

No jitters. No caffeine. Just Water.



Thank you for taking part in Just Water in aid of WaterAid. Not only will you experience the personal benefits of drinking nothing but water all January, you'll also be helping people across the world access clean water, so they can thrive today and every day.

JustGiving makes it easy

- 1. Personalise** - People are more likely to donate if you have included a photo and description.
- 2. Share** - Post it on social, add it to your email sign off - share it every way you can.
- 3. Update** - Keep your sponsors up to date on your highs and lows with regular updates.



Globally, 31% of schools do not have a basic water service

Including communities in Lahan, South-Eastern Nepal. Dirty water at schools and in communities makes children ill, meaning they miss more lessons. If you are deprived of an education, you do not get a chance to understand your choices or make the most of what you have to offer the world. By raising funds for WaterAid you can help bring clean water, decent toilets and good hygiene to schools worldwide.



Saraswoti, 17, holding a gagri full of water on her head in Malhanma, Lahan-24, Nepal.

Top up with some extra fundraising

- Organise a fundraiser such as a pub quiz night, dinner party or games night and ask people to donate to take part.
- Boost your total by donating the money you've saved. A week's worth of £3 coffee could buy 5m of pipe!
- Does your birthday happen to be in January? Ask friends and family to donate in lieu of a present!
- Need a day off? Donate £24 for a 24-hr Raise A Glass Pass.



Matching your donations with



Make mine a double!

Until 15 February 2022, your donations to Thirst for Knowledge will be doubled by the UK government, up to £2 million, making double the difference to help bring clean water, decent toilets and good hygiene to schools throughout Nepal.

There's no need to go it alone

For more fundraising and Just Water tips, join the exclusive Just Water [Facebook Group](#) and don't forget to share all your pictures and updates **#TeamJustWater**

If you have any questions or need further support, please contact us at justwater@wateraid.org.



Every £1 you raise will give people in Nepal and around the world clean water they can rely on today and every day

£24



could pay for 5 taps that will help clean water flow at school hand washing stations in Nepal.

£61



could pay for one school clean water and hygiene awareness campaign.

£117



could pay for 907kg of cement that will be used to renovate toilets at a school in Lahan, South-Eastern Nepal.

£530



could pay for the bricks needed to install handwashing stations at 4 schools in Nepal so children can easily wash their hands.

Puja, 12, student, inside her home in Lahan, Nepal.



Meet Puja

Right now, too many children in schools across Nepal don't have a supply of clean, running water. A determined and studious 12-year-old, Puja represents a future generation of girls who can transform their lives with clean water, decent toilets and good hygiene in schools.

"There is water at the school, but it contains iron and it stinks. I have fallen ill by drinking the water at school. It generally causes coughs and colds and stomach ache."

By fundraising this January, you can help people like Puja change their own lives for good.

Registered with



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REGULATOR