

# How much water do you use?



Name:

A litre is the size of a medium-sized carton of milk. Guess how many litres of water you use in a week:

Now we can see if you're right! Use the first column in the table below to note down how many times a week you do each activity. Then fill in how many litres you think each activity uses (use the helpful hints on the right).

Next, multiply the first column by the second column to find out how much water you use on each one per week.

Finally, add up the totals in the right-hand column, then divide by 7 to work out your daily rate.



Bedouin water tanker spout. Photo: EAPPI/Andy

## Helpful hints:

- One litre is 1,000 millilitres. One millilitre (ml) is one cubic centimetre of water.
- What is the volume of your bath? Length (cm) x width (cm) x depth (cm) – remember to think about the depth without you in the tub!
- How much is a shower? A shower will use about 50 litres of water per minute.

Activity	(A) Number of times a week	(B) Amount of water (litres)	Total (AxB)
A bath	<input type="text"/>	<input type="text"/>	<input type="text"/>
A shower	<input type="text"/>	<input type="text"/>	<input type="text"/>
Food and drink	<input type="text"/>	<input type="text"/>	<input type="text"/>
The washing up	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cleaning	<input type="text"/>	<input type="text"/>	<input type="text"/>
Flushing the toilet	<input type="text"/>	<input type="text"/>	<input type="text"/>
Go swimming	<input type="text"/>	<input type="text"/>	<input type="text"/>
Clean your teeth	<input type="text"/>	<input type="text"/>	<input type="text"/>
Water a plant	<input type="text"/>	<input type="text"/>	<input type="text"/>

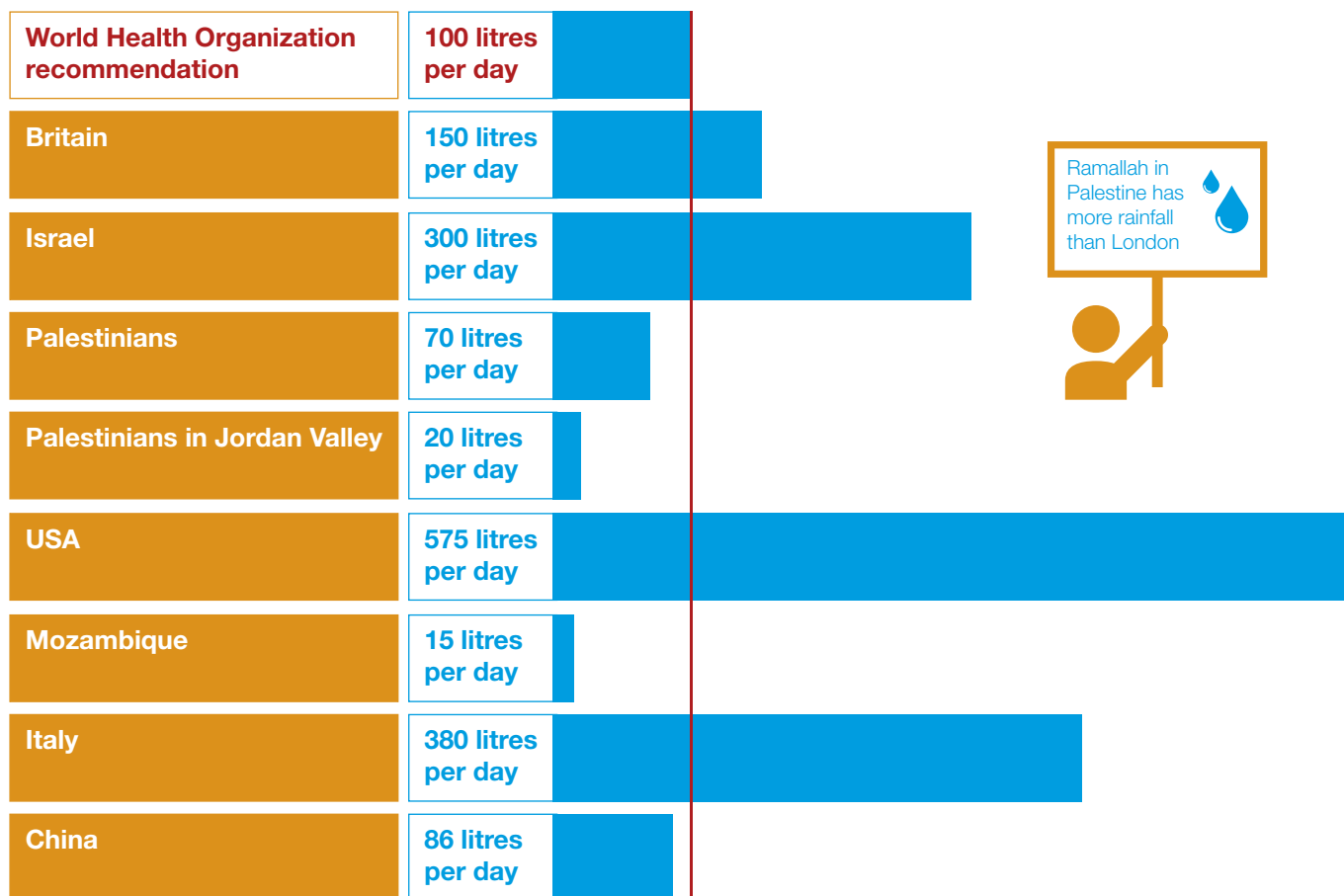
Weekly total (litres):

Daily total (÷7):

If there were a water shortage, what is the least you think you could happily still manage with?

Bedouin water tanker with Duma in the distance, June 2017. Photo: EAPPI/Andy

## Individual water usage



How much water has the world used this year?

[www.worldometers.info/water](http://www.worldometers.info/water)



**VIDEO: Farming Without Water. Palestinian Agriculture in the Jordan Valley**

<https://youtu.be/aQ-POJT5sl0>



North Jordan Valley, Palestine.  
Palestinian fresh water tanker. Photo EAPPI/Paul