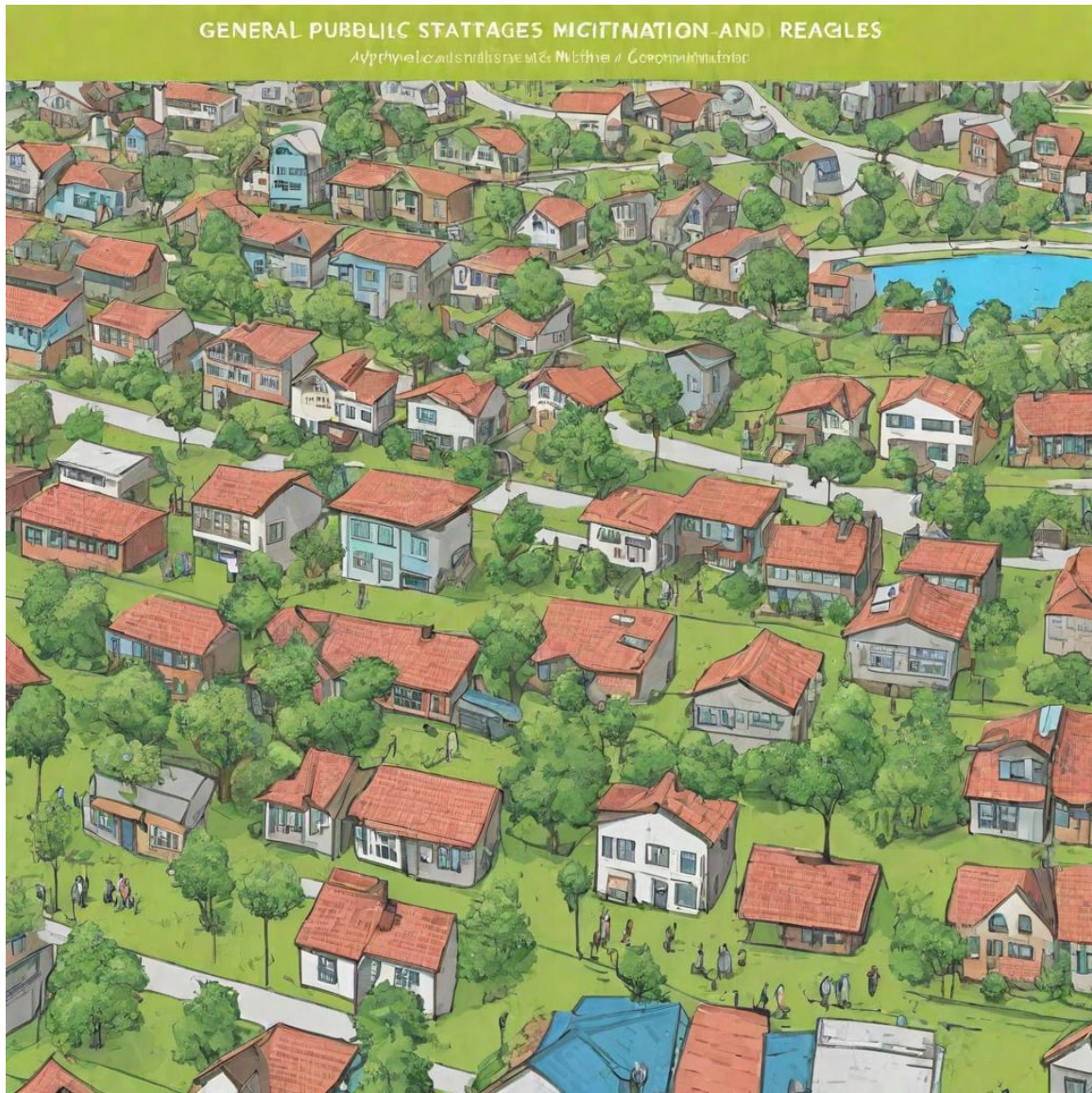


General Public Module 5: Adaptive Strategies and Mitigation

This unit explores adaptive strategies and mitigation measures to address climate change, focusing on community and individual actions. It provides insights into how communities and individuals can reduce their carbon footprint and implement sustainable practices to mitigate the impacts of climate change on health and the environment.



Lesson 5: Strategies for Adaptation and Mitigation

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Time: 1 Hour

Modality: Self-Learning via Blended Online Learning

This lesson utilizes a blended online learning approach that combines self-learning with interactive chat functionalities, group activities, and participatory learning to focus on practical strategies for climate change adaptation and mitigation.

Content:

- **Adaptation vs. Mitigation:** Define and distinguish between adaptation (adjusting to life in a changing climate) and mitigation (reducing the causes of climate change).
- **Community-Based Adaptation Strategies:** Explore how communities can adapt to climate change impacts with examples of successful community initiatives.
- **Personal Mitigation Efforts:** Discuss the role of individual actions in mitigating climate change, including energy conservation, waste reduction, and sustainable transportation options.

Activities:

- **Interactive Tool Session:** Use an online carbon footprint calculator to assess personal or household carbon emissions and discuss ways to reduce them.
- **Discussion and Brainstorming:** Participants discuss their roles in community adaptation strategies and share personal commitments to reducing their environmental impact.

References & Examples:

- **UNFCCC Resources on Adaptation and Mitigation:** Provides extensive resources and case studies on global efforts to combat climate change (UNFCCC Portal).
- **Project Drawdown:** Review solutions and strategies from Project Drawdown, a comprehensive plan to reverse global warming (Drawdown Solutions).