

Climate change and adaption in Kaiserslautern

Rising temperatures, torrential rain:

We are all aware of the consequences of climate change. It is also taking place in Kaiserslautern. Forecasts assume higher temperatures and heavier rainfall for the next few years.

We must prepare ourselves for these changing climatic conditions, because the changes are accompanied by dangers. Strong heat, for example, causes health problems such as headaches, cardiovascular disorders or sleep disorders.

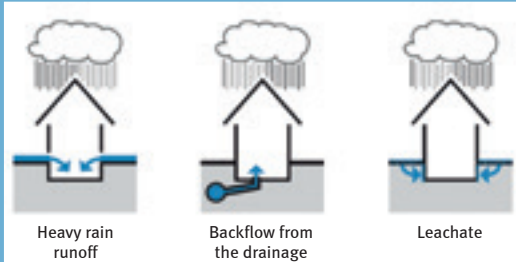
Particularly affected are sensitive population groups such as the elderly, the chronically ill and small children. Heavy rain, on the other hand, endangers human lives by flooding cellars and streets, for example, and can cause immense material damage without suitable protective measures.

To prepare for these challenges, the city of Kaiserslautern has developed a concept for climate adaptation. For example, the factor of climate adaptation is included in urban development, and there are internal working groups and model projects. However, climate adaptation is not only a matter for the administration, but for society as a whole. Everyone can help. What you as citizens of the city of Kaiserslautern can do, for example, is presented in this leaflet.

Find more information on the **climate adaption concept** on the city of Kaiserslautern's homepage under: Sozial Leben Wohnen/Umwelt

Together with the consumer advice center Rheinland-Pfalz the city has been offering free energy advice for years.
<https://www.verbraucherzentrale-rlp.de/beratungsstellen/kaiserslautern-energieberatung>

KfW Förderdatenbank
(Data base of banks offering loans and grants)
<http://www.foerderdatenbank.de/>



More information for homeowners on flood protection can be found on the homepage of Stadtentwässerung Kaiserslautern AöR: Abwasserentsorgung/Grundstücksentwässerung/Überflutungsschutz Here you will find among other things checklists for the assessment of personal risk.

You want to learn more? Please contact us:

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Image source: Stadt Kaiserslautern



KLAK.

Heat stress and heavy rainfall

Tips on adapting to climate change



Climate adaptation – What can I do?

Climate change causes a modification of our living space and poses great challenges for society as a whole. Whether politics, administration, industry or private individuals – everyone is required for a successful adaptation process. As an individual citizen, you can also help to protect yourself and others from the effects of heat and heavy rain.

Make the city greener

Plantings and unsealed areas have a cooling effect in summer and help to improve the local climate. Because they collect water, they also relieve the strain on the sewer system during heavy rainfall. As an owner of a building or a plot of land you can contribute to more green in the city:

- Have the roof and facades of your building greened – Roof greening is also possible in combination with photovoltaics.
- Create small „climatic oases“ by removing asphalt and pavement stones from your garden, parking or courtyard areas. Make the surfaces permeable to water and green them up.
- Plant shade-giving (large-crown) trees.

Protect your living space

Due to rising temperatures, the cooling of buildings will become an important topic in the future. Protection against heavy rainfall is just as important. In order to prepare for both, you have various construction options:

- Paint your house in bright colours that reflect the sunlight.
- Use shading elements such as external blinds.
- Think about thermal insulation – it prevents rapid heat-up.
- To prevent water from entering your building, take protective measures (backwater seals, flood-proof basement windows, etc.).

Considering aspects of climate protection and climate adaptation air conditioners are **not recommended**. They cause high electricity consumption and transport additional heat to the outside.

Tip: Some renewal measures can be replaced by loans and grants. More information is available free of charge at the city's energy consulting.

Take care of yourself and others

Heat can stress the human body. To reduce the health hazards of heat even small changes can help.

- Drink a glass of water every hour (a total of 2 liters), Avoid strongly sweetened and alcoholic drinks.
- Eat light and fresh food. Fruit and vegetables are best.
- Refrigerate your food and consume it as quickly as possible.
- Wear wide, light and breathable clothing and headgear when outdoors.
- Avoid physical exertion if possible.
- Stay in the shade if possible.
- Pay special attention to acquaintances, friends, neighbors and family members who live alone.

So that your living spaces do not heat up too quickly:

- Air only early in the morning and at night.
- Switch off all unused electrical appliances completely, refrain from operating devices that emit a lot of heat (oven, electric grill etc.).
- Darken your rooms during the day.



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More information on the health consequences of heat can be found at:
Rheinland-Pfalz, Ministerium für Soziales/
Unsere Themen/Hitze
<https://msagd.rlp.de/de/unsere-themen/gesundheits-und-pflege/gesundheitsliche-versorgung/oeffentlicher-gesundheitsdienst-hygiene-und-infektionsschutz/hitze/>

Further information can be obtained at the Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (Federal Office for Civil Protection and Disaster Relief)

Leaflet “Heat and Thunderstorms”
https://www.bbk.bund.de/SharedDocs/Downloads/BBK/DE/Publikationen/Broschueren_Flyer/Flyer_Unwetter.pdf
https://www.bbk.bund.de/SharedDocs/Downloads/BBK/DE/Publikationen/Broschueren_Flyer/Flyer_Hitze.pdf

Heat warnings and storm warnings from the German Weather Service can be found at www.dwd.de, via the Hitzewarn-APP (heat warning app) and the WarnWetter-App (weather warning app).

Image source: shutterstock.com, © Konstantin Chagin



Find more information on the topic **greening/ revegetation** on the city of Kaiserslautern's homepage under: Sozial Leben Wohnen/Umwelt

Find more information on the topic **rain water** on the homepage of the city's drainage department AÖR/ Abwasserentsorgung/Grundstücksentwässerung/ Regenwasserbewirtschaftung

Image source: Bau AG Kaiserslautern