

## Exercise 2: When Climate Change Comes Home - Reflections on Observed Impacts across Seychelles

**Important caution:** We are suggesting you do the following exercise, which involves spending time outside in your neighbourhood and/or in nature. We ask you to *do this only if it is safe* for you to do so, i.e., if it is possible to adhere to all local guidelines on social distancing during the COVID crisis: maintain at least a 1.5 m distance to any other people you may encounter. If your outing involves touching any surfaces (e.g., railings, handles in public transportation), please do not touch your face, and wash your hands with water and soap for at least 20 seconds immediately upon your return. Behavioural guidelines during the pandemic are updated frequently and you can see the latest at the [WHO website](#) and, particularly, the [Seychelles Department of Health](#) guidelines.

### Purpose of Exercise

The purpose of this exercise is for you to:

- *Notice and carefully observe climate change impacts and solutions* in their local manifestations (possible examples of what you might see are listed on the next page)
- *Reflect on their implications* for individuals, families, businesses, and Seychelle society at large
- *Notice any emotional responses* you may have (e.g., worry, fear, anger, grief, despair, hope) to what you are seeing and thinking

### Needed Supplies

- Safe access to the outdoors (e.g., in your neighborhood, the beach, the ocean, the forests)
- Pen and paper or notebook
- Optional: camera, sketch pad for drawing

### Time Requirement

45 minutes for 3-part lecture on the fundamentals of climate change  
30-90 minutes for outside observation and reflection

### Instructions

1. Before going outside, please watch Professor Daniel Etongo's three-part lecture on the basic science of climate change (Part 1), observed and expected climate change impacts on a small-island state such as Seychelles (Part 2), and solutions (mitigation and adaptation) (Part 3).
2. Go on a walk outside – through your neighborhood, along the shoreline, through a forested area or whatever you have access to and notice any signs of the climate change impacts and solutions Daniel spoke about in his lectures. Maybe you notice even additional impacts and solutions not mentioned on listed on the back). Make note of all that you observe.
3. Find a safe and comfortable spot to sit out in your environment and reflect and write about what you observed. What do you think will be the implications of these impacts increasing over time due to accelerating climate change? How will they impact individuals, families, workers, farmers, businesses, visitors/tourists, the economy and society at large? How will the impacts interact and accumulate?
4. Look around some more and imagine what your environment will be like in 20, 30, 50 years from now when more of these impacts have unfolded? What do people already and what more can and must they do to avert some of these impacts?
5. Notice your emotional responses to thinking about your home's future. Write them down and reflect on them. What would you want others to know about climate change? (if you feel so inclined, feel free to take pictures or draw something to capture your experience!)

Potentially observable impacts:

- Heavy rains
- High winds
- Street or coastal flooding
- Poor drainage
- Landslides
- Coastal erosion
- Overtopping of coastal protective barriers by waves, sand
- Saltwater intrusion into groundwater wells
- Coral bleaching
- Loss of species
- More mosquitoes
- Diseases
- More invasive species
- Business and supply chain disruptions
- Increased damage to critical infrastructure
- And others

Potentially observable adaptation measures:

- Gutters on buildings
- Improved drains around houses, along roadsides
- Buildings set back good distance from riverbanks or coastline
- Seawalls or timber bulkheads
- Water catchment cisterns
- Water conservation measures in homes, offices, hotels
- Shade trees
- Removal of invasive species
- Reef restoration
- Mangrove planting (and other wetland restoration efforts)
- And others

Potentially observable mitigation measures:

- Energy efficiency (e.g., LED light bulbs, new fridge)
- Energy conservation (e.g., people turning off lights, computers, installed insulation)
- Renewable energy (e.g., wind, solar PV)
- Public transportation
- Electric/hybrid cars
- Walking/cycling instead of driving
- And others