

# Year of Sanitation

Sanitation is the process of dealing with our wastes in a safe and healthy way. It includes the supply of water to keep things clean, systems to keep our environment healthy, including the disposal of rubbish.



We live in a world where water is precious. In our homes we have more than enough water so we tend to waste it when we need to be clean. Long showers, a soak in a spa, our own backyard pool, washing vegetables under running water or using a long flush on the toilet are all ways where we could use less water. Not only that, for many of us our water has been through a water treatment plant. This kills bacteria and other microbes that could make us sick.

Our wastes from the toilet go down a pipe to be dealt with at a sewerage works or in a septic tank. Imagine what it would be like if you had to get rid of these wastes yourself! In many countries this is a major problem. Keeping clean and avoiding disease is very hard. That is why UNICEF has declared 2008 the Year of Sanitation.

We can help by raising money for an overseas project or by making a difference in our lives at home.

## **PLAY! 'Litterbug! Litterbug!'** a swimming pool game

- ✓ Half fill 12 plastic bottles and put the lids on so they float (this is the litter).
- ✓ One player is the Litterbug. The other players stand around her in a circle and take it in turns to hit the litter bottles by throwing a ball at them. The Litterbug must catch the ball or hit it back in the direction it came from.
- ✓ If a litter bottle is touched, it is removed from the pool and the person who threw the ball becomes the Litterbug.
- ✓ Play ends when there is no litter left in the swimming pool.

## **Make a Mini Water Cyclor**

Collect a glass jar, some small plants, a bottle cap or shell of water, soil, clean sand and some small rocks. Fill jar as in the picture and put the lid on to seal the jar. Put the jar in a sunny place. See how the water cycle works in miniature!



## **Set Up a Worm Farm**

A worm is a living soil factory! Help them change scraps into soil. Collect some Tiger worms from someone who already has a worm farm (normal garden worms can't survive). Collect 2 ice cream buckets to recycle. Make a set of holes in the bottom of one of the buckets and in its lid, using a hammer and nail (or a drill with a small bit). Put the holey bucket so it nests in the other but not wedged tightly because air has to get through.

Cut a couple of sheets of newspaper to fit in the top bucket then add soil to half fill the bucket. Put the worms on top. Add a handful of green vegetable material and another handful of soil. This is the basic farm. Sprinkle it with water but don't drown it. Cover with the lid.

You can now put waste food scraps on top of your farm. The worms will move up to eat the scraps and gradually turn them into soil. Don't add too many scraps. If the worms can't eat them, they will go rotten. Liquid that collects in the bottom bucket is very good fertiliser.

# Challenge Yourself and Others

When you are out and about, be prepared to make a difference:

## Kitchen sink at camp

Set up a bowl with water, soap and a hand towel just where people enter the food preparation area, to remind them to wash their hands before preparing a meal.

## Can you REALLY wash your hands????

Many people just hold their hands in water or under a tap for a few seconds then dry them.



This is the process to really clean hands!

- ✓ Wet your hands
- ✓ Apply soap
- ✓ Rapidly rub your palms, backs, wrists, between your fingers and your fingernails. It should take at least 10 seconds
- ✓ Rinse well
- ✓ Dry well

## Challenge another patrol in a recycle blitz:

Can you collect 10 kg per Guide of recyclable items in less than a week? Cans, jars, bottles, ...

## Try Plastic Bag Washing

When you just need to wash a small clothes item, try cleaning it in a plastic bag. Choose a sturdy shopping bag and hang it under a tap or place it in a wash bowl. Add just enough water to make the clothes wet with a little extra water around them. Add a half teaspoon of washing powder then squeeze and knead the clothes until they are cleaned.

Tip out any water, wring out the clothes, and add clean water to your bag to rinse the clothes.

## Turn your old mobile phone into toilets

Wateraid Australia is recycling mobile phones and using the money from their sale to build toilets and set up water collection systems in countries around the world. Why not run a mobile phone collection service and donate the phones to them?

[www.wateraid.org/australia](http://www.wateraid.org/australia)

## Easy Grey Water Recycling

Take a bucket with you when you have a shower and leave it on the floor at your feet. When you finish showering, the water in the bucket can go on the garden.

If you place a bowl in your kitchen sink, the same can happen with your washing up water.

Just be careful not to overload one spot in your garden with detergent.

## Gross-ology! Explore toilet habits around the world

Can you find out how people go to the toilet in Korea, India, Kenya or Tibet?

Surprisingly, there is more than one accepted way to 'go'!

Perhaps your patrol could run some 'demonstrations'. Which do you think is the most hygienic way? Could you improve your toilet habits?

## The One-Bucket Challenge

You are a member of a rural family. Can you do everything in a normal day using just one 5 litre bucket of water? You will need a cup and three buckets, one with 5L clean water (C) and the other two empty. One empty bucket (R) is for recycling water. The other (W) is waste water. Can you do all these things without running out of water?

- ⇒ Make porridge for breakfast (2 cups C→W)
- ⇒ Clean your teeth twice (2 cups C→R)
- ⇒ Drink water (3 cups)
- ⇒ Wash dishes with detergent (4 cups)
- ⇒ Give the goat water to drink (3 cups)
- ⇒ Clean grazed knee (1 cup)
- ⇒ Water the vegetable patch (6 cups)
- ⇒ Change the baby's nappy (4 cups)
- ⇒ Wash a blouse with detergent (4 cups)
- ⇒ Rinse a blouse
- ⇒ Boil vegetables for supper
- ⇒ Wash four children
- ⇒ Mop the kitchen floor



## Speak Out!

When you have tried one of these challenges and succeeded, write a media article and encourage other people to try it as well. Does your school have a newsletter? Could you write to your local paper? Add photos!