**I can mitigate and adapt by:**

1. Taking shorter showers helps conserve water.
2. Planting a tree helps the environment by providing oxygen and capturing carbon dioxide.
3. Growing a garden not only beautifies your surroundings but also promotes biodiversity and provides fresh, healthy food.
4. Buying local food supports local farmers and reduces carbon emissions from transportation.

**I can help Adapt to Climate Change by:**

1. Not buying a house on the flood plain
2. Listening for heat alerts, flood and storm warning and advisories
3. Drinking lots of water when out in the heat
4. Getting involved in committees dealing with climate change issues.
5. Building awareness of my own carbon footprint to make lifestyle changes.

**I can contribute by:**

1. Walking to school, friends, parks.
2. Taking public transit.
3. Turning off lights.
4. Turning down the heat by 1 or 2 degrees in my house.
5. Using fans instead of air conditioning.
6. Pull the charger out of the wall socket
7. Finding recreational activities that do not involve using electricity.

**What Can You Do to Combat Climate Change?**

We can get ready for climate change by doing two things: adapting and mitigating. Adapting means doing stuff to deal with the bad stuff climate change might bring, like floods or heatwaves. For example, we can make better drainage systems to handle heavy rain and make sure we have warning systems in place for emergencies.

Some other ways to adapt include setting up places where people can cool off during hot weather, using special energy systems to heat and cool buildings more efficiently, and building stronger structures to withstand storms.

But we can also fight climate change by doing things that help stop it from getting worse in the first place. That's called mitigating. So, things like planting trees, which soak up harmful gases, or using less water, which cuts down on energy use and helps us during dry spells, are both helping us adapt to changes and fighting climate change at the same time. It's like a double win for the planet!

**Think globally act locally**

Facing climate change is a global challenge, but we can tackle it right here, in Lithuania. It's up to each individua, community and province to do their part, and we're no exception. Climate change affects everything from where we live to how we spend our days, so it's crucial we take action.

One way we can fight climate change is by cutting down on greenhouse gas emissions, which is called mitigation. Did you know that a big chunk of Lithuania's greenhouse gases come from using fossil fuels like gas and coal for energy? We can do our part by using less energy, switching to clean sources like solar and wind power, capturing gases from landfills, and using public transportation more often. Mitigation might not solve everything overnight, but it's a step in the right direction to slow down climate change in the long run.