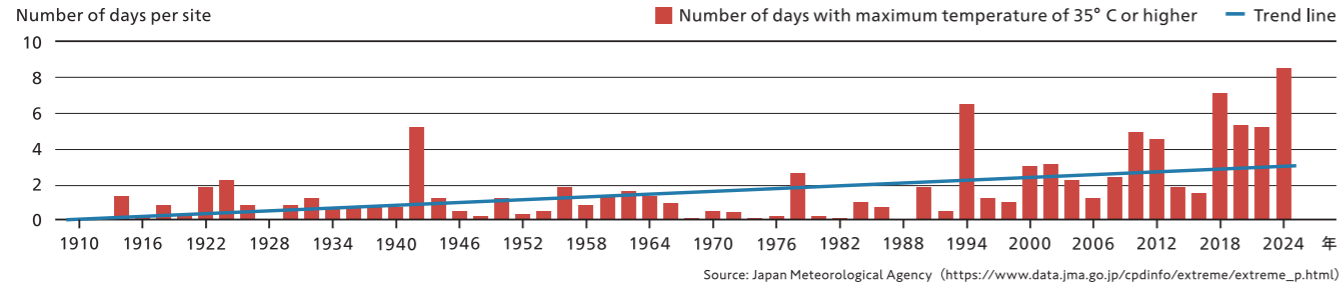


The global environment has been gradually but steadily changing.

Days with temperatures of 35° C or higher are on the rise every year. **Due to climate change, various effects already affecting our daily lives are likely to worsen, including an increased risk of heatstroke**, changes in agricultural products, higher chances of torrential or heavy rain, and the resulting increase in the risk of flooding.

Changes in the annual number of days with temperatures of 35° C or higher in Japan



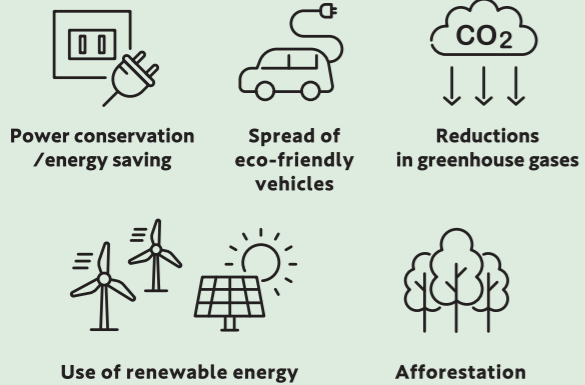
What is "adaptation" to climate change?

There are two types of climate change measures: **mitigation**, which reduces greenhouse gas emissions—a cause of climate change—and **adaptation**, which prepares for its impacts. As global warming progresses to a certain extent, **it is essential to promote both types of measures to reduce the damage** from its impacts and ensure a better life.

What is mitigation?

Reduce causes.
MITIGATION

Examples of mitigation



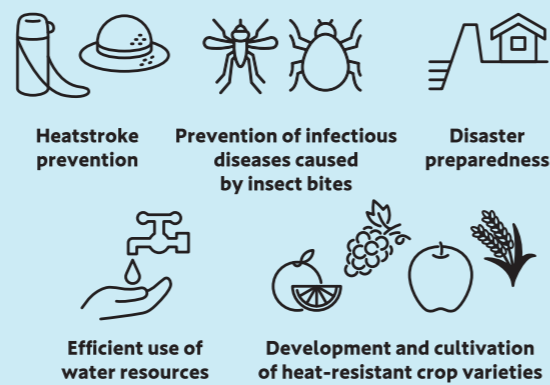
To prevent climate change impacts on human society and nature, it is essential to reduce greenhouse gas emissions and minimize climate change as much as possible (mitigation).

2 types of climate change measures

What is adaptation?

Prepare for impacts.
ADAPTATION

Examples of adaptation



To address climate change impacts that cannot be avoided even with maximum mitigation, it is essential to reduce damage for a better life (adaptation).



Lifestyle Reform in the Global Boiling Era

#Let's adapt Campaign



In the era of global boiling, higher average temperatures, extreme heat waves, and heavy rains are becoming common. Is this really okay? What will happen to our lives? The future is uncertain, so let's begin. Take action to overcome changes and create a comfortable life with wisdom and style.

#TEKIOU SHIYO 15 ACTIONS FOR A COMFORTABLE LIFE

Life affected by climate change
15 adaptation actions
for smarter living

The #Let's adapt campaign proposes 15 adaptation actions across the following five categories as tips for living comfortably:

- Lifestyle adaptation
- Dietary adaptation
- Housing adaptation
- Sports & leisure adaptation
- Other adaptation

What is the #Let's adapt campaign?

As the lifestyle reform in the era of global boiling, this campaign aims to share the **adaptation actions** with all people to prepare for current and future climate change impacts and ensure comfortable living.

This campaign proposes 15 adaptation actions across the five categories: **Lifestyle adaptation, Dietary adaptation, Housing adaptation, Sports & leisure adaptation and Other adaptation.**

Adaptation is necessary to protect yourself and those you care about from climate change and maintain a comfortable lifestyle. Do what you can do, little by little. Let's adapt together.



Action 01 Stay comfortable even under heat waves.

Adaptation picks

- ✓ Adjust the time for activities according to the wet bulb globe temperature (values above 28 indicate high risk).
- ✓ Take fluids and salt frequently.
- ✓ Check in with your family and those close to you.
- ✓ Increase your perceived temperature using clothing or items.

Action 02 Wear sustainable fashion.

Adaptation picks

- ✓ Repair and remake your clothes.
- ✓ Buy second-hand or reused clothes.
- ✓ Be aware of the raw materials and traceability of your clothes.
- ✓ Choose mix-and-match outfits according to the weather.

Action 03 Learn disaster prevention expertise.

Adaptation picks

- ✓ Make a habit of checking the weather forecast.
- ✓ Talk to your family about how to respond during a disaster.
- ✓ Check the shelter locations and evacuation routes.
- ✓ Use a hazard map.

Action 04 Stock up on emergency supplies.

Adaptation picks

- ✓ Prepare emergency supplies.
- ✓ Check their expiration dates and functionality periodically.
- ✓ Use the rolling stock method.
- ✓ Prepare a portable power supply.

Action 05 Expand food options.

Adaptation picks

- ✓ Taste new local products and rice brands.
- ✓ Enjoy local specialties and seasonal delicacies.
- ✓ Use standard vegetables and fruits for cooking.
- ✓ Explore recipes that feature new ingredients.

Action 06 Reduce food waste.

Adaptation picks

- ✓ Check your stocked supplies and their expiration dates frequently.
- ✓ Use standard vegetables and fruits for cooking.
- ✓ Avoid overbuying and use up your stock.
- ✓ Do not leave leftovers when eating out.

Action 07 Use energy efficiently.

Adaptation picks

- ✓ Use blackout or heat-blocking curtains.
- ✓ Add insulation to windows with high heat loss.
- ✓ Use your air conditioner together with an air circulator.
- ✓ Prepare a portable power supply for energy saving and in case of power outages.

Action 08 Use limited water resources wisely.

Adaptation picks

- ✓ Use water-saving showerheads and faucets.
- ✓ Use less water in the bath.
- ✓ Choose waterless products.
- ✓ Wash clothes and dishes in full loads.

Action 09 Green your home.

Adaptation picks

- ✓ Create a green curtain using climbing plants.
- ✓ Do gardening and planting.
- ✓ Place houseplants near windows or on the balcony to adjust humidity.
- ✓ Install green roofs and green walls.

Action 10 Protect your life with a disaster-resistant house.

Adaptation picks

- ✓ Check the hazard map before moving in.
- ✓ Use a solar generator or a storage battery (home battery, electric vehicle, etc.).
- ✓ Clean the side and drain ditches to keep them flowing well.
- ✓ Consider a home with strong roofs and windows and a flood-resistant structure.

Action 11 Choose an appropriate exercise location.

Adaptation picks

- ✓ Adjust the time for sports activities.
- ✓ Use an air-conditioned gym for sports activities.
- ✓ Adjust your exercise plan and rest intervals.
- ✓ Pay attention to sudden weather changes (lightning, torrential rains, gusty winds, etc.).

Action 12 Keep your body cool during exercise.

Adaptation picks

- ✓ Wear cooling clothing.
- ✓ Drink ice slurry or beverages that help cool your body.
- ✓ Cool your arms, legs, neck, and underarms before and after exercise and during breaks.
- ✓ Adjust the cooling timing and frequency according to the wet bulb globe temperature.

Action 13 Take measures to prevent infectious diseases caused by insect bites.

Adaptation picks

- ✓ Wear long sleeves and pants.
- ✓ Choose light-colored clothing that does not attract insects.
- ✓ Use insect repellent spray.
- ✓ Wear insect-repellent clothing.

Action 14 Discover new travel attractions.

Adaptation picks

- ✓ Enjoy green season activities.
- ✓ Choose sustainable tourist destinations and facilities.
- ✓ Enjoy local ingredients (wild game meat, newly harvested food, etc.).
- ✓ Use EV car-sharing, taxis, or buses for transportation.

Action 15 Let's adapt, join, and share.

Adaptation picks

- ✓ Share environmental and seasonal changes with those close to you.
- ✓ Support companies, municipalities, and organizations working on adaptation.
- ✓ Join seasonal wildlife observation activities.
- ✓ Study future climate trends.