CLIMATE CHANGE MEASURES: UNDERSTANDING ADAPTATION AND MITIGATION

Both climate change mitigation and adaptation measures are crucial for a comprehensive approach to climate change, as they complement each other in reducing overall risks and enhancing sustainability. But what is the difference between both?

Mitigation

Mitigation measures aim to reduce or prevent the emission of greenhouse1 gases (GHGs) related to human activities (such as burning fossil fuels, deforestation, energy production and use, etc.) to slow down or halt climate change.



Adaptation

Adaptation measures aim to reduce vulnerability to climate change impacts by preparing for and adjusting to the current and expected impacts (such as extreme heat or rain), enhancing resilience.

Key differences



Focus: Mitigation addresses the causes of climate change (reducing GHG emissions), while adaptation addresses the effects (preparing for and adjusting to impacts).



Goal: Mitigation aims to limit the extent of climate change, whereas adaptation aims to manage and cope with its

Timeframe: Mitigation has long-term benefits for global climate, while adaptation has more immediate benefits for local



impacts.

MITIGATION MEASURES



Energy efficiency:

- Upgrade to energy-efficient appliances and lighting (e.g., LED bulbs).
- Improve home insulation to reduce heating and cooling needs.
- Use programmable thermostats to optimize energy use.



Water Conservation:

- Install water-efficient fixtures and appliances.
- Fix leaks and use rainwater harvesting systems.
- Practice water-saving habits, such as shorter showers and turning off the tap while brushing teeth.



Sustainable transportation:

- Use public transportation, bike, or walk instead of driving.
- Carpool or use ride-sharing services.
- Invest in electric or hybrid vehicles.



Sustainable Consumption:

- Buy locally-produced and organic foods.
 Reduce meet consumption and incorporate.
- Reduce meat consumption and incorporate more plant-based meals.
- Support businesses with sustainable supply chains.



Waste Reduction:

- Recycle and compost waste materials.
- Reduce single-use plastics and opt for reusable products.
- Support and buy from companies with sustainable practices.



Renewable energy:

- Install solar panels or wind turbines for home energy.
- Use green energy options from utility providers.





Home adaptation:

- Install storm windows and doors to protect against extreme weather.
- Use landscaping to create natural barriers against flooding and erosion.
- Elevate electrical systems and appliances above potential flood levels.



Water Management:

- Create rain gardens and use permeable materials for driveways and walkways to reduce runoff.
- Use drought-resistant plants in gardens and
- Install rain barrels to collect and reuse rainwater.



Health Protection:

- Stay informed about heatwaves and prepare with adequate cooling systems.
- Use air purifiers and masks during high pollution or wildfire smoke events.
- Maintain a disaster preparedness kit with essential supplies.



Community Engagement:

- Participate in local climate action groups and initiatives.
- Advocate for green spaces and community gardens
- Support local policies aimed at sustainability and climate resilience.



Disaster Preparedness:

- Develop a family emergency plan and communication strategy.
- Stay informed about local climate risks and emergency procedures.
- Invest in flood insurance if living in high-risk areas.



Financial Planning:

- Consider climate risks in investment and property decisions.
- Support and invest in green technologies and companies.
- Purchase insurance policies that cover climaterelated damages.



Did you know?

research and awareness raising activities, sharing the most promising adaptation solutions (for sectors such as water, energy production, health, agriculture, fisheries and more), supporting cities and regions across Europe to become more resilient to climate change impacts.

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