



H2O Project: *H2On the Move* Overview

Welcome to *H2On the Move*! This is a learning and fundraising project in support of Water for South Sudan. In *H2On the Move*, each participant pledges to support the South Sudanese people without access to safe water by giving up all beverages besides water for a minimum of two weeks.

Why your participation matters:

- In South Sudan, UNICEF reports that only 41% of children have clean, safe water to drink.
- Women and children spend many hours each day walking for water, making it impossible for them to go to school or work.
- Entire communities suffer from waterborne diseases and are unable to cultivate food sources, develop a sustainable economy, build a school or maintain medical facilities.
- Water is a fundamental building block to strong communities.

Take action with *H2On the Move*!

Make a pledge to the men, women and children in South Sudan who do not have daily access to clean, safe water by participating in *H2On the Move*.

- Pledge to only drink water for a period of time, giving up all soda, coffee, milk, energy drinks, juice and others. We recommend doing so for at least two weeks.
- Each time you would normally drink these beverages or you find yourself wanting to purchase one, set aside the amount of money you'd spend on that beverage. You can use the provided pledge sheet to track how much money you're saving.
- Stay motivated throughout your pledge by sharing *H2On the Move* on social media and setting daily reminders to only drink water.
- At the end of your pledge, donate the money saved by only drinking water to WFSS.

Make it bigger than just you!

Encourage others to join *H2On the Move* with you. Get your family, group of friends, school, sports team, youth group, book club or any other group to make the pledge together. Participating as a group can be a fun experience as you motivate each other!

Instead of normal group fundraisers, *H2On the Move* is unique in that it doesn't ask anyone to give extra money or buy stuff. Each participant simply changes their habits for a few weeks to help the people of South Sudan. You're giving money that would otherwise be spent on beverages to bring clean water to people in need.



H2O Project: *H2On the Move* Pledge Sheet

I, _____, pledge to drink only water for _____,
beginning on _____, and will donate the money I save to Water for South Sudan.

Date	Beverage(s)	Amount Saved

Total Amount to be Donated: _____

Cost of Drinks:

Beverage at home (milk, juice, soda): \$1.00

Vending machine: \$2.00

Coffee shop drink: \$3.00

Energy drink: \$2.00

Restaurant beverage: \$2.00

Other: \$1.00 - \$4.00



H2O Project: *H2On the Move* Steps to Success

Steps for *H2On the Move*:

1. Download the *H2On the Move* Fundraising Kit and review the materials.
2. Decide if you will participate individually or with a group. If you're getting a group involved, provide everyone with the necessary materials.
3. Decide when and for how long you'll make the pledge to give up beverages besides water.
****We recommend making the pledge for a minimum of two weeks.***
4. Prepare your pledge sheet(s) by writing down your dates of participation.
5. Share your participation in *H2On the Move* on social media and tag WFSS. Feel free to use the *H2On Project* or WFSS logo.
6. Start your pledge! Drink water, save money and know you're supporting the people of South Sudan.
7. Donate the money saved at the end of your pledge to WFSS. Let us know you participated in *H2On the Move* by writing a comment with your donation. You can donate either [online](#) or by mailing a check.

Helpful Tips and Tricks:

- Use your phone to track savings if you don't always carry the pledge sheet. Start a list in your notes or take photos of drinks you forego while out and add to your pledge sheet later.
- Watch and share videos provided online at waterforsouthsudan.org/media-library. We especially recommend *Just Add Water*, found here: youtube.com/watch?v=i7gf2iiaQPI.
- Share your progress in *H2On the Move* on social media and tag WFSS in your posts.
- If you're participating in a group, check with other members regularly about their progress.
- Put a daily reminder to only drink water in your phone, planner or home.
- Learn about life and water access in South Sudan provided at waterforsouthsudan.org or from the [UN](#), [WHO](#) or [UNICEF](#).
- Plan a small celebration at the end of your pledge to reward yourself or your group for giving up beverages besides water and supporting the people of South Sudan.