AQUAPASS

My guide on water footprint

www.aquapath-project.eu
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 others 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

<table>
<thead>
<tr>
<th>Question</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did I close the tap when brushing my teeth?</td>
<td></td>
</tr>
<tr>
<td>Did I have shower or bath?</td>
<td></td>
</tr>
<tr>
<td>Did I eat low water footprint food today?</td>
<td></td>
</tr>
<tr>
<td>Did I eat everything I had in my dish?</td>
<td></td>
</tr>
<tr>
<td>Did I suggest at home to use the dishwasher or washing machine only when they were full?</td>
<td></td>
</tr>
<tr>
<td>Did I talk about water footprint and water saving to my friends/family?</td>
<td></td>
</tr>
</tbody>
</table>

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!

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**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.
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

  140 litres per day

- Industrial products
  - Paper
  - Clothes
  - Electricity

  170 litres per day

Food

3500 litres per day

**INDIRECT WATER FOOTPRINT**

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

**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.
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).

<table>
<thead>
<tr>
<th>Item</th>
<th>Water Footprint</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 apple</td>
<td>125 litres</td>
</tr>
<tr>
<td>1 tomato</td>
<td>50 litres</td>
</tr>
<tr>
<td>1 slice</td>
<td>160 litres</td>
</tr>
<tr>
<td>100 g cheese</td>
<td>318 litres</td>
</tr>
<tr>
<td>1 beef hamburger</td>
<td>2400 litres</td>
</tr>
<tr>
<td>1 orange</td>
<td>80 litres</td>
</tr>
<tr>
<td>1 pizza Margherita</td>
<td>1260 litres</td>
</tr>
<tr>
<td>1 glass of milk</td>
<td>255 litres</td>
</tr>
<tr>
<td>1 egg</td>
<td>196 litres</td>
</tr>
<tr>
<td>1 cup of coffee</td>
<td>132 litres</td>
</tr>
</tbody>
</table>

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

**DON’T BUY THINGS YOU DON’T NEED**

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 WASTE FOOD**

- 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
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

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.