



**WATER  
is  
LIFE**

Sustainable  
Development  
Office

**ZILONY  
WSiZ**



ISSUE TOPIC:

**WATER**

**Goal 6 of Sustainable Development:  
Provide access to water and sanitation for everyone  
through sustainable water resource management**

Every person in the world should have access to clean water. We have enough water on our planet to make this happen. However, due to a poor economy and a lack of infrastructure, millions of people, mostly children, die every year from diseases related to inadequate water supplies, poor sanitation and bad hygiene\*.

\*<https://sdgs.un.org/goals/goal6>

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JANUARY/1/2024



# THROUGH THE EYES OF A SPECIALIST

Urszula Binduga, M.Sc.

Given that water is a life-giving element, its impact on human health and life cannot be underestimated. Next to oxygen, it is the second most essential factor for life. It is estimated that a person can last without water for as little as 10 days (this includes the lack of water contained in food). Our body consists of nearly 70% water. It is mainly responsible for regulating body temperature during the sweating process, functioning as a cooling agent. When it's hot, we excrete it not only through our kidneys, but also through our skin and while breathing. The whole trick is to more or less keep the amount of water in the body at the needed level. Unfortunately, our thirst sometimes fails us, and as a result we drink less of it than we need to supply.

## In specific situations, water will act as the best medicine!

### 1 glass upon waking

The advantage of drinking water on an empty stomach is that it drains the bladder faster and gets rid of toxins. A glass of warm water on an empty stomach helps remove toxins from alcohol, tobacco, unhealthy food and even polluted air. It intensively moisturizes the skin, supporting the action of creams. The skin will be supple and smoother.

### 1 glass before meals

Consuming liquids immediately before eating effectively suppresses excessive appetite. Studies show that people who drank a glass of water before meals ate on average 22 % smaller meals than those who did not drink. Thus, water effectively promotes weight loss.

### 1 glass before studying

As already mentioned, water is essential for proper brain function, which affects our cognitive abilities and concentration.

### 1-1,5 glass before training

Water before a workout increases training performance. According to the recommendations of the American College of Sports Medicine, you should drink 1-1.5 glasses of water about 15 minutes before a workout. During the workout itself, you should drink small amounts of water (about 0.5-1 glass of water) every 15-20 minutes, noting that the exercise will last longer than 60 minutes.

### 1 glass before bathing

Drinking water before bathing lowers blood pressure; this is especially important information for people who struggle with hypertension or are amateurs of hot baths.

### 0,5-1 glass before sleep

Even half a glass drunk before going to bed will affect healthier sleep. It regulates body temperature, prevents the drying of mucous membranes, and increases blood flow to the brain. A glass of water before bed also protects against headaches.

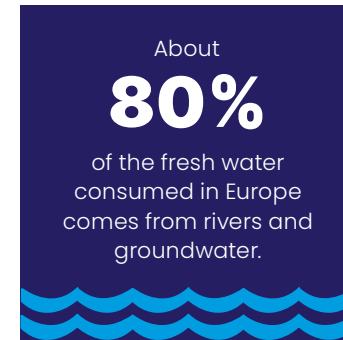
**Remember:**  
**drink water in small sips at relatively equal intervals!**

# TRIVIA

In the colloquial sense, "water" means a commonly available liquid with a chemical composition and properties significantly different from distilled water, and may contain a whole range of dissolved mineral, inorganic, as well as organic compounds.



The first documented information about water treatment dates back to ancient Egypt. The basics of the water purification methods recorded in the hieroglyphs are as follows: boiling, chemical treatment and filtration - the same as those used today.



This makes these sources vulnerable to overexploitation, pollution and climate variability.



This means replacing 3%-6% of body water per day.

Solid state food contains around one-third of an adult's daily water intake.



Most comes from fruits and vegetables, while a small amount comes from bread and dairy products.



Relevant laws regulate the quality of drinking water around the world. As civilization develops, these requirements are growing and constantly changing, mainly due to increasing surface water pollution.



Average daily per capita water consumption:

Americans  
**400l**

Europeans  
**200l**

Poorest countries  
**5-20l**

Over the past  
**50** years  
water demand in Europe has steadily increased, in part due to population growth.

 **24%**

This has led to an overall reduction in renewable water resources per capita of 24% across Europe.

Agriculture uses about  
**40%**  
of the total amount of water used annually in Europe

It is thus responsible for the largest consumption of water.

Sources (PL):

[https://www.woda.edu.pl/artykuly/o\\_nazwach\\_morz\\_i\\_oceanow/](https://www.woda.edu.pl/artykuly/o_nazwach_morz_i_oceanow/)

[https://depot.ceon.pl/bitstream/handle/123456789/14500/Rola\\_wody\\_w\\_zyciu\\_czlowieka\\_i\\_srodowisku.pdf?](https://depot.ceon.pl/bitstream/handle/123456789/14500/Rola_wody_w_zyciu_czlowieka_i_srodowisku.pdf?)

<https://www.eea.europa.eu/pl/sygnal42y/sygnaly-2018/artykuly/zuzycie-wody-w-europie-2014>

[https://wiedza.pkn.pl/web/strefa-edukacji/oswiata-artykuly/-/asset\\_publisher/ljKN27z6Ahjj/content/woda-najcenniejszy-towar-i-klucz-do-naszego-przetrwania](https://wiedza.pkn.pl/web/strefa-edukacji/oswiata-artykuly/-/asset_publisher/ljKN27z6Ahjj/content/woda-najcenniejszy-towar-i-klucz-do-naszego-przetrwania)

# NEWS



## TIME FOR AN **EU Blue Deal**

### TIME FOR A BLUE DEAL!

Blue Deal is one of the new initiatives undertaken by the European Economic and Social Committee (EESC) in the face of growing problems with water availability on the Old Continent caused, among other things, by global climate change.

It is the equivalent of the Green Deal and is being conducted under the slogan "Call for Blue Deal."

Read more at:  
(PL) Blue Deal - <https://www.gov.pl/web/retencja/bluedeal>



### WATER DISTRIBUTORS

The University has purchased two water filtration devices for drinking water!

Localization:

- ◆ UITM Campus in Rzeszów – next to the vending machines
- ◆ UITM Campus in Kielnarowa – sports hall

**Only with your own cup!**

**Let's act environmentally - reduce plastic!**

# GREEN EVENTS

## 05.12 – 1ST NATIONAL DEBATE „NASZA PLANETA – NASZA WSPÓLNA PRZYSZŁOŚĆ”



More than 200 people took part in the debate, during which scientists, activists, politicians, local government officials, representatives of the agricultural sector, environmentalists and young people discussed the solutions necessary for agriculture and the climate ([more](#))

## 06.12 – EXHIBITION OPENING „ECO POSTER IN UITM”



The exhibition of eco posters by the world's top designers was created at the initiative of Patrycja Longawa, Ph.D. The project featured 30 outstanding artists from around the world, including Argentina, Mexico, Iran, the United Arab Emirates, China and South Korea ([more](#))

## 12.12 – DEBATE „KAŻDA PŁEĆ JEST RÓWNA/EVERY GENDER IS EQUAL” AS PART OF HUMAN RIGHTS DAY



The debate was aimed at finding out how students and pupils from different cultural backgrounds perceive the issue of gender equality. The event's guest of honor was Dr. Zdzisław Rapacki, economist and long-time diplomat, Permanent Representative of the Republic of Poland to the UN Office in Geneva ([more](#))

## 14.12 – TEDXRZESZOW COUNTDOWN MAKE A CHANGE IN RZESZÓW



This is the second time UITM hosts a climate TEDx. Its purpose is not only to discuss climate change, but also to encourage real action for the Planet ([more](#))

## 2ND PLACE IN THE INTERNATIONAL UI GREENMETRIC RANKING



Our University was ranked second among Polish universities in the international UI GreenMetric ranking. The ranking takes into account ecological and sustainable development solutions, and the list includes 1183 universities from around the world ([more](#))

Tasks under Goal 6 included in the 2030 Agenda for Sustainable Development

**TARGET 6-1**

Safe and affordable drinking water

**TARGET 6-2**

End open defecation and provide access to sanitation and hygiene

**TARGET 6-3**

Improve water quality, wastewater treatment and safe reuse

**TARGET 6-4**

Increase water-use efficiency and ensure freshwater supplies

**TARGET 6-5**

Implement integrated water resources management

**TARGET 6-6**

Protect and restore water-related ecosystems

**TARGET 6-A**

Expand water and sanitation support to developing countries

**TARGET 6-B**

Support local engagement in water and sanitation management

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