Dear Freshman Advocate,

Thank you so much for your interest in being part of the 1000 Wells Project, Davis! Your enthusiasm and willingness to serve is an encouragement to the Coordinating Team – please know that we can not do what we do without dedicated volunteers such as you.

As a Freshman Advocate, you have the opportunity to utilize your unique position in the dormitories of UC Davis to spread awareness of the 1000 Wells Project and to raise funds in the dorm areas and among your fellow dorm-mates. This packet is designed to assist you in your efforts, but is by no means the only way in which you can help. We invite creativity and innovative ideas – if you think of a new way to raise money or to publicize our events, please let us know! This packet includes several items:

1. **Information Sheets** (pg. 2) – It is mandatory that you read over these materials before you start advocating for the Project. These sheets include important details about our campaign as well as general information about the need for clean water in this world. Please know that as an advocate, we expect you to be able to explain our project and its purpose with clarity to other people.
2. **Ways to Advocate in the dorms** (pg. 7) – This is a list of possible ways that the Coordinating team has come up with for you to use your position in the dorms to advocate for the 1000 Wells Project.
3. **Materials** (pg. 8) – Some of the items on the above list require special materials (i.e. sign up sheets, posters, etc.). While some are already included in the packet, some are still in the process of being made. We will contact you when these other materials are ready for you to pick up and use.
4. **Important Dates/Contact Info** (pg. 10) – This is a list of important dates of activities for our campaign this year as well as a list of contact information, in case you have any questions/concerns.

Again, thank you for being concerned about the need for clean water in this world. Through your efforts, our campaign this year will reach more people and ultimately, save more lives of those living without sustainable water wells in Sub-Saharan Africa. Let's purpose to come together this year and truly be passionate about aiding those living in poverty and injustice!

With much love,

Tiffany Tao
Head Coordinator
The 1000 Wells Project Davis
davis1000wells@gmail.com

INFORMATION SHEETS

Blood:Water Mission and the 1000 Wells Project:

The 1000 Wells Project is part of a larger organization called Blood:Water Mission, a faith-based 501c3 non-profit organization started by the Christian band group, Jars of Clay. Their mission to tangibly reduce the impact of the African HIV/AIDS pandemic, to promote clean blood and clean water in Africa, and to build equitable, sustainable and personal community links. The specific goal of the 1000 Wells Project is to raise enough money to build 1000 Wells in 1000 African communities in the span of five years. By providing local leadership with training for maintenance and upkeep of their own wells, the 1000 Wells Project brings sustainable development and empowerment to impoverished communities, and hope for a healthier, more prosperous future. *see www.bloodwatermission.org*

Where the Money Goes:

Blood:Water Mission seeks to realize the 1000 Wells Project by providing the funding for their partner organizations to actually build the wells. These organizations include: Africare, African Leadership, African Well Fund, Integrated Community Development International, Lifewater International, Living Hope Community Center, Living Water International, World Vision International, Acting on AIDS, DATA. Less than 10% of every dollar Blood:Water Mission collects goes toward their own administrative costs; the rest goes directly toward well development. (Note: none of the money raised by the 1000 Wells Project at Davis goes toward our group's administrative costs.)

FAQ: How much does it cost to build a well? – Answer: *The cost of the wells can range from $200 to repair a neglected hand pump to $15,000-$20,000 to construct an electric urban pump.*

What happens then?:

A team of specialists survey the area to determine the best type of well for the geography and needs of the community. A trained team of African nationals then can begin the well construction, and the rest of the community is educated on the importance of this well and how to maintain it, creating a sense of community ownership. The community is also given spare parts for upkeep of the well. Most organizations continue to check on the community for as long as three years to make sure that the well is used, maintained, and working.

The 1000 Wells Project Davis:

Vision Statement: To bring African communities clean water and hope for a better future.

Mission Statement: In response to God's love and His heart for justice among the people of the world, the 1000 Wells Project, Davis exists to provide clean, safe, accessible, and sustainable water sources for those in sub-Saharan African communities through raising funds and awareness on the UC Davis campus and in the greater Davis community.

We are a SPAC approved Campus Organization run by a team of 17 Coordinators and many volunteers. Our website is: www.davis1000wells.org

Each Spring, our main fundraising even is called the ***2 Weeks of Sacrifice***, where we challenge individuals to make water their only beverage for 2 weeks and take the money they would have spent on other beverages (tea/coffee/soda/etc) and donate it to The 1000 Wells Project.

About Clean Water:

-Nearly one billion lack access to clean water in the world (half of Africa's population)
-Four children every minute die of water related diseases (every 15 seconds), one person (adult or child) dies per 8 seconds. In Africa, 1.1 million people die every year form water related diseases.
-$1 alone provides one person in Africa clean water for an entire year. How do we figure that?

$$\frac{\text{Cost of a well}}{(\#\text{ of people in a village}) \times (\text{average life span of an individual in the village})}$$

-Clean water *decreases*:

- The prevalence of waterborne diseases (such as Cholera, Guinea Worm, and Trachoma which cause possible death, crippling, and blindness respectively)
- Infant and child mortality
- Women's time spent fetching water (often 2-4 hours per day with 10 mile journey) so they can attend school or participate in community-building activities

- Wells become important focal points in community development and local gathering places. Clean water is the foundation for healthy community development – and a fundamental human right.
- *What does clean water have to do with HIV/AIDS?*

- Those living with HIV/AIDS are especially susceptible to the diseases bred in unclean water. Their compromised immune system leaves them vulnerable to "opportunistic infections," diseases that a healthy immune system can fight off but can easily kill someone infected with HIV/AIDS. These victims may be parents, professionals, and leaders, and their deaths deprive communities of the means to build a solid social foundation. Clean water allows those with HIV/AIDS to live longer, healthier, more productive lives.

The Importance of Clean Water :

by Lifewater International (http://www.lifewater.org/the_global_need/the_global_need.html)

Water and Children

In the United States, we have good reason to expect that our children will grow up healthy. A major reason why we can hope for a good future for our little ones is that we need not second-guess the quality of our water supply. Yet in many regions of the world, water is a silent enemy.

Communities without safe water constantly face serious threats to their children's health:

Disease
Unsafe water makes children sick. The World Health Organization estimates that 6,000 children die each day from water-related illnesses that most parents in the U.S. have scarcely heard of. These include cholera, dysentery, typhoid, guinea worm, and hepatitis. Any one of these diseases can devastate a community's young population.

One of the most common symptoms of disease is diarrhea. Many children in the developing world live with constant diarrhea caused by water-related illnesses. The young ones are plagued by fatigue and weakened immune systems. It is almost impossible for children with diarrhea or their parents to keep the watery feces from contaminating other people. Disease spreads rapidly.

Heavy labor
In communities without easy access to water, children are the ones designated to haul it long distances to their homes. Water weighs 8 pounds per gallon, so a child providing a family of four with a sub-Saharan average of 16 gallons per day must carry daily 128 pounds of water. Children must transport this heavy burden from water sources that are up to several miles away.

The heavy labor of carrying water often causes neck and back problems that afflict children their entire lives. Sending children long distances to retrieve water also puts them in danger of accidents and sexual assault.

Lack of education
Children in communities lacking accessible clean water often miss school. The demands of retrieving water for their families leave little time or energy for studies. In addition, children are often too sick from water-related diseases to go to school, or embarrassing diarrhea keeps them home.

Water and Conflict

An adult can live without food for several weeks, but only two or three days without water. Water gives life and we rely on a continuous source of it to stay healthy. Without a reliable source of water, life becomes unstable. When food production, sanitation, health, education, drinking, cattle rearing, etc. are threatened due to water scarcity, conflict often arises.

If water is life, then possessing it gives power. Most conflict deals with the distribution or leveraging of power. When some people don't have access to clean water and others do, there is an unequal distribution of power that can cause conflict. According to a 1996 NATO/CCMS study, "Water shortage is generally seen as the environmental problem most likely to lead to violent conflict." When studying nations' internal and external conflict, water is noteworthy for several reasons:

Agriculture
Water scarcity within a country that depends heavily on agriculture for its economy can cause political instability and internal strife.

Urban Migration
Rural people who lack a stable water supply may migrate to urban areas, leading to overcrowding and stress on already limited resources.

Privatization
Private ownership of water often raises prices many times putting water of reach for the poor who need it most. This unequal distribution of resources can increase conflicts within a country.

Refugees
People living in the midst of conflict may have to leave their homes to seek water in harsh and even dangerous environments.

International Waterways.
90% of all usable water in the Middle East and North Africa crosses over one or more international boundaries. This gives neighbors who live upstream the ability to exert sovereignty over the flow at any time just by increasing consumption.

The presence of accessible safe water is important in preventing conflict and taking care of people in the midst of violent conflict. Lifewater International helps people have access to safe, clean water. Lifewater's participatory approach to water development and health helps communities learn to work together. With the right technology and social cooperation, scarcity of water does not have to lead to conflict.

Water and Education

By simply looking around the school grounds on my most recent trip to Zambia, Africa, it was easy to see the important role water plays in the daily lives of students. Aside from the color of the children's burgundy uniforms against the brown landscape, flashes of yellow were visible all over the courtyard as the students moved about. The yellow was not from books or backpacks, but from plastic jugs that the pupils clutched tightly in their hands. The yellow jugs were an intimate part of the school landscape. Since the school had no water on its property, students took long breaks to fetch water from a well located a half-mile away. As I watched, I realized that even more than books or paper, the jugs represented life as the students filled and refilled them with water.

Most people in the U.S. cannot imagine a school with no drinking fountains, flush toilets, or sinks in which to wash hands. Unfortunately, the scene above is common in most classrooms throughout Sub-Saharan Africa. Children's education suffers greatly from a lack of safe water and sanitation for several reasons.

Water Collection
Too often students use valuable class time to fetch water long distances from the school. They have to carry jugs that are far too heavy for their small frames, which affects the development of their spines as they grow. Frequently, they are collecting it from contaminated sources.

Disease & Death
Unsafe water leads to severe outbreaks of diarrheal diseases, some of the most deadly diseases for children in the developing world. Improper waste disposal and lack of water for proper hand washing perpetuates diseases such as cholera, typhoid, and hepatitis. These outbreaks force school closures, making education impossible in some rural areas.

Effect on Female Students
Many girls are not able to attend school because their main responsibility for the family, collecting water, requires hours of walking each day. In many cases, young women drop out of school when they reach puberty because of a lack of privacy or female-only facilities. Improved latrines, hand in hand with adequate access to safe water, can significantly improve attendance at schools, especially for girls. After making provisions for safe water and latrines at two schools, Lifewater's partner in Kenya reported a reduction in girls being pulled from class to fetch water. They also noted a "remarkable increase in female enrollment."

People all over the world cite lack of education as one of the main obstacles to reducing poverty. Lifewater understands that in order to improve education, issues like water and sanitation need to be addressed. That is why Lifewater is working to provide schools with safe water, latrines, and hygiene education in places like Zambia, Kenya, Ecuador, and Central Asia. By reducing disease and providing for students' basic needs for water and sanitation, schools once again become assets to the community and catalysts for a better future.

Water and Women

More than half of the 1.2 billion people who do not have access to water are women and girls. Daily, they are responsible for collecting water for drinking, cooking, cleaning, hygiene, and sanitation. The huge burden of fetching water hinders women's and girls' participation in activities such as education, politics, economic endeavors, rest, and recreation.

Distance and time. Collecting water is often the most time consuming, yet important daily activity for women and young girls in developing countries. In rural areas, they can spend four to five hours per day gathering water, making it hard for women to focus on other economic activities and for their daughters to attend school. The weight of the water they carry also exposes them to a greater risk of malnutrition, back problems, and anemia. They expend immense amounts of energy and often times don't have enough food to replenish their weary bodies, which is especially dangerous if a woman is pregnant. The weight also limits the amount of water they can carry.

Water Quantity. The precious, small amounts of water gathered are often only used for drinking and food preparation, leaving little hope for disease-fighting hygiene practices like hand washing. Too little water for proper hygiene behaviors perpetuates bacterial diarrheas, which are a major cause of sickness, malnutrition, and death. Women bare the majority of these statistics as the caregivers in the family. Lastly, women are commonly the ones to water and care for the crops, if they have access to land. Without adequate amounts of water for irrigation, crops suffer and women are not able to feed their families.

Water Quality. In many places, women's long walks to fetch water result in sickness for their families. This hard earned water, if left untreated, has the potential to kill their babies. Unfortunately, women may lack time or energy to seek out scarce firewood to boil and treat the water. Many times new technologies for water treatment are taught to the men in the village and do not get shared with the women who manage the water collection and storage for the family.

Water and Hygiene

How often do you wash your hands? Do you wash your hands before you eat? After using the restroom? Before preparing food? When you wash, do you scrub for at least ten seconds with soap and water? Parents, do you insist that your children follow the same practices?

In late 2005, the American Society for Microbiology conducted a survey of over 6,000 adults in public restrooms around the country. The survey found that although 91 percent of adults said they wash their hands after using public restrooms, only 83 percent actually did so. Overall, women washed their hands 90 percent of the time, while men washed theirs only 75 percent of the time!

Fortunately, in the U.S., failing to wash one's hands rarely leads to more than a minor cold or flu. Our culture has established enough disease blocking practices—such as customs and technologies that promote safe food preparation (e.g., clean kitchens, refrigerators)—to mitigate the consequences of our occasional careless hygiene practices. However, this is not the case in developing countries.

In many countries, simply failing to wash one's hands often leads to fatal infection or disease. Thousands of children die every day of preventable diseases because they and others in their community have not been trained in the simple methods of blocking them.

Hygiene training is a vital companion to the introduction of safe water. Improving a community's water supply generally reduces the incidence of diarrhea by approximately 15 percent. When improved water is combined with the introduction of hygienic practices, diarrhea incidences decline by up to 65 percent! For this reason Lifewater stresses that it helps people to not only access safe water, but also to use that water well.

Lifewater's Community Health through Hygiene Program trains our Volunteer Trainers and partner organizations to teach good hygiene. By communicating people's value in Christ (every life is a life worth saving), explaining disease transmission and blocking techniques, and demonstrating the skills necessary for healthful practices, new safe water sources are more effective in fighting disease.

Our partner organizations overseas welcome Lifewater's hygiene training. They are acutely aware of the need for improved hygiene in the communities where they work to provide safe water.

WAYS TO ADVOCATE IN THE DORMS

1.) Aim to sign at least ***20 people*** up for the 2 Weeks of Sacrifice Campaign.

- This would involve actively engaging other people in discussion about the project and encouraging them to join you in the 2 Weeks of Sacrifice fundraiser. This is an excellent project for a dorm floor to participate in together
- This would also involve collecting names/email addresses for those who sign up and sending that information to our 2 Weeks of Sacrifice Coordinator. (email is on the Sign up sheet – Materials section)
- This would also involve making sure that the people who you sign up also turn in their money at the end of the 2 weeks, or even collecting the money yourself to turn in.

2.) Make it a goal to ***post a 1000 Wells flyer*** on each of the doors of your floor as well as on each room's window (so it will be visible to people outside).

- It is amazing how repeated exposure to a certain flyer can actually make other people think more about what is on the flyer. This would involve talking to your floor/dorm-mates and asking permission to post a flyer on their door/window.
- Flyers will be available at the Volunteer Training Meetings in Spring Quarter or at the 1000 Wells Project Table at the MU during the 2 Weeks of Sacrifice.

3.) Create a ***1000 Wells Project/Clean Water display*** on your floor's Bulletin Board.

- This would involve talking to your RA and gaining permission to create such a display. Once that happens, you can creatively (and colorfully!) design a display to post on your floor's board to educate your dorm-mates about the 1000 Wells Project and more importantly, the importance of clean water in this world.

4.) ***Organize a program*** on your floor geared toward educating people about the Project and the need for clean water.

- This would involve collaborating with your RA to organize such a program. Any of the 1000 Wells Coordinators would be willing to come and speak about the Project if you would like. This would also be a good opportunity to get sign ups for the 2 Weeks of Sacrifice fundraiser.
- This would involve advanced planning, beginning now until the date of the program.

5.) Participate in the ***DC Swipe-fest*** – donate your swipes and bring upper classmen!

- We hold an annual DC swipe-fest fundraiser for our campaign where freshmen donate a certain number of swipes to upperclassmen who come and eat and give actual money for their meal. All the money goes directly to the 1000 Wells Project.
- This would involve signing up and donating some of your own swipes for the fundraiser. You can also try and recruit people (especially people with lots of extra swipes!) to donate swipes or bring upperclassmen to come eat and donate money to the Project.

6.) ***Organize a fundraising event*** for your dorm area (Segundo, Tercero, Cuarto).

- This is your chance to be creative and organize some sort of way to raise money in your specific dorm area. This would involve collaborating with your RA and your Area Coordinator (talk to your RA on how to contact this person). This is a very self-directed project/option.

Two Weeks of Sacrifice Sign-Up Sheet

April 19th – May 3rd, 2008

(Please send ALL of these e-mails to our 2 Weeks of Sacrifice Coordinator at: twoweeksofsacrifice@gmail.com)

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IMPORTANT DATES

March

- 4th – 1000 Wells Club Meeting
  *Time/Location TBA

April

- 8th – Volunteer Training
- 9th – Volunteer Training
  *Attendance is only needed at ONE of the meetings. Time/Location TBA
- 13th- 1000 Wells Praise Night
- 14th-18th – Awareness Week
- 19th – Picnic Day Kickoff/2 Weeks of Sacrifice begins
- 25th – DC Swipe-fest: 5:30pm, Segundo DC

May

- 3rd – End of 2 Weeks of Sacrifice
- 4th – Closing Event
  *Time/Location TBA
- 17th– Walk for Water

CONTACT INFORMATION

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2.) Michaela Champion
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3.) Tiffany Tao
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