

# 40 HOURS? CHALLENGE ACCEPTED!



## 40 HOUR 40 KMS

In parts of Africa like Malawi, kids carry water an average of 6km every day. That's 42km every week!

Think you can do 40km? Try this challenge yourself or do it in a team and split the kms. Bonus challenge: carry a bucket of water each step of the way. (Harder than it sounds!)

### HOW TO DO IT

- Whether you run, walk, swim or go the distance doing something else, your activity **must be completed in 40 hours.**
- **Plan** your 40km route before you start.
- **Schedule** meal and toilet breaks within the 40 hours.
- **Don't worry** if you can't do 40km, pick any distance that challenges you.

**Optional:**  
**Try it in a team** and split the kms!

## 40 HOURS, 40 LITRES

Did you know that here in Aotearoa, we use more than 200 litres of water each per day, while millions of kids are trying to survive on as little as 5? You use more than that in a toilet flush!

Take the challenge to go 40 hours using **ONLY 40 litres** and experience what it's like to live with limited water.

### HOW TO DO IT

- **You can only use 40 litres** of water in total for 40 hours.
- Be sure to set aside 6 litres for your drinking water before you start. **Stay hydrated!**
- Consider using a **measuring cup or left-over container** (like a 1L milk bottle) to help you measure the amount of water you're using during the 40 hours. Use the table below to keep track.



Water use activities	Estimated amount	Your water use	Total amount of water used (40 litres max)
Shower	15 litres per minute		
Drinking water	2-3 litres per day		
Bath	90 litres		
Brushing teeth	10 litres per minute		
Food preparation	10 litres per minute		
Dishwasher	10 litres		
Washing dishes	6 litres per meal		
Washing machine	100 litres		
Other			

### TIP

Use a pipette or a small liquid dropper to transfer your precious water when brushing your teeth or washing up.

# 40 HOURS, NO TECH

Sometimes we feel like we can't live without our phones and screens. Imagine if you had to live without clean water to drink. Have you got what it takes to go a whole weekend with no tech?

## HOW TO DO IT

- **Keep all tech out of reach** – your phone, iPad, tablet, computer, smart watch, PlayStation, Switch, TV and other devices.
- **Turn off notifications** before your challenge starts so you're not tempted by devices pinging you.
- **Enjoy switching off.**  
You can do this!



# 40 HOURS, NO TAPS

Many kids don't have running water at home. Could you go 40 hours without using any taps?

Count up all the water sources in your home. How many of those are drinkable? Too many kids around the world can't just turn on a tap to get clean water. Every day, they have to walk an average of 6km to fetch it, and they can only use what they can carry.

## HOW TO DO IT

- **You can't use any taps** to get water for drinking, washing, cooking, toothbrushing, etc. for 40 hours.
- **Pre-fill** water bottles, kettles, buckets, sinks and other containers before your challenge starts.
- Be sure to pre-fill a container with 6 litres for your drinking water.  
**Stay hydrated!**

# CREATE YOUR OWN

How creative can you get with 40 hours? Can you dance, bake, play, paint, make, create? What could you do for 40 hours non-stop? If you need inspo, follow us on social media @40hournz and use our random challenge generator on Tiktok!



CHANGE  
EVERYTHING  
WITH CLEAN  
WATER

## REMEMBER...

- The challenge you choose to complete **must be achievable in 40 hours.**
- If you're in primary school, you have the **option of choosing a 20 hour challenge** instead.
- Don't pick a challenge that **puts yourself or others at risk.**
- Consider a challenge that's **fun but still pushes you outside your comfort zone.**
- Try doing your challenge **in a team or with your friends!**



**SIGN UP NOW**

**40hour.org.nz**

Instagram | Facebook | TikTok @40hournz