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Headline: Here's how you can take an active part in protecting the country's natural resources

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The world is rapidly changing because of climate change, and it has not stopped affecting the daily lives of people worldwide. The Philippines is one of the countries most affected by climate-related disasters. While other countries are combating climate change in various ways, the Philippines can have an adaptive approach to the situation.

Climate adaptation recognizes the need of vulnerable countries to have a more proactive approach to climate change. By enacting new laws or finding more ways to better protect and strengthen resilience, the country may have a chance at combating climate change.

For one, the Philippines may apply climate adaptation to find specific points that need to be improved in the country. A new report published last February by the Intergovernmental Panel on Climate Change zeroes in on strategies countries may use to mitigate the consequences of climate change.

#### 1. Educate yourself on climate and environmental issues

Stronger typhoons, landslides, flash floods, and extreme droughts are only some of the common effects of climate change that now commonly occur all over the country. These often result in damaging effects to people's quality of life, threatening housing, crop yields, livelihood, and overall safety.

While the issue of climate change is slowly being recognized in the Philippines, the lack of climate or environmental awareness further contributes to the worsening climate events in the country.

Climate change has brought alarming effects globally, bringing hotter temperatures, more severe storms and increased drought, warming and rising of oceans, and even health risks brought about by extreme weather events, pollution, and production of sufficient food. On the ground, people must realize that adapting to climate change takes root in commitments that must be fulfilled long-term, and it starts with making wiser choices and acting on the issue happening worldwide.

#### 2. Make conscious lifestyle choices

The climate crisis may seem like such a big and daunting thing to address. But everyone can do something in our own way to help stop the effects of climate change from getting even worse.

Start small, such as observing your day-to-day choices. Instead of paying for single-use plastics during grocery runs, bring eco-bags or reusable containers. When buying a shirt, should you pick one that will be usable for only a few occasions or one with a quality that can last years?

Another way is by reducing meat consumption in meal planning. Agriculture contributes to carbon emissions and deforestation as large food companies respond to consumer demand by burning down forests to create more space for livestock.

### 3. Support businesses that get their energy supply from clean and renewable sources

There are big corporations in the Philippines that still use coal, an energy source proven to release huge amounts of carbon and other pollutants into the atmosphere once burned. Carbon in the atmosphere traps heat, making the Earth warmer and disrupting the climate.

The reason why renewable energy is promoted is because it's the safer and cleaner source of energy. Wind, solar, geothermal, and hydro are only some of the renewable sources of energy available in the country.

The more we support companies that champion renewable and clean energy in creating products, lesser greenhouse gases will be released into our atmosphere. Businesses are most likely to switch to clean energy sources if they see consumers choosing to support eco-friendly companies.

One company that provides businesses with power from clean and renewable sources of energy is First Gen Corporation. First Gen, a pioneer in the industry with its clean and renewable energy platforms, is committed to its mission of decarbonization and regeneration.

First Gen utilizes geothermal, hydro, wind, solar, and natural gas to provide power.

Operating over 30 power plants and projects all over the country, First Gen is committed to transitioning to a 100% renewable future.

Take part in your community and find ways to help the country adapt to climate change.

Adapting to climate change takes more than one step but it takes everyday efforts to make it possible. Look forward to a greener future by making conscious efforts everyday.

You may read up more about First Gen and its advocacy on their official website or Facebook page.

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