Case study on personal actions in climate change literacy

Mrs. Almeida is 65 years old. She is about to retire and is contemplating how to spend her newfound free time. Living in the city, she has access to various cultural events she wishes to attend. She plans to continue her yoga and painting classes and to take care of her two grandchildren. However, she doesn't feel fulfilled and wishes to leave a positive impact on the world.

One of her grandchildren has told her that he took part in the Student Climate Strike and, since then, she has developed a keen interest in climate change. She has been researching the subject, including its consequences and ways to take action. Mrs. Almeida, however, is unsure about the practical steps she can take at home, especially considering her small pension which, most probably, makes investments like solar panels unfeasible.

Please reflect on the following questions:

- What affordable measures can be taken at home to address climate change?
- Can Mrs. Almeida implement these measures herself or will she need assistance?
- Are there actions that can be taken outside the home in everyday life to contribute to fighting climate change? If so, what are they? And how will they contribute to the reduction of greenhouse gases?
- Where can Mrs. Almeida find information about eco-friendly solutions typically considered less affordable, and what might these solutions be?
- How can funding for these solutions be found and explored?
- What are the advantages and disadvantages associated with each of these solutions?
- Ultimately, what advice would you give to Mrs. Almeida?

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