



Photo by Susan Walters/CRS

LENGTH 20 minutes

SUMMARY This activity requires participants to carry water, joining them in solidarity with people throughout the world who travel long distances to wells and rivers every day to get the water they need to use each day.

MATERIALS

- Buckets (or use gallon jugs that can then be used throughout the Food Fast during water breaks)
- Place to fill buckets
- Tape

PROCESS Divide participants into groups of two to four and give each group two buckets or four gallon jugs. Use the tape to mark a starting point (the well or river) and a finishing point (home) for the groups to carry water. Have group members designate a person to fill the bucket at the well and then another person(s) to carry it home. Groups can have more than one person carry the bucket and can decide on the best way for their group to carry it.

Consider setting up obstacles to demonstrate the often harsh and dangerous conditions in which people must gather water at a well or river and then return home. Obstacles could include: animals, forests, marketplaces, hills and robbers. Participants can be used as obstacles as well as chairs, stairs and tables. Don't make obstacles so challenging that participants could hurt themselves. Have supervisors near obstacles to prevent mishaps.

Option: Weather and light conditions permitting, have participants go outside for this activity.

DEBRIEF

In the United States most people can turn on a faucet and get water any time of day for cleaning, cooking, drinking, etc. However, in many parts of the world, people in need, usually women and girls, travel long distances to wells or rivers to get water. This water has to last the entire day and is not always clean.

Ask participants:

Was it easy to carry the water? Could you do this for over a mile, three miles, or longer?

Did you know many people in the world, mostly women and girls, do this every day?

How does this impact their health and safety?