



# WALK FOR WATER



**FOCUS:** Experience walking long distances to collect water like millions of people throughout South Sudan do every day for their families.

## DID YOU KNOW:

70% of people in South Sudan live in poverty.

2.1 million women and children are acutely malnourished.

55% of the South Sudanese population can access improved sources of drinking water.

Around 38% of the population have to walk more than 30mins one way to collect drinking water.



How far can  
**YOU**  
carry water?



## DETAILS:

Set up a water relay for the day. This could be done as an individual challenge, class challenge or a group challenge. Set a target of how far you think your group could walk during a day carrying water and how much water that could be carried.

What is the best way to carry water ...

On you head?

In a wheelbarrow?

**YOU DECIDE!**

By hand?

*Share your journey with migrants and refugees from around the world.*

*Open your heart and move your feet to share in their struggles.*

*Be part of the world wide journey.*



**Share the  
Journey**   
#sharejourney

Log your kms to achieve  
the goal of 1 million kms.

**Global Solidarity Walk**

[http://journey.caritas.org/  
log-your-walk/](http://journey.caritas.org/log-your-walk/)

**1 DAY OF  
DIFFERENCE  
FOR A LIFETIME  
OF CHANGE**