

CHANGE



TAKE ACTION



GET AWARE



Public Climate Action Handbook

Action Starts the Movement

野生救援
WILDAID

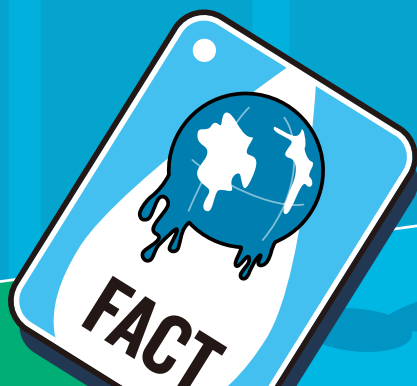
地球一援
生物多样性

商道纵横
SynTao - Sustainability Solutions

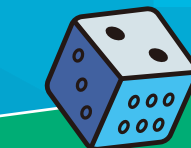


Contact us: wildaidchina.org.cn

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START



Foreword

FOREWORD

This is a handbook for all

A handbook providing solutions to climate change

A handbook that inspires you for climate action

A handbook in constant updates

When it comes to climate change, many people's innermost thought may be "what does this have to do with me?" Climate change sounds grand and distant. It appears on television, reverberates on the radio; it is a picture of glaciers collapsing, a terrible catastrophe in apocalyptic movies. It seems to be always in our life, but never around us.

This summer, the Chinese National Meteorological Center issued continuous heat warnings. Climate change caught us off guard. Heat, persistent high temperature, wildfires, dry rivers, insufficient water storage and power shortages occurred one after another, which ruthlessly destroyed our lives and health. And future risks will be more serious, complex and difficult to manage than ever before.

Scientists explain the current crisis with the concept of "climate tipping points". The United Nations Intergovernmental Panel on Climate Change (IPCC) defines a climate tipping point as follows: "In terms of the climate system, a tipping point refers to the critical point at which the global or regional climate changes from one stable state to another". Once triggered, it will lead to an irreversible change in the climate system, and when all climate tipping points are triggered, the earth's system will fall apart.

**No one wants to fight an unprepared battle.
How can we be prepared for climate change?**

To avoid the catastrophic consequences of climate change, the United Nations has listed climate action as one of the 17 Sustainable Development Goals (SDGs). **Climate action as SDG 13** is linked to the other sixteen goals and constitutes an important part of achieving the overall vision of sustainable development. To promote global cooperation in climate action, the Paris Agreement was agreed to in December 2015, by which nearly 200 countries and regions promised to work together to limit the global average temperature rise to maximum 1.5°C by the end of this century. As a party to the Paris Agreement, China places great emphasis on climate change, implements active national strategies responding to climate change, and makes great contributions to global climate governance.

SUSTAINABLE DEVELOPMENT GOALS



Content

In 2020, China put forward the "Carbon Peaking and Carbon Neutrality Goals" at the national level and launched the "1+N" policy to promote its implementation. At the social level, China has launched the "Ten Articles of Citizens" and the "Plan for Promoting Green Consumption" from the perspective of individual citizens, and advocates simple, comfortable, green and low-carbon lifestyle. Gradually a pervasive social atmosphere of striving to peak carbon and achieve carbon neutrality has been formed.

Although climate action has become a new trend, many people have no idea how to put it into practice. According to the *China Climate Change Public Awareness Survey 2022*, more than 85% of respondents want to know more about the relationship between climate change and their daily life as well as climate change solutions. Therefore, we would like to work with you to create this handbook that helps you understand and then respond to climate change and makes climate change more than a vague concept. Instead of being moral rules, tiresome sermons or rigid instructions, this climate action handbook enables people to embrace more possibilities for climate action, so that everyone can express in their own way: I care and I act!



Meanwhile, we would like to invite you to co-create this handbook with us. Scan the QR code, and tell us about your daily/wonderful/effective/practical/unique/interesting... climate actions online, thus to inspire and encourage more people to join us. This handbook may never come to an end, as everyone's expectation and inspiration for a better future will continue to grow, and the journey of climate action will never end...

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Acknowledgment

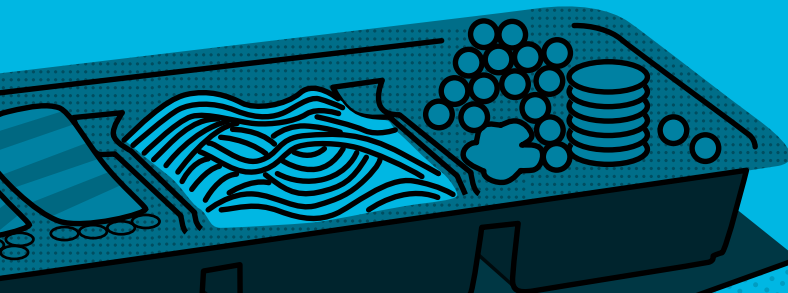
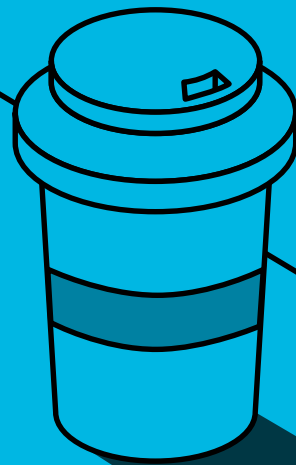
Sincere thanks to scholars and experts from the Institute of Climate Change and Sustainable Development of Tsinghua University, Department of Earth System Science of Tsinghua University, Institute of Public and Environmental Affairs, China Association of Circular Economy, etc. for their scientific support for this handbook.

We would also like to extend our sincere thanks to China Green Carbon Foundation, China Environment Newspaper, China Association for NGO Cooperation, etc. for their great support to the WildAid – EarthAid Significance of Climate Action program.

While promoting the solution of climate change related issues, we hope that more partners can join us, more public attention and participation in climate change can be encouraged, and climate awareness and action can be inspired.

- Part 1 Why We Need Climate Action?**4
 - Because We Can Make a Change5
 - Because We Need to Make a Change6
- Part 2 Climate Action - Where Are You**8
 - What Comes to Your Mind When We Mention Climate Action?9
 - Five "Obstacles"10
 - Three Phases of Climate Action11
- Part 3 Climate Action - Advanced Level**12
 - Climate Potential Phase -
Steps in Hesitation13
 - Climate Potential Phase -
On the Way18
 - Climate Innovation Phase -
Action is Life23
- Part 4 Climate Action - Story Sharing**26
 - Climate Potential Phase27
 - Climate Potential Phase28
 - Climate Innovation Phase29
- Appendix Climate Action Glossary**32

Why We Need Climate Action?



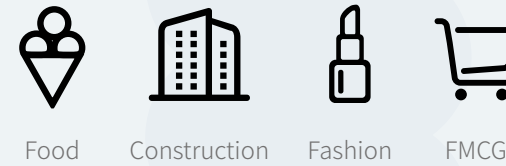
Because We Can Make a Change

Climate change refers to long-term changes in temperature and weather patterns, partly due to natural reasons, but mainly as a result of human activities since the 19th century. The life and consumption of individuals inevitably generate greenhouse gases such as carbon dioxide, while individual daily life and behavior are closely associated with emissions from upstream production, thus affecting climate change. Water, electricity and gas use in daily life, clothing, electronic products, household electrical appliances, daily food consumption, and vehicles all consume energy and generate greenhouse gases. These gases act like a blanket around the Earth, trapping the sun's heat, increasing the planet temperature, and exacerbating global warming.

From energy and electricity to little things in our lives such as food and travel, we can actually make more low-carbon and climate-friendly choices. If you want to know your daily carbon emissions and possible emission reduction, you can use the **"Carbon Easy Check" function on the Blue Map App**.

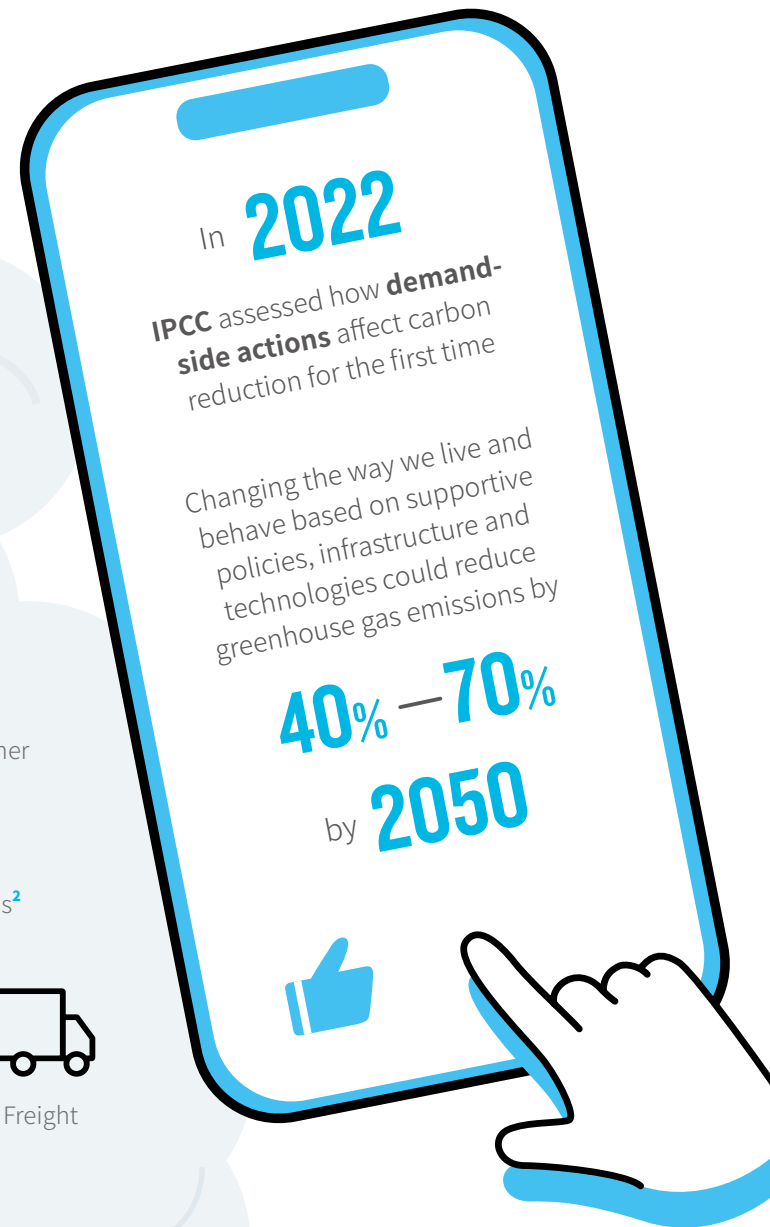
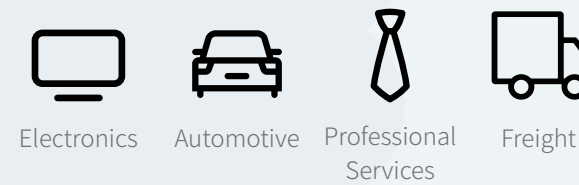
You may have concern about your tiny effect but please believe that every small effort will be accumulated and finally rewarded. This huge potential can be realized with **small actions** from each of us.

Relevant research released by the Chinese Academy of Sciences shows that the carbon emissions generated by **residents' consumption** account for **53%** of the total carbon emissions of the whole society¹



8 value chains directly related to consumer scenarios occupy more than

1/2 of global emissions²



In **2022**

IPCC assessed how **demand-side actions** affect carbon reduction for the first time

Changing the way we live and behave based on supportive policies, infrastructure and technologies could reduce greenhouse gas emissions by

40%—70% by **2050**



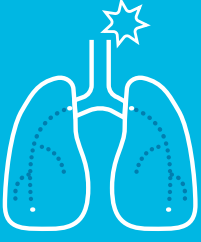
Because We Need to Make a Change


Fighting climate change through action is not only a thing we can do, but also a mission **we have to accomplish** for the sake of our health and life. By doing this, we are saving the earth's ecology and, to a higher degree, ourselves. We benefit the most from a comfortable and pleasant environment, so we need to act now.

Health Risks


1

Seasonal allergies such as respiratory diseases are more severe, last longer, and can even trigger asthma.



Relationship with Climate 

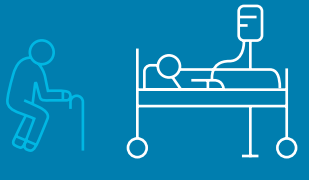
Global warming leads to higher levels and longer cycles of pollen and other allergens.




3

Global heat-related elderly deaths³ over the past 20 years have risen by

54%





Relationship with Climate 

Compared with other population, older people are more vulnerable to diseases and injuries associated with climate change.

2

There are more mosquitoes and insects, even in winter, and mosquito-borne diseases are more serious.

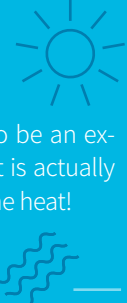



Relationship with Climate 

Continuous temperature rise due to climate change promotes the reproduction and growth of mosquitoes and insects.

4

"Deadly heat" used to be an exaggeration, but now it is actually possible to die from the heat!




Relationship with Climate 


Thermoplegia is a disease closely related to hot temperature, and is one of the most severe types of heat stroke with extremely high death rate. Patients are not able to balance body's regular function when exposed to high temperature and humidity.

Quality of Life

1

Smaller size, irregular shapes and poor taste of fruits.





Relationship with Climate 

Uneven pollination of the fruit, resulting in seed hypoplasia due to frequent extreme weather

3

It becomes too hot to hike, camp or even go for a morning run in some areas in summer.



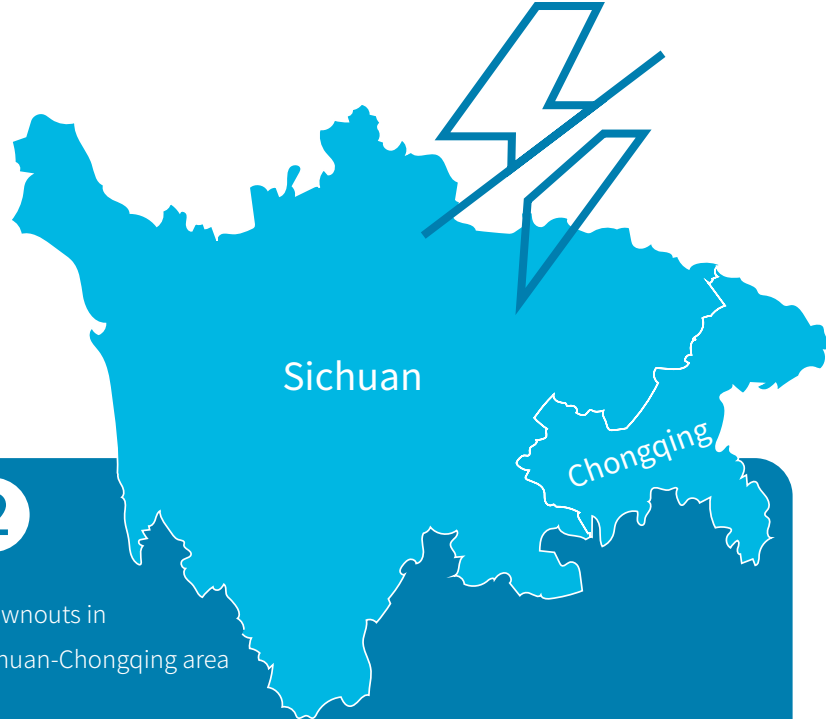
Relationship with Climate 


The average temperatures in July this year is higher than that of last year⁵.

1°C

2

Brownouts in Sichuan-Chongqing area




Relationship with Climate 

Sichuan's hydropower⁴ generates of the province's electricity.

84.7%

As a large energy province that transmitted electricity from west to east, Sichuan now is facing power generation difficulties due to persistent extreme heat and drought.



4

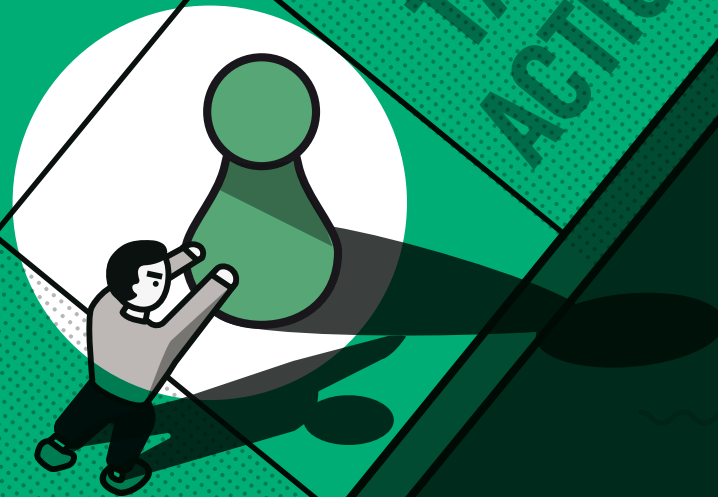
Outdoor skiing and skating time is shortened every year.



Relationship with Climate 

Snow seasons are shortened due to global warming.

Climate Action - Where Are You



GET AWARE



What Comes to Your Mind When We Mention Climate Action?

LAZI-NESS



ROUND 1 🗣️ - Take the **subway** home tonight!
 -But I am so tired and hot. Maybe **taxi** is a better choice. 😞 **TOO LAZY**

ROUND 2 🗣️ - Many cafes have special offers for customers with **their own cups**. So I can get discounts while reducing disposable cups.
 - But I am so used to packing at Cafe that I always forget to bring a cup with me. And I **don't even bother** to take it when I think about it.
 So how can I form a habit? 😞 **GAME OVER**

ROUND 1 🗣️

- This **A-Level energy efficient** air conditioner is environment friendly with high quality, and it can save electricity bills!
 -But it is much more expensive than an ordinary one. **Quite pricey**, so maybe I'd better buy an ordinary one! 😞 **K.O**



APATHY



ROUND 1 🗣️ - People died of heat stroke from the news, and I can feel that the **climate and environment** have become worse and worse in recent years!
 - But I haven't heard of it around me. These disasters seem **still far away** from my life. Just let it be. 😞 **LAID FLAT**

ROUND 1 🗣️

- Climate issues are trending on media recently. Some provinces and cities are experiencing **brownouts** due to extreme high temperature and drought. It seems that climate change is actually affecting our lives. Is it time for me to act?
 - But individual action is **too limited to change the world**. Power outages will end anyway and let's go through this first... 😞 **NO ACTION**



ROUND 2 🗣️

- I want to **inspire people around me** to learn about climate action and discover the comfort and joy of low-carbon living.
 - But I'm just an ordinary person with little influence. And people around me **may not understand my behavior** and feel pressure. 😞 **GAME OVER**



ROUND 1 🗣️

- Watching **low-carbon** tips online and using kitchen waste to make enzymes are very interesting.
 - Interesting to know but difficult to do. And **no one's organizing** such activities around me. Can I really get involved in climate action? 😞 **K.O**

ROUND 2 🗣️

- I have watched many **low-carbon living guidelines**, which I think all make sense.
 - But many of the suggestions **conflict with my current living style**, and I don't think I can do it. 😞 **NO CLUE**

Five "Obstacles"

Have you experienced above scenes? Turning off the light seems more difficult than turning it on. When it comes to climate change, it is hard to get started. Lots of doubts and misgivings are accumulated, which are obstacles that hold us back. But don't worry, this handbook can now be your guide!

First, we summarize these five obstacles as: laziness, price, hesitation to act, pessimism and confusion. There are barriers that impede everyone from taking climate action. We further generalize and analyze these as obstacles, which attribute to the deficiency in cognition, willingness, or ability to act. Based on these three obstacles, we divide climate action into three phases: Climate Potential, Climate Participation and Climate Innovation. According to the questionnaire surveys on people at different stages, we found that they face different bottlenecks in action due to different lifestyles. Here, we'll take you through these bottlenecks, help you embrace your feelings, and unblock your ability to act in a favorable way.

5 OBSTACLES · LAZINESS

LAZI-NESS

Unwilling to spend extra time for climate change since it is **inconvenient** and causes lots of **trouble**.

5 OBSTACLES · APATHY

APATHY

Climate issues are **far away** with quite limited impact on daily life and **have little to do with me**. It should be fine if I don't take action.

5 OBSTACLES · CONFUSION

CONFU-SION

Don't know much about climate, or how to participate in climate action, and feel **incompetent to take action**.

5 OBSTACLES · PRICE

PRICE

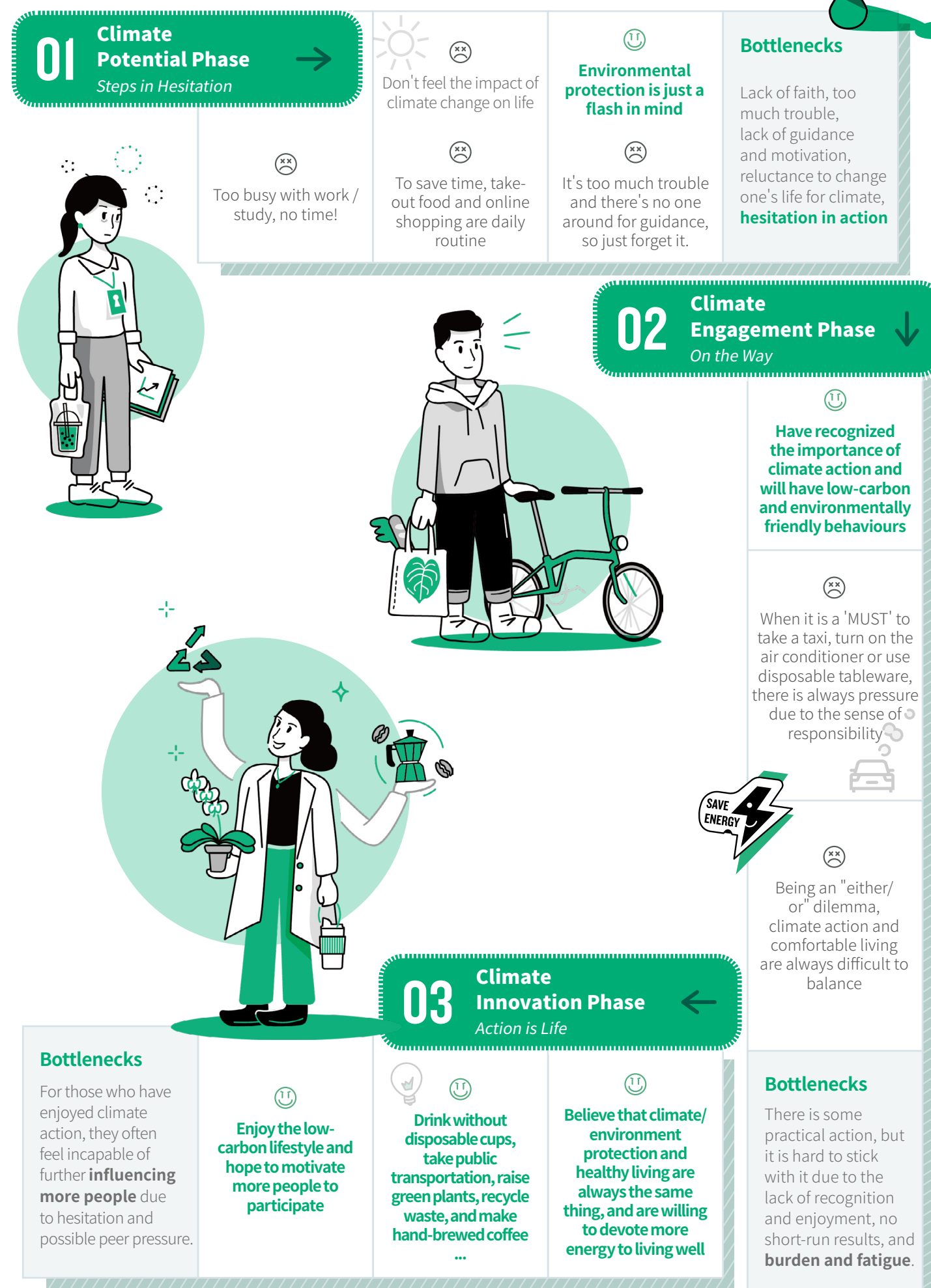
Unwilling or unable to **pay extra money** for climate change.

5 OBSTACLES · PESSIMISM

PESSI-MISM

Thinking that climate change would have large impact on people's life, but be **pessimistic** about climate action, believing that is useless or **ineffective**.

Three Phases of Climate Action



Climate Action - Advanced Level



No one can do everything necessary to reduce emissions at the start. People who are concerned about climate change do not need to feel guilty for not being able to implement every available low-carbon action. No matter what stage you are in on your climate action journey, you will not be left behind, because we all share the same wish: live happily in a world where people and nature are in harmony from generation to generation.

Whichever climate action phase you are in, we will provide an easy-to-follow, fun and sustainable travel plan for you, and help you build an ecologically friendly journey. Here, no matter who you are, we offer a wide range of options to find the right action for you, where you can discover the tips that you find useful and fun according to your situation, or simply your personal preferences. We hope that you act not because you are frightened or told, but that you sincerely believe that your action is better for yourself as well as for nature.

Climate Potential Phase - Steps in Hesitation



If you lack interest and motivation, you may simply have not discovered the joys and charms of climate action. Indeed, it is not the tedious and demanding responsibility you may think. Here with us you don't have to change yourself. All you need to do is to just **try something new when you feel comfortable**. If you feel a bit boring in daily life, it is better to give it a try. Simply try something new which can bring fresh vibes. We've prepared some **super simple actions** for you, even as simple as picking a new flavor of ice cream in the freezer, which you can do without you noticing. So why not pick one and try it now!



A new experience of living at home, why not try?

● **Still surfing on your phone? You can't miss the trend of climate action**

○ The stereotype of environmental "lecturer" is outdated! New sustainable lifestyle, zero waste stories and climate board game parties are waiting for you. Search keywords on social media, explore the latest low-carbon lifestyles of young people! Maybe these **official WeChat accounts** have all the content you want: Eat Good, WildAid, One Minute Carbon, CTeam Climate Action, CYCAN, WildBound, BottleDream, No Such Climate...

○ Minimalist lifestyle, sustainable travel, renovation, balcony growing, composting, Mediterranean diet... There is always an online theme that can arouse your curiosity. Join relevant **online communities**, chat with like-minded friends, and maybe one day you will become allies in action together.



● **"Carbon reduction" is pressure reduction - What you don't know**

○ Taking a warm bath **1-2 hours before bedtime** can significantly improve sleep quality and can get better sleep in only **10 minutes**. If you are used to taking a long hot bath after a hard day's work, we suggest you shorten the shower time a bit and try to lower the temperature by **1°C**. It will not only reduce carbon emissions, but most importantly, give you a good night's sleep.⁶

1°C



○ **Open the window** on a windy hot summer night and let the breeze sway your dreams! Opening the windows from 8 pm to 8 am can make the indoor air fresher and cooler, without air conditioning. Save on power bills and get better quality sleep on quiet nights.

○ When the weather is good, invite the sun to your home as a guest! **Open the curtains**, let the sun light up your room, and enjoy a new day full of energy!

○ If you're used to the dryers, you might as well choose a sunny afternoon to have your clothes **bath under the sun** with you and get some fresh air. Keep your clothes smelling like sunshine while avoiding the power consumption and carbon emissions of your dryer.

● **Take care of your stomach**

○ Hotpot, beef stew, barbecue, cake... bring happiness to many people, but at the same time increase the stomach burden. It's better to have a **light meal** per week to give your stomach a rest! Light food pays more attention to the original nutrition and flavor of the ingredients, using the most concise cooking methods to provide simple, balanced and nutritious meals. It is not only a low-consumption, low-emission cooking method, but also a simple and healthy way of life.

○ Do you have a lot of ready-to-eat snacks, instant noodles, self-heating rice, or canned food at home? No matter how busy you are, you should eat well and **eat less of these heavily processed foods**. Heavily processed food has a longer industrialized assembly line, which leads to the loss of nutrients such as vitamins, minerals and fiber, and also generates a larger amount of carbon emissions.



○ Buy yourself a set of tableware and put them in the office, so that you can choose "no cutlery" when ordering food online, which reduces **52.7g** of carbon emissions. Most importantly, eating and drinking with your favorite cutlery can make you feel good.

○ If possible, try not to take the elevator one day per week. **Climb the stairs**, so that you can stretch your body and exercise once a week as you have to sit still at work.

○ Whether you are suffering from social anxiety, or just a "lazy person" or "time management guru", **online meetings** are your good tool. "Cloud Conference" not only saves energy and time, but also reduces the carbon footprint of offline meetings due to traffic and venue.

○ Decorate your office with a pot of **green plant**, watch it in a daze during your lunch break, and water it after sitting for a long time. Let it be vibrant, which brings you good mood. Even small plants can purify the air, which should not be underestimated.



○ If you take subway every day, or you are stuck halfway by taxi, you might as well **ride your bike** home, if not far, when the weather is good. This zero-emission transportation mode will free you from the irritability of the evening rush hour. While enjoying nature, your work fatigue slowly fades away.

○ When it rains and snows after work, you might as well try **carpooling**, especially during peak hours when the queue is long and no car is available. Carpooling can help ease road congestion, which in turn reduces emissions from vehicles.

Small but happy things during work

Go out and take a break, change your mood



○ Do you think that the weekends are too short for a trip, so you are still playing with your mobile phone and watching TV as a couch potato? Try **outdoor hiking**, lie in the open at night, watch the stars, and embrace nature.

○ You would be the coolest if bringing a **canvas bag** when you go shopping, or a **vegetable basket** when you go to the market. Don't let your beautiful life be dominated by disposable stuff. Reduce the consumption of disposable bags to reduce the greenhouse gas emissions.



○ Being a shopaholic, you may try **vintage stores** and **second-hand markets** for a "treasure hunt". Find and use those fashions that have been accumulated over the years, and develop your own unique fashion.

○ The abandoned "half bottle of water" is everywhere, on the picnic mat, on the table after the party, the bench on the side of the court... Due to hygiene reason, countless bottled waters were thrown into the bin before they are empty. You can try marking your water bottle with a pen or sticky, and **drink up every opened one**.

○ When buying gifts for relatives and friends, try **simple packaging**, which is also a kind of beauty. China's total annual packaging waste reaches **150 million tons**, more than **70%** of which are from excessive packaging⁷.

Packaging will eventually become garbage, be smart and don't waste resources on that.

Climate Engagement Phase - On the Way

Don't make climate action your Plan B, because there is actually no Planet B. Stop worrying about how hard you have to try to keep things going. It is all these details that subtly make your new life! There's no need for extra effort, and no "either/or" dilemma between climate action and comfort. Try our tips to **turn climate action into a healthy and easy-to-stick lifestyle**. Choose your own way to enjoy your climate action!



● Be at home comfortably

○ Night drink to relieve stress? Play with your phone until falling asleep with lights on? Wake up next day and still feel tired? Probably you often stay up late at night and wake up late in the morning with a groggy head and dark circles. What you thought was relaxing didn't get you relaxed! It is better to **turn off the lights and meditate** at home, **go to bed early and get up early**.

○ Can't bear the hot weather? If you have to turn on the air conditioner, you can adjust the temperature to **26° C** or above. A small temperature increase can reduce about **3.29 million tons** of carbon dioxide emissions every year in China⁸! **1° C** can hardly affect your comfort, but can greatly reduce carbon emissions.

○ Do you know that being "lazy" and unwilling to do laundry can also reduce emissions! Get a **dirty clothes basket** and **gather enough dirty clothes**, so that the washing machine can be fully utilized every time, which can save both electricity and water. Compared with only a half bucket of clothes, every **1Kg** of clothes washed can save **15.2 liters** of water⁹.

○ The clothes are not worn out yet but you just don't like them anymore? Don't throw them away! You can donate them to people who need them, or try to transform old clothes into new ones, fabric dolls, backpacks, which are fun and practical. If all textiles waste in China were **recycled, 80 million tons** of carbon dioxide could be reduced¹⁰! Prolong the life of clothes, and reduce fabric waste.

80 M



○ Running out of cosmetics, cleanser and laundry detergent? **Replacement packs** can reduce the carbon emissions from packaging waste. They are also cheaper and more convenient.

● Wisdom in kitchen

○ Most of the spices on the market are sold in package, and can't be used up at one time. You can utilize your balcony! The general household spices such as coriander, rosemary, basil, etc. **can be grown** as potted decorations as well. Then you don't need to buy spices anymore, and carbon emissions generated by transportation, packaging, and waste can be reduced.

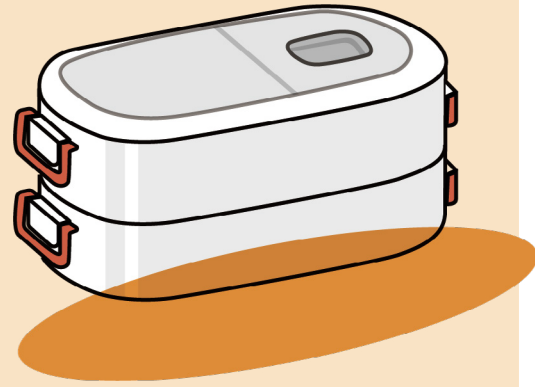


○ Turn waste into treasure and **compost food waste** so that it becomes nutrients that allow your small vegetable garden to thrive. If **57%** of food waste could be composted, an estimated **2.28 billion tons** of carbon dioxide equivalent could be saved globally by 2050¹¹.

○ Directly dumping the **coffee grounds** means losing a fortune! Instead of being garbage waste, coffee ground is a multi-functional item full of unexpected use:

- coffee grounds + wax oil = coffee scented candles;
- coffee grounds + shower gel = body scrub;
- coffee grounds + unwanted stockings = floor waxing oil;

Besides, coffee ground is also natural deodorant, which can be used in the refrigerator, shoe cabinet and car



○ Cooking at home and using ingredients of your own can help you eat more safely and healthily. Replacing takeaway with **homemade meals** can reduce plastic bags and boxes, save delivery fees, and eliminate carbon emissions from transportation.

○ Buy **locally produced** vegetables nearby. Let yourself eat fresh and "low-carbon". The closer the place of production is, the more carbon emissions can be reduced in transportation.

○ Don't know how to choose and cook your own dishes? Try the "**Mediterranean diet**", which has been voted the healthiest diet for several years. It is a style of eating based on fruits and vegetables, fish, whole grains, legumes and olive oil. Most plant-based foods have a very low carbon footprint i.e. 2% to 10% of that of animal-based foods. In particular, beef among red meat emits a lot of methane through gaseous releases during growth, and its carbon emissions are nearly ten times that of pork, poultry and fish¹². Try the healthy Mediterranean diet to help you lose fat while reducing emissions.

○ Vegetables and fruits stored in the fridge often get rotten before you could enjoy them in time. In China, food waste related greenhouse gases annual emission is approximate **1.1 billion tons**¹³. So please eat up all the food purchased, and don't make global warming even worse. You can draft a **shopping list** when you are not hungry, so that you are rational enough to target the food you really need.

1.1B

purchased, and don't make global warming even worse. You can

draft a **shopping list** when you are not hungry, so that you are rational enough to target the food you really need.



○ Do you often choose to take a cab as the "one extra kilometer" from a public transport station to your destination? Why not try a **bike share**? The energy consumption per person per kilometer of taxi is **41** and **6 times** that of subway and bus respectively¹⁴. Public transportation and sharing bikes are really good choices for your climate action.

41 times



○ If you have to drive for work, you can choose full electric cars, hybrids or other **new energy cars**. They are generally powered by electricity, which produces less carbon emissions, making every trip a climate action.

○ Coffee, the "king of carbon emissions" in the beverage industry, can produce **6.32Kg** of carbon dioxide emissions per just **237ml**, which is equivalent to driving a family car for **154.14 kilometers**. What should you do if you cannot live without coffee? Do not be upset. You can choose brands that recycle coffee packaging instead of drip bag coffee or capsules coffee that cause more waste. Choose more environmentally friendly ways of brewing over electric coffee machines. Make yourself a cup of **hand-brewed coffee** in the morning, stretch your body as you grind the beans, let the aroma of the beans wake up your day. Use a reusable filter cloth (coffee Sock) when brewing to reduce the waste of disposable filter paper.¹⁵

6.32 Kg

What should you do if you cannot live without coffee? Do not be upset. You can choose brands that recycle coffee packaging instead of drip bag coffee or capsules coffee that cause more waste. Choose more environmentally friendly ways of brewing over electric coffee machines. Make yourself a cup of **hand-brewed coffee** in the morning, stretch your body as you grind the beans, let the aroma of the beans wake up your day. Use a reusable filter cloth (coffee Sock) when brewing to reduce the waste of disposable filter paper.¹⁵

○ Office documents should be **printed on both sides** as much as possible, and don't rush to throw away the unused single-sided printed documents, which can be saved as **draft books**. Saving paper is protecting forests.





○ If you are used to bringing tissue papers with you, choose **bamboo primary paper** that is more natural and has a similar price to wood bleaching paper. Compared with trees, bamboo has a shorter growth cycle, and are excellent replacement for wood to protect the forest. At the same time, bamboo paper does not need to be bleached, and contains the natural antibacterial ingredient "bamboo kun". It is safer and healthier, eliminates the bleaching process, and thus saves water and energy.

○ Remember to **bring your own toiletries** when traveling, which are more comfortable to use and more hygienic. Although the hotel provides disposable ones for convenience, there is a great waste since **1.2 million sets** of disposable toiletries are consumed every day in star-rated hotels across China¹⁶. Say no to them, and do not sacrifice comfort and environmental protection just for convenience.



○ Since there are so many beautiful cups at home, why not take them out when buying coffee or bubble tea? **Your own cups** can save and lower carbon emissions. Another tip for you, bringing your own cup to a cafe could get you unexpected discounts.

○ Think more before buying clothes by giving yourself a **"cooling-off period"**. Don't rush to bring new clothes home, which could become wardrobe occupier full of dust! The global clothing industry emits more carbon than all international flights and maritime transport combined¹⁷, and a single cotton T-shirt can produce **7kg** of CO₂¹⁸! Choose simple but fine clothes, and liberate your wardrobe and yourself.

7 Kg

○ Do the clothes you bought become a pot of dye as soon as you wash them? Both a waste of money and resources. Textile dyeing is the world's second largest source of water pollution, and it uses enough water each year to fill **2 million** Olympic sized swimming pools¹⁹. It is better to choose **white or light-colored** clothing, since less processing results in less carbon emissions and pollution.

○ When it comes to home appliances, it is better to look at **energy-saving ones** with China's energy efficiency label. Level A energy efficiency is the best to save both energy and money on bills.



Climate Innovation Phase - Action Is Life

Wanna be an influencer to influence other people? Don't forget, how susceptible humans are to others. Influencing other people can be a natural and spontaneous thing. **Your actions and voice will one day inspire other people.**





○ See great articles or fun events related to climate issues! Don't forget to **re-post and comment** so that more people can see it.

○ Have a lot of ideas that you want to share with others? In addition to chatting, you can also write an article or make a vlog. **Create or record** an interesting topic on social media: climate science, low-carbon life stories, environmental protection recommendations, upcycling and teaching... Share your inspiration and plant the seeds of climate action.

idea



○ Turn on your phone and see the topics in online communities. You can choose a community that is more concerned about social issues, organize an online tea party on climate action, or establish a shared document of low-carbon living tips for everyone to **learn and share**.

○ The power of one person is limited? Then develop good habits together with your team. **Organize theme activities** at your school or company, such as "no disposable cutlery week" and "public transportation week", as well as regular science campaigns and climate volunteering.

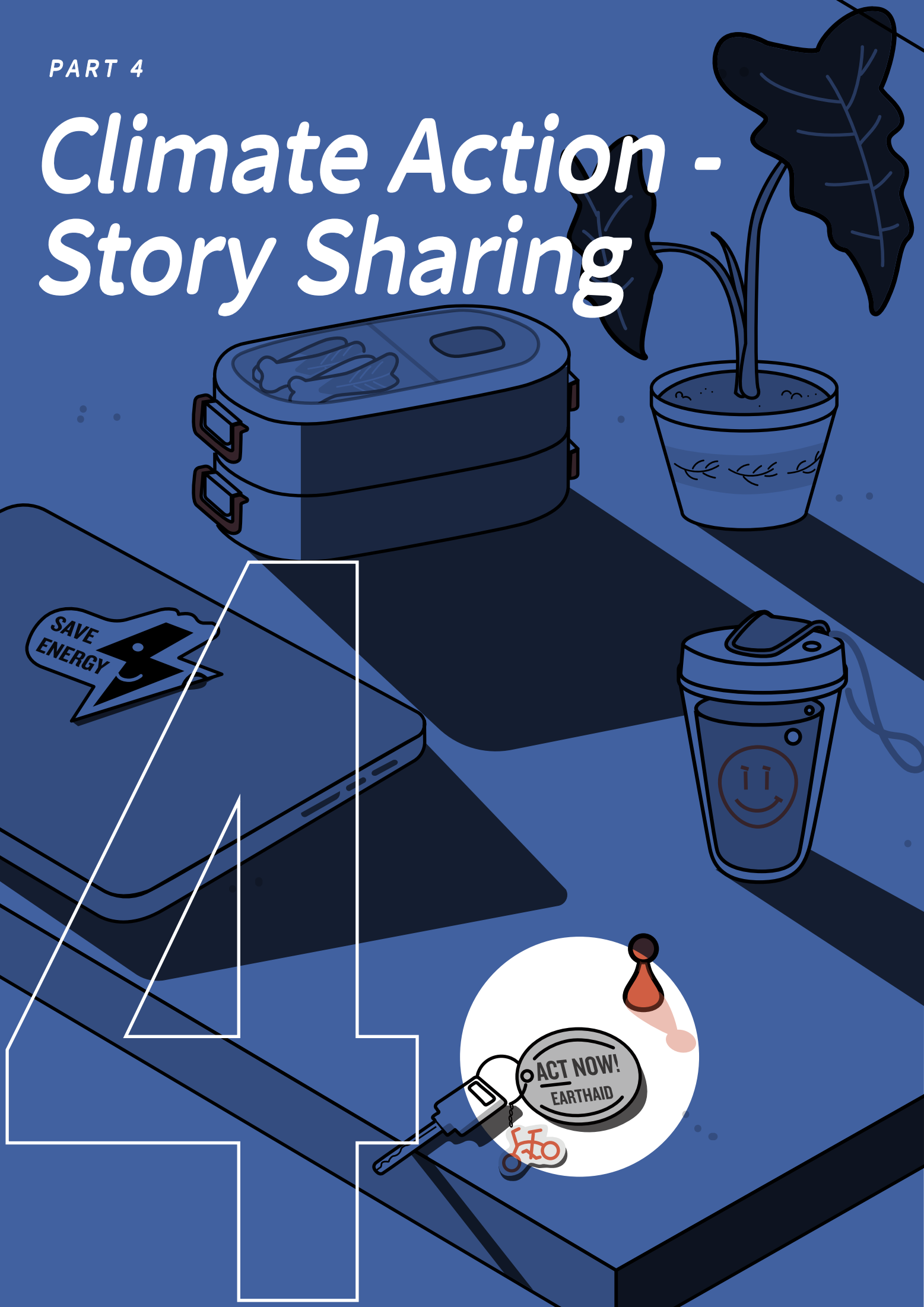
○ How can you visit a second-hand market, second-hand store, and second-hand book fair alone? Invite your **friends to travel with you** and post photos/vlogs on your social medias.



○ Grab your friends and participate in climate action-related **public events and volunteer actions**, such as the Sustainable Living Festival.

○ Organize a **low-carbon trip** where you can find companions among family, friends, community or the wider population so that they can experience and enjoy the low-carbon travel style.

Climate Action - Story Sharing



Climate Potential Phase

@Xia Tian Occupation College student Age 20 Location Chengdu

I originally knew climate issues from TV and newspapers, and I mistakenly thought it is a problem that only concerns the state and government.

Through the action handbook, I realized that it is the life "philosophy" that needs to be changed. Climate action does not conflict with a pleasant lifestyle. Lots of advice are pretty handy.

For instance
It costs 70-80 yuan to buy a new college textbook...

...which is unread during the semester...

...and finally get thrown away. 回收站

8 yuan for used book!!!

Personal collection!
Limited edition books!

This semester, I only purchase second-hand books, each of which is less than 10 yuan.

Plus, this is also a good way to find some rare books.

@Lin Zou Occupation White collar in an ad agency Age 25 Location Beijing

I used to know little about climate action and no one around me actually did some climate- and environment-friendly acts. I thought that climate action was not for me, I should just stick to my own way of life.

In fact, climate action only requires little action in life.

The carbon emission caused by each use of disposable tableware is less than or equal to **52.7g**

Using your own tableware can reduce carbon emissions by **52.7g** per time

Actually, climate action is not that ambitious and distant as I imagined.

Riding bike, drying clothes under sunshine, drying hair naturally and etc., maybe we can all start with some simple changes and give it a try.

Climate Engagement Phase

@Huang Ziai Occupation Marketing officer of an internet company Age 29 Location Wuhan

I first started climate action when I was living and working abroad, due to the strict waste sorting requirements there. At that time, my behavior was bound to local laws and regulations, instead of strong self motivation.

Due to the COVID-19 and lockdown, I saved so many cardboard boxes with my roommates at home that the heights exceeded three meters.

When all the boxes were well disposed of, I found some unexpected pleasure and self achievement.

Since then, saving empty bottles and boxes become my habit, with regular visit to the recycling center.

It seems that I have developed a minimalist lifestyle based on recycling - I reduced most unnecessary consumption.

In addition to fighting my irrational consumption, I do things which I am capable of such as "Empty-Plate Action".

I'm gonna finish this!

Refuse to overspend

@Shao Hua Occupation P.E. teacher Age 30 Location Guangzhou

I already had a lot of low-carbon habits before I noticed climate action. Since I was a child, my mother bought me a thermos water bottle, and made juice and tea for me to bring to school. I have had that habit since then.

But this habit slowly faded away during college. Influenced by people around me, I began to drink bubble tea and other beverage, and no longer brought a cup with me any more.

Thanks Mama!

In fact, bringing your own cup can greatly reduce the waste of disposable ones.

Recently, I found the water bottle bag made from old fabric I received when I was a volunteer.

Americano with ice, I bring my own cup.

When I go out, I put my cup in that bag. I find it a pleasant way to carry either water or coffee.

It seems that I have gradually developed the idea of "disposables = trash at home".

No packs.

I am willing to do more low-carbon action to compensate my previous high-carbon behavior.

Climate Innovation Phase

@Shao Xin Occupation NGO employee Age 30 Location Beijing

I can stick to climate action, as I have wanted to protect animals and nature since I was a child.

After graduation, I have participated in a lot of activities to promote green consumption and production, and advocate for consumers to buy sustainable products.

And my university major is environment-related.

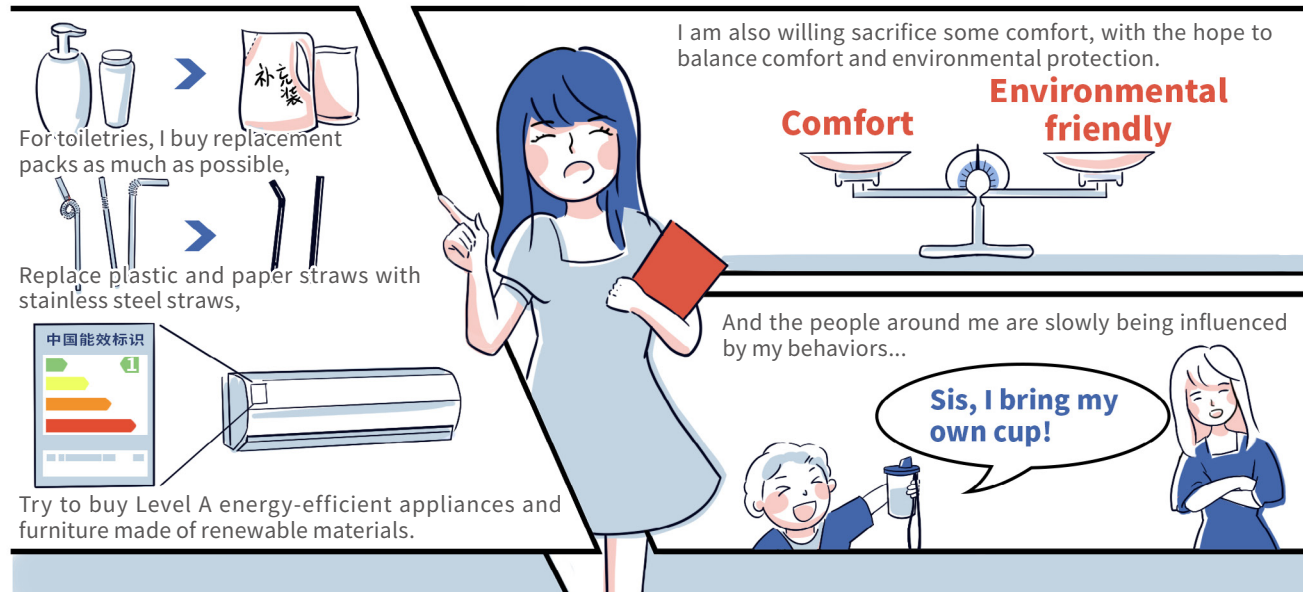
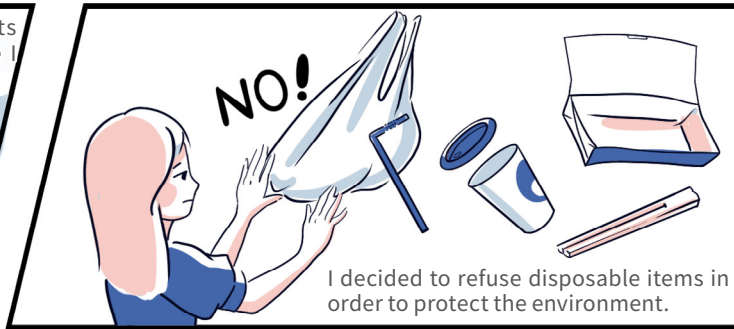
I recently planned a "low-carbon wedding" for myself. All our display including cutlery, decorations, small gifts are plastic-free, and candy and biscuits are not individually wrapped. We use potted flowers instead of freshly-cut flowers.

The Carbon Emissions A Low-Carbon Wedding Can Reduce

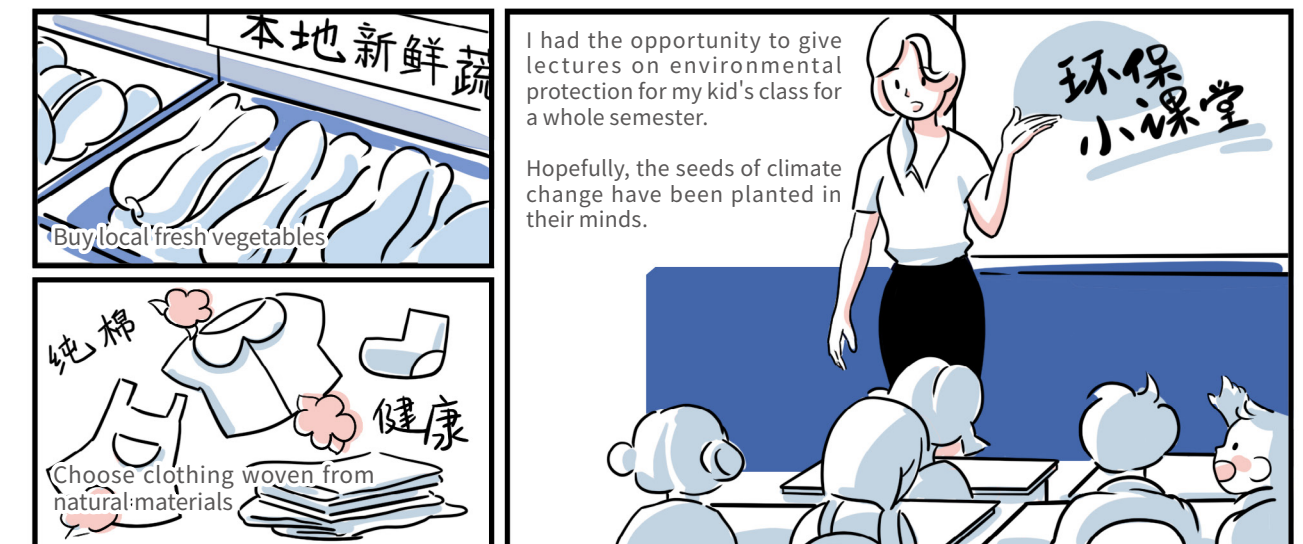
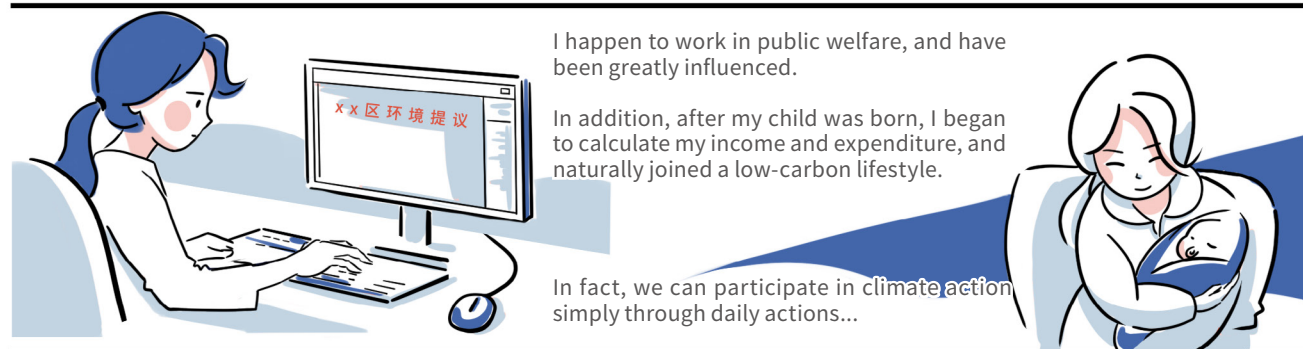
Traffic	17.7t	Catering	0.2t
Accommodation	4.4t	Decoration	0.5t

Climate Innovation Phase

@Wang Xin Occupation Video blogger Age 24 Location Hangzhou



@Liu Ye Occupation International organization employee Age 37 Location Beijing



Epilogue

Hopefully through this climate action handbook, you have realized that climate action seems far away but is actually quite close; sounds difficult but is actually interesting. Climate action doesn't mean "being strict with" oneself; on the contrary, it's comfortable, healthy and pleasant. If you want to know more about climate-related knowledge, you can refer to the Annex- "Climate Action Dictionary". We believe that everyone on the climate action journey will achieve our common aspiration: living happily in a world in harmony with nature, from generation to generation.

So why not start now? Pick one tip that touches you most, and try to refresh your life! Scan the QR code to open a new chapter of ecology! We will record your actions, your inspirations and the tips you want to share in a melody and communicate to more people! The climate action inspiration shared by everyone could possibly be included in the future updated editions, which will continue to grow and enrich as you participate, and inspire more people's climate action. Let us hear you, let us hear you all the time...



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.

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 6 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.

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.

Climate Action Glossary

GLOSSARY



Greenhouse gases

Gases in the atmosphere that can absorb long-wave radiation reflected from the ground and re-emit radiation. The Kyoto Protocol specifies the six greenhouse gases that need to be controlled: carbon dioxide (CO₂), methane (CH₄), nitrous oxide (N₂O), hydrofluorocarbons (HFCs), perfluorocarbons (PFCs) and sulfur hexafluoride (SF₆). Carbon dioxide can be retained in the atmosphere for 1,000 years, while methane and nitrous oxide for 10 and 120 years, respectively.

Greenhouse effect

The process of solar short-wave radiation passing through the atmosphere into the ground, and the long-wave radiation released after the ground is warmed and absorbed by greenhouse gases in the atmosphere. The greenhouse effect is originally a natural phenomenon that can keep the earth warm. However, due to the burning of fossil fuels and other human production and living activities, a large number of greenhouse gases are produced and the greenhouse effect has been continuously increased, which in turn aggravates global warming.

Carbon emissions

Greenhouse gas emissions or specifically carbon dioxide emissions. Greenhouse gas emissions refer to the six categories of greenhouse gases specified in the *Kyoto Protocol*, emitted in energy activities, industrial production processes, agricultural activities, land use and forestry, and waste disposal. One unit of greenhouse gas emissions is expressed as carbon dioxide equivalent.

Carbon dioxide equivalent

Since the main gas that causes the greenhouse effect is carbon dioxide, carbon dioxide equivalent is generally used as the basic unit for measuring the greenhouse effect. Therefore, when comparing the effects of different greenhouse gases on global warming, it is necessary to convert them into carbon dioxide equivalents.

Carbon footprint

The total greenhouse gas emissions produced by human production and living activities.

Carbon sequestration

Also known as "carbon fixation", "carbon sequestration" refers to the process of capture and safe storage of carbon dioxide, accommodating carbon dioxide outside the atmosphere. Carbon sequestration technology can enlarge the carbon sink. At present, forests are the largest "carbon reservoir" on land, where plants and some bacteria are able to convert carbon dioxide into carbohydrates and fix them in plants or soil, i.e. biological carbon sequestration. In addition, humans can also apply technology to store carbon dioxide in mined oil and gas wells, coal seams and the deep sea for a long time, which is physical carbon sequestration.

Carbon sink

The process, activity or mechanism of reducing the concentration of greenhouse gases in the atmosphere. For example, forest carbon sink refers to the amount of carbon dioxide absorbed and stored by forests, which can be used to measure the ability of forests to absorb and store carbon dioxide.



United Nations Framework Convention on Climate Change

Adopted at the United Nations General Assembly in 1992 and signed at the United Nations Conference on Environment and Development in June of the same year. This is the world's first international convention to comprehensively control greenhouse gas emissions such as carbon dioxide and cope with the adverse effects of global warming on human economy and society. It is also the basic framework for international cooperation in addressing global climate change.

Kyoto Protocol

Developed in December 1997, it is a supplementary provision to the *United Nations Framework Convention on Climate Change*, as well as the first document in human history to limit greenhouse gas emissions in the form of law and regulation. The Protocol aims to "stabilize the concentration of greenhouse gases in the atmosphere at an appropriate level, thereby preventing drastic climate change and harm to humans".

Paris Agreement

Concluded in December 2015, this is the first global carbon emission agreement in history that covers nearly 200 countries and regions, which replaced the *Kyoto Protocol* when it came into effect. The agreement calls for limiting the increase in global average temperature to 2 ° C (compared to pre-Industrial Revolution levels) and striving to limit temperature rise to 1.5° C (compared to pre-Industrial Revolution levels). Parties to the Agreement are required to peak greenhouse gas emissions as soon as possible and achieve carbon neutrality in the second half of this century.

Carbon Peaking and Carbon Neutrality Goals

On September 22, 2020, President Xi Jinping announced at the 75th session of the United Nations General Assembly that China will strive to peak carbon dioxide emissions before 2030 and achieve carbon neutrality before 2060.

Peak carbon emissions

At a certain point of time, carbon dioxide emissions stop growing, reach a peak, and then gradually decline.

Carbon neutrality

It does not mean not emitting greenhouse gases, but capturing or sequestering the greenhouse gases through a series of measures and preventing them from being emitted into the atmosphere. Have greenhouse gas emissions = consumption to achieve "zero emissions" overall.

Climate action

The thirteenth United Nations Sustainable Development Goals, which refers to taking urgent action to address climate change and its impacts in order to adapt to changes and mitigate risks. Climate change refers to long-term changes in temperature and weather patterns (e.g. global warming) that are partly caused by natural reasons, but mainly result from human activities since the 19th century.

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