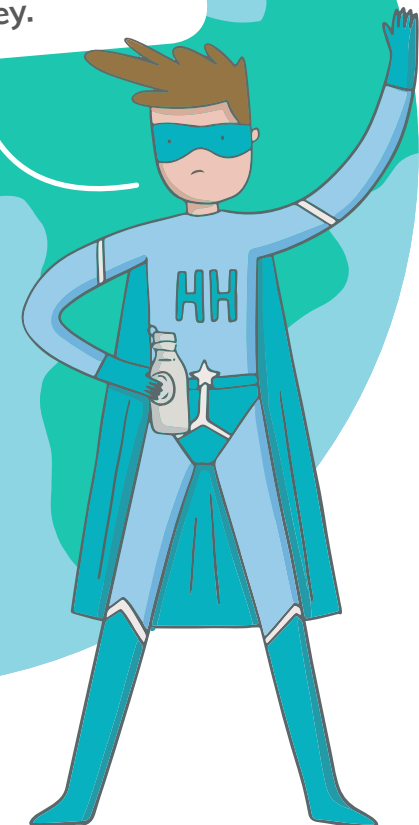
Day 7: Ethiopia

Today's date is

You have **15 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Fact – in Ethiopia, less than half of all kids (45%) attend primary school. The rest collect water each morning and help their families earn money.



Your target was 15! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

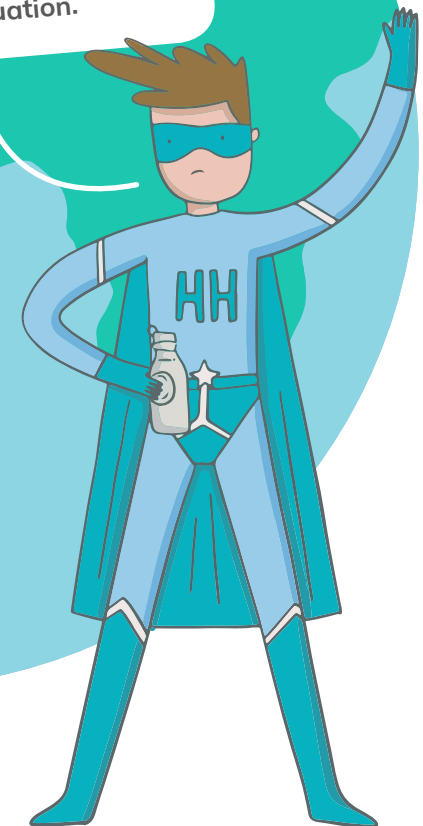
Bonus: Mozambique

Today's date is

You have **4 litres** of water to use today:

Item	Notes	Total
Water to stay hydrated		1.2 litres

Less than half of schools in Mozambique have access to clean water and sanitation. Droughts floods and earthquakes make it hard for the country to progress in its water situation.



Your target was 4! Your total use for the day: litres. Did you achieve the target? Circle: Yes / No

You've completed the Challenge!

A huge well done from Bristol Water!

Now let's see what your overall weekly water use was:

Average week of water use = 1,050 litres

Your total water use was =

How many days did you achieve your target? / 7

Why not plan some more crafty water saving tips?

Your ideas:

1.
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2.
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3.
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4.
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