

Sita Maya's story



This is Sita Maya. This little girl is 8 years old and lives with her family in a small village in far western Nepal. Each day Sita Maya and her family have to walk for 2 hours to get to the nearest river to collect water. She can only carry three litres of water, so her and her family have to make this trip over and over again.

They need the water to drink, but they also need it to water their crops to grow food. They cannot collect enough to drink and to water their crops enough. So Sita Maya's family has a really difficult choice to make, do they drink the water or grow food?

How would you make this difficult choice? What do you think you would do?

In fact what Sita Maya and her family do is use some of the water to drink and some of it to water their food crops. But plants need a certain amount of water to grow and this isn't enough.

What happens if you don't water plants enough?

Because her crops don't get enough water, they don't grow very big, and some of them don't even grow at all! This means that Sita Maya and her family can only have very, very small meals.

That was until Practical Action started to work with the village where Sita Maya lives. They built a network of pipes that take water from streams high up in the mountains. The water then flows down the pipes and is collected in big tanks where it is stored. These tanks are connected to taps in the village. This is called a Multiple Use water System or MUS for short. So now, just like you, when Sita Maya needs water, she just goes to the tap in the village and turns it on!

This means that Sita Maya and her family now have enough water to drink and to water their crops. They no longer have to walk for hours and hours each day to collect the water, which means that Sita Maya now has more time to do things that you like doing like going to school and playing with her friends.



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Whilst the story is true, photos and names in this leaflet have been changed to protect individuals identity.

