



Team  
**Challenge**  
Curriculum  
**Water**



## Table of Contents

**How to Use This Resource.** .....3

**Sample Schedule** .....2

**Statistics** .....4

## Team Challenge –

### Water



• What's Your Water Footprint? – Lesson 1 .....	5
• World Water Crisis – Lesson 2 .....	7
• Water – Lesson 2 Picture Cards .....	9
• Water Projects – Lesson 2 Story Cards .....	14
• Water Activities .....	21
• Water Project Snapshot .....	22

## Sample Schedule –

### TEAM CHALLENGE – WATER (One Day Event)

#### Saturday

9:00 am	Icebreakers/Introduction
10:00 am	Lesson 1 – What's Your Water Footprint?
11:00 am	Spread the Word
Noon	Volunteering by cleaning up trash from the beach
2:00 pm	Team Building – The Great Water Race
3:00 pm	Craft – Paper Bead Jewelry
4:00 pm	Lesson 2 – World Water Crisis
5:00 pm	Closing Worship – Light Your World

Outreach International is a 501(c)(3) regulated charity.

All photographs and text copyright © 2014 by Outreach International. All rights reserved.

All photography is taken in Outreach communities by Outreach Staff and partners.





## How to Use This Resource

Thank you for your willingness to lead young people in Team Challenge. We hope you find your time together to be meaningful, informative, motivational and fun. Whether your event is for an entire weekend or a few hours, this resource is for your group.

Team Challenge curriculum is designed to be used at three separate events revolving around three overall themes: Hunger, Water, and Health. This resource gives you the freedom to pick and choose based on the needs of your group. Each theme has a lesson, activities, and snapshot of what Outreach International is doing to help communities. Additionally, worship ideas, spiritual practices, crafts, and recipes can be used with any theme. Team Challenge curriculum can be downloaded as one complete resource, or as individual resources (Hunger, Water, Health, Faith Resources, and Additional Resources).

### Spread the Word

We're excited your group is participating in Team Challenge to raise money for Outreach International and raise awareness of global humanitarian problems. Here are some tips for fundraising success.

1. Create a team fundraising goal. Make it realistic, but set your sights high!
2. Go to **[outreach-international.org/my-outreach/](http://outreach-international.org/my-outreach/)** and create a My Outreach page for your group. Get the word out to your family, friends, neighbors, and church members that your group is raising money for Outreach International. Share your My Outreach page on email, Facebook, Twitter, or other social media.
3. During your event invite participants to make calls, send emails/text messages, and use social media to help your group make their goal. You'll be surprised how much money your group can raise in one hour. Invite donors to give online through your My Outreach page, or through checks made out to Outreach International. Make a speaking script for your group to use and for participants to practice before actually making any calls.

4. Don't forget to thank your donors! Invite your group to make thank-you cards to mail to donors during your time together.
5. Print a Certificate (*download from website*) for each person completing Team Challenge.

### 24 Hour Fast-a-Thon

Fasting can be a powerful and emotional experience and is a great way for your youth to experience some of the hunger pains in a closed environment that countless children experience every day. During the fast it is important to make sure your participants stay hydrated. Periodically ensure your youth have plenty of water, hydrating drinks, juice or broth to drink.

In the unlikely event one of your youth physically reacts negatively to the fast, don't hesitate to give them granola bars or other food items on hand. Their health is a priority.

At the end of your 24 hour fast share in a solidarity meal together by using one of the recipes provided in the curriculum, beans and rice, or with communion. During your last few minutes of the fast invite your group to uphold those who experience chronic hunger daily.





## Some Statistics to Think About

- Over 800,000 people go hungry or are undernourished every day.<sup>1</sup>
- One in eight people experience chronic hunger.<sup>2</sup>
- Sub-Saharan Africa has the highest amount of people who experience hunger. One in five Africans are undernourished.<sup>3</sup>
- The world's poorest families often rely on the work of their children for survival.<sup>4</sup>
- In 2011 an estimated 11% of the world's population lived without clean drinking water.<sup>5</sup>
- The average American family uses more than 300 gallons of water per day.<sup>6</sup>
- The average American lifestyle uses twice the global average consumption of water.<sup>7</sup>
- Almost 2,000 children die per day from diarrhea caused by unsafe water and poor sanitation.<sup>8</sup>
- Over 750 million people do not have access to safe, clean drinking water, and 2.5 billion people live without proper sanitation.<sup>9</sup>
- More than two-thirds of all people living with HIV live in sub-Saharan Africa—including 88 percent of the world's HIV-positive children.<sup>10</sup>
- More than 35 million people now live with HIV/AIDS.<sup>11</sup>
- The per-day cost to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy is 25 cents.<sup>12</sup>
- Hunger is the single biggest solvable problem facing the world today.<sup>13</sup>
- The world produces enough food to feed all 7 billion people who live in it, but those who go hungry either do not have land to grow food or money to purchase it.<sup>14</sup>
- Out of the world's estimated 7 billion people, 6 billion have access to mobile phones. About 4.5 billion have access to working toilets.<sup>15</sup>

### Sources

- <sup>1</sup> [www.fao.org/docrep/018/i3107e/i3107e.PDF](http://www.fao.org/docrep/018/i3107e/i3107e.PDF)
- <sup>2</sup> [www.un.org/apps/news/story.asp?NewsID=46150#.Uyi-sNy4w4M](http://www.un.org/apps/news/story.asp?NewsID=46150#.Uyi-sNy4w4M)
- <sup>3</sup> [www.wfp.org/hunger/stats](http://www.wfp.org/hunger/stats)
- <sup>4</sup> [www.un.org/en/globalissues/briefingpapers/childlabour/](http://www.un.org/en/globalissues/briefingpapers/childlabour/)
- <sup>5</sup> [www.who.int/mediacentre/news/releases/2012/drinking\\_water\\_20120306/en/](http://www.who.int/mediacentre/news/releases/2012/drinking_water_20120306/en/)
- <sup>6</sup> [www.epa.gov/watersense/our\\_water/water\\_use\\_today.html](http://www.epa.gov/watersense/our_water/water_use_today.html)
- <sup>7</sup> <http://environment.nationalgeographic.com/environment/freshwater/change-the-course/water-footprint-calculator/>
- <sup>8</sup> <http://worldtoiletday.org/wp-content/upload5/EAOC01-40-WTD-advocacy-report5.pdf>
- <sup>9</sup> [www.unicefusa.org/work/water/](http://www.unicefusa.org/work/water/)
- <sup>10</sup> [www.amfar.org/about-hiv-and-aids/facts-and-stats/statistics--worldwide/](http://www.amfar.org/about-hiv-and-aids/facts-and-stats/statistics--worldwide/)
- <sup>11</sup> [www.amfar.org/about-hiv-and-aids/facts-and-stats/statistics--worldwide/](http://www.amfar.org/about-hiv-and-aids/facts-and-stats/statistics--worldwide/)
- <sup>12</sup> [www.wfp.org/stories/10-things-you-need-know-about-hunger-2013](http://www.wfp.org/stories/10-things-you-need-know-about-hunger-2013)
- <sup>13</sup> [www.wfp.org/stories/10-things-you-need-know-about-hunger-2013](http://www.wfp.org/stories/10-things-you-need-know-about-hunger-2013)
- <sup>14</sup> <https://www.dosomething.org/actnow/tipsandtools/11-facts-about-world-hunger>
- <sup>15</sup> <http://newsfeed.time.com/2013/03/25/more-people-have-cell-phones-than-toilets-u-n-study-shows/>



## What's Your Water Footprint?

### Leader's Notes:

When speaking of water-related issues in the world, it's important to first acknowledge how each of us contributes to the problem. Only then can we talk about being part of the solution. This lesson is designed for participants to explore their water usage and to understand their overall water footprint on the earth. If you are in a location with limited internet access, please download the videos ahead of time so you can share them easily with the group.

### Objectives:

- To identify one's water footprint on the world
- To identify ways water is wasted in everyday life

### Materials:

- laptop computer
- projector
- computer speakers
- Optional: additional laptops/tablets for group work

### Directions:

1. Have participants form groups of 2–3 and discuss/answer the following questions:
  - a. When you wake up in the morning, what is the first water-related thing you do?
  - b. How many times a day/week do you shower/bathe? For how long?
  - c. Pretend you're brushing your teeth. How long do you let the water run while brushing?
  - d. On average, how many glasses of water do you drink daily?
  - e. Do you think you waste a lot of water in your everyday life? Yes/No? Why?
2. Invite groups to share responses with the larger community.
3. Wasting water is weird. Watch the short commercial on the following website backed by the EPA about wasting water.  
[www.wastingwaterisweird.com](http://www.wastingwaterisweird.com)

## Water Lesson

# 1



# WATER



4. What is your water footprint? Have participants go to the following website on phones or laptops/tablets if available. If not, project it on the screen and answer the questions as a group. <http://changethecourse.us>
5. Reactions? Dialogue with participants after the quiz has been completed.
  - a. What was most surprising to you?
  - b. Did anyone gain a new perspective on water consumption?
  - c. Knowing this information about your water footprint, how does this change your view on your own individual water consumption?
  - d. How does your water consumption affect others? Do you think it impacts the world when most of us live where there is plenty of available, inexpensive water? Why or why not?
6. Download the PowerPoint “How much do you know about Water?” quiz or read the questions aloud (*below*) for participants to answer individually.
7. End the lesson with the viewing of this video titled “The World Water Crisis.” [www.youtube.com/watch?v=\\_Rq6rmRxkPo](http://www.youtube.com/watch?v=_Rq6rmRxkPo)

## How much do you know about Water?

Please respond to each question with a True or False answer.

- 70% of the world is made up of water. (**TRUE**)
- Only 1% of earth’s water is drinkable. (**TRUE**)
- One in 9 people in the world don’t have access to clean drinking water. (**TRUE**)
- 80% of sewage in developing countries is discharged untreated directly into water bodies. (**TRUE**)
- Every year more than 3 million people die from water-related diseases. (**TRUE**)





## The World Water Crisis

### Objectives:

- To understand challenges that impact water sources in developing countries.
- To understand how Outreach International helps communities secure clean water.

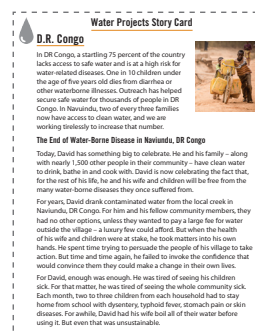
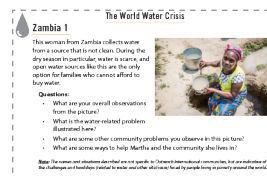
### Materials:

- laptop computer
- projector
- computer speakers
- Picture Cards (pp. 30–34)
- Water Projects – Story Cards (pp. 35–41)

### Directions:

- Begin class by viewing this UN video about the global water crisis. [www.youtube.com/watch?v=6IC9R7hezd0](http://www.youtube.com/watch?v=6IC9R7hezd0)
  - Due to environmental and human impacts, our water sources are changing. In some places fresh water sources are drying up due to droughts or other major changes in weather patterns. In other places, fresh water is contaminated by humans—trash, industrial waste and bodily fluids where toilets are not accessible.
  - In the developed Western world we have access to as much water as we want. Sometimes this abundance moves us to be wasteful and oblivious to the consequences of our actions. Let's journey together to see and understand some of the ways others in the developing world are affected by water. Let's explore how because of water-related issues, children sometimes cannot attend school, millions of people get sick and still many others die.
- Show this video clip from Outreach International: <http://vimeo.com/77142147>
- Divide participants into groups of 3 or 4. Give each group a Picture Card which has a description of a community/village on it. Groups will have 10 minutes to answer the questions and prepare to present to everyone present. See sample card on next page.
- Invite each group to present their Picture Card and answers to the questions (*on the card*) to the larger group.
- After each group presents, share the Story Cards of how, with the help of Outreach International, each community has been transformed.
- Watch this video from Unicef about its bold way of educating people about the harm of unclean water. [www.youtube.com/watch?v=TtOQda0aKlc](http://www.youtube.com/watch?v=TtOQda0aKlc). What can be done in your own

## Water Lesson 2



# WATER



neighborhood to educate people about the unclean water crisis found in much of the world?

7. What can you realistically do that will make a difference? How are you going to improve awareness? How are you going to raise funds that will help groups like Outreach International in its mission to abolish poverty? Spend some time brainstorming with participants about how they can assist Outreach International in helping build sustainable communities and bring fresh water to those in need.

### **Challenge participants to take action!**

8. If appropriate to your setting, you may close the class with a moment of reflection to remember the people that are struggling world-wide because of a lack of sanitation available.

**Optional:** If possible, create a Facebook group with participants in the group activity. Post weekly encouraging thoughts and ask them how they are helping to raise awareness and funds. By posting weekly you will help to hold them accountable to the ideas they had during your time together, and may be a great community supporting each other to make change.

## Sample Picture Card



### Nicaragua 1

This is Martha. She lives in Nicaragua and is the mother of 5 young children. Three years ago she lost a child due to a water-related illness. Every day she travels here to fetch water. Although it's contaminated, it is her only source.

#### **Questions:**

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help Martha and the community she lives in?

**Note:** The names and situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.







## Congo 1

### The World Water Crisis

Two Congolese boys with a bike loaded with water jugs, showcases the reality of children having to spend time (*in some cases excessive time*) to travel to get water from the local water access point. The good news: there is clean water available. The bad news is that fetching water may mean that children might not be able to go to school.



#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



## Haiti 1

### The World Water Crisis

This Haitian woman washes her family's clothes in the stream – likely the same place that she and her family bathe, and perhaps even get their drinking and cooking water.



#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.

**Water: Lesson 2—Picture Cards:** Make 1 copy of this page and cut apart.





## The World Water Crisis

### Haiti 2

Two Haitian children walk home from the market, carrying food and water.

#### **Questions:**

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



## The World Water Crisis

### India 1

Women in India gather water from the closest water source to their village, even though it is unclean, with both animals and people bathing in the streams.

#### **Questions:**

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



**Water: Lesson 2—Picture Cards:** Make 1 copy of this page and cut apart.





## India 2

### The World Water Crisis

The pump shown in this photo is a clean water access point—a solution for the community rather than an issue. However, it illustrates rural community life, and offers a good example of the difference between access to water in developed vs. developing countries.



#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



## Malawi 2

### The World Water Crisis

This treadle pump is being operated by two men as a solution to water needs in their community. While water is less of an issue now in this community, it still requires effort and maintenance on their part to keep the pump working.



#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.

**Water: Lesson 2—Picture Cards:** Make 1 copy of this page and cut apart.



## Nicaragua 1

### The World Water Crisis

A young mother and her children in Nicaragua travel down dusty, hot roads to fetch water together for cooking, drinking and bathing.

#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?



**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



## Philippines 1

### The World Water Crisis

A young Filipino boy collects heavy buckets of water for his family, using a yoke to help distribute the weight of the water over the distance he has to travel.

#### Questions:

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.



**Water: Lesson 2—Picture Cards:** Make 1 copy of this page and cut apart.



## The World Water Crisis

### Zambia 1

This woman from Zambia collects water from a source that is not clean. During the dry season in particular, water is scarce, and open water sources like this are the only option for families who cannot afford to buy water.



#### **Questions:**

- What are your overall observations from the picture?
- What is the water-related problem illustrated here?
- What are some other community problems you observe in this picture?
- What are some ways to help this community?

**Note:** The situations described are not specific to Outreach International communities, but are indicative of the challenges and hardships (related to water and other vital issues) faced by people living in poverty around the world.





## Haiti

# Water Projects Story Card

In Haiti, 40 percent of people lack access to safe drinking water. Before Outreach began working in Haiti, none of the 10 schools we now serve had access to water. In Outreach schools, 40 percent of children now have access to clean water, and we continue to build that number.

### Water, Sanitation and Hygiene Offer Children a Brighter Future in Haiti

Access to clean and safe water is a challenge in Haiti, especially in times of flooding. To respond to this need, Outreach International's objective for their sponsored schools has been to give children access to safe water and hygiene facilities. To accomplish this, cholera prevention kits and Water, Sanitation and Hygiene (*WASH*) information and training has been done to prevent illnesses as funds allow. But there is much yet to be done —especially in rural areas where piped water access is still lacking.

The cholera prevention kits contain Clorox and aquatabs that allow the schools to purify their water. Buckets, soap, and now several piped water stations allow children to wash their hands as a regular hygiene practice. Information was also shared on how to make oral rehydration solutions for children and families affected by illness caused from unsafe water.

Repetition of hygiene and water messages are important, and Outreach International uses the yearly Global Day of Hand Washing to kick off the beginning of the school year. As a result, there is less sickness. Less sickness means less days missed from school. And less school days missed offer children a better education and hope for the future.





## Water Projects Story Card

### **D.R. Congo**

In DR Congo, a startling 75 percent of the country lacks access to safe water and is at a high risk for water-related diseases. One in 10 children under the age of five years old dies from diarrhea or other waterborne illnesses. Outreach has helped secure safe water for thousands of people in DR Congo. In Naviundu, two of every three families now have access to clean water, and we are working tirelessly to increase that number.



### **The End of Water-Borne Disease in Naviundu, DR Congo**

Today, David has something big to celebrate. He and his family – along with nearly 1,500 other people in their community – have clean water to drink, bathe in and cook with. David is now celebrating the fact that, for the rest of his life, he and his wife and children will be free from the many water-borne diseases they once suffered from.

For years, David drank contaminated water from the local creek in Naviundu, DR Congo. For him and his fellow community members, they had no other options, unless they wanted to pay a large fee for water outside the village – a luxury few could afford. But when the health of his wife and children were at stake, he took matters into his own hands. He spent time trying to persuade the people of his village to take action. But time and time again, he failed to invoke the confidence that would convince them they could make a change in their own lives.

For David, enough was enough. He was tired of seeing his children sick. For that matter, he was tired of seeing the whole community sick. Each month, two to three children from each household had to stay home from school with dysentery, typhoid fever, stomach pain or skin diseases. For awhile, David had his wife boil all of their water before using it. But even that was unsustainable. He had to spend 40 percent of his daily salary just on fuel to boil water. So when an Outreach International field staff member came to his village, he was one of the first to greet him. From that point forward, there was a new energy in Naviundu. People came together to work as a team and gather resources, and a faucet was installed.



## India

# Water Projects Story Card

In rural India, only three out of every 10 people have access to clean water. The World Bank estimates that 21 percent of diseases in India are related to unsafe drinking water. There are more than 1,600 deaths each day from diarrhea alone. Before Outreach International began working in India, none of our communities had access to clean water. Today, 95 percent of children and their families in our communities are using clean water to drink, bathe in and cook with, and we are continuing to expand our reach in India.

### Water System Becomes a Reality in Kurempeta, India

For families in Kurumpeta, India, creating a water system to serve the entire community had long been in the works. And as of June 30, 2013, after months of collaboration and teamwork, 625 people have access to clean, safe drinking water.

After using the local river as the main source for water for generations, diseases like cholera broke out among the community. The people of Kurumpeta knew that the need for clean water was urgent.

But disease wasn't the only hardship. Surendra and his wife, a couple well into their 60s, began to struggle physically on their walk to the river. Not only was it a long journey, but carrying a heavy pot back to their home became gradually more difficult.

Now that the pipe system is finished, the community has nine "water points" that they can access clean water from, distributed throughout their villages. Surendra and his wife no longer have to battle the elements to get water—now they get it at a "water point" just outside their home.

"We are very happy. Before, we used to go to the river for bathing, and in the rainy season we were taking baths in muddy river water. We were affected by different diseases, but now we are not depending on river water. Now we have clean water for drinking, cooking, bathing, cleaning house and washing clothes," said Riwana, a woman from Kurumpeta.







## Water Projects Story Card

### Malawi

An astonishing number of people in Malawi are without access to clean drinking water. And in rural areas, an even higher percentage of people are affected. Prior to Outreach's work in Malawi, only eight percent of our communities had access to clean water. Working with families in Malawi, Outreach has now helped more than one-third of individuals gain access to wells and water pumps, and we are continuing to increase water projects in the area.

### Irrigation Provides Food for Lean Months in Malawi

In Malawi, families rely heavily on corn for nutrition. But during the lean months (*the dry, summer season*), there is not nearly enough rainfall to keep corn crops alive. Prince, a father and husband, was worried for his family's health in these summer months.

Outreach International brought Prince together with his fellow community members to plan a way to maintain healthy eating during the lean months. As a result, the men and women of the village planned a vegetable garden near the river.

Because the river may flood during the regular harvest season, the garden near the river is only used to produce crops during the lean months. And it doubles as a very convenient irrigation system.

Now, Prince and his family are growing plenty of tomatoes and other vegetables, and are able to eat healthy foods year around.





## Water Projects Story Card

### Nicaragua

About 15 percent of the population of Nicaragua lacks access to safe drinking water. Water-related diseases like diarrhea and typhoid fever are of high concern, especially in children. Before Outreach began working in Nicaragua, none of the communities we now work in had access to clean drinking water. In the communities we work in, more than 50 percent of families now have access to safe drinking water.



### A Steep Journey to Access Water in Nicaragua

Cipriana, a 78-year-old woman, lives in a mountainous part of Nicaragua near the small rural village of Los Alvarez. It is too steep to reach by vehicle, and is about a 15-minute walk up a rugged dirt trail. There, Cipriana lives in a small house located in a clearing of trees.

Her life is far from easy. Many of the simple things of life that others take for granted are a considerable chore for Cipriana. There is a well close by her house, which she built herself, and which benefits several other neighbors as well. However, it is inadequate for their needs, and does not offer pure drinking water.

Down in the village of Los Alvarez, a water distribution system had been installed where most of the community now had a fresh water faucet within their home. Cipriana is now part of a group working with Outreach International to install a similar system into her own household. She is a strong believer in people working together to overcome their difficulties, and shares the story of a local bird who, when it starts to sing, others all join in together to make a beautiful sound. Cipriana believes that when people come together to help each other sort out their problems and difficulties, they can do something beautiful and effective.



## Water Projects Story Card

### Philippines

In rural Philippines, nearly one-fourth of the population is without access to clean water. The World Health Organization estimates that diarrhea is responsible for about 8.5 percent of all deaths in the region. We're helping families in the Philippines by building clean water systems, like wells and pumps. Today, we've helped 60 percent of the families in Outreach communities gain access to safe drinking water. And we're continuing to spread our mission to surrounding communities, too.

#### Pipe Water Dream

In Looban, Philippines, residents were drinking dirty water that caused diarrhea and skin diseases in 15 children. When bathing, those skin diseases became even more infected.

Flor and her husband, parents of five children, carried a combined 48 liters of water daily from a source more than a half mile away. Sometimes, they spent what little money they had on distilled water to protect their children from disease.

With Outreach International's help, the community organized to solve the problem. Using the nearest clean water source, community members built a communal pipe system from the source to each house in the village. Now families no longer worry about the water their children drink or bathe in.

#### Filipino Families Create A Clean Community Water System

One hot, summer day in Canantong, Philippines, a young boy went for a swim in the irrigation canal near his home. He was abruptly interrupted by his mother, MaryAnn. What MaryAnn's son was naively oblivious to was the fact that broken bottles lined the canal floor. But as unsuitable as the canal was for swimming, the family had no choice but to use it for washing their clothes and shallow bathing.

With limited water, Mary Ann's family, along with 490 other Canantong residents, had to use their resources the best they could. For most, that meant using the dirty, dangerous canal as a water source.

Mary Ann's husband, Arman, with relatives living on the other side of the village, traveled nearly three miles to fetch water nearer to them. But Arman could only carry five gallons of water at a time.

Working together, seventy-five families sought a solution, accessing supplies and resources to install six pumps and increasing clean water available to families. With pride and ownership, this sets a high precedent for future projects.





## Zambia

# Water Projects Story Card

In Zambia, one out of every three people is without access to clean water. Because clean water is sparse, Zambians must often travel great distances to obtain safe drinking water for their families. Today, after teaching communities to build wells and properly maintain them, we have helped 45 percent of Outreach communities gain access to safe drinking water.

### Thirsty and Hungry for Water: Zambia

Florence and Dickson, a couple with 10 children, live in Muchinshi, Zambia. It's a constant struggle to obtain basic services such as clean water, food, medical help and housing because of the lack of livelihoods available. But the lack of water affects many areas of their lives.

The couple shares, "The only source of water for our family is a shallow well situated near our farm plot. The water is very dirty and the children regularly get sick from drinking it, but we have no other choice. The nearest clean water well is a long way and none of us have the strength to carry the weight of the water over that distance."



"Because the shallow well provides our drinking water, there is often not enough to water our small plot of land. And without any other form of income, if we are unable to pick anything to eat from the land, we have to go without food. That happens a lot, and our family regularly goes several days without any food at all. And when we do pick vegetables, we have to decide who will eat that day. The younger children cry a lot because of hunger."

"The family often gets sick—especially the younger children—mainly due to malaria and dysentery. The nearest clinic is several miles away and we can't afford the medicine anyway. We've lost several children because they got so ill. Richard, our 3-year-old son, couldn't even walk because he was so malnourished."

Fortunately, the tide is turning in Muchinshi since Outreach International has been involved. The community has been taught how to make a nutrient-rich porridge out of rice, corn, and beans, and the most malnourished children are being fed this on a regular basis. Richard is one of them—and since eating the porridge, he can now walk!

The family is being taught how to effectively farm on their land and increase the amount of food available to them, and they are learning how to negotiate with the local government to obtain boreholes for clean water. This process takes time, but even in the couple of months that Outreach International has partnered with Muchinshi, the improvements are definitely tangible.



## Water Activities

### Volunteer

- Help clean up pollution from a local lake, river, pond, or beach.
- Volunteer at a recycling center.
- Tour a water plant.
- Distribute water during a local athletic event.

### Awareness

- Organize an event to educate people in your community about water usage and the world water crisis.
- Research where your water comes from and the toxins currently present.
- Create a My Outreach page and join the movement to help others get access to clean water.
- Host an event to raise money for an Outreach International water project.

### Technology

- Make a video on how to conserve daily water usage and post onto social media.
- Movies to watch and discuss as a group:

*Blue Gold: World Water Wars*

*Flow*

*Tapped*

*The Story of Bottled Water*





## Water Projects Snapshot

### Focus Countries

Haiti -	Clean drinking water in schools
Zambia -	Improved irrigation methods
Bolivia -	One mile of pipe for clean drinking water
Malawi -	Clean drinking water
DR Congo -	Training local residents how to repair wells
Philippines -	Micro reservoirs for increased crop yields
Nicaragua -	Aqueducts and water catchment systems
India -	Community water points

<http://outreach-international.org/issues/water/>

### Fundraising Goals

Water Bucket Filter	\$55
Share of a Water Well	\$75
Handwashing Station	\$250
Build a Well	\$6500

### Videos

<http://vimeo.com/77079172>

<http://vimeo.com/77142147>

<http://vimeo.com/20382958> – Nicaragua