



I BIKE

WALK FOR WATER



MATERIALS REQUIRED—PEN & PAPER

You Tube Time!

Did you know that the United Nations (UN) estimates that nearly a third (29%) of Sub Saharan Africa's population live over 30 minutes walk away from their nearest drinking water source? Watch Edme's long walk for water video here:

<https://www.youtube.com/watch?v=1Mem3z-1404>

In Malawi, the UN estimates women who collected water spent 54 minutes per day on average, while men spent only six minutes. Women are disproportionately affected by the water crisis, as they are most often responsible for collecting water. This takes time away from work, school and caring for family. The lack of water and sanitation locks women in a cycle of poverty (For more info please visit:

<https://water.org/our-impact/water-crisis/>)

Activity Time

Choose your own walk to a local green space or park, if you have any rivers or water near you, you could try and include them on your route, you can invite other people from your bubble to join you too. Your **walk destination should be 30 minutes away** so it will be 1 hour in total (30 minutes to the destination and 30 minutes back home again). If your destination is closer maybe you could walk the route twice? Make sure you **ask an adult for permission** before you go out or ask them to come with you. Take a bottle with some water from home if your destination isn't near water.

Once you get to your destination your challenge is to **make your own water container out of natural materials** i.e. leaves, twigs, bark, moss. Once you have built your container pour a little water in and see how far you can get with spilling any, **can you make it all the way home?**

Art Time

Draw a picture or diagram of the water container you made. You could label the different materials you used. Have you got any ideas how you could make it better?

Draw a map of your route showing any interesting places you passed and any places where any water spilled out of your container.

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk

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Question Time

The European Food Standards Agency recommends **we should drink between 2 and 2.5 litres** of water per day.

How many litres of water do you think your family need to drink each day?

Most big sports water bottles can hold 1 litre of water, if your nearest source of water was a 30 minute walk away **how many trips do you think you would need to make to carry all of the water for your family** (don't forget your pets if you have any, they get thirsty too)?

Reflection Time

Watch this video to see how some organisations are empowering women to help their families gain access to clean water: <https://www.youtube.com/watch?v=ZkStObhWjnI>

Think about Edme's journey and the journey you have taken, can you imagine doing that 4 times a day carrying heavy containers of water? **Do you think it's fair** that it's mostly women who have to make these journeys?

If girls like Edme didn't have to collect water **they would save approx. 4 hours per day.**

Inspiration Time

If you had an extra 4 hours a day, **what would you do with it?** Think about creating a happier, kinder, fairer world. Use the space on the next page or your own jotter or paper to write what you would do.

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