

KS2 – NEPAL LESSON & ACTIVITIES

THIRST FOR KNOWLEDGE

Purpose of session:

- To understand how other countries are similar or different to ours
- To find out about how lack of water and sanitation affects being able to go to school
- To understand the impact of poor sanitation and lack of water supplies on females and how this impacts their education
- To understand the impact of poor sanitation and lack of water on menstruating females

Lesson length: 1.5 - 2 hours

National curriculum links:

- English – Speaking and listening
- Citizenship – Empathy, morals and understanding

Before you start the sessions, please ensure you have:

- ***Globe/ world map/ atlas/ online map of Nepal***
- ***List of hot seat questions (in the accompanying PDF printout)***
- ***Day in the life cards (Nepal set and UK set, in the accompanying PDF printout)***
- ***Access to video links:*** Ensure you can watch the video clips on YouTube.

TEACHER NOTES

Overview

Thirst for Knowledge is WaterAid's Winter 2021 fundraising appeal:

<https://www.wateraid.org/uk/thirst-for-knowledge-appeal>

The appeal explores how clean water, decent toilets and good hygiene can enable girls to get an education and change their lives. The appeal will be live from 16 November 2021 to 15 February 2022, and the UK government is matching donations to Thirst for Knowledge up to £2million, making double the impact for communities.

Today, we're going to be learning about a town in Nepal called Lahan, and how the people there are struggling to access clean water, decent toilets and good hygiene.

WATCH THIS VIDEO: <https://www.youtube.com/watch?v=yR5YwmsVOYc>

INTRODUCTION TO WATERAID

So, what is WaterAid?

- WaterAid is an international charity that works in 28 countries across the world to make clean water, decent toilets and good hygiene normal for everyone, everywhere.

What do we mean when we say charity?

- Charities raise money needed to help others by doing lots of different things, e.g.
 - Bake sales
 - Sponsored runs or events
 - Charity shops
 - Challenges or competitions
- For example – people raise money for WaterAid, and WaterAid then uses this money to help bring clean water, decent toilets and good hygiene to everyone, everywhere.

Why does WaterAid exist?

WaterAid exists because there are 771 million people in the world who do not have clean water close to home.

Clean water, decent toilets and good hygiene are basic human rights. This means that everyone should have access to them, and they should be a normal part of daily life for everyone, everywhere – but they aren't.

For us here in the UK, having access to clean water, decent toilets and good hygiene is normal. In fact, we've all probably used these things today! Who can tell me what they've used water for today? (select students to share their ideas).

Examples:

- Brushing our teeth
- Having a drink
- Washing our hands
- Flushing the toilet

INTRODUCTION TO THE SESSION

Access to clean water, decent toilets and good hygiene is very different around the world. Today we are going to look at Nepal in Asia. In Nepal there is a town called Lahan where WaterAid is going to be working to improve the water and lives of the people living there because at the moment, lots of people don't have access to clean water, decent toilets or good hygiene.

Using an atlas...

1. ***Can you find Nepal on a map? The capital of Nepal is called Kathmandu.***
2. ***Now can you find the town of Lahan?*** (click PowerPoint to reveal images on screen)

Lahan in south-eastern Nepal, nearly 100 miles east of the capital Kathmandu. Here, 22% of people belong to Dalit communities, a 'lower caste' group in Nepalese society who are discriminated against, and who often earn lower incomes and have low levels of education.

Lahan is one of the places where WaterAid are working at the moment. Today, we are going to find out what it is like to go to School in Lahan and what life is like for students

What do you think the landscape of Nepal looks like? (click PowerPoint to reveal image on screen)

- Rugged tall mountains including Everest in the North and wide valleys. And in the south, flat fertile plains.

What do you think the weather is like in Nepal? (click PowerPoint to reveal image on screen)

- Winters in the North are very cold, in the South summers are very hot and there are very heavy Monsoons.

The rugged landscape, challenging weather and high levels of extreme poverty make getting clean water, installing toilets and removing and treating sewage really difficult.

Laying pipes on high mountains, or across wide valleys is very challenging, many villages are remote and connecting the networks would be very expensive and very difficult to build.

We're going to watch this video called Grace's Story. It's not based in Nepal, but will give you an idea of what life is like for children in the countries that WaterAid works in, where people don't have access to clean water, decent toilets and good hygiene.

Video

https://www.youtube.com/watch?v=wF_HlgnWEwU

ACTIVITY 1: A DAY IN THE UK VS A DAY IN LAHAN

Ensure you have:

- Printed set of cards with times
- Printed set of cards for Nepal daily activities
- Printed set of cards for UK daily activities

These can all be found within the accompanying PDF printout

Instructions

Ask your students to work in groups or pairs

Look at the pictures of these children's days and think about how they are different and what is the same.

Make it clear to students that every child's day will be slightly different in Lahan as it is in the UK. This is a generalised activity, but it reflects the experiences and challenges that many children face.

- *Can you put the day's events in the UK and in Nepal into order?*
- *What do you think the children in each country do first?*

Go through the order of the cards with students and have a discussion about their reasons behind the order.

- *Are there any surprises/anything unexpected?*
- *Does this reflect most of our days here in the UK?*

TIME	UK	NEPAL
6.45am	Wake up, go to the toilet and have a shower in the bathroom	Fetch water from a tap and have a drink
7.45 am	Have breakfast, before putting your dishes in the dishwasher or washing up bowl	Have breakfast and wash your dishes in a bowl of water
8.00 am	Brush your teeth in the bathroom and use the toilet	Fetch more water for the family
9.00 am	Arrive at school for lessons and begin lessons	Arrive late and study at school
12 noon	Eat your packed or cooked lunch and have a drink from your water bottle	Tiffin break and fetching water
3.15 pm	Go home from school	Leave school and collect some water for your family on the way home
4.00 pm	Playing or attending a club	Helping your family grow food
6.00 pm	Eat evening meal and relax watching TV	Dinner and homework
7.30 pm	Brushing your teeth in the bathroom	Chores
8.00 pm	Going to bed	Washing

8.30 pm	Fast asleep	Going to bed
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Using the cards to help us...

- *How does life in Nepal differ to life in the UK?*
- *How is life the same in both countries?*
- *Compile a class list of differences and similarities you have all observed (slide 7)*

Share this information with your students:

When girls miss out on water, they miss out on the knowledge to create change.

Right now, a lack of clean water, decent toilets and good hygiene in schools is holding too many girls back.

With a third of schools still without a decent toilet, millions of girls around the world are being forced to stay at home when they have their period.

Dirty water at schools and in communities also makes children ill, meaning they miss more lessons. And because girls are responsible for collecting water in 8 out of 10 households, they spend hours walking to and from the nearest water source instead of going to school like boys.

Right now, too many children in schools across Nepal don't have a supply of clean, running water. Pupils who go to school in Lahan, it means they must leave their lessons to fetch water from a nearby well, but this is also contaminated and dirty. Teachers say that children are often off sick.

There is only one functioning girl's toilet, yet without running water for cleaning it gets very dirty and becomes all but unusable. Children go home just to go the toilet, missing classes. When girls have their period, they are forced to either go home or they go into the nearby fields to change their sanitary pad.

Without decent toilets, clean water, and soap to wash with, or anywhere private to change or dispose of their sanitary pads, many girls across Nepal miss school when they are on their periods. Some girls miss lessons when going home to change their pads, others will be off school for four or five days a month. It means that girls have to catch up on classes and fall behind the boys.

Without water, another generation of girls and young women are being left behind.

Clean water, decent toilets and good hygiene in schools and close to people's homes can quench every girl's thirst for learning. It means more girls will have an equal chance to learn with dignity and in safety.

(Link to WaterAid's Winter Appeal, Thirst For Knowledge, for more information: <https://www.wateraid.org/uk/thirst-for-knowledge-appeal>)

CHALLENGE TASK (OPTIONAL)

- Do you know where your tap water comes from? Can you find out?
- Try looking on your local water company's website.
- <https://www.wateraid.org/uk/get-involved/teaching/water-company-resources>
- <https://www.wateraid.org/uk/meet-our-water-industry-partners>

ACTIVITY 2: HOT SEAT

This activity can be prepared, or you can select a student/teacher/classroom assistant on the day.

Someone in the class takes on the role of the child in the pictures in Nepal. The class ask them questions about their day.

Before starting the class questions, give the child in the hot seat the printed questions in the accompanying printout PDF to get them thinking. Also give the rest of the class time to think of questions in pairs before the hot seat activity begins.

Instructions

In pairs or groups think of questions you can ask the student in the hot seat (spend between 5 – 15 mins doing this) whilst the student in the hot seat is preparing. Students can look at the similarities and differences they noticed in the first activity to help them to write questions.

Example questions:

- *How does having toilets at school help you?*
- *How does your family get their water?*

- *When the girls are helping to grow food, wash dishes and clothes and fetch water what are the boys doing?*
- *Why do you leave school after primary school?*
- *What would you like to go to school until you are 16?*

ACTIVITY 3: MAKING A SAND FILTER

Introduction

How is water cleaned in Nepal?

Water in Nepal isn't cleaned to the same high standards as in the UK. This means that it can make people unwell when they drink it. In places like Lahan, water needs to be given an extra level of cleaning to make sure it is safer to drink. One of the processes that can be used is passing the water through a filter. In some places in Nepal, they use something called a sand filter (slides 11/12). A sand filter removes horrible particles and bad germs/bacteria from water and therefore makes it safe to drink.

WaterAid will install new sand filters in Lahan:

WaterAid will be installing a new school water system in Lahan, including a deep borehole and water pump fitted with bio sand filters, to overcome the dirty water problems in the community and ensure a supply of clean, running water. The Lahan sand filters will produce safer water as they are designed to clean the water.

How does a sand filter work?

Sand filters are made from locally available materials such as sand and gravel. The sand acts as a filter which traps sediment and pathogens, leaving the water that filters through the clean and ready to drink. By using a sand filter, people can filter dirty water to make it drinkable! In recent projects it has been shown that levels of pH, turbidity, iron and coliform have all been reduced thanks to sand filters. These things are bad for us and can make us ill if we drink them. Sand filters are a fairly simple but very effective example of the technology that WaterAid uses!

We're now going to make our own sand filters!

Instructions

Making our own filters:

Today, we're going to be making our own sand filters using the material provided!

You have been given a set of materials which go in the bottle. The materials act as a water filter.

Can we drink this water?

No, we can't. A few steps are missing with our sand filters, so the water we filter today still won't be safe to drink.

Each group will need:

- Dirty Water (add compost and gravel to tap water)
 - Filter materials for example - sand and gravel
 - A jug or a funnel
 - Large clear plastic bottle - Cut each groups bottle in two about two thirds up and turn the top upside down and place it in the bottom third.
 - Printed instructions (on accompanying PDF printout)
1. Ask your students to decide the order of their materials that they think will best filter their dirty water and place them into the up turned bottle.
 2. Pour the dirty water into the bottle and see what happens.
 3. Carefully observe what happens in each bottle.
 4. Compare the water after it has passed through the different bottle filters. Which group has managed to get their water the cleanest?

CHALLENGE/ EXTENSION (OPTIONAL)

Let's investigate:

- What in water makes people ill?
- What are the main diseases spread in water in Lahan?
- Can you find some images of the micro-organisms?
- Find out about the Great Stink of London: Does the date surprise you?
- Find out about your local area - when did it get a clean water supply?

ACTIVITY 4: WHAT CAN YOU DO TO HELP

(Slide 15). In Nepal, more than one in three adolescent girls leave school after primary education, often because of poverty.

Let's look at these key statistics on the board about Nepal.

- How do these statistics make you feel?
- What could we do to help?

We can help people in Lahan by supporting WaterAid and their Winter Appeal.

What is the WaterAid Winter Appeal?

This winter, you can support schools and communities in Lahan and throughout Nepal to get clean water, decent toilets and good hygiene.

1. Working with communities and local partners, WaterAid will help to install water systems with filtration units, together with drinking and handwashing stations. It means that children will have a supply of clean, running water in school, so they don't need to leave their lessons whenever they're thirsty or need to wash.
2. WaterAid will also work alongside communities to install separate toilets for girls and boys and repair the existing ones, so girls have somewhere private to change and dispose of their sanitary pads, meaning they can participate with confidence when they have their period.
3. Finally, people in Lahan in Nepal will participate in training and awareness campaigns about hygiene and menstrual health for boys and girls, so girls are better able to manage their periods and learn with dignity and safety.

WaterAid's Winter Appeal will support 4 schools in the area and will help local partners to bring clean water, decent toilets and good hygiene to children and families to 28,000 people in the Bardya district of Nepal.

We can support WaterAid by doing some fundraising for their Winter Appeal:

<https://www.wateraid.org/uk/thirst-for-knowledge-appeal>

TASK: What are the different ways that we could fundraise? Come up with some ideas in pairs/groups of different things we could try!

Suggestions for fundraising:

- What about a sponsored school day using as little water as possible? Can you only use 20 litres?
- Sponsored walk carrying 2 litres of water?
- Or bring your copper change to school and use it to write WaterAid on the playground?

- WaterAid blue day at school?

Share what your class or school have done with us on Facebook, Instagram or Twitter

Here are a few of WaterAid's ideas to get you started.

<https://www.WaterAid.org/uk/get-involved/fundraising/fundraising-ideas-for-schools>

Extra details on WaterAid's work

Use these to explain to the students how fundraising can help:

- £530 could pay for the bricks needed to install handwashing stations at four schools in Nepal so that children can easily wash their hands
- £2893.94 could construct handwashing stations at one school in Nepal so that children can easily wash their hands to keep them safe, happy and free from disease.
- £4560.86 could pay for skilled labourers to renovate the toilets at Puja's school install a new school water system, including a deep borehole and water pump fitted with bio sand filters, to overcome the dirty water problems in the community and ensure a supply of clean, running water.

Money from fundraising could also go towards:

- *(Slide 18)* Constructing drinking and handwashing stations so children can easily wash and drink without missing lessons.
- *(Slide 19)* Building new toilets and repairing existing toilets, ensuring that girls have separate facilities with a supply of clean running water so they can stay in school when they have their period.
- *(Slide 19)* Providing disposal facilities for sanitary pads, so girls can safely manage their period without worry and focus on their education.
- *(Slide 20)* Set up school awareness campaigns about the right to clean water, good hygiene and safe menstrual health, to help children stay healthy and in school and break down the stigma people experience when they have their period.
 - Run training sessions through children's clubs, as well as encouraging support between siblings, to help girls better manage their periods and take control of their lives.
 - Run community awareness sessions for parents on clean water, safe hygiene and menstrual health, as well a girl's right to

education, to help provide the support girls need to stay in school and thrive.

- Introduce activities which boost incomes, such as making liquid soap and sanitary pads, to further involve parents and guardians and encourage them to consider how they can help keep girls in school.

END