Adapting to Climate Change

Professional Training Course

Updated November 2025

This course is designed to equip participants with the knowledge and skills they need to understand and assess climate change risks, identify and develop adaptation actions, support adaptation implementation, and assess adaptation effectiveness. It is relevant to anyone working on adaptation and resilience in a professional capacity. The course is built around our five core modules and consists of 11 presentation-based sessions and five group exercises. Shorter interactive tasks are integrated into each session. The course can be delivered in-person or online, as an 'off-the shelf' open course or tailored for an organisation. The off-the-shelf version is run over five days as an in-person event, or over five to ten weeks online, with 90 minutes allocated for each session and exercise. Modules 1 & 2 overlap with our shorter *Adaptation Literacy* course. Anyone who has completed this course might want to start with Module 3. See garama-training.com for more details.

MODULE 1. SCIENCE & POLCY CONTEXTS

1.1 Historical warming and its drivers
* Climate change & climate variability
* Natural drivers of climate change
* The greenhouse effect and greenhouse gases
* Observed temperature changes
* How do we know it's us?
* Impacts & their attribution

1.2 Global policy contexts
* The UNFCCC & the IPCC
* The Paris temperature goals
* National responses - NDCs
* Emissions gaps & carbon budgets
* Prospects for limiting warming

1.3 Future warming & its implications
* Long-term warming projections
* Implications for common hazards
* Impacts at different levels of warming
* Complex impacts from multiple hazards
* Tipping points & 'existential' risks
* 21st century warming in perspective

EXERCISE 1: Hazards & impacts. Participants identify some key hazards and impacts relevant to their own contexts. What would be the implications of these becoming worse?

MODULE 2. UNDERSTANDING ADAPTATION

2.1 Key terms and concepts
* Adaptation & resilience – what are they?
* Incremental vs transformational adaptation
* Transformative adaptation
* Risk frameworks for adaptation
* The social construction of risk - vulnerability
* Maladaptation & the adaptation deficit

2.2 Good and bad adaptation
* Drivers of maladaptation
* Adaptation in the UNFCCC (Article 7)
* Adaptation principles
* Phased adaptation over longer timescales
* Effective, just & sustainable adaptation?

Garama 3C Ltd
Climate Change Consultancy
Guidance, Analysis, Risk Assessment, Mainstreaming, Adaptation, Evaluation, Training

Garama 3C Ltd
44-48 Magdalen Street
Norwich NR3 1JU
United Kingdom
Tel: +44 1603 568 097
Email: enquiries@garama.co.uk
Web: www.garama.co.uk

EXERCISE 2: Is it adaptation, and if so, what kind?
Participants examine some real adaptation actions and identify the extent to which they are incremental, transformational, or transformative. Are they really adaptation? Are there any maladaptation risks?

MODULE 3. CLIMATE RISK ASSESSMENT

3.1 Anatomy of a climate risk assessment
- Risk or vulnerability assessment?
- From screening to detailed assessment
- Types of assessment (technical, participatory..)
- Who should be involved?
- Setting the scope of an assessment
- The basic template of an assessment
- Assessing current risk
- Assessing future risks
- Outputs of a climate risk assessment

3.2 Use of data in climate risk assessments
- Using climate data & addressing uncertainty
- Risk assessment in data scarce contexts
- Robust decision-making
- Some key sources of climate data

EXERCISE 3: Light-touch climate risk assessment?
Participants identify some key risks for a specific context, and learn how to use some user-friendly climate data platforms.

MODULE 4. ADAPTATION ACTION & GOVERNANCE

4.1 Selection, design & implementation of adaptation options
- Identifying & prioritising adaptation options
- Inclusion & competing priorities
- Multi-criteria analysis for selecting options
- Some possible criteria for selecting options
- Designing & implementing adaptation actions
- Ensuring buy-in & ownership

4.2. Governance for adaptation & resilience

- Different governance scales (national, local...)
- Coordination & integration
- National adaptation governance models
- Participatory governance & inclusion
- Devolved adaptation finance

EXERCISE 4: Adaptation actions at different scales.
Participants identify potential adaptation options for different hazards/impacts in different sectors or contexts, potential criteria for prioritising options, and who might be involved in this process. What might the outcomes be?

MODULE 5. MONITORING, EVALUATION & LEARNING (MEL) FOR ADAPTATION

5.1 Key term, concepts and challenges
- What is MEL – an overview
- Monitoring & indicators
- Different types of evaluations
- Monitoring & evaluation *for* learning
- Outputs, outcomes & impacts
- Theories of change & log-frames
- Key MEL challenges for adaptation

5.2 Adaptation MEL practices & challenges
- Key MEL challenges for adaptation
- Some adaptation results frameworks
- From bean-counting to measuring change
- How do we measure resilience?
- Assessing long-term adaptation performance
- MEL under escalating climate risks

EXERCISE 5: Refining a MEL framework.
Participants review a MEL framework with indicators, identify gaps, and recommend how to improve it.