



Walking for Water (Introduction)

(Discussion Questions)

Before showing the image:

1. If you needed to get a drink of water, or fill up your water bottle, how far would you have to go?

2. Fill in the table below before and after you fill up your water bottle.

How many steps you would take to go fill up your water bottle and return.	Estimate:	Actual:
Length of time it would take you to make this trip to fill up your water bottle and return.	Estimate:	Actual:

Discussing the image:

1. 10 000 steps is about 6 km. How many steps or km do you think you walk in a day?
2. What else do you think these women could be doing for these 6 hours a day if they had clean water available in their homes?
3. Children (usually girls) are often responsible for collecting water. If they're spending 6 hours a day collecting water, what would they not be able to do?
4. If you were spending this much time walking for your own water, what would you have to give up in your life? What would you have to change?

The average distance that women in Africa and Asia walk to collect water



10,000 steps,
or 6 kilometers (3.6 miles)



In developing countries in Africa and Asia, the distance to the nearest source of freshwater is typically about 10,000 steps—or 6 kilometers (3.6 miles). In Africa 90% of collecting freshwater

for families is done by women, who on average spend about six hours a day making several trips while carrying heavy containers on their heads.