



www.aquapath-project.eu

AQUAPASS

My guide
on water footprint

Aquapath project aims at fostering citizens' awareness (children - tomorrow's citizens - and adults) regarding water consumption in Europe. The objective is to educate Europeans citizens on responsible choices and actively promote mind-shifts in their communities.

Seven partners from:
France, Germany, Italy, The Netherlands, Portugal and Spain.



After some days that you had a good score in Aquatest, you can start becoming an "AquaProf"! **Bring a friend to Aquapath:** tell your classmates, your friends, your family everything you know about Water Footprint and write here their names.

(if you want to do it again tomorrow, use a pencil!)

I told the water footprint story to:

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

NAME..... SIGNATURE.....

**THANK YOU VERY MUCH
FOR LEARNING AND PLAYING WITH US!
Your AQUAPATH Friends**

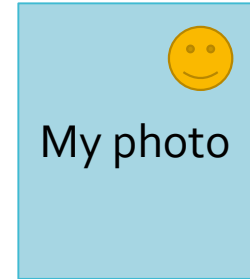
AQUA TEST

Now you are a “Aquapath champion”! It’s time to check out your achievements in reducing your Water Footprint and help other doing the same!

If you did something properly you saved 3 drops!

Check the list! (use a pencil so you can do it again tomorrow)

Today’s score =/18



DID I CLOSE THE TAP WHEN BRUSHING MY TEETH?



DID I HAVE SHOWER OR BATH?



DID I EAT LOW WATER FOOTPRINT FOOD TODAY?



DID I EAT EVERYTHING I HAD IN MY DISH?



DID I SUGGEST AT HOME TO USE THE DISHWASHER OR WASHING MACHINE ONLY WHEN THEY WERE FULL?



DID I TALK ABOUT WATER FOOTPRINT AND WATER SAVING TO MY FRIENDS/FAMILY?



NAME

SURNAME.....




AGE.....

COUNTRY.....

WATER FOOTPRINT

Everything you wear, eat and use has a Water Footprint. But, what is Water Footprint?

Water Footprint is the human appropriation of fresh water for our direct consumption and for producing goods, food, energy and everything else we need in our life.

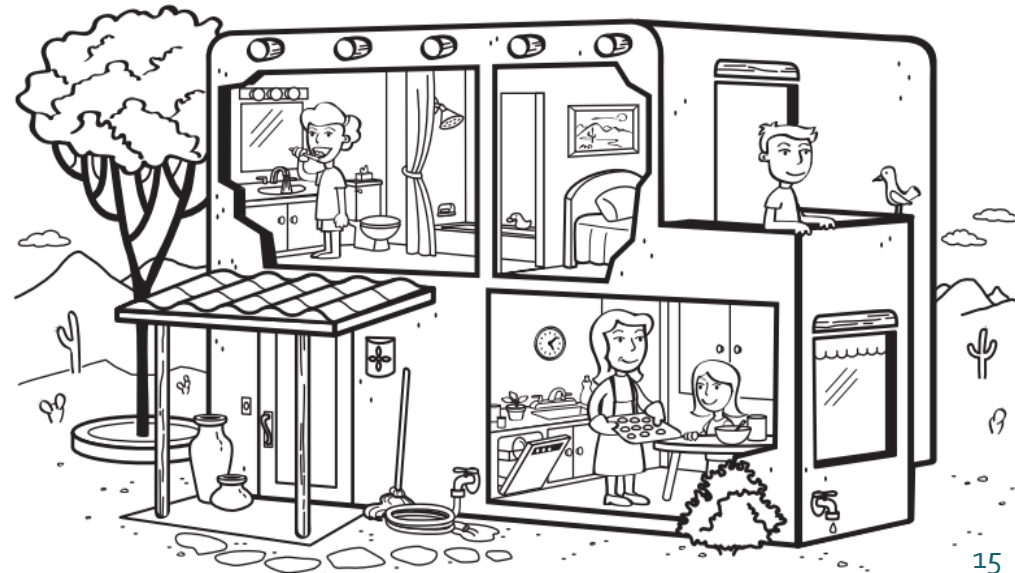
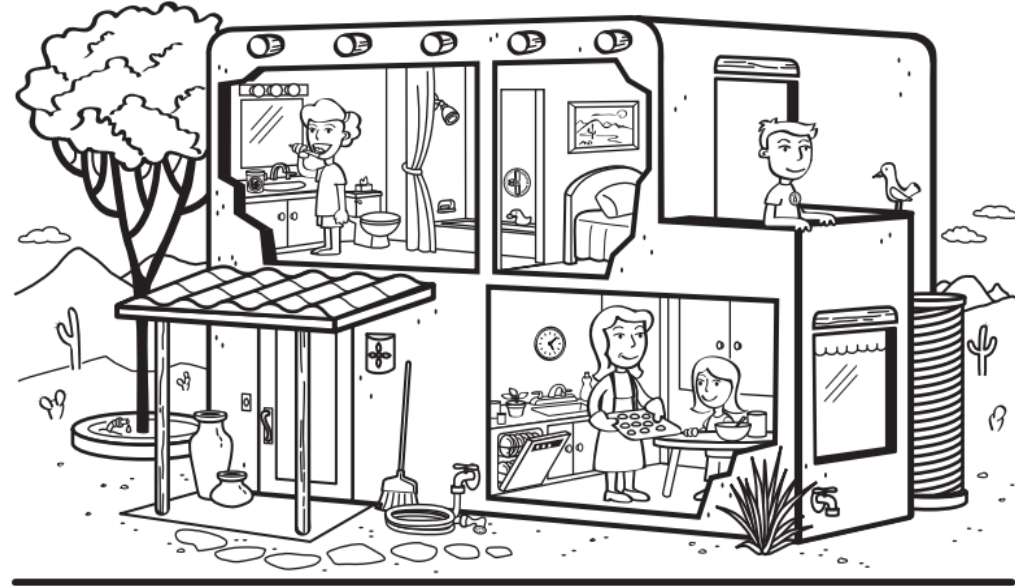
-  **GREEN WATER FOOTPRINT:** is the rain incorporated by plants or evaporated.
-  **BLUE WATER FOOTPRINT:** is the consumption of fresh water of lakes and rivers, or the one in the ground.
-  **GREY WATER FOOTPRINT:** is the fresh water used to assimilate the pollutants.

So, everybody has a Water Footprint based on how much water we use at home and on what we eat, wear and use.

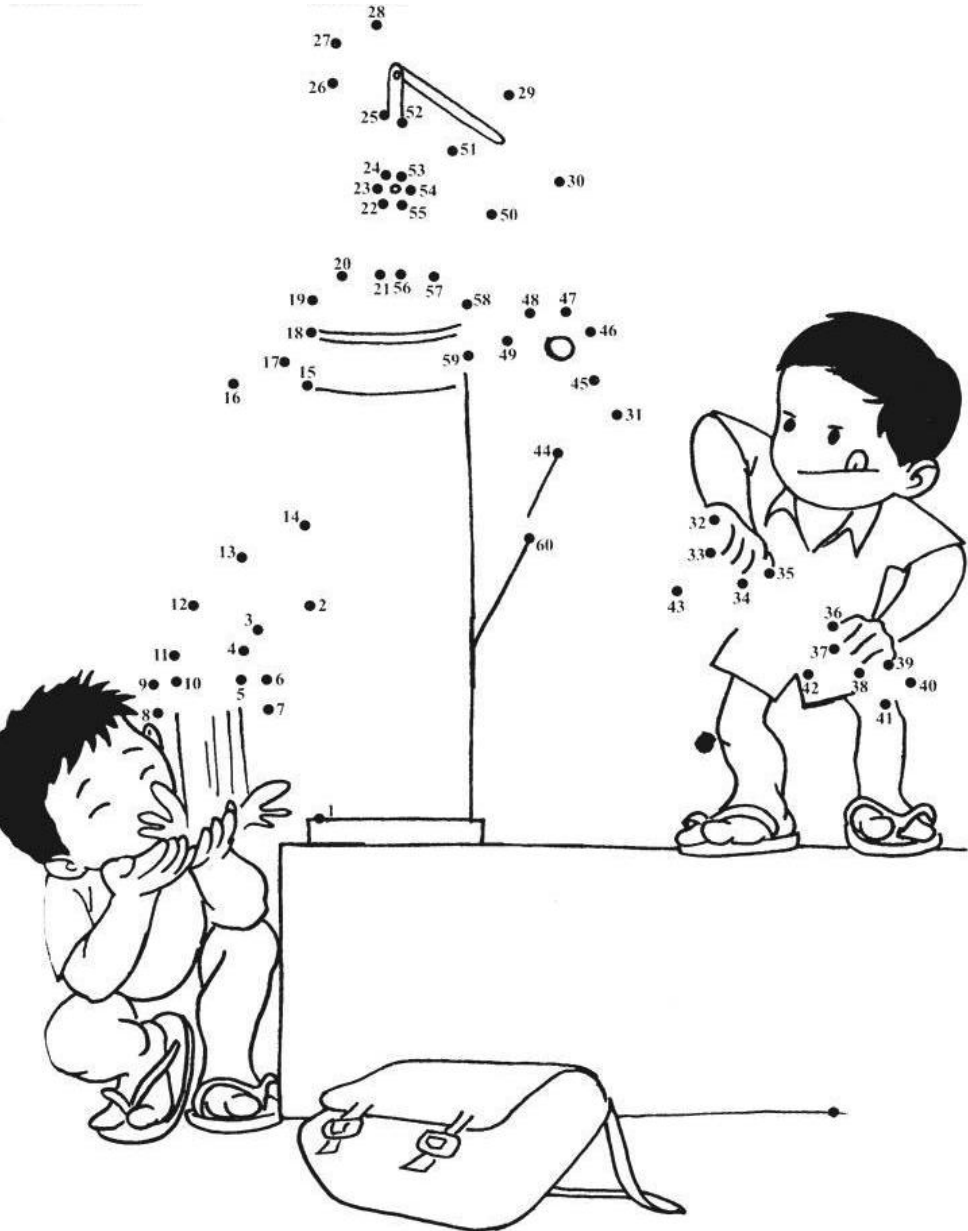
Let's start our trip to discover your Water Footprint!

Can you spot the water saving differences?

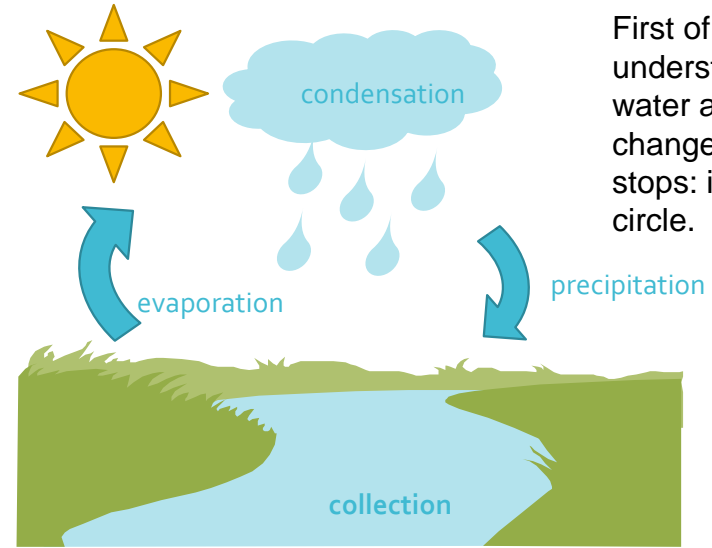
Find and circle the 12 differences between these two pictures. When you are finished, colour the scene which shows the family that has elected to save water.



Aqua Fun

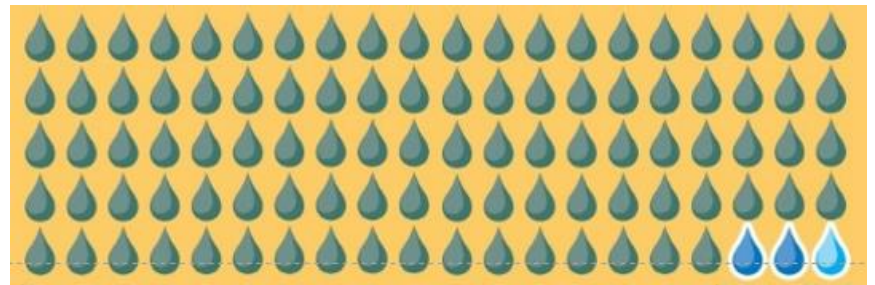


WHERE IS WATER?



First of all we need to understand where is water and how water changes. Water never stops: it moves in a circle.

Earth's surface is about 70% water. That seems a lot, but how much can humans actually use? Probably less than you think!



↓
97%
 Salt water (oceans)

↓
 Most fresh **2%**
 water is locked away in places like ice caps or underground

↓
 Fresh water **1%**
 that is easily accessible is found in lakes, ponds, rivers and streams

Direct and indirect water footprint

DIRECT WATER FOOTPRINT

WATER YOU DIRECTLY USE
(for drinking, washing, etc.)

Domestic consumption

- Washing
- Drinking
- Cooking

INDIRECT WATER FOOTPRINT

WATER USED TO PRODUCE
WHAT YOU EAT, WEAR, AND
USE IN YOUR DAILY LIFE



140 litres per day



170 litres per day

Industrial products

- Paper
- Clothes
- Electricity

Food

3500 litres per day



FRESH WATER

Also called “sweet water”. It is the natural water on the Earth's surface, glaciers, icebergs, bogs, ponds, lakes, rivers and streams, and underground

ACCESSIBLE WATER

Very small quantity of fresh water usable by humans (not iced or below ground)

WATER CONSUMPTION

is the volume of freshwater used and then evaporated or incorporated into a product. It is the water that is no longer available because it has evaporated, been transpired by plants or incorporated into products

Aqua Glossary

WATER CYCLE

The change and movement of the Earth's water from liquid to vapor to solid. The water cycle is solar powered

EVAPORATION

occurs when the sun heats water up and it becomes vapor in the air

CONDENSATION

is the opposite of evaporation; it occurs when air cools and the vapor collects into liquid form.

PRECIPITATION

is condensation falling onto land in the form of rain, sleet, hail, snow, and mist. Only 10% of water evaporated falls as precipitation.

Water scarcity and pollution

So, we have a very low quantity of fresh water available on the planet and it becomes less everyday. The reasons are:

WE ARE MANY 

 WE PRODUCE, CONSUME AND
  WASTE MANY GOODS

WE POLLUTE WATER  

Water pollution is caused by

- AGRICULTURE – to produce the food we eat (pesticides and fertilisers)
- INDUSTRY – to produce the goods we buy (like clothes, computers, etc.) and the services we use (like energy for electricity and heating)
- DOMESTIC – sewage from our homes, like kitchen and toilet or washing the car



FOOD WATER FOOTPRINT

Now we know that everything we eat or drink has a Water Footprint (direct and indirect).



125 litres
1 apple



80 litres
1 orange



50 litres
1 tomato



1260 litres
1 pizza Margherita



160 litres
1 slice



255 litres
1 glass of milk



318 litres
100 g cheese



196 litres
1 egg



2400 litres
1 beef hamburger



132 litres
1 cup of coffee



Water footprint of a 0,5litre plastic bottle of coke as produced in Dongen factory (The Netherlands)

- 0,44 litres of water content
- 27,6 litres for sugar production
- 5,3 litres for bottle production
- 3 litres for other ingredients

TOTAL 36 litres

TIPS TO REDUCE WATER FOOTPRINT



CHOOSE WHAT YOU EAT



Did you know that it takes 15000 litres of water to produce 1 kilogram of beef?

- Instead of eating meat every day, eat meat only twice a week
- Instead of eating a 200 g beef eat a 100 g one

Vegetables give you more calories per litre of water spent in their production, then animal products
Did you know that there are delicious veggie burgers?

DON'T BUY THINGS YOU DON'T NEED



DON'T WASTE FOOD



TIPS TO REDUCE WATER FOOTPRINT



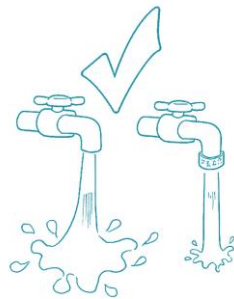
CLOSE THE TAP WHEN
SOAPING OR BRUSHING
TEETH



CHOOSE
SHOWER
INSTEAD OF
BATH



USE LOW FLOW TAPS



START DISHWASHER AND
WASHING MACHINE ONLY
WHEN THEY ARE FULL

PRODUCTS WATER FOOTPRINT



910 litres
smart phone



18000 litres
polyester jacket



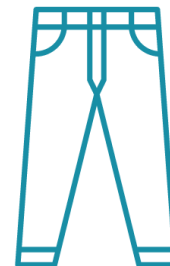
10 litres
1 A4 sheet of paper



100 litres
cotton t-shirt



5000 litres
leather shoes



800 litres
pair of jeans



4200 litres
leather bag

WATER - A GLOBAL RESOURCE



Water is a global resource.
But what does that mean?

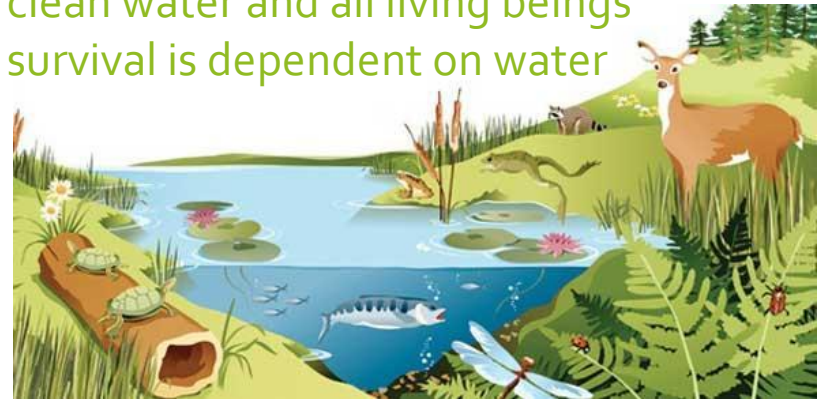
It means that it is something we all share:
All people in the world and nature.

**Access to clean water is a
human right!**

However, only one out of 10
people in the world have access
to safe drinking water



Ecosystems also depend on
clean water and all living beings
survival is dependent on water



This means that we are all responsible for taking good care of water and not wasting it!

In the next pages we give you some tips on what **you** can do