

Title of Sustainable Development Goal:

6 - Clean water and sanitation. Ensure availability and sustainable management of water and sanitation for all.

Clean Water and Sanitation

Short Description of SDG:

Water is essential for life and development but, despite this, one-third of the global population doesn't have access to drinkable water and two in every five people do not have the necessary facilities for proper hygiene and sanitation.

These differences directly affect the quality of life and health of people and also the development of entire communities. This Goal works to guarantee the access to water as a universal human right which must be respected and protected.

Action Area 1

Water Efficiency

Question 1 (Efficiency)

Do you turn off the tap during showering, cleaning your teeth or dishes, etc. when you do not need the water to run?

1	Never
2	Sometimes
3	Usually
4	Always

Question Feedback:

To fill a bathtub you need around 200 litres of water but for a shower only 50. Cleaning dishes with running water can use up to double the amount of water than doing it with a closed tap (from 120 litres to 60 litres).

Question 2 (Action Area 1)

How many appliances/devices (dual flush toilet, filters, diffusers, economizers, etc.) to reduce water consumption do you have at home?

1	I don't have any
2	Only one or two

3	I am sure we have least three or four
4	More than four!
Question Feedback:	
A dual flush toilet saves around 3 litres with each use. Installation of aerators or tap economizers can reduce consumption by up to 50%. You will see a reduction in your bills!	

Question 3 (Efficiency)	
How important is it for you to wait until the washing machine or dishwasher is full before you use it? Evaluate it on a scale from 1 to 4, where 1 means “not important at all” and 4 is “very important”.	
1	1
2	2
3	3
4	4
Question Feedback:	
Use the washing machine or dishwasher only when they are full. Running a filled dishwasher uses only 25 litres of water. In other cases, choose the option of half-load or ecological mode!	

Action Area 2
Water Contamination

Question 1 (Contamination)	
Do you flush tampons, cotton swabs, pills, condoms, cigarette butts, etc., in the toilet?	
1	Always when it is the most convenient option
2	Often
3	Sometimes
4	Never
Question Feedback:	
Using the toilet as a trash-bin is highly polluting. It doesn't cause only a waste of water and risk for clogging, but it also represents a significant degradation of the environment, especially if we throw away non-biodegradable materials such as wipes, cigarette butts or plastics.	

Question 2 (Contamination)

How often do you throw kitchen oil or grease residue into the kitchen sink?

1	Always, there are no other solutions
2	Often, it is very difficult to separate grease and oil
3	Sometimes, when I have no other option
4	Never, I always try to separate this type of polluting waste

Question Feedback:

One litre of used oil contains approximately 5000 times more contamination than regular wastewater circulating through the sewers. It can contaminate 40000 litres of water, which is equivalent to the annual home usage of water for one person.

Question 3 (Contamination)

Do you avoid throwing trash (plastics, bottles, paper, etc.) into water sources or areas near water during all occasions (free time, work, vacation, etc.)?

1	Never, it is not something I think about
2	Sometimes, only if the trash is very contaminable or visible
3	Usually, I tend to pay attention to my surroundings
4	I always respect the ecosystem and I try not to change it

Question Feedback:

The water cycle is global. The contamination and the pollution you produce at home or when you go outside to nature leaves a mark and affects not only your ecosystem but also other, more distant ones. It travels kilometres through different rivers until it finally reaches the sea, affecting thousands of animals and human communities throughout its journey.

Action Area 3

Water footprint

Question 1 (Water footprint)

What is your diet?

1	I am a carnivore, I need to eat meat every day
2	I eat meat often (more than 3 times per week)
3	A mixed diet with a bit of meat

4	Vegetarian or vegan
Question Feedback:	
The water footprint of a vegetarian or a vegan person is on average half of that of a carnivore. Producing meat and dairy requires a lot more water than most vegetables, beans and grains. 70% of our water footprint depends on our food consumption.	

Question 2 (Water footprint)	
When you go food shopping...	
1	I buy everything I want
2	I buy everything which is in a promotion
3	I only buy things which I would like to eat during the following days
4	I only buy things that I am <u>sure</u> I will eat during the following days
Question Feedback:	
Doing smaller shopping trips, especially for fresh produce is the best way to avoid food waste and to optimize storage. One-third of global food production ends in trash-bins. Meanwhile, some 800 million people suffer from hunger.	

Question 3 (Water footprint)	
Do you usually consume food with a short production process (local products, fresh produce, products without a package, seasonal products, etc.)?	
1	No, it doesn't interest me
2	I buy them only rarely
3	Yes, I buy them often
4	Yes, I usually buy this type of produce
Question Feedback:	
Plastic packaging, transport and intensive cultivation models are highly polluting and very unsustainable. One of the best ways to save water and avoid its contamination is to choose seasonal, local and bulk (not individually packaged) products.	

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