

Public Climate Action Handbook

Version 2.0

WildAid · EarthAid | SynTao

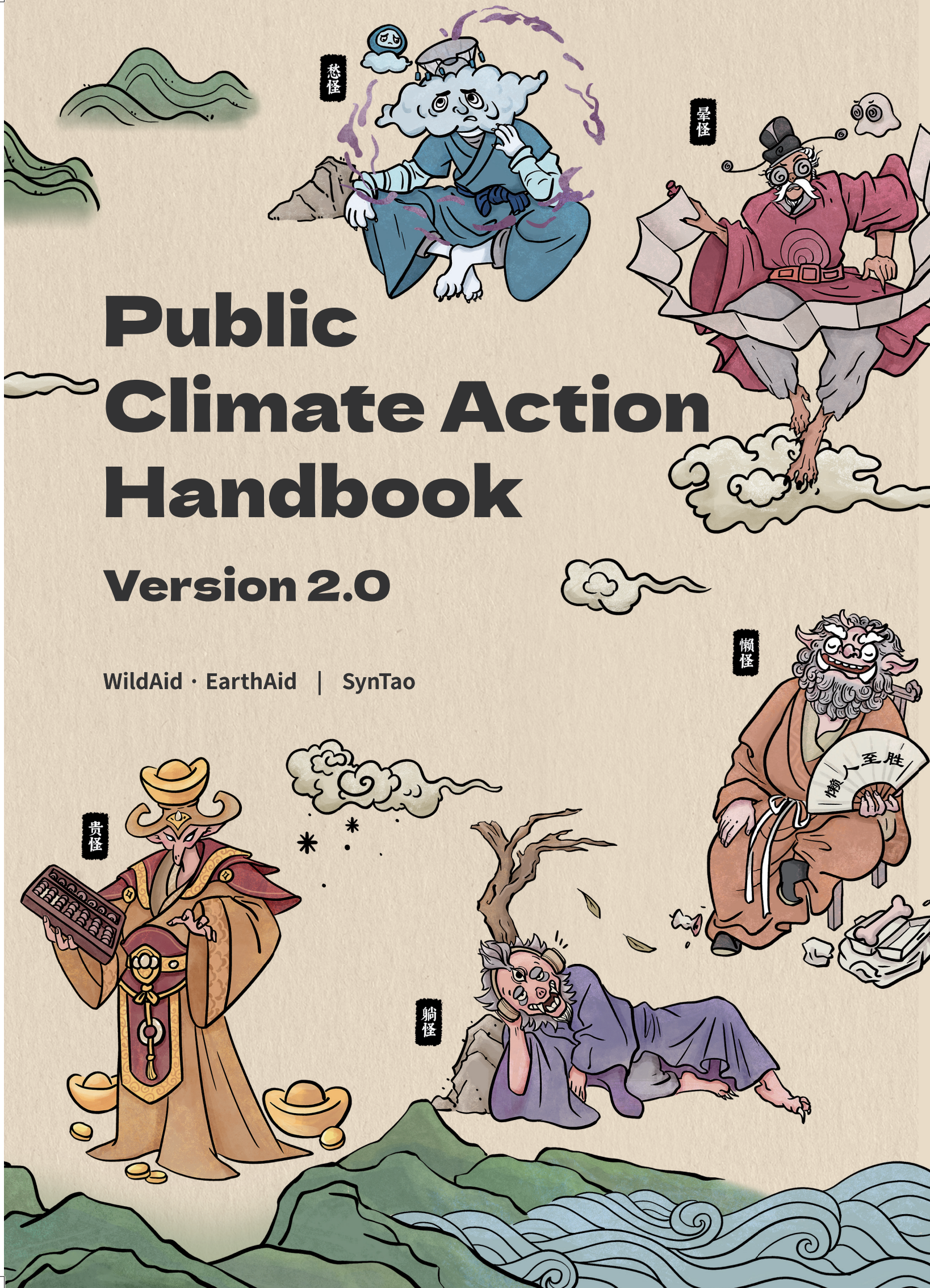
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Foreword

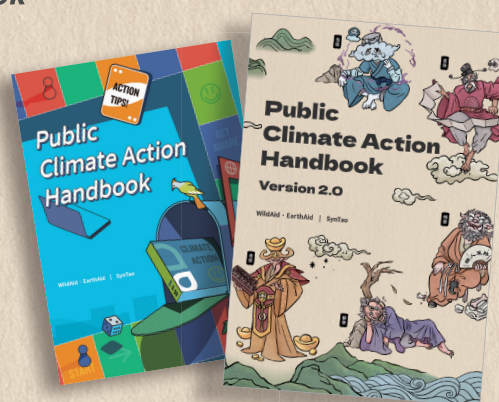
How does Version 2.0 of the *Public Climate Action Handbook* Differ from Version 1.0?

Members of the public have collaborated on the creation of this handbook.

Climate change solutions are presented in this handbook.

The purpose of this handbook is to inspire climate action.

This is a handbook that will help you become a climate action hero.



Ver. 1.0

Ver. 2.0

How does climate change affect each and every one of us? There is no doubt that this is the most pressing question on the minds of most people. Essentially, the effects of climate change are widespread, rapid, and continuously intensifying. This summer has been marked by record-breaking high temperatures, persistent heavy rainfall, and severe floods, wildfires, and other extreme weather events, all of which endanger the lives and property of countless people around the world. The "2022 China Report of the Lancet Countdown on Health and Climate Change" warns that the effects of climate change are making heatwaves, storms, floods, and wildfires more rampant, posing greater challenges for public health systems. Besides bringing about serious health risks, extreme weather also threatens food and water security as well as air quality.

On August 8, 2023, the World Meteorological Organization (WMO) officially declared that July 2023 recorded the highest global average temperature ever. UN Secretary-General Guterres stated, "The age of global warming is over, the age of global boiling has begun, and we must take action immediately." However, it is important for the public to know the solutions to climate change in order to be able to participate in climate action and determine the steps to take.

Therefore, last year, we released Version 1.0 of the "Public Climate Action Handbook", incorporating the 60 demand-side climate actions included in the Sixth Assessment Report of the Intergovernmental Panel on Climate Change (IPCC). Our approach divided the public into three stages: potential, participation, and innovation, and offered more personalized and appropriate climate action guidelines for people at different stages in three application scenarios, namely home, office, and leisure and entertainment. Using these guidelines, climate action can become more enjoyable, accessible, and easier to implement on a daily basis.

In 2023, WildAid and SynTao launched a revised version, the "Public Climate Action Handbook 2.0" with the support of the Vanke Foundation, which provides **more urgent, grounded, rich, and expert** climate action guidance as we face new survival challenges, evolving lifestyles, and emerging social issues.

Urgency requires expanding the scope of action: Mitigation and adaptation are the two essential strategies for tackling climate change, with both being complementary and indispensable¹. The mitigation of global warming by reducing carbon emissions is only one of the measures we can take to address global warming. We also need to adapt to the consequences of climate change so that we and our communities remain safe². The "Public Climate Action Handbook 2.0" incorporates "adaptation actions" in addition to the "mitigation actions" provided in Version 1.0, giving the public more comprehensive guidance on climate action.

Climate action grounded in community: According to the "National Climate Change Adaptation Strategy 2035," in climate change adaptation actions, communities can play a significant role in enhancing public awareness, demonstrating relevant actions, increasing public participation and capacity building, as well as building basic public service facilities and improving emergency management mechanisms, which are more conducive to the practice of public climate action. As part of the "Public Climate Action Handbook 2.0", the community is included as a participant, with a self-rescue guide offered to help community members who are easily affected by climate change enhance their climate resilience.

Diversifying forms of expression: We are now in the fourth year of the "Climate Crisis Era." How can we survive this crisis? Taking on various "monsters" (climate action obstacles, as described in Version 1.0 of the "Public Climate Action Handbook"), we, "heroes", are navigating through the levels in this battle against climate change, which is akin to a game of survival. The handbook contains "monster-fighting tips" that we can use to defeat the "monsters" of "laziness, price, apathy, pessimism, and confusion." Our aim is to continue collecting ideas and stories of public co-creation of climate action, and present them in electronic-based, socially engaging formats like "martial arts," "comics," "webcomics," and other forms that young people enjoy.

Incorporating insights from experts: Version 2.0 of the "*Public Climate Action Handbook*" is backed by information provided by expert institutions such as the Department of Earth System Science at Tsinghua University, the Institute of Climate Change and Sustainable Development at Tsinghua University, China Green Carbon Foundation, Institute of Public and Environmental Affairs (IPE), and All-China Environment Federation.

Climate change is neither an elitist scientific verdict nor a compelling collection of data. As we explore every aspect of life in relation to climate action, we come up with climate action tips that are full of fun and adventure. Our goal is to empower everyone to take action and become a climate change hero!

Additionally, we would like to invite you to contribute your ideas to the next version of this handbook! By scanning this QR code, you can share with us your everyday climate action, no matter how odd, effective, practical, or unique it may be. Become a part of our climate action journey by inspiring and motivating others! In an infinite journey of climate action, this handbook may never be exhaustive as everyone's aspirations and inspirations for a better life flourish endlessly.



WildAid, SynTao

Acknowledgements

We would like to extend our deep gratitude to the scholars and experts from the National Center for Climate Change Strategy and International Cooperation (NCSC), Department of Earth System Science at Tsinghua University, CMA Public Meteorological Service Centre, Institute of Public and Environmental Affairs (IPE), China Association of Circular Economy, All-China Environment Federation, Energy Foundation China, China Association for NGO Cooperation, Institute of Atmospheric Physics, China Academy of Sciences and other organizations for their scientific expertise and assistance in writing this handbook.

We would also like to express our sincere appreciation to the China Green Carbon Foundation, China Environment News, Institute of Climate Change and Sustainable Development at Tsinghua University, Center for Climate Communication and Risk Governance at Tsinghua University for their strong support of WildAid's "Every Climate Action Counts: The Power Is Yours" climate action campaign.

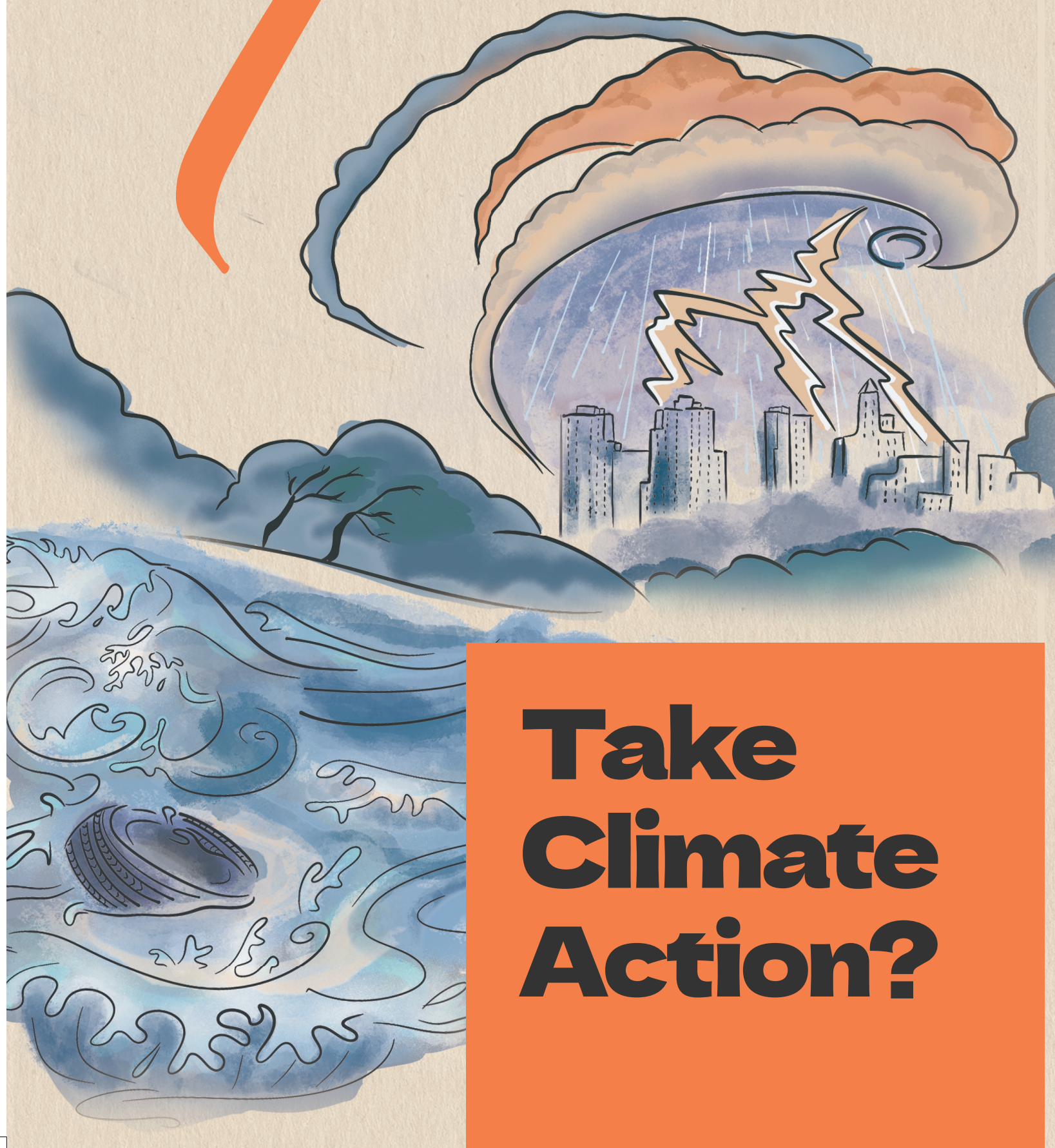
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**PART
ONE**

Why Should We



**Take
Climate
Action?**

1

We Are in the Climate Crisis Era

What is the Climate Crisis Era?

In 2020, United Nations Secretary-General António Guterres stated that we are in a **global climate emergency**. In the same year, China introduced its "dual carbon goals," which aim to achieve carbon neutrality by 2060 and carbon peaking in 2030. In 2020, the Climate Crisis Era officially began, exposing us not only to climate change, but also to climate risks.

As we approach the fourth year of the Climate Crisis Era, we can see that global climate change is becoming more intense and the impacts of extreme weather are becoming more widespread. **On August 8, 2023, the World Meteorological Organization officially announced that July 2023 was the hottest month ever recorded.** In that month, the temperature was estimated to be about 1.5°C higher than the average from 1815 to 1900, which means that it exceeds the threshold of 1.5° C above the pre-industrial level ³. There has been record-breaking heat, abundant rainfall, and other extreme weather warnings.

Climate Change: What Crises Does It Bring?



Our Health is Under Threat

According to the "2022 China Report of the Lancet Countdown on Health and Climate Change", China's exposure to heatwaves in 2022 increased by 7.85 days per year compared to the average between 1986 and 2005, while outdoor safety decreased by 48.2%. In the same year, potential labor hours decreased by 7.1% while wildfire exposure increased by 62.7%.



Continuous Reduction in Food Production - Food Security Becomes a Challenge

Crop yields are significantly affected by global climate change, which drives up food prices and directly impacts our survival. The Intergovernmental Panel on Climate Change (IPCC) estimates that for every 1° C increase in global average temperature, wheat production decreases by 6.0%, rice by 3.2%, corn by 7.4%, and soybean by 3.1%. It is projected that heat stress will reduce global food production by 30% to 40% by 2040 ⁴.



Deadly Natural Disasters – Heatwaves

Each year, heatwaves cause thousands of deaths, making it one of the most deadly natural disasters, and there has been an increase in mentions of heatstroke in recent years. According to the research by the Lancet Countdown Health and Climate Change in Asia, Beijing experienced four heatwave days per year on average from 1986 to 2005, which has now increased to 15 days per year as of 2022. Heatwave days are expected to increase to 40-50 days per year under the RCP8.5 high warming scenario.



Higher Frequency of Other Extreme Weather Events

Extreme weather events are potential threats, and climate change amplifies them. Various mainstream research studies indicate that typhoons' maximum wind speed and precipitation are likely to increase as global warming continues. Relevant simulation studies and theoretical analysis indicate that for every 1° C increase in sea surface

temperature, typhoon wind speeds will be intensified by 3% to 5%⁵. In 2023, heavy rainfalls and floods also caused severe destruction and casualties in many parts of the world.

2

How to Turn the Tide – Climate Action is the Key to Addressing Climate Crisis

What Is Climate Action?

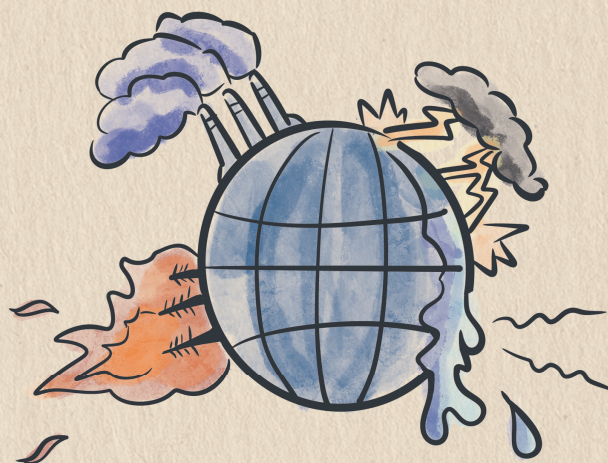
The 13th United Nations Sustainable Development Goal defines "Climate Action" as **taking urgent action to combat climate change and its impacts on the planet**. In addition to governments and regional government agencies, international organizations, individuals, and the private sector are all stakeholders in the action.

All efforts to mitigate and adapt to climate change are climate actions.

What Does Climate Action Include?

Climate action encompasses two aspects: mitigation and adaptation, both of which are interrelated and essential. **Mitigation** primarily consists of reducing greenhouse gas emissions caused by human activities to slow down and prevent climate change. It is the fundamental solution to the issue of climate change. At the national level, mitigation actions include transforming energy structures; at the business level, measuring and reporting greenhouse gas emissions, and maximizing renewable energy; and at the individual level, reducing use of single-use items, carbon reduction, and energy conservation. As a long-term solution to addressing climate change at its source, mitigation is highly emphasized and valued in society as a whole.

Adaptation, on the other hand, involves increasing one's ability to cope with changes caused by climate change that have already occurred and are inevitable in the short term. Adaptation aims at reducing the various losses and impacts caused by climate change on life, property, and health. At the national level, adaptation actions include strengthening climate change monitoring and early warning, and investment in adaptive infrastructure; at the business level, developing emergency plans, and adopting flexible supply chains; and at the individual level, staying indoors with air conditioning during high-temperature days, reducing outdoor activities during typhoons, and preparing disaster emergency supplies. In light of increasing climate risks, adaptation actions are becoming more urgent. As stated by Petteri Taalas, Secretary-General of the World Meteorological Organization, "We must intensify efforts to help society adapt to the weather that is becoming the new normal."



Why Should We Take Climate Action?

Our lives and the future of the planet are threatened by climate change, which is caused by human activities. According to the Sixth Assessment Report by the Intergovernmental Panel on Climate Change (IPCC AR6), people born in 1950 live in a world that has become warmer by 1.1° C while those born in 1980s face numerous risks as a result of an increase in temperature of 1.5° C ⁶.

In order to create a sustainable world for everyone, we must address climate change.

Although it is not too late to curb these trends, immediate action is essential. Every individual has the capacity and responsibility to create a green future, and our choices determine whether or not we can achieve sustainability.

3

Who Will Save Us? – You Are the Hero

In face of the climate change crisis, it may seem that individuals are powerless, and you may wonder, "Is it possible that the actions I take on climate change will make a difference?"

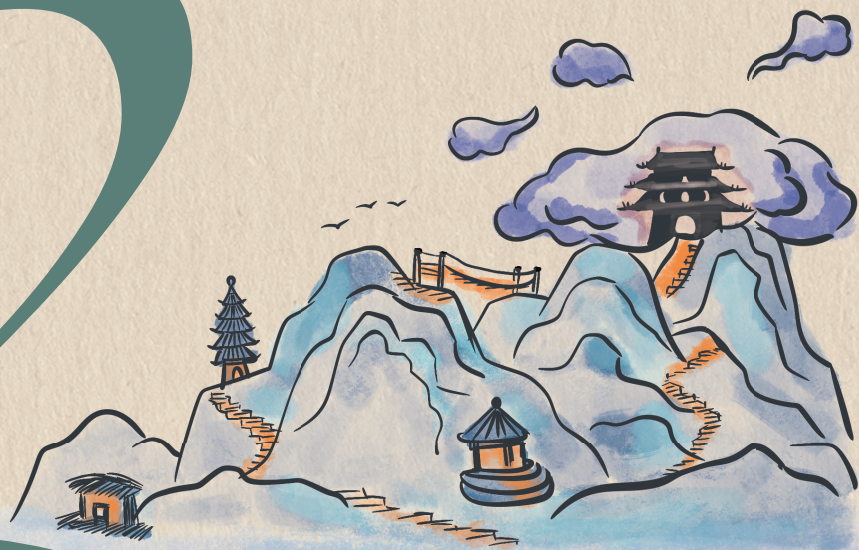
In 2022, the IPCC conducted its first analysis of the role demand-side actions play in cutting carbon emissions. In the report, it stated that a 40%-70% reduction in carbon emissions can be achieved by 2050 as a result of changes in our lifestyles, consumption, and production patterns ⁷.

Over 85% of respondents to the "2022 China Public Climate Change and Climate Communication Awareness Survey" expressed a desire to learn more about climate change and its effects on their everyday lives, as well as some feasible solutions to climate change.

This handbook perfectly addresses these two practical needs of the public, providing you with realistic climate action tips that can help you face climate change with confidence.



**PART
TWO**



Be Your Own

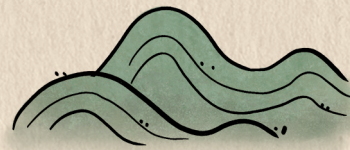


**Hero
in the
Climate
Crisis**

Concerns and confusion might arise in your mind when it comes to climate action. In the course of achieving climate action, we often encounter five monsters that impede the process and make it seem impossible, but don't lose hope. As we move forward, let's add some excitement and take on these challenges with courage!

2023 marks the fourth year of the Earth's climate crisis, which is rapidly escalating and intensifying. We face an imminent crisis that threatens humanity's existence, and we must address it as soon as possible. Yet on our planet, humans are plagued by five big monsters: the Monsters of Laziness, Price, Apathy, Pessimism, and Confusion. Putting our planet in grave danger, these monsters disrupt human commitment to protecting the Earth, halting progress in climate action, and denying us the opportunity to protect it.

Our planet's safety depends on eliminating the crisis, and we are the only one who can accomplish this. No one can save the Earth but us.



1

Obstacles in Our Way

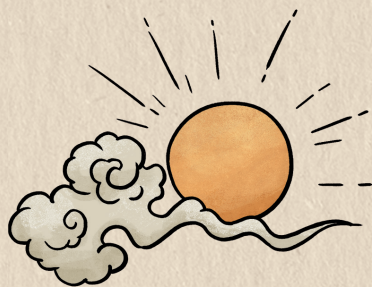
✖ The Monster of Laziness

Monster Skill: Laziness makes people feel that climate action is troublesome, which makes them reluctant to put in extra effort. As a result, they are unable to overcome their inertia and are offered excuses for not making progress. A monster with advanced skills can even keep people trapped in laziness, making them unable to escape.



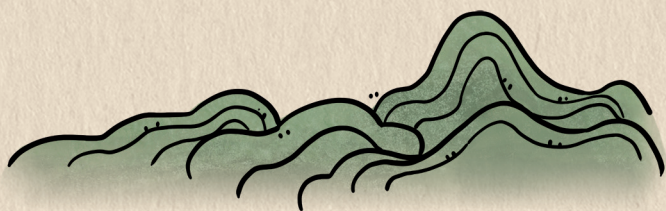
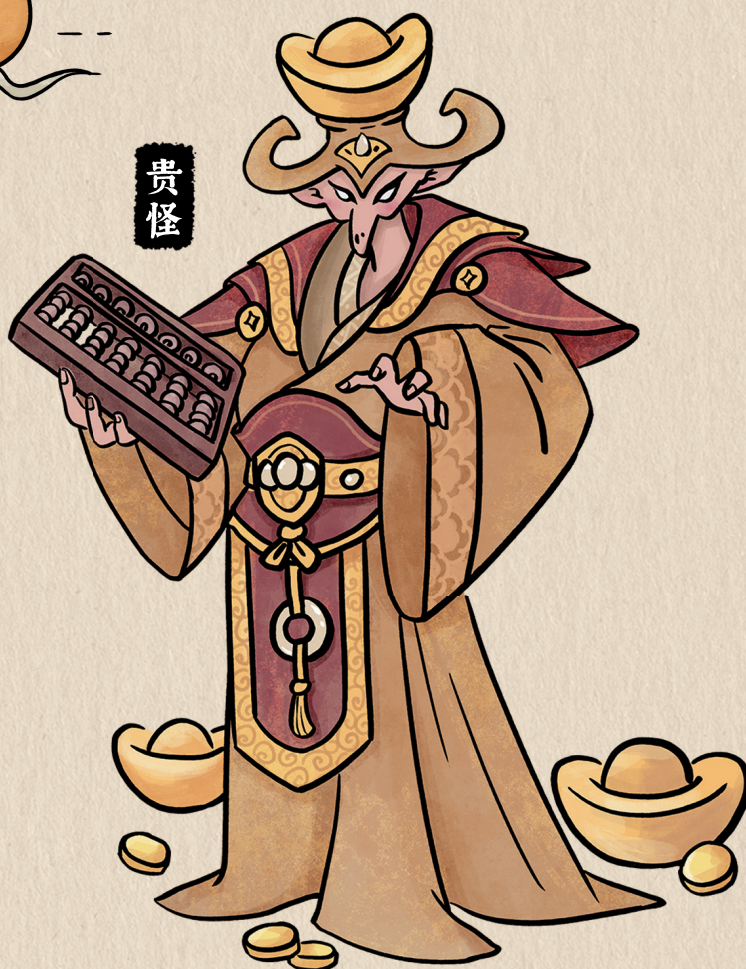
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✘ The Monster of Price

Monster Skill: This skill affects people's minds, making them think climate action is costly and a waste of money. It causes them to focus solely on prices, ignoring everything else. Eventually, because of the cost factor, affected individuals find themselves unable to make a greater contribution to effective climate action.



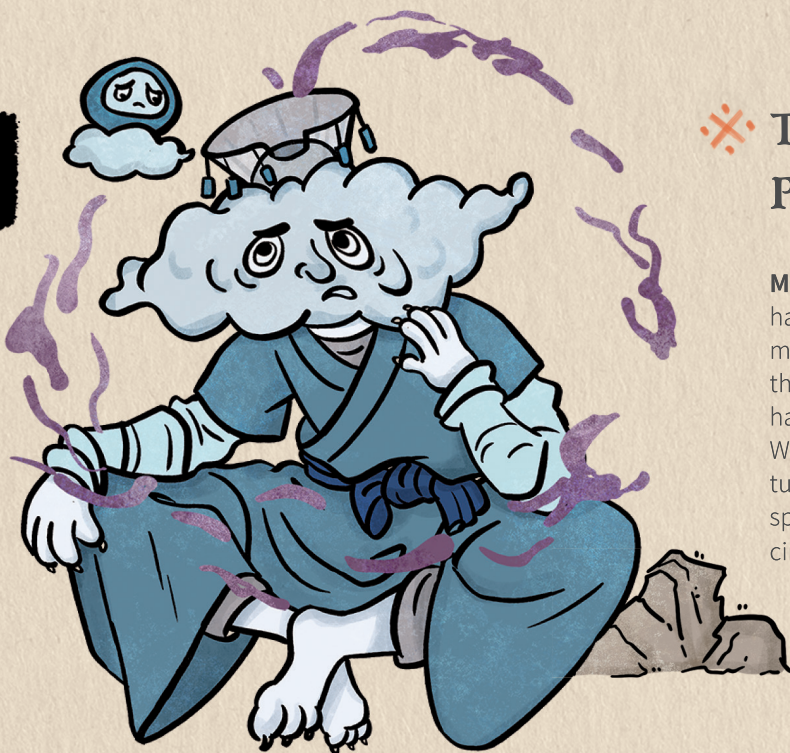
✘ The Monster of Apathy

Monster Skill: Although unassuming, it delivers a powerful mental attack that discourages people from taking proactive action.

As a result of this skill, people only do the bare minimum when it comes to climate change, believing that climate change issues are far away and have no real impact on them, thereby denying them any personal responsibility. The more cunning aspect of apathy is that it makes people forget previous concerns quickly, thus making them ignorant about climate change.

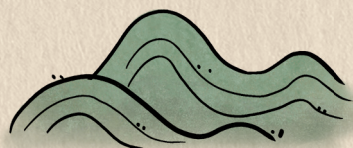


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✖ The Monster of Pessimism

Monster Skill: Pessimism causes people to have a negative attitude towards climate action, making them feel down and anxious. They believe that even if they take individual actions, it won't have a significant impact on the environment. With its hidden skill, the Monster of Pessimism turns its victims into "gloomy messengers", spreading ecological anxiety within their social circles of influence.



✖ The Monster of Confusion

Monster Skill: Confusion's forte is making simple things complicated, causing people to perceive climate change as an incredibly complex and unfathomable concept. Consequently, people are resistant to understanding scientific knowledge about climate change.

Furthermore, it spreads false information about climate science through pseudo-scientific minions, making it highly difficult for people to acquire accurate scientific knowledge. Ultimately, people feel powerless and confused because they don't know what causes climate change, how to engage in climate action, and what they can do to mitigate the issue.

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**PART
THREE**

Defeat the Five Monsters



**to
Secure
Our
Future**

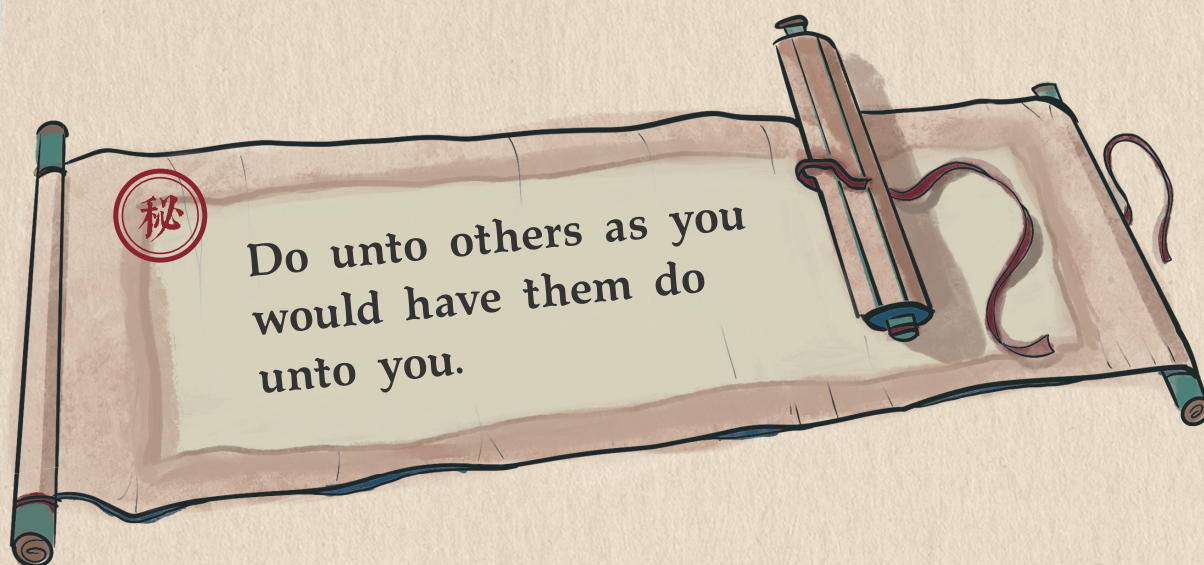
To defeat these monsters, you need to work on your inner strength and skills. Heroes in martial arts stories defeat the main antagonists with extraordinary skills. Hopefully, after reading this "Climate Action Handbook" you will be able to overcome these obstacles and bring about positive changes in climate change action.

All efforts to mitigate and adapt to climate change are climate actions. The handbook includes measures for mitigation of climate change as well as adaptation to extreme weather conditions.

1

Defeat the **Monster of Laziness** - Take the Crucial First Step to a Static Approach!

At level 1, you arrive at "Sloth Mountain," which people find challenging and troublesome. As a result, they are less likely to take climate action and invest time and energy into it. The Climate Action Handbook can be used to defeat it.



If you can't beat laziness, join it! Inaction can sometimes be surprisingly effective. When you think you are "too lazy to act," you already cut carbon emissions in several areas, such as transportation, entertainment, and energy consumption. We can all contribute to saving the world, no matter how lazy we are! Let's break it down:

Technique 1 ✖ Let Your Laziness Do The Work – Don't Stay Up Late

You might want to consider going to **sleep an hour earlier** when there's nothing new to watch on TV. **(We promise it's healthy, too!)** Your energy consumption and carbon emissions are reduced when you go to sleep earlier without watching TV, using the phone, or using your tablet for an extra hour. It sounds simple, doesn't it? It's really as simple as that!

Technique 2 ✖ Combating Laziness With Laziness – Minimalist Shopping is Climate Action

There are pros and cons to both in-person and online shopping. Transportation and store operations increase carbon emissions from in-person shopping, but excessive packaging and logistic services are reduced.

Conversely, when shopping online, you can reduce environmental impact by **actively opting for items with minimal packaging**, especially for items such as **toilet paper and diapers that are not likely to be damaged when packed tightly**.

As an added bonus, if you are "too lazy" to wrap gifts, you are actually taking action against climate change by avoiding the use of packaging paper and tape. It saves money, effort, and the environment!

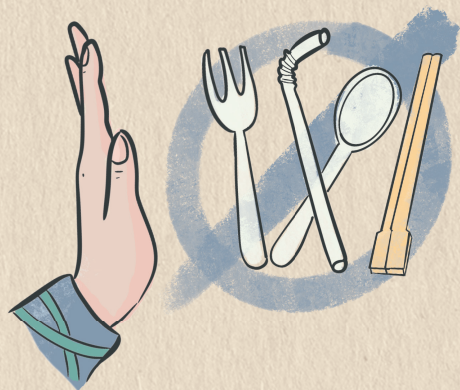
Technique 3 ✖ Embrace a New Level of Laziness – It's okay to air-dry your hair sometimes!

The majority of people do not feel the need to blow-dry their hair after washing it if they are not in a hurry. Using a hairdryer not only consumes a significant amount of time and effort but also consumes energy.

If you are not in a hurry, you can let your hair naturally air-dry in the sunlight or in a comfortable environment, which saves electricity as well.

Likewise, on sunny days, let your clothes air dry naturally instead of using the dryer. (On average, using a dryer consumes 4 kWh of electricity and generates 1.8 kg of carbon emissions.)

Technique 4 ✖ Laziness with a Purpose – Opt for "No Cutlery", An Effortless Approach



Many food delivery platforms such as Meituan, for example, offer the option of **"no cutlery"** for takeout food orders. By selecting this option, you can use your own utensils, which are better in quality and more user-friendly. On a larger scale, the consumption of disposable cutlery can also be reduced through this practice. Furthermore, opting for "no cutlery" may help you earn rewards.

In August 2017, Meituan initiated the "Lush Mountain Project" to explore environmental solutions across the entire industry chain, promoting the green transformation of the takeout industry. Currently, over 360 million users have selected the "no cutlery" option⁸.



Technique 5 ✖ Reasonable Laziness – Boosting Savings and Reducing Emissions Through Carpooling

When you finish your day of work and study and are too lazy to take public transportation home, you can also choose the "carpooling" option on the ride hailing platform.

According to the IEA's prediction of the global net zero path by 2050, by 2030, the public will shift from private cars to shared cars, saving 185 million tons of carbon dioxide globally⁹. It can be said that carpooling has a significant emission reduction effect compared to single person transportation such as express trains, traditional taxis, and self driving.

Technique 6 ✖ Extreme Laziness – Accumulate Your Dirty Laundry

Throwing just one piece of laundry into the washing machine every time you change not only wastes detergent but also requires effort to retrieve and hang them.

The best thing you can do when you are too lazy to do laundry is to accumulate enough dirty clothes to fill a load of laundry. It's an easy and effortless way to protect the environment as it allows you to conserve energy and water at the same time.

According to estimations by the Institute of Public and Environmental Affairs (IPE), compared to washing half-loads twice a week, doing one full load of laundry once a week is more efficient in terms of water and energy consumption. By doing so, carbon emissions can be reduced by 24.58 kilograms over a year.

Technique 7 ✖ Effortless yet Ethical – Protecting Biodiversity Through Inaction

A stable ecosystem forms a solid foundation for combating climate change. Taking action to protect biodiversity is also part of a climate action plan and you can begin by refraining from buying illegal animal products and souvenirs during your travels abroad. At the same time, you may also opt for ocean-friendly sunscreen at the beach. There is no extra effort required for these actions, but they benefit the environment.



Do you know?

Your community may also be working to protect biodiversity!

The Shenzhen Meisha Carbon-Neutrality Pilot Zone has a wealth of ecological resources. Over the past two years, the organization has conducted baseline surveys of plant, marine, and animal biodiversity in the Meisha area in collaboration with various research institutions and social organizations, such as Vanke Foundation. Based on the survey results, they have identified the issues caused by invasive species to the local ecosystem. Their projects include the restoration of wetlands and the construction of eco-friendly roofs for the Vanke Center, which are implemented in cooperation with professional partners. As part of their carbon-neutral strategy, they actively explore solutions for urban biodiversity. Residents also have the opportunity to observe ecological processes through the creation of community gardens and the provision of habitats for pollinators and other wildlife. Through activities such as the "Nature Observation Challenge" and the "Banishing the Water Monsters" program, residents become heroes in preserving biodiversity in their communities.

2

Defeat the **Monster of Price** – Discern the Truth and Make Wise Budget Decisions

After defeating the Monster of Laziness, you've teleported to the "Temple of Wealth" of the Monster of Price. Due to pricing factors, people here tend not to spend extra money on climate action or sustainable products. Our "Heaven and Earth Shift" moves will help you conquer the Monster of Price!



In many cases, people assume that buying sustainable products, such as organic vegetables, FSC-certified paper, or products made from renewable resources, is more expensive. The good news is that **there are many truly sustainable products available right at our fingertips**, so we don't have to look far. You just haven't discovered them yet. The first step to achieving this is to change your mindset about climate action in your everyday life. Let's uncover the secrets:

Technique 1 ✖ Accumulate Strength – Turn Off the Tap while Brushing Your Teeth and Washing Your Hands

Let's start with the simplest one! People often leave water running when brushing their teeth or washing their hands. As a result, not only is water wasted, but water bills are also inflated. Turning the tap off for two minutes while brushing your teeth can save approximately 28 liters of water a day. Don't be afraid to start small, as every little detail of your daily life can make a difference in tackling climate change.

Technique 2 ✖ Leverage Efforts – Prioritize the Purchase of Energy-Efficient Products

When buying appliances, look for the Chinese energy efficiency label to identify high-efficiency, energy-saving items. China, for example, has a standard for energy efficiency that applies to commonly used household air conditioners called "Energy Efficiency Limits and Grades for Household Air Conditioners." It includes four energy efficiency grades: Grade I, Grade II, Grade III, Grade IV, and Grade V. One 1.5P air conditioner with a Grade III efficiency rating consumes 4.5 kWh more electricity every 10 hours than one with a Grade I rating. The cost-benefit ratio of higher-efficiency appliances is highly appealing because they will help you save money on electricity bills in the long run.



A smart light adjustment system can adjust the brightness and temperature of your home's lighting system and temperature control system to make your home more comfortable. Reducing the brightness of the lights in a household by 10% can result in a reduction in carbon emissions of 385 kilograms over the course of a year, which is equivalent to not driving for one month.



Technique 3 ✖ Make Invisible Swaps – Use Refillable Cosmetics, Detergents, and Toiletries

Presently, most major beauty and personal care brands offer "refillable" versions of their products that savvy budget-conscious shoppers wouldn't want to miss. The trend is a reflection of the global movement toward sustainable consumption. Refillable options could reduce carbon emissions by 70%, energy consumption by 65%, and water consumption by 45% if all global cosmetics consumers chose them ¹⁰.

Technique 4 ✖ Move Together – Use Public Transportation to Increase Savings and Reduce Carbon Footprint

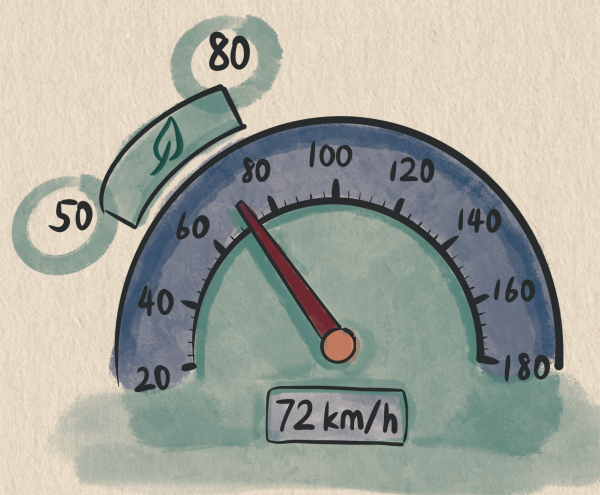
While public transportation may seem common, it is extremely effective at saving money and reducing emissions.

Workers do not squeeze into subway trains for no reason every day. It is estimated that the carbon emissions per person per kilometer will decrease by 17% when the subway's passenger capacity is increased by 20%.

Technique 5 ✖ Precise Control – Seasoned Drivers Have "Low-Carbon (fuel-efficient) Driving Techniques"

Believe it or not, you can cut fuel costs by altering your driving style. There are driving techniques to save fuel. Every vehicle type has an optimal economical speed range, and maintaining the ideal driving speed is crucial. Most vehicles **perform best at speeds between 50 and 80 kilometers per hour. The fuel consumption of an automobile increases by 0.5 liters per 100 kilometers when the optimal speed is exceeded by 10 kilometer per hour, resulting in a 2.26-kilogram increase in carbon dioxide emissions ¹¹.**

There are also ways in which car owners can reduce the load on their vehicles. As the weight of the car increases, so does the power needed to drive it. This results in 10 grams of extra fuel consumed per 100 kilometers, along with an additional 0.03 kilograms of CO₂ emissions. With just a small action, you can also reduce fuel consumption by 11% by lightly pressing the accelerator and starting slowly!



Technique 6 ✖ Win with Less – Opt for Smaller Portions

When ordering food, do you often bite off more than you can chew? **We recommend choosing "small portions" when ordering takeout.** In general, "small portions" are about half to one-third the size of a standard portion, with their prices reduced accordingly. By choosing this option, consumers can order with flexibility and control their portions without wasting food.

According to Meituan's "Six-year Progress on the Lush Mountain Project", over a million food service providers have offered over 6.2 million small portions.

Technique 7 ✖ Reducing Need & Demand – Boldly Simplify Your Shopping Cart

In the era of fast fashion, overconsumption has become a growing problem. Many purchased clothes are left unused after being worn a few times. **We could reduce energy that is equivalent to 2.5 kilograms of standard coal and also carbon emissions by 6.4 kilograms if everyone bought one fewer unnecessary piece of clothing every year¹².** Keeping impulse purchases in check saves money and reduces resource waste, thus helping to promote a low-carbon lifestyle.

Technique 8 ✖ Put all in One Bag – Take Your Own Shopping Bag to the Supermarket, Turning Pennies into Dollars

You can brighten your mood and reduce plastic waste by bringing along a pretty shopping bag when shopping in grocery stores. China consumes a significant amount of plastic bags in daily scenarios. In the event that the country increases plastic bag usage by 10%, it would additionally consume approximately 12,000 tons of standard coal and emit 31,000 tons of carbon dioxide per year¹³.



Technique 9 ✖ Switch On and Off at Will – Time Your Air Conditioning to Avoid Overuse and Save Electricity

Keeping the air conditioner on all the time when temperatures are hot can get pretty expensive. You can try using air conditioning on a scheduled basis. When it's hot in the afternoon, use air conditioning to keep cool and, when it's cool at night, open windows for natural cooling. Visiting air-conditioned premises such as your community service center, mall, or other public facility allow you to enjoy air conditioning for free if you don't have air conditioners in your home.

Technique 10 ✖ Preventive Measures – Pay Attention to Early Warnings of Extreme Weather Conditions and Prevent Property Loss

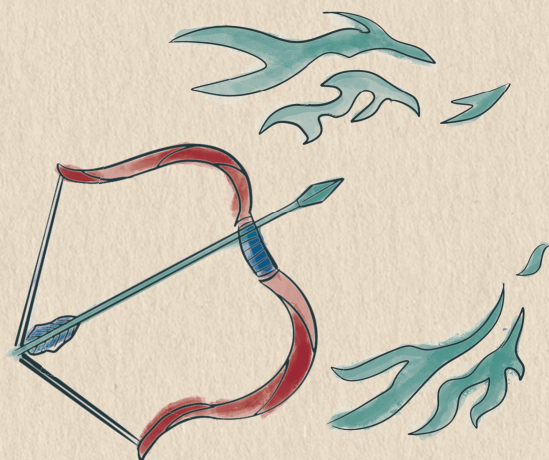
Protecting your property in advance of torrential rains or typhoons can save you money in the long run. When you receive an alert, you should focus on ensuring electrical safety. As a safety precaution, you should turn off the main power supply and avoid using wet or faulty wiring, equipment, and appliances, as electrical leaks are the most dangerous hazards after heavy rainfall.



Technique 11 ✖ Retreat to Advance – Avoid Extra Medical Expenses by Examining Your Food Carefully Before Eating

During extreme weather conditions, food that has been stored for a long time is susceptible to spoilage. Make sure that you observe food safety guidelines, such as refraining from drinking raw water or eating foods which have been exposed to floods and avoiding moldy food. Ensure that medicines are stored in a moisture-resistant environment. In spite of the fact that some elderly people may not be keen on throwing away contaminated or expired food, there is a high probability that they will spend more money and effort on medical treatment in the future!

By mastering the key techniques for tackling climate change, you've found the key to taking over the Monster of Price. It is possible to combine a low-carbon lifestyle with budget-conscious living by changing your mindset. Let's defeat the Monster of Price!

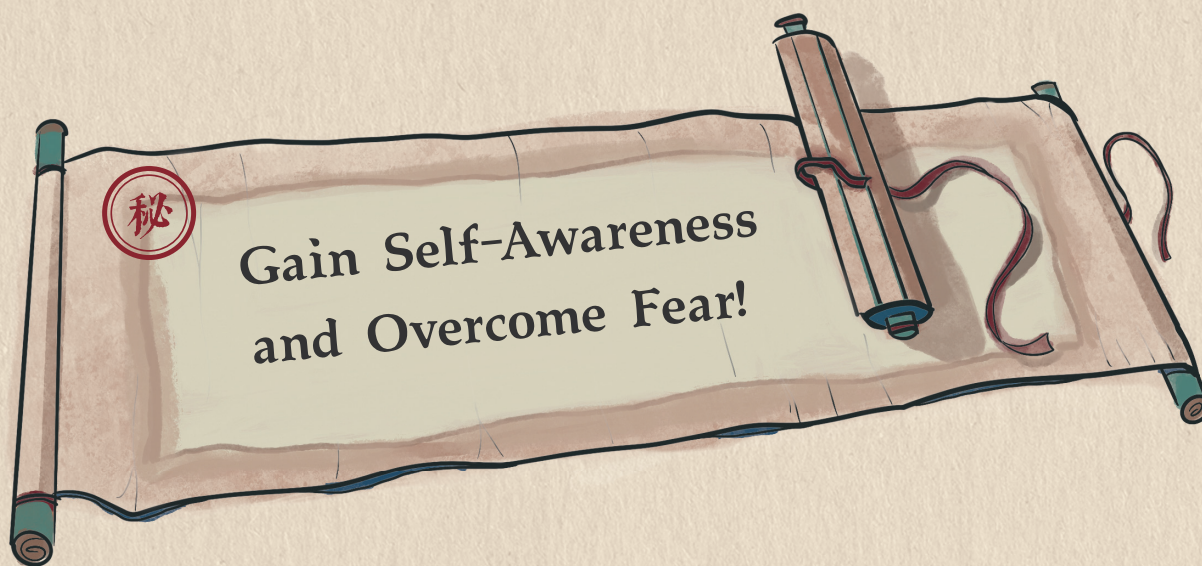


3

Defeat the **Monster of Apathy** - Gain Self-Awareness and Overcome Fear!

The Monster of Apathy has numerous adherents and a remarkable capacity for propagation, with widespread penetration around the world. The only way to defeat it is to break its "spell," recognize the gravity of the issue, and clarify our objectives.

It is impossible to avoid climate change, and it advances relentlessly, leaving no room for complacency or passivity.



Technique 1 ✖ Know Thyself and the Adversary - Understand Climate Change from a New Perspective

Despite frequent mentions of climate change in the words of luminaries like UN Secretary-General Guterres and on television and in the news, do you truly know this phenomenon? There are still many people who believe that additional warmth and higher temperatures are natural occurrences. However, climate change involves the transformation of the entire Earth's ecological system.

Extreme weather events have been recurrent and intense this year. May and June have been characterized by extremely high temperatures, followed by heavy rains and floods in July and August.

Unfortunately, in the field of climate science, the consensus is that **extreme weather won't be sporadic any more as global temperatures rise but will become the norm, with intensifying severity.**

Changing our mindset and ceasing to be complacent and passive is the first step toward combating climate change.

Technique 2 ✖ Proactive Engagement – Actively Adapting to Climate Change Instead of Passively Being Impacted

In the wake of our awareness of the dangers of climate change, we must prepare for possible adversity. Prepare yourself proactively for the changing climate, stay on top of the extreme weather warnings, and equip yourself with knowledge about the right preventative measures. The risk of death increases on the second and third days following a heatwave, while the first heatwave of the year is associated with the highest number of fatalities¹⁴. Thus, heatwave warnings should be heeded promptly and actions such as reducing outdoor activities and minimizing exposure to the elements during a heatwave can significantly reduce mortality rates.

Stay hydrated, pay attention to local weather and heatwave alerts, and reduce outdoor activities during summer.

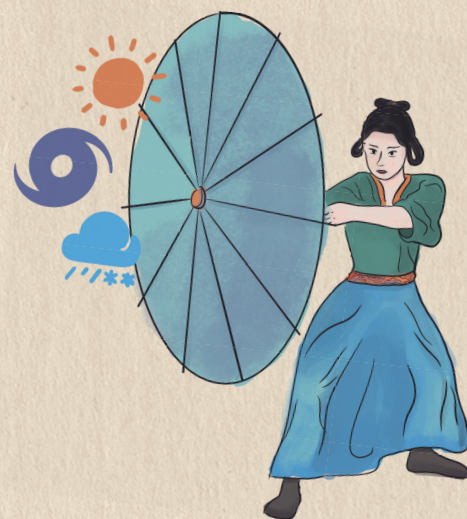
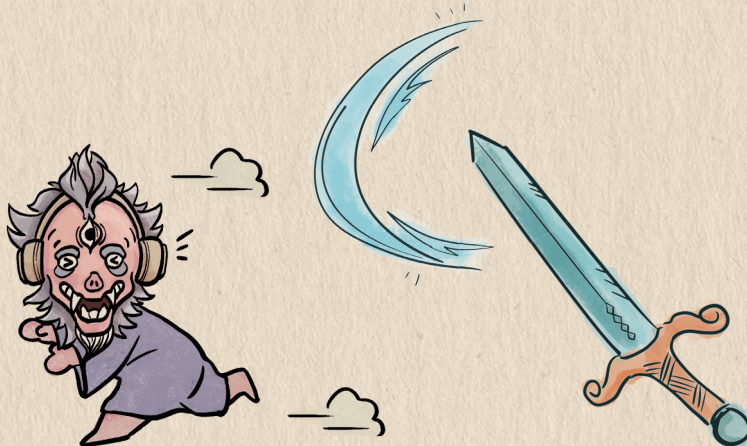
Although typhoon preparation is often considered mandatory for coastal areas, residents in northern and inland areas need to acquire a higher level of knowledge due to climate change. Are you going to remain passive when storms approach? Pay attention to weather warnings and conditions before venturing outside, stay indoors when rainstorms are around the corner, and prioritize your personal safety by avoiding lamp posts, signal poles, billboards, and hazardous walls. Make sure you know emergency hotlines, help residents on lower floors and vulnerable populations, maintain community connections, and protect yourself and others together.

There's no room for passivity when a typhoon is imminent! People in coastal areas should follow weather forecasts of local meteorological authorities. Ensure that you have enough food, water, medications, and other necessities for a minimum of three days. Personal safety must be reinforced by reducing outdoor activities, maintaining electrical safety and staying in contact.

Climate change is inevitably taking place in China, a region that is sensitive to global climate change and under significant impacts¹⁵. Coexisting with climate change and adapting to it will be essential to China's future. If we fail to adapt swiftly enough, we may be confronted with a number of tragedies related to climate change.

Technique 3 ✖ Breakthrough and Reflection – Are You Ready to Confront Climate Change?

If your answer remains uncertain, and you want a more in-depth understanding of climate adaptation and response strategies, you can scan the QR code for the **"Community Health Risk Prevention Handbook Under Climate Change"**, an essential compendium for preventing climate-related risks that are potentially life-threatening!



4

Defeat the **Monster of Pessimism** – Every Action is Powerful

It's time to move on to the fourth level known as the "Great Sorrow Village" after defeating the Monster of Apathy. Keep up the good work; victory is just around the corner!

The "Great Sorrow Village" is overrun by the Monster of Pessimism and "Gloomy Imps," spreading ecological anxiety without bounds.

"The climate crisis is unstoppable; humanity can't reverse its course..."

"What difference can a one man's actions make?"

"We're doomed, so why bother persevering?"...

The "Great Sorrow Village" is enveloped in a cloud of sorrow, with hardly anyone spared. With the climate crisis looming, people are growing increasingly disheartened and pessimistic as they believe that the actions of an individual are negligible and insignificant in the great battle against climate change.

It is commonplace in martial arts stories for the protagonist to master an unparalleled martial art accidentally, often without even realizing it. **Similarly, climate action can often bring about a butterfly effect, and create unexpected important changes with small actions.**



Technique 1 ✂ To Banish Pessimism: Unplug Electronics – Tangible Energy Savings

The Monster of Pessimism: Turning the lights off when not in use has been advocated for a long time, but is it actually beneficial?

According to surveys, a household's daily wasted energy can amount to 1.5 kilowatt hours. Assume that every household consumes 0.2 kilowatt hours per day for standby, and a medium-sized city with a population of 5 million (about 1.9 million households) is likely to consume nearly 139 million kilowatt hours in standby each year¹⁶.

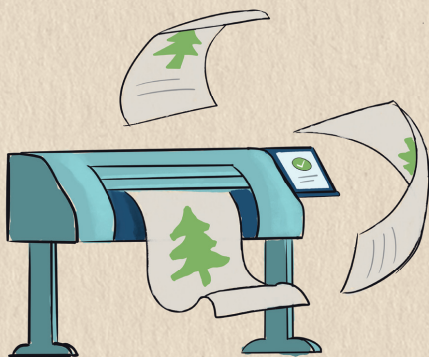
So, yes, it is indeed highly effective.

With the "Pessimism Slasher" technique, we are able to secure victory in the first round immediately.

Technique 2 ✂ Limiting Water Flow – A Lot of Water is Saved!

A leaky faucet can waste 1 to 6 tons of water per month, and a leaking toilet 3 to 25 tons. By replacing toilets and showers across the nation with water-saving products, urban households could potentially save 490 million tons of water each month, equivalent to 95 million tons of carbon dioxide reduction¹⁷.

Hence, tightening faucets does significantly save water! With "Stop Water Flow" following up, the Monster of Pessimism is flustered.



Technique 3 ✂ Print Double-Sided – Save Tons of Paper With Just a Click

Before clicking "Print," don't forget to select "Double-Sided Printing."

Is there anything easier than that? Having 10% of printers in this country adopt this method could save around 51,000 tons of paper every year, which is the equivalent of conserving 10 billion sheets of A4-sized paper. In total, this translates to a reduction of 164,000 tons of carbon dioxide emissions and 64,000 tons of standard coal.

Therefore, saving paper does reduce emissions.

Technique 4 ✂ Circularity – Sort, Recycle, and Utilize, Turning Waste into Treasure!

Waste sorting policies are being implemented in China today. When recyclables are separated during garbage collection, we can directly recycle and reuse the usable, reducing unnecessary carbon emissions in transportation and processing.

For instance, recycling one ton of waste plastic can reduce carbon emissions by 1.5-2.2 tons.

Gather your recyclables at home as soon as possible. You might be surprised by how much you have!

Recycled paper doesn't all become waste. To manufacture one ton of recycled paper, 40% more energy is required than to produce one ton of wood-based paper. We will be able to save around 452,000 tons of standard coal and reduce 1.164 million tons of carbon emissions if 2% of paper consumption in the country switches to recycled paper every year.

Furthermore, recycled paper offers better eyesight protection!

Technique 5 ✂ Eat up – Clean Your Plate Campaign Is Not New But Still Effective

According to statistics, China wastes approximately 35 million tons of food each year, equivalent to 6% of its grain production. Urban restaurants alone waste 17 to 18 million tons of food per year, which is equivalent to the annual food consumption of 30 to 50 million people¹⁸.

Please do not hoard food, and order sustainably when dining out with no leftovers. It all begins with YOU!



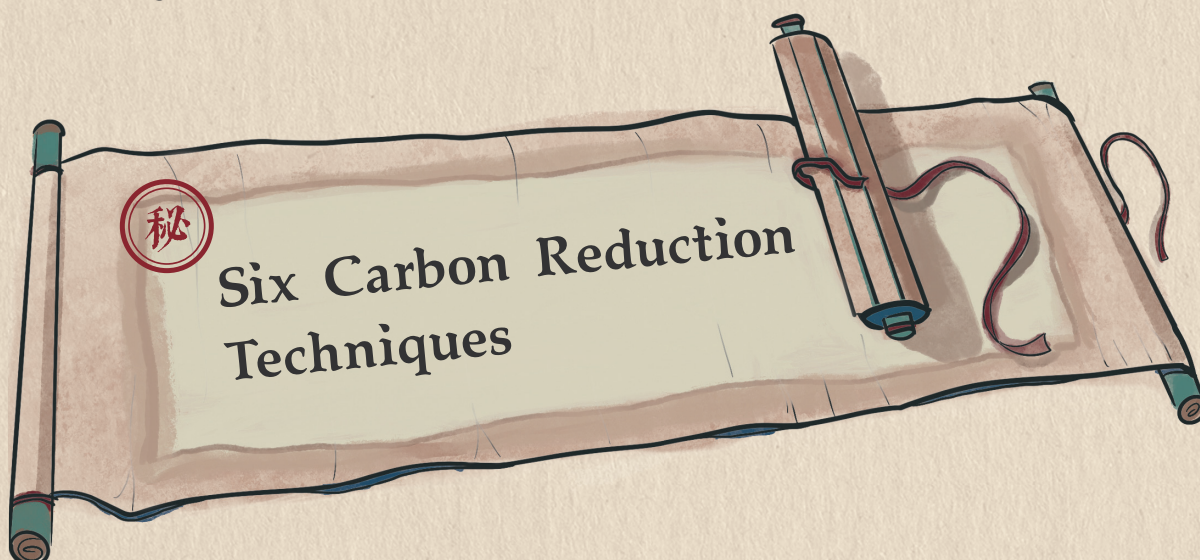
5

Defeat the **Monster of Confusion** – Clear the Confusion and Unite to Combat Climate Change

Finally, after defeating the previous four monsters, we have arrived at the last fortress of the Monster of Confusion – the "Realm of Confusion." Here, people under the control of the monster have empty minds, lack climate knowledge, spread false information, and believe they are powerless and incapable. Chaos and disorder rule the "Realm of Confusion".

Throughout your journey to conquer the previous four monsters, you've probably realized that techniques for mitigating the climate crisis are hidden in our daily life. With dedication, you'll be able to easily defeat the Monster of Confusion in no time.

To secure your victory, we present the six "carbon reduction techniques" developed by experts in this regard to ensure that you can tackle the daunting challenges caused by climate change with confidence.



Technique 1 ✖ Read More Educational Articles on Climate

The impacts of climate change go beyond hot weather and more rainfall. If you are interested in learning more about climate-related topics, follow these public accounts, all of which provide daily, in-depth climate information that safeguards your journey.

Among them you will find WildAid, 大吃益经 (Pack on the Calcium), 一分钟扯碳 (One Minute of Carbon Talk), 星球公社 (Planet Society), BottleDream, 千篇一绿 (Thousand Shades of Green), CTeam Climate Action, and 科学有温度 (Science Has Warmth). Feel free to recommend and share more!

Technique 2 ✖ Be More Aware of High and Low Carbon Emissions

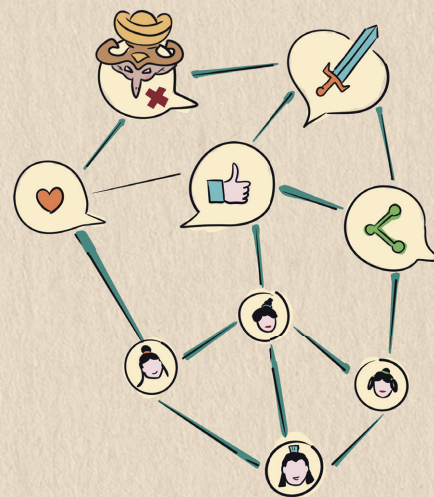
Carbon emissions are ubiquitous, from our homes, transportation, diets to our work and leisure time. There are a number of low-carbon options we can choose from in order to address climate change.

When taking long trips for example, high-speed trains have lower carbon emissions. **For trips over 1,000 kilometers, flights are more sustainable than driving in terms of carbon emissions per capita.** Furthermore, different foods produce different levels of greenhouse gas emissions. To significantly reduce greenhouse gas emissions, try a lighter diet with more plant proteins (like dry beans, chickpeas, lentils, nuts, and grains) while reducing the amount of animal-based foods (meat and dairy) and saturated fat (e.g. butter, milk, cheese and meat).

To know more about carbon emissions, feel free to use the "Blue Map" app to check your carbon footprint in various aspects of your life.

Technique 3 ✂ Share and Forward This Handbook to Encourage More People to "Battle Monsters"

All efforts to mitigate and adapt to climate change are climate actions, including **circulating scientific climate information among friends.** Please forward good climate educational articles, podcasts, videos, or any other content you find to more people so that they can develop the strength and confidence they need to tackle climate change. The act of sharing is also your climate action!



Do you know?

In the carbon neutrality park for experiment of the Meisha Vanke Center, Vanke Foundation has innovatively introduced the "Black Soldier Fly Kitchen Waste Treatment Technology," which utilizes black soldier fly larvae to biologically recycle community kitchen waste (in just 8 days, black soldier fly larvae can consume an amount of kitchen waste over 200,000 times of its own weight)! Using this method, a recycling system has been established, which includes black soldier fly larvae, composts and gardens. In 2022, a total of 30.8 tons of organic waste was processed into 14.7 tons of organic soil that was used to build the rooftop garden of Vanke Meisha Center. It was honored as one of the top ten co-built gardens in Shenzhen.

Moreover, the park upgraded its microgrids and energy management system technology, replaced its entire air conditioning system, and adopted an energy-efficient data center system in 2022, saving 55% on energy costs. By adopting rooftop solar panels, clean energy generation was increased threefold. Through the integration of renewable energy, green building materials, and digital energy, along with a large-scale rooftop photovoltaic system, the park has achieved an overall building energy conservation rate of 85%, and 100% green electricity was used during the operation period.

Technique 4 ✂ Look Out for Low-Carbon Initiatives and Climate Education Activities in Your Community

Pilot measures for carbon neutrality have been conducted by many cities and communities. At the end of 2021, the "Meisha Carbon Neutrality Pilot Community" was selected as one of the first near-zero carbon emission communities in Shenzhen, and in 2022, it was grade as one of Shenzhen's major projects for addressing climate change during the 14th "Five-Year Plan" period and included in the "14th Five-Year Plan for Addressing Climate Change in Shenzhen". The community incorporates kitchen waste recycling and urban ecological diversity conservation into its management, and encourages public participation in building a green, low-carbon community.

Additionally, government departments are promoting the Meisha Carbon Neutrality Community as standards for near-zero carbon community construction. As part of this, photovoltaic power generation equipment have been put in place in outdoor parking lots within residential communities and public areas, new charging piles facilities are installed in order to meet low-carbon transportation needs of community residents and visitors. A further step taken is to promote low-carbon actions to gradually convert the Meisha community into a true "Carbon Neutrality Pilot Community" through cooperation between the community and six major industrial partners (hotels, offices, schools, scenic spots, vegetable markets, etc.).

Overview of the Material Circulation in the Park



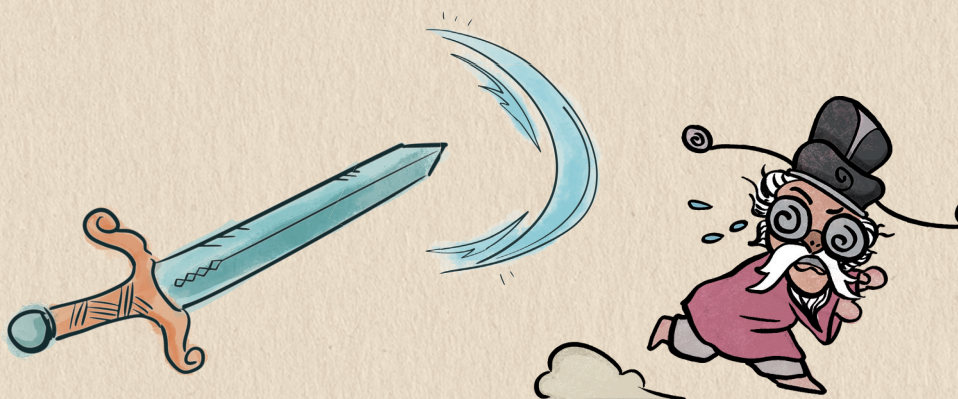
Image source: Vanke Foundation

Technique 5 ✂ Prepare Supplies in Advance for Extreme Weather Conditions

It is helpful to have supplies at home when a disaster strikes so that you can remain calm and respond confidently. To prepare for emergency situations, choose foods that can be stored for a long time and maintain a clean and appropriately stored environment in order to cope with emergencies.

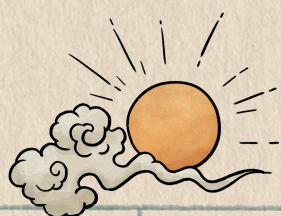
Do you know?

Foods that store well and are less perishable (with a shelf life of 2-5 years) include canned goods, peanut butter, coffee, instant noodles, hard candy, milk powder, and honey. Besides food, there are some other items that you should stock up on, such as lighters, toilet paper, soap, bottled water, vitamins, medications, and bandages.



Technique 6 Understand Extreme Weather Warning Signals to Help Yourself and Others

Learn the meaning of these signs as you see them, and it is rewarding. In an era of increasingly more extreme weather events, it is important to have a good understanding of the weather warning signs to ensure our preparedness ahead of disasters. We can protect ourselves and others by understanding warning signals and making preparations based on them¹⁹.



Heat Wave Warning Signs

Recognizing Warning Signs



Yellow The highest daily temperature for three consecutive days will be above 35 °C .



Orange The highest temperature within 24 hours will rise above 37 °C .



Red The highest temperature within 24 hours will rise above 40 °C .

Precautionary Measures

As defined by the China Meteorological Administration, high-temperature weather occurs when the daily maximum temperature reaches or exceeds 35 ° C, and a heatwave refers to such a temperature lasting three days or more.

- When there is a yellow warning, avoid outdoor activities during the afternoon's hottest hours.
- When there is an orange warning, avoid outdoor activities during high-temperature hours, and limit the number of continuous working hours for individuals who are working under high-temperature conditions.
- When there is a red warning, outdoor open-air work should be suspended (except for specific industries).

If the temperature is above 35 ° C, you are strongly advised not to stay outdoors for a long time, especially between 10 a.m. and 4 p.m.

Response Strategies

In the event of a heatwave:

- ※ Stay at home and remember to cool down with fans and air conditioning.
- ※ If you want to keep cool while saving money, go to community service centers, shopping malls, or other places with free air conditioning.
- ※ Prepare essential medications in advance and stay well-hydrated.
- ※ For specific details, please refer to the "Community Health Risk Prevention Manual in the Face of Climate Change".

Typhoon/Rain Storm Warning Signs



Recognizing Warning Signs



Blue May or has been affected by a tropical cyclone within 24 hours, with an average coastal or land wind force of 6 or above, or gusts of 8 or above that may persist



Yellow May or has been affected by a tropical cyclone within 24 hours, with an average coastal or land wind force of 8 or above, or gusts of 10 or above that may persist



Orange May or has been affected by a tropical cyclone within 12 hours, with an average coastal or land wind force of 10 or above, or gusts of 12 or above that may persist



Red May or has been affected by a tropical cyclone within 6 hours, with an average coastal or land wind force of 12 or above, or gusts of 14 or above that may persist



Blue The rainfall is expected to reach 50 millimeters or more within the next 12 hours or has already exceeded 50 millimeters, and it may continue.



Yellow The rainfall is expected to reach 50 millimeters or more within the next 6 hours or has already exceeded 50 millimeters, and it may continue.



Orange The rainfall is expected to reach 50 millimeters or more within the next 3 hours or has already exceeded 50 millimeters, and it may continue.



Red The rainfall is expected to reach 100 millimeters or more within the next 3 hours or has already exceeded 100 millimeters, and it may continue.

Precautionary Measures

Stay indoors when an orange or red warning sign is issued for a typhoon or heavy rain.

Make sure to closely follow weather forecasts provided by local meteorological stations during the summer and take protective actions in advance.

- The elderly and children should stay in safe areas when there is a blue warning for typhoons.
- In the event of a yellow typhoon warning, school classes should be suspended, and large-scale outdoor gatherings should be halted. (Note: In Guangdong Province, classes can be suspended during yellow, orange, and red warnings for typhoons, and red warnings for heavy rain.)
- In the event of a typhoon orange warning: Schools should suspend classes, and residents should avoid unnecessary outdoor activities.
- In the event of a typhoon red warning: a wind force of level 12 is extremely rare onshore and such wind has strong destructive power. At sea, it can generate towering waves. At this time, you must strictly adhere to measures such as suspending gatherings, classes, and business operations, and ensuring that everyone takes cover.

Response Strategies

In the event of a typhoon and heavy rains, please stay calm and take following precautionary measures:

- ※ Ensure that all doors and windows are reinforced in advance.
- ※ Remove balcony clutter and clear drainage systems.
- ※ If you live in a single-story house, ensure that the roof is repaired, the drainage ditch is cleared, and debris is removed.
- ※ Be sure to shut doors and windows when it is raining heavily. Stay on the second floor or in a higher place during heavy downpours.
- ※ Make sure that the power supply is cut off if there is water inside the house.
- ※ Have essential medications and flashlights at hand.
- ※ The local emergency hotline or 120, 119 should be called immediately in case of danger.
- ※ For specific details, please refer to the "Community Health Risk Prevention Manual in the Face of Climate Change".

**PART
FOUR**

Climate Action



Heroes



Chen Junchao, a Mother Who Wants to Set an Good Example for Her Children

Chen Junchao 38 years old, Environmental Educator from Zhaoqing City, Guangdong Province

Initially, Chen Junchao had little knowledge of climate change and its impacts. It wasn't until the frequent occurrence of extreme weather conditions in recent years that she started paying attention to climate change. She recounts, "Back then, my daily commute was often filled with traffic jams, flooded vehicles, and floodwater that seem to repeat every year. I was left feeling powerless and wondering what the future holds after learning about the increasingly serious impacts of climate change."

Together with several local environmental volunteers, Chen Junchao formed a **youth action community** with the support of the Qianhe Community Foundation in 2023. They organized book sessions on ecology, created zero-waste ecological gardens, conducted outreach programs to promote sustainable lifestyles in communities and schools, and hosted bazaars themed around environmental protection and low-carbon living. Using the power of community, they engaged more people in these activities through constant encouragement and introduction, thus raising awareness of the pressing issue among more people. Participating in the program is a testament to the effectiveness of **small but collective actions in the battle against climate change.**

For Chen, inspiring others to take action is the constant source of energy that drives her to keep going, and she plans to continue carrying out these activities with her partners. Their firm belief is that as more people become aware of climate change and its implications, the collective impact of their actions will grow stronger.



Tutu and Her Lifestyle Dedicated to Reducing Plastic

She comes up with a series of amazing tricks to tackle the pain points brought about by "monsters".

Tutu, whose actual name is Hu Xinyue, is an environmental educator and also an influencer on RED with an interesting bio that is bound to leave a lasting impression — "Sustainability | Maximum utility | Living with intention. A not-so-perfect eco-conscious girl striving to reduce plastic in daily life while **sharing practical tips that anyone can adopt.**"



Tutu's life **revolves around sustainable living.** In her daily life, she actively seeks out disposable plastic items and works hard to find sustainable alternatives. Her philosophy is about making the most of items that can last for a long time, advocating for the efficient use of resources, and promoting a low-plastic lifestyle. With a strong belief that low-plastic lifestyle can be both creative and practical, she is not only an advocate but also an admirable action-taker who inspires many.

Practical Tips

- ❖ **Masking tape:** It uses corn-based water-soluble glue that needs to be moistened before use. Besides offering great texture and an excellent user experience, it's also biodegradable.
- ❖ **Canvas bags:** Convenient and foldable, is an alternative to single-use plastic bags.
- ❖ **Camellia seed powder:** As a byproduct of camellia oil extraction, it contains natural tea enzymes and caffeine, which can kill bacteria, remove stains and grease. It's a natural kitchen essential.
- ❖ **Organic cotton handkerchiefs:** Designed to reduce the need for paper tissues, these handkerchiefs are highly absorbent.
- ❖ Additionally, she organized a cup exchange event with her friends in a cafe, encouraging people to **bring their own drinking cups.**



Meituan's Lush Mountain Project: Constructing a Sustainable F&B Ecosystem

As a leading player in the food delivery industry, Meituan initiated its "Lush Mountain Project" with a focus on environmental protection as early as 2017. The Lush Mountain Project has incorporated sustainability into its platform mechanism over the past six years, making it part of the industry and more deeply ingrained in public consciousness.



❖ To date, it has incubated and innovated 41 types of green innovative packages, with the introduction of a total of 2.91 million eco-friendly packaging products.

❖ More than 1,500 communities are involved in the food container recycling program, with more than 12,700 tons of plastic food containers collected and about 1.97 tons of carbon emissions reduced. Over 360 million users have made low-carbon choices thanks to the "No Cutlery" interface design. The design shows the user that he can reduce 38 grams of carbon emissions every single time when the "no cutlery" option is selected.

❖ More than 6.2 million "small portion" dishes have been offered by more than 1 million catering merchants due to constraints and incentives. Each serving reduces about 164 grams of carbon emissions.

❖ To avoid food waste caused by non-transparent information on portion size and taste, restaurants must accurately fill out "portion size" information according to the rules²⁰.

In order to achieve the sustainable development of the entire catering sector, Meituan leverages its network advantages, embeds sustainability into its product design and enables the public to participate more straightforwardly in climate action through cooperation with various stakeholders and relevant parties. Several campaigns have been conducted to promote low-carbon and green living, which remove societal barriers to climate action and make it more accessible and understandable.

Architect Ren Jun

Architect Ren Jun has designed a near-zero energy consumption building called "Zero House" in Beijing's Daxing District.

Growing up in rural areas, Ren Jun saw fields as playgrounds, with deeply ingrained childhood experiences that have influenced him significantly, especially when he became an architect. The achievement of sustainability in architecture has been his unwavering pursuit since then.

Ren Jun has provide a lot of low carbon advice for everyday living to contemporary young people during his many years of exploring sustainable architecture. The importance of maintaining a constant indoor temperature cannot be overstated, and thus, Ren Jun suggests to shut windows when the air conditioner is on or the room is heated. Additionally, water and waste management contribute significantly to carbon emissions. In order to conserve water, he recommends installing water-saving faucets and food waste disposal systems in the home.



The "Zero House"

Small Climate Actions

Ren Jun has been persisting in a small climate action for 8 years, called "An Architect's Field Survey on Climate Change." Starting from January 1, 2015, he took a picture of the blue sky outside the office window every day and continued to do so for eight years.

From the changes in the blue sky every month every year, we can also see the very intuitive changes in the country's comprehensive management of haze and the environment over the past eight years. Ren Jun said, "Whenever there is a particularly blue sky, people will post on their social media, and I call it 'social media blue'."

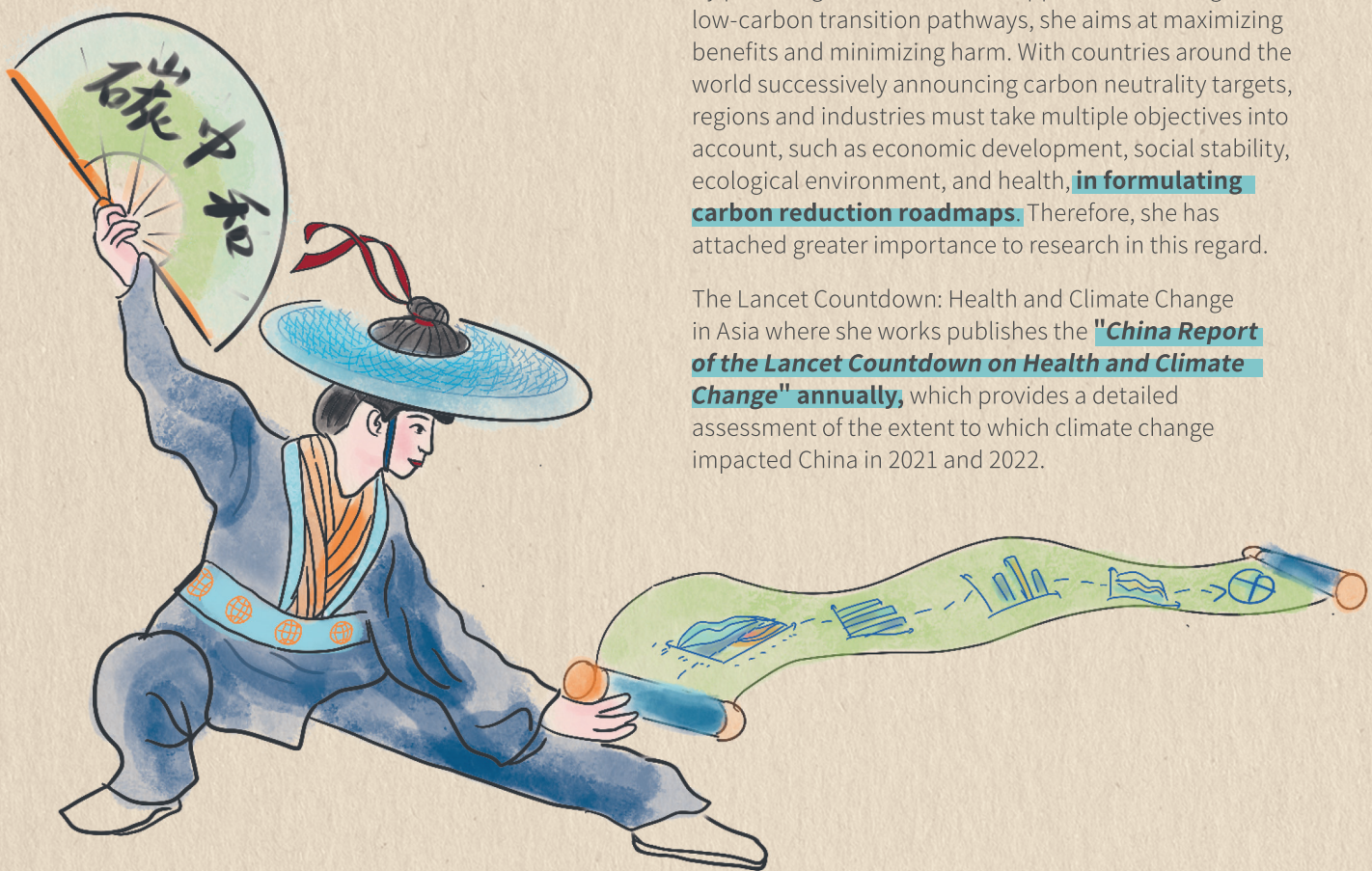
According to his statistics, the proportion of "social media blue" reflected in the photos is about 15%, which is equivalent to the excellent proportion of our country's AQI index in 2015, which is 14%. By 2021, when the excellent proportion of AQI index reaches 38%, we can directly see the achievements of China's air pollution control.



Cai Wenjia, Director of the Lancet Countdown: Health and Climate Change in Asia, Professor at the Department of Earth System Science of Tsinghua University

Since beginning her doctoral studies in 2005, Professor Cai has been studying and researching on the multidimensional effects of carbon emission reduction. By providing evidence-based support for the design of low-carbon transition pathways, she aims at maximizing benefits and minimizing harm. With countries around the world successively announcing carbon neutrality targets, regions and industries must take multiple objectives into account, such as economic development, social stability, ecological environment, and health, **in formulating carbon reduction roadmaps**. Therefore, she has attached greater importance to research in this regard.

The Lancet Countdown: Health and Climate Change in Asia where she works publishes the **"China Report of the Lancet Countdown on Health and Climate Change" annually**, which provides a detailed assessment of the extent to which climate change impacted China in 2021 and 2022.



Her team primarily focuses on two areas: the economic assessment of climate change's health impacts as well as the design of carbon neutrality pathways that take multidimensional impacts into account, including those based on economics and health. The former helps decision-makers and the public understand the impact dimensions that are most closely linked to socioeconomic factors and the urgency of addressing climate change. Meanwhile, the latter helps regions and industries identify more efficient and equitable paths to carbon neutrality.

Appendix Activate Climate Action – Climate Action Training Program

You've finally become your own climate action hero after overcoming numerous obstacles!

Are you excited and ready to share your "strategies for defeating monsters"?

Great! It's all up to you to make a difference in the climate action world!

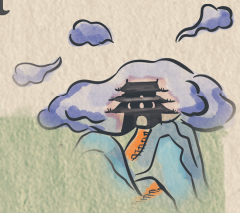
My 21-Day "Climate Action Training Program" (also known as monster-slaying diary)

Here are some climate action tips to choose from. Alternatively, you may create your own! Commit to this for 21 days and become an incredible climate action hero!

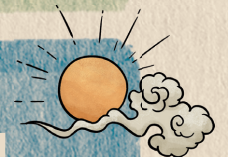
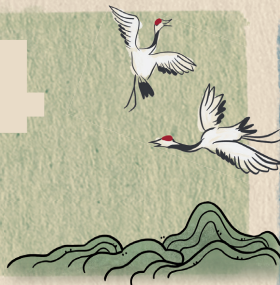
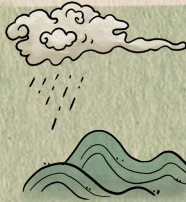
Defeat the Monster of Laziness	Defeat the Monster of Price	Defeat the Monster of Apathy	Defeat the Monster of Pessimism	Defeat the Monster of Confusion
				
Prepare emergency supplies for extreme weather conditions	Beat the heat with cooling methods	Take necessary precautions for extreme weather conditions	Learn outdoor survival techniques	Learn to identify various weather warning signs
				
Bring your own cup when buying coffee	Set the air conditioning temperature to 26°C in summer	Watch an environmental documentary/film	Unplug electronics when not in use	Equip yourself with knowledge on assisting heatstroke victims
				
Select "no cutlery" option for takeout orders	Invest in appliances with high energy efficiency	Share a news article on climate change	Participate in a beach clean-up exercise, and remove plastic waste	Try plant-based protein foods
				
Practice rational consumption Purchase only what you need	Install smart lighting control systems	Opt for minimal disposable packaging	Use recycled paper	Prioritize local, seasonal ingredients
				
Use public transport options	Sun-dry your clothes	Reduce usage of disposable/single-use items	Adopt double-sided printing	Participate in takeout food container recycling initiatives
				
Purchase vegetables in appropriate amounts	Grow vegetables on your balcony	Support local products	Join "Clean Your Plate" Campaign	Buy fresh food rather than frozen ones
				
Walk stairs up and down	Opt for small portions when ordering takeout	Try commuting by bike	Pile up enough clothes for a full-load laundry	Practice proper waste sorting



Climate Action Daily Checklist



1	2	3	4
5	6		
7	8	9	10
11	12		
13	14	15	16
17	18	19	20
			21





WildAid | EarthAid

WildAid is a non-profit organization with missions to protect wildlife from illegal trade and to reduce the climate change impacts by promoting low-carbon consumption and production. With the strategy of Conservation Through Communication, WildAid has launched a number of global campaigns to change unsustainable consumption behaviors. WildAid has been working in China since 2005. WildAid Beijing Representative Office has been operating since 2017.

Climate change is one of the biggest challenges faced by the world today. WildAid created its climate action brand "EarthAid", which uses communications campaigns on topics including "climate and health", "climate and culture" to improve public understanding of and attention to climate change issues, inspiring climate action and driving emissions reduction on the consumption side.



SynTao

SynTao Co., Ltd., is a leading independent consultancy in China focusing on ESG, SRI (Socially Responsible Investment), and CSR under the Sustainable Development Goals (SDGs). With the global vision and local practice, SynTao is committed to working together with corporations to develop solutions that promote social and environmental sustainability, helping them to gain a competitive advantage while creating shared value for society. Especially in the field of sustainable consumption, SynTao has published the China Sustainable Consumption Report for 7 years since 2016 to research the development trend of sustainable consumption and provide suggestions for enterprises to promote sustainable consumption. Its research results have become an important reference for governments, industry associations, NGOs, media and enterprises to understand sustainable consumption.



Vanke Foundation

Vanke Foundation was initiated by Vanke Co., Ltd. and was established in 2008. It is a national non-public fundraising foundation supervised by the Ministry of Civil Affairs. In 2017, it was certified as a charitable organization and in late 2021, it was rated as a "4A National Level Social Organization" by the Ministry of Civil Affairs. In 2023, Vanke Foundation launched a new five-year strategic plan. With the vision of "a beautiful and shared future home," Vanke Foundation focuses on three key strategic modules: carbon-neutral community demonstration and promotion, community waste management, and China climate storytelling, with biodiversity as the highlight. The Foundation practices and spreads the concept of sustainable communities, taking the lead in promoting practical cooperation among the international community, and turning everyone into an actor for a better life.



The Lush Mountain Project of Meituan

The Lush Mountain Project is the first environmental protection initiative in the food delivery industry launched by Meituan. Adhering to the vision of "Better Life, Better Nature", the Lush Mountain Project has kept upgrading, forming four major sections of green packaging, low-carbon ecology, Green Tech and Green Charity, so as to drive the building of a green and low-carbon consumption ecology for the whole value chain and boost low-carbon transformation of the country.

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