WALK FOR WATER

A comprehensive, step-by-step guide to planning and holding a successful event

A WALK FOR WATER IS A DYNAMIC COMMUNITY INITIATIVE DESIGNED TO ACTIVATE YOUTH IN THE FIGHT AGAINST THE GLOBAL WATER CRISIS.
There is an urgent need for clean water, sanitation, and hygiene education in schools and communities around the world. Women and girls are mostly responsible for fetching water and caring for the sick (who primarily fall ill due to dirty water). This means that women and girls have less time to spend on productive activities, such as going to school or working on a business venture, whereas men and boys can spend their days generating income and attending school.

The relationship between water and health is significant. An estimated two million people die every year from diarrhea-related diseases. Children, especially those under the age of five, are most susceptible to the ultimate horrors of water-borne diseases. Access to clean water and adequate sanitation substantially decreases the mortality rate among children.

Water, sanitation, and hygiene education are of critical importance to a school community’s health and way of life. Due to lack of access to private sanitation facilities at schools, many children and teens, especially girls, cannot attend school.

“The water crisis is the most pervasive, most severe, and most invisible dimension of the ecological devastation of the earth.”

-Vandana Shiva, Indian scholar

**FACTS**

1. 4.5K children die daily from diseases due to a lack of access to clean water, adequate sanitation & hygiene education.

2. Over 80% of disease in developing countries is related to poor drinking water and sanitation.

3. Women and children in many communities spend up to 60% of each day walking to collect water.

4. In Africa, more than 25% of the population spends up to 6 hours walking to collect enough water for the day.

5. Without access to a latrine, many girls stop going to school once they reach puberty.
An H2O for Life Walk for Water is a unique opportunity to engage your community in a life changing experience while raising funds for a global partner school.

This experience will take you beyond “simply crossing the finish line alone” to “inspiring the community to run with you”. Participants in the walk will gain a new perspective on the reality of the Global Water Crisis and in turn inspire support for your global school in their journey to safe water.

A Walk for Water is simple to orchestrate and far more impactful than a normal 5K run. During the event all participants will travel 5 kilometers carrying 1 gallon of water. This models the average distance women and girls walk everyday to access water in areas of need. The walk is not only long, but individuals in the developing world are carrying an average of 5 gallons, weighing nearly 42 pounds.

Immersion is an incredible way to gain empathy and understanding. Implementing a Walk for Water will, without a doubt, bring your community running alongside you to help solve the Global Water Crisis.

Based on a true story, A Long Walk to Water is the compelling and inspiring account of two young Sudanese people caught in the midst of war, drought and famine. This story unfolds through the dual narrative of Nya, a girl living in a small village and Salva, a boy running for his life during the savage Sudanese Civil War.

As an eleven-year-old, Salva Dut is forced to flee his home as bombs and soldiers tear through his village. Separated from his family and believing they have been killed, he flees war-torn Sudan to seek refuge in Ethiopia and Kenya. Nya walks daily for several hours from her village to the pond to fetch water for her family. She only has time to stop for a quick meal before repeating this journey. She does this every single day for seven months of the year.

This mesmerizing dual narrative by award-winning author Linda Sue Park is a fictionalized account of true events and shows us that in a troubled country, determined survivors may find the future they are hoping for.

““The goal is not simply for you to cross the finish line, but to see how many people you can inspire to run with you.”

- Simon Sinek

Find your global partner school online at h2oforlifeschools.org/projects

“AT THE END OF OUR WALK FOR WATER I FELT LIKE I COULD RELATE TO WHAT MY PEERS AROUND THE WORLD EXPERIENCE ON A DAILY BASIS.”
FOUR EASY STEPS TO PLANNING A MEANINGFUL AND SUCCESSFUL WALK FOR WATER

1. CHOOSE A GLOBAL PROJECT AND MAKE A PLEDGE

THINGS TO THINK ABOUT WHEN YOU’RE CHOOSING A PROJECT
- Do you have a global population that you feel strongly connected to?
- Is there a cultural connection to your own community?
- What story stands out to you?

QUESTIONS TO CONSIDER WHEN FORMULATING A PLEDGE THAT MAKES SENSE
- How many people do you plan on engaging?
- If each one of those people donated X amount of dollars what would your total pledge be?
- Take an average always keep in mind that some will give much more than you expected and some may not have the capacity to give any.

2. IDENTIFY A WALK DATE, LOCATION, AND ROUTE

IMPORTANT TIPS REGARDING YOUR WALK DETAILS
- It is best to pick a date that doesn’t conflict with other community events, so check your date carefully. Are there any other holidays on that date? Other community events?
- Does your walk location need to be reserved? Contact and reserve that location ASAP.
- Share the walk route with your attendees.

3. DECIDE HOW TO RAISE AWARENESS AND FUNDS

TIPS AND TRICKS FOR RAISING AWARENESS
- Develop Public Service Announcements to share during the marketing phase.
- Set up learning stations to teach your community why they are walking.
- Develop a presentation before or after the walk about the effects of the Global Water Crisis and the importance of supporting the cause.

TIPS AND TRICKS FOR RAISING FUNDS
- Have individuals purchase tickets to the event.
- Gather pledges from community members, family members, friends etc.
- Sell merchandise at the event.
- Engage the attendees in "extra" events such as raffles, games, and challenges.
- Ask for local sponsorships.

4. ACQUIRE WATER JUGS TO USE DURING THE WALK

TIPS AND TRICKS
- Reach out to a local grocery store and ask for water jug donations. Water jugs if they remain unsealed can be donated to a local homeless shelter or food shelf after the walk.
- Have individuals donate empty gallon jugs to be filled for the walk. After the walk, be sure to recycle the water in an environmentally friendly way!
- If water jugs are not an option, fill backpacks with heavy books!