

# How to mitigate climate change?



## Climate is extremely important for the life and well-being of the planet

From being able to enjoy a pleasant time and stay outside to being dependent on crops and food, we all rely on the climate of the planet in a different way. But our climate is changing, mainly because of us. Although the Earth's climate has changed naturally over a very long period of time, people are still causing climate change through the intensive use of polluting energy resources, deforestation and other interventions.

We are already seeing the effects of climate change: temperatures rise, glaciers melt, and sea levels rise. The changes include frequent extreme weather events such as droughts, cyclones and floods, which put the population at risk, destroying agriculture and human populations and threatening the extinction of many plant and animal species. Climate change can cause many unexpected changes and disruptions to this delicate balance.

# Can we do something about it?

The good news is that much can be done in the fight against climate changes. From changing daily habits to expanding consciousness, each one of us has the power to make a difference.

# What can we do?

## 1. Use less fossil fuel

Road traffic is a major factor in air pollution and climate change. Traffic exhaust is the number one health hazard in Europe and in the world.

# Instead of that....

1. Ride a bike
2. Walk
3. Use electric cars

## 2. RECYCLE

Recycling is the processing of materials used to obtain new products. This process prevents the loss of materials, reduces the consumption of new raw materials, reduces energy use, reduces air and water pollution.

# SAVE ENERGY

When you consume less energy, you reduce the amount of toxic gases released by power plants, conserve the earth's natural resources and protect ecosystems from destruction.

By taking steps to reduce your energy intake, you will contribute to a healthier and happier world.



# TIPS

Use solar energy

Change regular light bulbs with LED  
light bulbs

Install insulation on ceiling and  
walls

## 4. PLANT TREES

Trees “clean” the climate by absorbing carbon dioxide from the environment and releasing oxygen. Trees cool the environment through their leaves absorbing the sun's heat. Thus, there is cooling in the atmosphere.

WE HAVE LEARNED HOW  
TO MITIGATE CLIMATE  
CHANGE

NOW IT'S TIME TO ACT...

