

CASTLE



Here to address the climate elephant in the city.

January 2023

Welcome to our CASTLE

EDITORS' LETTER

Our first issue of CASTLE kicks off by talking about sustainable cities. We've been so consumed by the news lately, with yet another new prime minister Rishi Sunak and the recent conferences for COP27 in Egypt, so we know how overwhelming talks about surviving climate change can be, so let's break it down.

If you're one of those people who claim "you can't make much of a difference", well we'd like to see you try. There are lots of ideas throughout CASTLE from tasty recipes (see page 29) to purchasing London's finest second-hand clothes, to stop your fast fashion habits (see page 14).

As Londoners, we've been inspired by Sustainable Development Goal 11 - the mission in the UN's own words, aiming to "make cities inclusive, safe, resilient and sustainable". They focus on bettering aspects such as housing, litter, transport and access to clean food and water in all communities. They plan to complete this by 2030.

Turning a tricky situation around has deeply inspired us to handpick articles written by students living in London, who know how disappointing London's sustainability can be, but who still feel we can personally make significant positive changes.

We hope that you can feel inspired too, whether you are at the movies (see page 26) or looking for a new book (see page 20). We're very proud of our small hard-working team who have brought you this very, must we say, brilliant work. It's time to finally address the elephant in the city (ha, get it?)

Enjoy.

Jill Li and Georgia McMillan
Editors



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ASKING STUDENTS ABOUT CLIMATE CHANGE

Eileen Lewis, a 22-year-old Interior and Spatial design student speaks on “the urgency of climate change”.
Interview by Desi Nikolova

Q: Tell me about the competition you participated in?

It was an academic essay writing competition held in the Gulf Cooperation Council countries, with over 100 schools in the region participating. There were several topics to choose from, but I wrote about “environmental protection” due to the urgency of climate change.

Q: Why are you so passionate about the subject of the environment/ global crisis?

The years of neglect to our global environment has led to habitat destruction, species endangerment and climate refugees. There are also several health consequences we suffer due to high levels of pollution in our ecosystems. To not care about such an important topic would be inconsiderate, not only to ourselves, but all the other species.

Q: Do you think people are well-informed about this?

People are not fully aware of the environmental consequences of their actions and not enough information is available.

Q: Do you think there are enough resources telling people what changes they could make to help the planet? What are your sources of knowledge?

I don't think so. Even if there were, I don't think it's effectively reaching people. I get most of my information through books, documentaries, and online research. Some of my favourite resources are the book “Doughnut Economics” and the documentary “Before the flood”.

Q: Do you think the Just Stop Oil activists who threw soup at a Van Gogh Sunflowers painting was helping or hurting the cause?

Both. While I think that such extreme acts paint the movement in a negative light, it is still successfully bringing much needed attention.

Q: What are the choices you make in your daily life that help the environment?

One of the biggest changes I've made in terms of my lifestyle is going vegan. (see box) Clearing land for animal agriculture is one of the leading causes of deforestation. Animal agriculture is also one of the highest producers of greenhouse gas emissions.

Q: Is there anything else you want to tell our readers?

It can often feel like our individual actions are insignificant, but it's important to remember that small changes in our daily habits can have a bigger impact than we think.

Vegan patty treats

Do you want to make the best vegan patties? Start off by mixing $\frac{1}{2}$ cup of sweet potato and 1 ounce of black beans and mash them until your hand feels sore. Add $\frac{1}{2}$ cup of gluten-free oats, dice some red onion and put it in the mix. Now it's time for spices. Get out your tablespoons because you're going to need them. Add 1tbs of cumin, paprika and garlic powder each to the mix. Cook for 5 minutes on each side and you're done. Yes, it's that easy. Finish off reading this magazine and enjoy your delicious meal. For more ideas see page 29.

POSTCARD FROM... LONDON

Is travelling good for London and Londoners, asks Timothy Yip

Travelling, that's quite a word that would make everybody feel excited, right? I'm sure you do too, as it's a chance for everyone to explore the world, talk to people, experience different cultures etc.

Of course, travelling has good aspects, but it has problems as well. In the following, I'll use London as an example to demonstrate what I think about it.

Obviously, travelling is good for promoting London and its communities' livelihood. According to the Greater London Authority, tourism plays a key part in London's economy, as about 12 percent of the city's GDP comes from travellers. To put that into perspective, that's £2.1 billion in 2019!

Since many companies are dependent on people coming to London to spend their money, when there are less visiting tourists, businesses have to shut down.

And the result? Everybody is unwilling to spend because they simply don't have enough!

So when people travel more, London is sure to benefit. But at the same time, the environment suffers from air pollution to litter. On the streets near where I live, that used to be so clean, are now starting to get dirty and covered in plastic bottles, drinks cans and coffee cups, even when there's a rubbish bin. It's so disappointing, as this isn't what sustainable cities and communities, a main goal of the United Nations SDGs, is supposed to be, as sustainability requires maintaining a certain level of quality of life for humanity, while not damaging the environment so much that it becomes irreversible. That litter also gives a bad impression to the

tourists and attracts rats.

Not travelling might be good for cutting individuals' and companies' carbon footprints, but travelling often also helps people get on better and spreads wealth. So that's why my verdict is that travelling is better than not travelling.



© Timothy Yip



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WE HAVE TO LOOK UP



© Tim Craig

Did the star-studded film *Don't Look Up* have an impact on the climate conversation asks Georgia McMillan

Christmas Eve 2021 was the day that *Don't Look Up* hit Netflix. With a short theatrical debut, the film opted for a streaming service release. Leonardo DiCaprio and Jennifer Lawrence lead a star-studded cast (which ultimately made everyone talk about it before its release, even I am guilty of this). Ariana Grande, Jonah Hill and Meryl Streep are amongst the cameos in this satirical comedy take on science-fiction.

Just to catch you up if you haven't had the chance to watch it already, *Don't Look Up*, directed by Adam

Mckay, depicts the fictional story of two scientists that discover a comet is about to destroy planet Earth. They try to warn the population but are ridiculed.

I have a confession to make: I only watched this film last week. I sat down on a boring Tuesday, expecting to pass a couple of hours and get in a few good laughs, when I was in fact met with pure frustration. As I sat slumped in front of the TV, the film gave me an awful gut feeling.

'This film is a metaphor for climate change.'

From the conniving sloppy leading figures in the White House to air-headed TV news presenters, each and every character trope felt too close to home. Those in power are completely in denial of the 'comet hitting', in fact they hope to ultimately profit from the disastrous event.

The two scientists played by DiCaprio and Lawrence are the activists that are not being listened to, an analogy for Greta Thunberg and many others. Climate activists are often viewed as crazy, 'hippy' and unnecessarily passionate and emotionally invested in the problem at hand (even Lawrence's ridiculously short fringe was also a little too accurate).

A year on from its release, it feels even more relevant than ever. With recent COP27 conferences where world politicians meet, you truly do wonder whose side our representatives would take, though I can assure you it isn't hard to guess.

The film cleverly shows us how our complacency is costing us our lives and potentially the Earth for good. But it is also one of the first films tackling the subject of climate change by using humour. Being able to laugh at society's general outlook on how we treat those that are warning us about the environment and the way the news is currently brushing over how daunting and real the climate crisis is, makes us all a little more self-aware.

The casting definitely opened a gateway to conversation about climate amongst the viewers. DiCaprio is a long-term passionate environmental activist in his spare time, making many appearances at UN and WWF events, giving speeches and even setting up the Leonardo DiCaprio Foundation which focuses on the ecosystems and organisations to create a more sustainable future. This is very accurate and true to his character. The Oscar winning actor is also well-known for his climate activism although he has been criticised for using private jets and

yachts. So maybe people like you and me find it hard to take him seriously. We're the ones who get fingers pointed at us 'for not doing enough' while celebrities get to still live their lavish lifestyles and show up to give emotional speeches on the polar bears.

According to *Variety* magazine, the film scored the biggest recorded views in Netflix history - 150 million hours. It is argued that the film would have even more reach and success if it was released for a full theatre run. It is a shame that the film can only be accessed on a paid streaming service, meaning many people who are not paying £6.99 a month will not be able to be reached and affected by *Don't Look Up*. The climate conversation seems to be limiting itself and not educating as many people as it could be.

Aside from the film's controversy and potentially distracting A-listing casting, what I was truly left with after I had finished the film was the last scene. Spoiler alert... as the comet begins to destroy the Earth, despite the scientist's tiresome attempts to sway the population and government's mindset to stop it, they fail and finally sit calmly as everything begins to rupture.

'We really did have everything didn't we?'

This line was spoken amongst shots of wildlife in their habitats and people with their families, showing us what the comet is taking away. DiCaprio delivers this last line with a clear feeling of regret and upset, nobody did enough to keep what they had, something that was so perfect.

For me, this perfectly summarises what the film was trying to achieve in its commentary about climate change.

I rate this film a strong 4/5. I would recommend to anyone who feels as if they're one of those people who feel unaffected or unbothered by the climate news. Also to those that may laugh or belittle climate activists. And especially to those who haven't paid enough attention, it's finally time.

Because we really have everything, right now, don't we?

WHAT IF WE WERE ALL VEGGIES?

What environmental impact does our eating habits have on the planet?

By Simona Santamaria



© Tia on Unsplash

Q: WHAT IF WE WERE ALL VEGGIES?

Almost every day I wake up and my routine is always the same; I get out of bed, have breakfast with my usual oat milk and a slice of bread with raspberry jam.

I realise then that I have nothing for lunch and head for the local supermarket near my house. I walk down the aisles without ever finding anything fresh and inviting to eat. In my head, I think about how much I would like to live near a market with fresh fruit and vegetables. I think that would tempt more people to be vegetarians.

In recent years, the vegetarian and vegan diet has become established amongst the eating habits of the world's population.

But what are the reasons for this choice?

Certainly, there is an awareness that too much consumption of a meat-based diet can develop the risk of chronic diseases, including cancers and that plant-based foods can be healthier. Even better, there is a growing belief that choosing to eat

vegetarian is also good for our planet and not just our bodies.

The more meat we consume, the more carbon dioxide is released into the atmosphere. Meatless menus produce fifty percent less carbon dioxide than meat diets. There is a possibility to calculate the environmental impact of eating less meat and dairy thanks to the online website 'Meat Free Monday', found at <https://meatfreemondays.com/>.

The Johns Hopkins Center for a Livable Future provides technical assistance and serves as a science advisor to the Meatless Monday campaign and provides resources to demonstrate the relationship between food choices and climate change.

It's comforting to know that the number of vegetarians in the world is steadily increasing and to our advantage, we have India, the first country in the world to have a population of 38% vegetarians.

Q: WHAT CAN WE DO TO MAKE OUR PLANET EVEN BETTER?

What we can hope for is greater awareness of the characteristics and environmental impact of intensive livestock farming. This type of farming

uses industrial and scientific techniques to obtain a maximum amount of product at minimum cost. It requires extensive use of highly polluting chemicals.

Q: CAN A VEGETARIAN DIET SAVE THE WORLD AND MILLIONS OF HUMAN AND ANIMAL LIVES?

Replacing 75% of meat and dairy products with cereals and pulses would allow to emit 5 billion tonnes less carbon dioxide equivalent each year. This estimate was updated by a group of researchers who concluded that adopting a diet that reduces meat consumption by 70% would result in a total saving of 332 billion tonnes of CO₂ by 2050.

In addition, according to a recent study by Sweden's Charles School in Gothenburg, reducing meat would also greatly decrease greenhouse gas emissions, thus helping to slow climate change.

According to the University of Oxford, a more balanced meatless diet would be enough to reduce polluting emissions from food production by 30%.

Q: HOW CAN YOU ENCOURAGE A CHANGE IN DIET?

Our eating habits are influenced by many different factors from our culture and traditions, but also by the availability of certain foods and their cost.

with an estimated amount of its greenhouse gas emissions.

One practice that has been embraced by the public to reduce the amount of meat they eat is carbon labelling; simply labelling each food product

As usual, moderation is the key. Of course, if the entire world population were vegetarian or vegan, we could certainly have an entirely different future.

see more
recipes on p.4 and
p.29



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FIRST TIME TO KINGSTON

My first visit to Kingston let me discover that this bit of London may have all your essential needs, but it's not where I want to live.

Here's why writes Jill Li

How hard is it to trust a train timetable? How hard is it to be on time? Is a cup of coffee worth running around platforms at Waterloo station? I will answer all of these questions in this column.

Kingston is an expensive borough in London Zone 6. I'm from Hong Kong and this was the only information I knew about this neighbourhood before my first time visiting. From the very first day living in London, it was rare for me to go to a place that took over an hour to travel to. Would Kingston give me a new sensation of London? And as it was my first time taking the famous British railway, what fresh views would I have over the city?

It was a Friday in November when I met up with my friend at Waterloo station. We thought we had plenty of time before the train's departure (shown on the internet). So we went to get some coffee. But when we went back to the platform, the display showed that the train had already departed. We then walked from platform 5 to platform 21 just to realise we had missed another train, so we walked back to platform 5.

After 15 minutes of jogging across Waterloo, we slumped opposite each other. The train seems different from the crowded daily underground train I take to university, which makes me more relaxed. The sun was out, the train was clean, and by now the coffee was cold.

But still the trip was heading to a good start. One thing about London's tube is that you often see newspapers and finished coffee cups all around the seats. But on the railway train we eventually caught, I saw no discarded items. So I followed suit,

keeping my coffee cup until I got off.

There are so many skyscrapers in Canary Wharf, where I'm living, and it's so frenetic. But here in Kingston on a Friday everyone is having their leisurely walk. No one is rushing the red lights, and no suited guys are rushing by with a bagel in their mouths on the phone. There are only teenagers riding bicycles and grandparents out with their grandkids. Everyone seems to be taking their time under the late afternoon sunshine. No matter that Kingston is London at a slower pace, it is still a very convenient place. In a 5 minute walk, I saw a supermarket, a cinema, and an enormous mall: all the essentials any Londoner could need. On the streetside, I saw litter bins that can be opened by a pedal. Which makes the whole process clean and odourless. I found this little litter-tackling invention rather wonderful. The many street performers playing music on different instruments made my day.

My short 'runaway' from the big city did not disappoint, in fact it soothed me a little and the sunset was nice. But from a renter's, or even a commuter's point of view, is it worth a total 60-minute journey from college? I would say no.

Maybe visiting in the summertime may help. At least I can have a picnic with my friends in the park, but I do not think Kingston is worth a visit without a special occasion. Maybe if I am old enough to settle down, I would choose Kingston as it is not as tense as Central London, but still only an hour to the middle of the action.

My verdict: Kingston is a chill place to walk around, but that is all.

5 minutes to know Kingston

Kingston-upon-Thames (known as Kingston) is located in south west London. It takes about an hour from Waterloo station to Kingston. The cost of tickets can vary depending on the time, route and class, starting from £8.10. Kingston has the population of 595,000 in 2022. The ancient market is a must go spot, with over 20 permanent stalls and traders seven days a week from 10 a.m. to 5 p.m., with a variety of traditional market stall holders. There are more than 15 charity shops with excellent finds in the centre of Kingston, including Princess Alice Hospice, and the well-known Oxfam bookshops. For a 3 bedrooms flat in Kinston, the rent can be up to £3,900 pcm; and rent in Elephant and Castle can be £2,500 pcm.

© Jill Li

REFLECTION

Our window is a mirror.

Polluted air outside,
polluted relationships inside.

Our window is a mirror.

Absent trees in the forest,
absent father in the family.

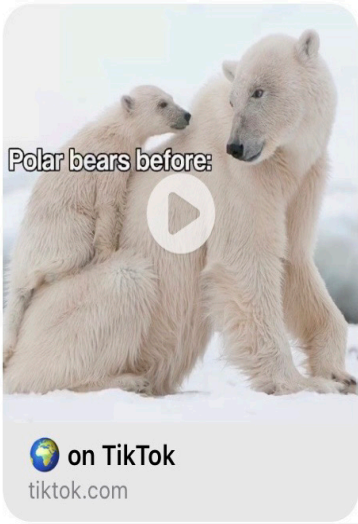
Our window is a mirror.

The soil tired of nothing growing,
the mother tired of no one talking.

Our window is a mirror.

Words by Desi Nikolova

Words by Desi Nikolova



A video I saw on tiktok about the polar bears

TALKING ABOUT CHANGE WITH THE NEXT GENERATION

Georgia McMillan

At the table with 15 year old Ted, he digs into a plate of pasta. A day of school has his uniform scattered about the kitchen, a creased shirt is what's left and pyjama bottoms replacing school smart trousers.

What do you know about climate change? A bothersome question over dinner, maybe. But one I must ask.

Ted was born in 2007. He's only ever known London, being born and raised in Islington. He's also part of GenZ (10 to 25-year-olds) and said to be the ones that will live through the worst effects and consequences of the climate crisis. Even potentially raising their own family against this backdrop. They're the ones that will be fighting for us when we can't.

"A lot." He says confidently, without even looking at me. Although I don't think he means it, he just wants to move on. But I will pry.

Can you provide me with any physical example of what we call climate change?

His answers were predictable. Amongst the list is plastic straws killing the turtles, polar bears losing their homes, melting ice caps, shopping bags now

being 10p, and so on.

So what climate change effects do you think are happening in London? Right here in the city?

He looks puzzled. I don't think it's completely common for us Londoners to see how exactly the city, bustling, built up and ever-changing, could directly be related to the dangerous decline of our climate.

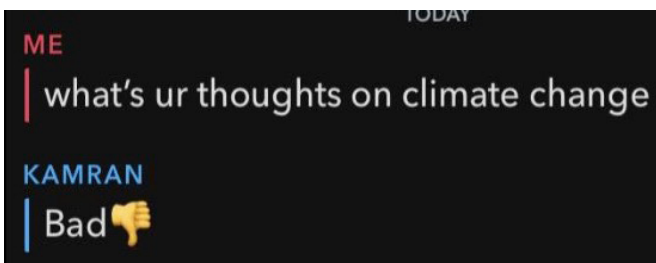
"I'm not sure, maybe littering? That's a huge problem, even the boys in school do it in the playground." He answered.

Ted may not have much passion for the subject but I put our stilted conversation down to him feeling that climate change is seen as a tiresome and intruding conversation, lurking about in millennials' mouths, urging people to stop habits they picked up a long time ago.

So, I decided to talk about climate change in a place where the younger generation are assumed to be most comfortable, on social media.

Messaging through our screens has created a place of comfortability and I want to use this to my advantage. I began to wonder what kind of answers would spring up, would they be more thought-out, sympathetic, researched?

Trust for London's research found that the majority of inner London's population are 30-34





tropical storms. High sea levels
droughts

Hey, what do you think of climate change?

Lol why are u asking that

ME
give me examples of climate change

Cattle farming

GIORGIO
Erm deforestation
Mining

ALEX
I think climate change frustrating because people fail to realise how much damage it is doing to us is* like burning fossil fuels and shit cause of pollution

Social media captures @ GM

years old, a staggering 11.1%, whereas the 15-19 age group falls at 4.9%. What I really want to know is how much the climate conversation has specifically penetrated the brains of the 4.9% or more specifically London's young students. Is it really as urgent to them as it is to the older generation? From messaging several London students on all different social media applications, I noticed how many climate 'buzzwords' started to crop up from 'droughts' to 'high sea levels'. Even some found it comedic, strange, unusual. Despite Greta Thunberg's impact and Fridays for Future school

strikes, maybe this generation is yet to learn the grave situation we're in. Soon, the effects of climate change on our planet will be irreversible and these will be the individuals who will ultimately live in it.

The United Nations claims that "emissions must peak before 2025" and with our help we can leave a better, thriving environment behind us.

GenZ do care and they still have time to learn. Have a conversation about climate change with friends and family and just maybe, we can change the outlook on it soon.

Tik Tok accounts to follow

Try these accounts - fun to follow and perfect to send to friends to get the climate conversation going

@Eco_Tok

Followed by over 100k people, this Tik Tok account has perfectly digestible and relatable content. There's a large team of people behind the videos that cover climate change, environment and sustainability related topics, often using humour and trending audios.

@Environmental.education

Run by Kaylah in Australia and followed by 300,000, the account has a lot of food content,

showing how to grow, limit waste and also vegan recipes. She acknowledges her "imperfect environmentalism", using Tik Tok as a visual diary on how to do better. Following creators like her is motivating as we have to acknowledge we can always do better, while we can never do enough.

@Conserve2preserve

Nothing is worse than hearing someone drone on about the nitty gritty which is why Conserve 2 Preserve is what we need in a world of doom. With 60k followers, there's unlimited interesting facts about the animals going extinct to natural disasters, recent news on wildlife and the environment is delivered in an engaging way with clear passion and an opening for discussion in the comments.



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CAR BOOT SALE: THE GUIDE TO SUSTAINABLE SHOPPING

What's the most sustainable and affordable way to buy everything you want, giving love and life to secondhand products? A car boot sale says Simona Santamaria

I still remember when I first discovered the existence of the car boot sale. For me, brought up in Italy, it was something totally unexpected.

Coming back from Clapham one Sunday afternoon on the 344 bus towards Liverpool Street I noticed this giant sign: 'Car Boot Sale Today'. My friend said she often went to them in her home town in Devon. I knew I wanted to visit one too.

Ecological, simple and sustainable, the London car boot sale is simply a flea market that may be regular, eg, held every Sunday, or more of a pop-up. The aim is to repurpose items that are still useful but have been stored in the homes or attics of sellers. The sellers make some pocket money and have a good clear out and the buyers enjoy finding treasure they either never knew they wanted (eg, biscuit tins) or maybe something they really needed (an umbrella).

'I WANT TO SELL MY ITEMS, HOW CAN I DO IT?'

To sell items you need to reserve a space, to do this simply go to the official website of the chosen car boot sale, choose from the options listed and pay the total amount for the selected space via an online form.

BUYER ENTRY FEES

General entry to the 'market' is cheap, often £1. Another option to enter the car boot a few hours before opening is called 'Early Bird' and usually costs £3-5. With this last option you have the chance to enter earlier than usual to secure better items.

SOUTH LONDON CAR BOOTS

I have been frequently visiting car boot sales for two years now, and with that, I would like to share with you readers my favourites that are worth getting up early for on a Sunday morning.

1. CAPITAL CAR BOOT

A short walk from Pimlico station, Capital Car Boot is without a shadow of a doubt my favourite. I have always found high quality items. Vintage clothes are really cheap. Sellers are always very friendly and open to all kinds of offers. I highly recommend going.

Opening hours: every Sunday 11.30am-2.30pm;

Where: Pimlico Academy, Lupus St, Pimlico, London SW1V 3AT;

To book a spot, more information and further prices, www.capitalcarboot.com

Remember, *Cash only*.

2. BATTERSEA BOOT

Located next to Battersea Park, one of the most famous and oldest car boots in London.

Very popular with younger people, you can definitely find everything that is in trend at the moment. Low to medium prices, well worth going.

Opening hours: every Sunday 1.30pm-5pm;

Where: 401 Battersea Park Road, Dagnall St, London SW11 5AP;

To book a spot, more information and further prices, www.batterseaboot.com

Cash only.

3. PECKHAM CAR BOOT

Highly populated, Peckham Car Boot is one of the biggest you can find in the South. You can find original and unique items. Prices vary, but it is always very cheap!

Opening Hours: every two weeks on Sunday 10.30am-2pm

Where: Ballenden Rd, London SE15 5DR;

To book a spot and more information, www.peckhamcarboot.com

Cash and sometimes card!

Thrift with me

Find out how I bought five beautiful things for only £10

If you are a thrift beginner, this may sound unusual, but it is all true. As London is becoming more and more expensive with each passing year, buying second hand can help us save a little extra money, not to mention the enormous help we give to the planet by reusing resources. Here are the purchases made at the car boot that made me proud and happy:

STANDING LAMP (£2)

Last year I looked desperately for a standing lamp for my room, and luckily, I found it at the car boot in Peckham. Fully functional, I still haven't changed the bulb.

100% COTTON PINK TROUSERS (£2)

It was love at first sight. After one more year, they remain my favourite trousers.

COWBOY BOOTS (£4)

I had been looking for cowboy boots for months. One summer day I decided to go to the car boot in Battersea and 10 minutes later, there they were, new and in my size. I like to think that it was fate.

WOOL AND CASHMERE BLANKET (£1)

This purchase was one of the best ever. The initial price was £5, very cheap for such a beautiful blanket, but I managed to get it sold to me for £1, haggling of course.

BLUE LONG SLEEVE TOP (£1)

From the first touch, I immediately noticed the quality of the material used. Shortly after buying it, I discovered that the top is an independent brand which uses only recycled materials. I am very proud of this fabulous purchase.

WHAT DO YOU DO DAILY THAT HELPS THE EARTH?

What do London residents do daily to help the city's sustainability? Here Jill Li asks Londoners to share what daily habits can help the environment

After noticing the change of environment caused by human activities, what extra daily practice have you been doing?

Georgia, 20, Islington: 20 years living in London

"I'm a student from London and have been here all my life. After hearing the impacts we have caused with our daily choices, I've limited my shopping habits for clothes to second hand and cut out meat. The meat and fashion industries are large contributors and I don't want to provide them with any more demand."

Linus, 24, Canary Wharf: 1 year in London

"I studied in the UK for a few years and now I have been working in London since 2021. Every time I cook, I aim to eat less red meat and only

cook the right amount so that I won't have too much leftovers. I also bring my own lunch box, water bottle and utensils to the office so I can stay away from disposable containers. I also intend not to turn on the heater often during winter, same for air conditioner usage."

Cynthia, 19, King's Cross: 1 month living in London

"I am a Hong Kong student living in London. I know to use as few resources as possible. For example, using less electricity, turning on the fan instead of the air conditioner, and using less water by shortening my shower time. I bring my bottle instead of buying a plastic water bottle, bring my bag to avoid plastic bags, and I also recycle properly."

Grace, 45, Angel: 25 years living in London

"My family and I like to reheat takeaway food or ready-to-eat meals, so we have a lot of plastic containers left behind. I will then clean those containers and put them out to recycle. For some containers that are better quality, I will keep and reuse them."

Nicola, Finsbury Park: 36 years living in London

"I have been living in London since 1986. It is



Did you know?

Sometimes making one small change seems pointless, but when many of us do it, we can make a big difference to our planet. Here's a pick and mix to challenge you.

- In 2022, CO2 emissions are projected to rise by around 300 million tonnes, reaching 33.8 billion tonnes.
- From 2017 to 2018, sweetie wrappers in England made up 60% of litter.
- Online searches for “sustainable brands” increased by 614% in 2022.
- An average household in England uses up 242 kWh of electricity and 1,000 kWh of gas per month in 2022. How do you compare? Try measuring your carbon footprint and your daily energy use.
- In a report in 2018, around 500,000 coffee cups are littered every day.
- Using reusable utensils and coffee cups can minimize the use of plastic, waste, and the overall environmental effect of catering service at events.

a huge task to resolve the climate crisis and it needs our government - and world leaders - to better regulate companies but in particular the fossil fuel industries and agriculture. There is very little one individual can do but doing that little - eg, having conversations about the climate emergency, switching to a renewable energy supplier, eating less dairy and no meat, not flying - helps my own head. In theory we have until 2030 to massively cut the amount of CO2 in our lives to keep the global temperature no more than 1.5C (since industrial times). Regrettably the UN in 2022 has warned that this target may not be possible. So perhaps switching tactics is necessary - we need environmental justice so that the world's poorest (and that might include the poorest people in the UK) stop being on the frontline of all climate disasters. Actively campaigning to make sure cities function well for everyone and not just the richest residents is therefore more and more important a daily task.”

Emma, 20, Pimlico: 3 years living in London.

“I am a university student and living with my friends. My way to help the environment is very easy, it is to just change the daily products I use to be more eco-friendly. I use reusable cotton pads to take off my makeup rather than using many cotton pads every time. And I prefer bringing my own glass reusable straw along with a reusable small coffee cup that can fit in any of my bags. And I am used to bring a handkerchief for any sudden purpose.”

Jake, 22, Romford: five years living in London.

“I am a freelancer living with my friends. Living with friends is fun but it comes along with different responsibilities of managing a household. First we only use the dishwasher when we have someone over and have a full load of dishes to clean. Or else we just hand wash it. Second is we keep the utensils for takeaway for our visitors. Third is trying to buy as many refillable products as possible, such as soap and surface cleaner.”

Archie, 20, Westminster: 20 years in London.

“I am a student living by myself. My university is about 15 minutes by tube travel, so when it is not pouring rain I will just ride my bicycle to university. For daily practice, I started to prepare my own breakfast, basically do a meal prep at the beginning of a week. Sometimes I make bagels, sometimes I make overnight oats. And I just need to reheat them in the morning then I am good to go.”



MY FASHION HABIT

Lauren Ho, 18, is currently studying art foundation. She loves fashion, and she has a lot of stylish outfits but never buys new ones. Here's why she always picks pre-loved clothes. Report by Cynthia Wong

Can you show me some of your second-hand treasures?

I've been buying second-hand since I was 15-years-old. I am actually wearing all second-hand now. The jacket is from others. And I bought the pink dress for £5.



Lauren's favourite dress, bought for £5.

Where did you buy the second-hand clothes?

My favourite apps are called Vinted and Depop. You go on the app, and you can type the brand you like, put in your size, and sort by price or relevance or newest first, and then you can scroll for lots of results. You can find the prices are quite cheap, but if you want to bargain the price down, see if the seller approves. There are also lots of markets like Brick Lane, Rokit, and a shop called Picknweight Kilo store. But the price is much higher than buying online. I prefer online just because it's easier to search for what you want specifically and I get to filter what clothes I want. In Brick Lane it is harder to find clothes you like.

Why do you choose these clothes?

Most of the reason is that it is cheap, but it is pretty. And thrifting not only helps your wallet but also the planet. The fashion industry is one of the most polluting industries globally. We can be more global friendly just by choosing second-hand clothes.

New or second-hand clothes, which do you prefer?

Something like socks or tights, I do buy first-hand, but most stuff I don't. I would choose a piece of clothing more on whether I like it, but normally I do prefer second-hand clothes.

Do you think vintage shopping will stay trendy?

Yeah, I do think it's a good trend. Because a lot of second-hand things are vintage, like '90s clothes, 2000 clothes. The only way you can find those clothes is through second-hand stores. Also, I think youngsters are more aware of the environment and that is the other reason they choose to buy second-hand.

As an art student, have you ever included eco-friendly concepts or materials into your artwork?

My courses do give us a lot of waste materials for us to be resourceful. For one assignment they literally asked us to go out to the local takeaway shops or supermarkets to ask for spare cardboard boxes they were going to throw away. The topic for this was "discomfort". So we had to show discomfort



Lauren's artwork which is made with recycled materials.

using cardboard, but also creating a hat or shoe from the cardboard. That's really weird. But I just made two head pieces connected by a chain, to show that two people are being separated and the chain restricting them is bringing them closer to each other again. You can only be this far away from each other.

Pictures ©Lauren Ho

CHEERS FOR SUSTAINABILITY

An introduction to local London beer brand, Toast Ale which claims to be making drinking sustainable.

By Charles Cheung

Drinkaware claims that more than half (57%) of adults drink more than 14 units of alcohol each week in England and 29% of them mostly drink beer. It is obvious that beer is a kind of essential for daily life. But can you imagine that drinking beer can help to fight climate change?

In 2016, a social enterprise brewery, Toast Ale launched their first planet-saving craft beer and nowadays the Toast Ale beer is an award-winning craft beer. It all started when the Toast Ale team was shocked by the amount of food waste around London. In the UK, 44% of shop bought bread is wasted every day, so they partnered with local bakeries and sandwich makers to brew the beer from unsold fresh bread. The company claimed that they decreased the land, water and energy waste and also avoided carbon emissions by using surplus bread to replace barley.

As a craft beer product, the most important thing is that the taste of the drink should be good since there are more than 2,000 breweries competing in the UK craft beer market. According to *Lorenzo beer review*, the total score of the craft beer is [7/10], they mentioned that this sustainable craft beer is light, crisp and refreshing, good enough to compete with other craft beers on the market.

Furthermore, the mission of the company is to fight food waste. They considered that the problem of food waste is more complex than just saving bread. Therefore, they donate all their profits to charities that are fixing the food system and try to inspire more people to take part in the sustainable industry. By 2018, Toast Ale had become the first brewery to earn a

B-Corporation certificate which means the brewery has met the highest standard for environmental and social responsibility, accountability and transparency.

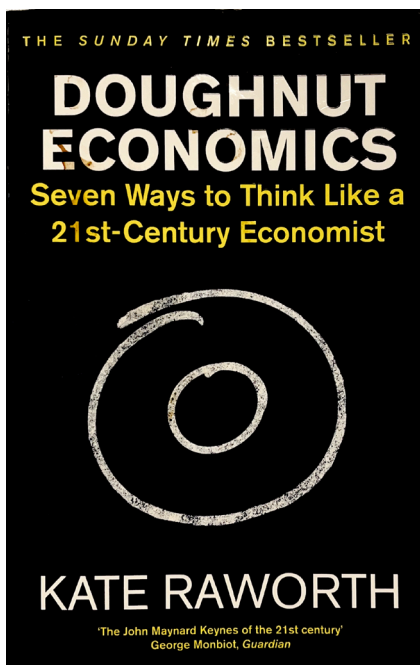
It is exciting to hear that some companies are making a beer into a sustainable product. With inventions like this people may be able to keep their lives running as usual but simply switch their daily choices to sustainable products and let the Earth have a chance to recover. It is good to see more and more companies come out and stand for the Earth. Go to www.toastale.com for further information.



Beer review ©Lorenzo

HOW CAN DOUGHNUTS AND BANANAS SAVE THE WORLD?

Doughnut Economics offers a tasty way to rethink how economics can make the world more sustainable. Here Timothy Yip discusses how it compares with two modern eco-classics *How Bad Are Bananas* and *Don't Even Think About It*



Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist by Kate Raworth is published by Random House (£10.96).

Recently, I've read a thought-provoking book called *Doughnut Economics* by Kate Raworth published in 2018. In comparison with other eco-related books, this book can be called a good read. It provides insight into how to maintain a balance between humanity and environment, and I'd recommend it for those who're interested in making city life sustainable.

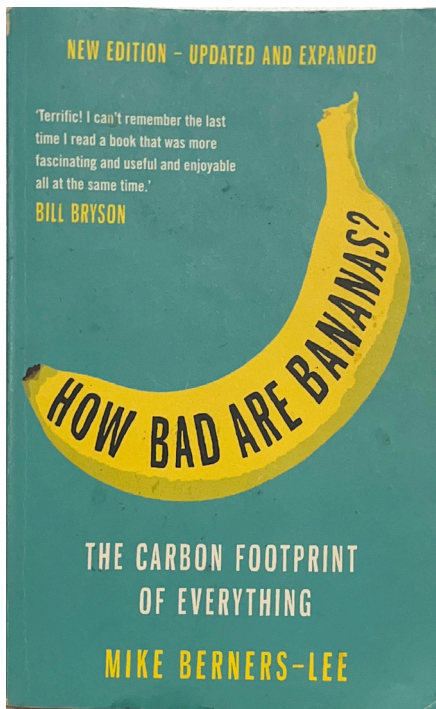
So, what's 'Doughnut Economics'?

In short, it's a concept conceived by Kate Raworth as a move towards a sustainable future that can satisfy everyone's needs, and simultaneously preserve the environment that we all depend on. In it, she depicts the economy as a ring doughnut, with the hollow centre representing the deficit of people's quality of life; the outer area depicting the environmental damage caused by excessive exploitation of the

environment, and in between an area that satiates humanity's needs and the protection of the environment concurrently. I think it's a highly relevant guide to the United Nations' ambition to achieve sustainable cities and communities by 2030.

But does it compare well with other eco-related titles, namely *How Bad Are Bananas* by Mike Berners-Lees and *Don't Even Think About It* by George Marshall, in terms of its potential influence on society, depiction of the problem, and relatability to sustainability.

How Bad Are Bananas by Mike Berners-Lee calculates how much carbon we use (better known as carbon footprints) whatever we do, ranging from texting (0.8g CO₂e) to buying leather shoes (15kg CO₂e), in a bid to influence people by reflecting on their consumption behaviour.



How Bad Are Bananas: the carbon footprint of everything by Mike Berners-Lee is published by Profile Books (£9.99)

Similarly, in *Doughnut Economics*, Raworth also uses statistics to demonstrate how much carbon dioxide there is in the atmosphere due to human activities, to give a wake up call for people to take action to rescue the Earth. It may not yet be a classic economic text, but it still serves as a great reminder for society about the human

and environmental costs of the dominant economic system, global capitalism.

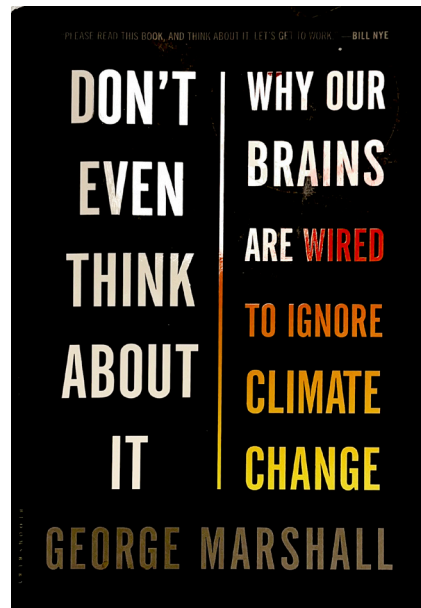
Turns out that carbon footprints aren't very accurate. I liked the way that in *How Bad Are Bananas*, Mike Berners-Lee introduces carbon toe-prints imagery. This indicates that a lot of the activity that causes carbon emissions (eg, transporting and power) are being neglected in footprint calculations, underestimating the total carbon footprint we actually accumulate.

Similarly, in *Doughnut Economics*, Raworth used an easy to understand image (the doughnut) to depict that if humans want to have the best quality of life, they would need to balance increasing the wellbeing of humanity and protecting the environment so society needs to stay outside the hollow centre and the outer area of the doughnut if they want to stay within the world's limits.

In *Don't Even Think About It*, George Marshall challenges the readers that there's no excuse to ignore climate change, and everyone should take part in tackling it, because as one

person starts taking action, others will do the same, and eventually everybody will be dealing with climate change, thus creating a much more sustainable environment - and that would really change the world.

Doughnut Economics as it is definitely going on my recommended reading list for those who're interested in understanding our society and environment more.



Don't Even Think About It, why our brains are wired to ignore climate change by George Marshall is published by Bloomsbury (£12.99)

Book Review Score:

Doughnut Economics [9/10] :

The doughnut imagery helps people understand how the world works.

How Bad Are Bananas [8/10] :

Makes you realise how your daily activities are adding to your carbon footprint.

Don't Even Think About It [8/10] :

Debunks a common belief that people have that they can't do anything about the environment, because they can.



Elephant Cuppa
2nd Edition
©Jill Li

WHAT ABOUT MY CUP?

Ditch the plastic waste for a multi-purpose drink cup like Elephant Cuppa
written by Jill Li

Are you interested in buying a reusable cup for your coffee? Or do you prefer a tumbler with a straw and bigger capacity? If you are a boba tea lover, what product will you choose? This is my review on Elephant Cuppa second generation.

Elephant Cuppa is a brand created by a Hong Kong couple living in Taiwan. As Taiwan is the home of boba, Taiwanese tend to buy reusable cups with a bigger capacity and a wide straw to eat boba. The whole tumbler including the body, lid, straw cap and the two straws are made of ecozen, which is a biomass-based transparent copolyester with high heat resistance. It's different from first generation material: tritan (claimed by a research from plastics today), that ecozen is a more stable material, and has a better performance on heat resistance and transparency. Second generation can keep the transparency even after putting in acid drinks. This BPA-free product contains two straws, one is wider for boba, the thinner straw is for other kinds of drinks, plus a straw cap, to keep everything clean and hygienic. The cup is super lightweight, even the larger size weighs just 180g, the smaller size weighs 150g including the straw.

I chose the smaller size, which has the capacity of 520ml. I put all kinds of drinks in it: water, tea, coffee, boba, etc. I've used it now for about 2 years, bringing it along whenever I go out for a long

time. My cup is lasting well as it only has a few scratches on it. There are also many color options, such as: light pink and sky blue.

Elephant Cuppa second generation is a good choice for those who drink a lot, and like to buy drinks outside. It will be better for those that have more budget on a tumbler, as it is £23.96 on Pinkoi for both sizes. I do not suggest for those that always carry a small bag, as it is not foldable. Also for those that do not like drinking through a straw, because it is less suitable to drink directly from the cup.

Overall, I like using this cup. As I am quite clumsy, using a durable big cup is definitely good for me. Based on the official website an Elephant Cuppa uses the material of 12 disposable cups, so if you are someone that drinks a cup of coffee seven times a week, only using it for two weeks will pay off the waste. It was hard for me to make a big investment in a reusable cup, but just thinking that I also bring the straws from the cup with me everywhere. What's more, the cup can also act like a water bottle which also decreases plastic bottle waste, saving me money too. Buy yourself a reusable cup to stop increasing the 7 million disposable coffee cups everyday in the UK.

*Elephant Cuppa official website:
<https://elephantcuppa.com/en/home3/>*

Make your choices:

Elephant Cuppa

Price: £21.00

Accessories: 2 straws, cap

Volume: 520ML

Where to buy: official website

Material: Ecozen

Strabucks

Price: £30

Accessories: 1 straws and lid

Volume: 473ML

Where to buy: Starbucks

Material: Plastic

Big Seller

Price: £11.99

Accessories: 1 lid

Volume: 510ML

Where to buy: Amazon

Novagear

Price: £12.58

Accessories: 2 straws, 2 lids

Volume: 500ML

Where to buy: Amazon

Material: Stainless steel

TWO SMALL CHANGES

Is it possible for LCC students to help achieve the SDG11 goal to make cities and communities sustainable by 2025 asks Charles Cheung

The 11th ambitious goal of the United Nations is to make cities and communities inclusive, safe, resilient and sustainable - sometimes known as SDG11. As students at the London College of Communication, we can also do something to help achieve the target, especially in transportation, litter and recycling.

The London College of Communication campus is at Elephant and Castle, and the location is highly convenient for all Londoners. Students can get to the campus easily by public transportation like the bus or tube, or even riding a bicycle or walking may be better choices to help their journey be low-carbon and cause less air pollution. As of 2021, 99 per cent of the world's urban population lives in areas exceeding the new WHO air quality guidelines. By decreasing the usage of vehicles, students can certainly help to improve the air quality in London and reduce the threat of air pollution to ourselves and nature.

Litter and recycling is also a good way for LCC students to help move the world towards these UN sustainability goals. According to UAL's waste production policy, the aiming of UAL is to keep the figure of mixed recycling higher than the waste of energy. The majority of wastes produced on the campus seem to be food waste and food packaging. Littering promiscuously may increase the solid waste problem. Students should try using more reusable items and reduce using disposable tableware, also leverage the food-waste and garbage recycle bin in the canteen to avoid producing needless solid waste .

With these two actions, LCC students play a small part in making London become more sustainable in an efficient way.

If you want to know more about SDG11, you can get further information at <https://sdgs.un.org/goals/goal11>.

WORD SEARCH

By *Simona Santamaria*

PLANET	ELEPHANT
TUBE	CLIMATE
CITY	SOIL
CASTLE	VEGGIE
TREE	GREEN
CARBON	FILM
FOOD	LONDONER
LITTER	

T	E	E	F	I	H	C	C	V	U	O	T	A	L
B	A	L	O	T	G	E	E	C	A	R	B	O	N
E	P	I	O	T	A	G	Y	O	R	A	C	C	I
L	E	T	D	E	G	T	T	R	A	T	L	A	G
F	A	T	E	I	I	R	I	L	P	R	I	S	E
E	T	E	E	N	E	G	C	P	L	A	M	T	T
O	O	R	E	N	L	O	M	E	A	L	A	L	S
N	N	E	L	T	O	S	T	F	N	F	T	E	O
G	I	E	E	R	N	U	L	I	E	A	E	C	I
R	B	C	P	E	D	L	Y	L	T	F	E	G	L
E	L	V	H	E	O	A	E	M	N	E	T	C	T
E	N	A	A	E	N	H	E	Y	E	B	O	S	D
N	N	R	N	P	E	P	E	E	G	U	N	R	N
N	S	I	T	N	R	D	N	N	E	T	H	P	P

CAN TECHNOLOGY REVERSE FEARS OF THE INEVITABLE?

How scientists are saving us - or at least letting us drive our electric vehicles further.

Report by Timothy Yip

Nowadays, the globe is constantly getting warmer. According to the United Nations, from 1850 to 2021, the average temperature of the globe has risen by about 1.1°C. While it might not seem like a lot, the warmer air is causing extreme weather - like typhoons, drought, heat waves etc - to become more destructive, which is in direct contrast with the United Nations' goal of environmental justice, as these disasters are a symptom that we're off-balance from building sustainable cities and communities. And as the mainstream media keeps reporting the bad news, it seems like the current situation is spiralling out of control, and everything is seemingly so hopeless. There are, however, some people who're trying to turn the tide around.

Meet the scientists from the *Brookhaven National Laboratory*, who are working to convert carbon dioxide in the atmosphere into alcohol. In it, they discovered that by bringing certain chemical elements closely together in a certain way with carbon dioxide, it would catalyse a chemical reaction that would turn carbon dioxide into ethanol, which is a type of alcohol that is widely used as fuel. *"We now know what kind of configuration is necessary to make the*

transformation, and the roles that each component plays during the reaction. It is a big breakthrough," said Ping Liu, the laboratory's chemist and researcher on the *Brookhaven website*. However, there are still many challenges to overcome before they can produce alcohol on a massive scale using this method.

Still unconvinced? Next up, let's meet an Israeli company called *StoreDot*, who has developed a battery prototype which is more efficient and that can be fully charged in around 10 minutes, claims a 2021 article in *Forbes*. It could make the recharging time of an electric car to be roughly the same as refuelling a conventional petrol or diesel car.

So once again, this piece of information shows all of us that no matter how the world has evolved and changed throughout the years, and how many hurdles and difficulties there is in front of us, these breakthroughs in technology and the sweat and blood of the scientists are constantly overcoming the challenges we have right now, be it sooner or later.

After all, why should we be worried about the future instead of anticipating and embracing it? Let us have hope, keep calm and carry on.

How to try an electric vehicle in London?

You might never get to ride in a Tesla but in London you can use all sorts of EVs:

- ⇒ E-scooters - get around in eco-friendly style. (approx. cost: £350 - 450)
- ⇒ E-bikes - explore your neighbourhood with zero emissions. (approx. cost: £50 per day)
- ⇒ E-cargo bikes - transporting goods without additional fuel charges. (approx. cost: 10p per minute)
- ⇒ Electric buses - commuting with peace of mind. (approx. cost: £2.80 per ride)
- ⇒ E-taxis - dodging the Congestion Charge. (approx. cost: minimum £3.80 per ride)

MY WORLD IS BEING FUMIGATED

Poetry by Georgia McMillan

I am meek, quiet, hushed, not daring to speak first
 My world is being fumigated, fog filling the air
 I'm finding it hard to breathe, my lungs about to burst
 But who cares? I'm 'just a kid', I'm powerless, I'm not even there
 What does my opinion matter in conflict?
 The rules don't apply to them
 I feel the effects, the harsh words, the blame
 But making the world greener is what they condemn?
 Not even trying to discover a solution so everyday's the same
 The trees of peace are collapsing, how long do we have left?
 The rivers are our blood, their hands covered with it too

But you have to trust them,
 you know them, they know what's best
 So again, the blame is on you
 My world is being fumigated
 but you should know how little they care
 You won't 'grow up and get over this',
 it will never be fair.



AT THE MOVIES

Are you a film fanatic? Why not learn more about our planet and environment from the comfort of your sofa with these film recommendations by Charles Cheung

Some people may consider sustainability a very dull topic and avoid getting to know more about this serious issue. On the other hand, plenty of films about sustainability and environmental health have been produced, which are high-quality and interesting to watch. My favourites cover different film genres so any of my friends or family can watch and get to know more about sustainability issues over the popcorn.

1. *DARK WATER* (2019)

{Biography / Drama / History} [8/10]

This drama is based on a real story from a *New York Times* article, *The Lawyer Who Became DuPont's Worst Nightmare* by Nathaniel Rich. The story was about a corporate defence lawyer from Cincinnati who was asked by a farmer to help investigate a large number of unexplained animal deaths. The deaths turned out to be connected to the chemical manufacturing corporation DuPont. The lawyer considered that the chemical wastes dumped by DuPont might not be regulated by the EPA (United States Environment Protection Agency), hence the company didn't do anything illegal. The lawyer wanted justice and to stop the company from destroying the natural ecosystem and prevent people from being poisoned by the chemicals so he sacrificed his career and family to sue DuPont.



The natural environment was destroyed by DuPont chemicals in Dark Waters. @Jim Witkowski

The film showed how Perfluorooctanoic acid, a chemical which is harmful to the human body and animals, is now in 99% of living things on the Earth, and that's horrible. It is hard to tell what other chemicals may also threaten the Earth's residents (people and biodiversity) since there are still thousands and thousands of chemicals out there that are still not regulated by the law. This film is a great reminder of how unregulated industries destroy the ecosystem.

~Also see *Erin Brockovich* (2000) starring Julia Roberts.

2. THE DAY AFTER TOMORROW (2004)

{Sci-Fi / Action / Adventure} [7/10]



Storm caused by the climate change.
©Max LaRoche on Unsplash

The story is based on the book *The Coming Global Superstorm* by Art Bell and Whitley Strieber from 1999. An American paleoclimatologist discussed his research at a United Nations conference and showed that climate change could cause the ice age however the US vice president dismissed his concerns. And the vice president once again refused the paleoclimatologist's evacuations in the North States after his theory was proven to be correct.

Several days later, a massive tropical depression developed and split into three gigantic hurricane-like superstorms. The paleoclimatologist confirmed that the entire Northern Hemisphere would be in a new ice age once the storm ended, and a lot of injuries and deaths may be caused by the extreme weather.

This disaster film featured 416 visual effects to show how the destruction of the Earth led to a new ice age and many deaths. But those realistic CG effects could become a real thing if people keep ignoring global warming. This film is an effective warning to encourage people to take decisive action to avoid climate change becoming more serious.

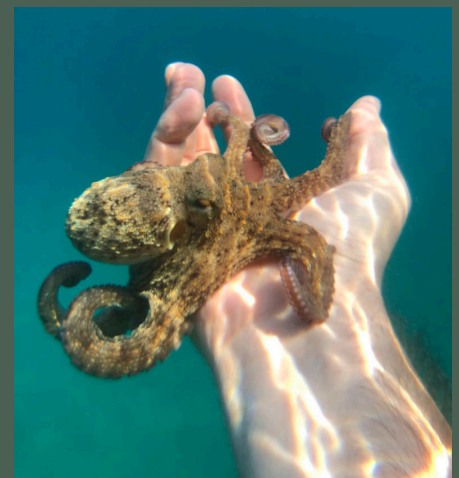
~Also see *Snow Piercer* (2013) starring Chris Evans.

3. MY OCTOPUS TEACHER (2020)

{Documentary} [9/10]

This documentary directed by Pippa Ehrlich and James Reed documents a year spent by filmmaker Craig Foster forging a relationship with a wild common octopus in South Africa. And won the award of Best Documentary Feature at the 93rd Academy Awards. In 2010, Craig Foster started to document his experience of free diving in the Kelp Forest. Here he met a young octopus which he followed with a camera for nearly a year and gradually they formed a bond. The octopus allowed Foster into her world and showed him her life. Foster recorded the octopus' life until she died naturally while she was tending her eggs.

Foster described that the octopus had provided him with a mentorship-like relationship to teach him about the fragility of life and human's connection with nature. This documentary inspired people to see how beautiful the natural world is supposed to be and why humans should respect and follow nature but not pollute it. It's made me stop eating so much octopus.



Foster and the octopus formed a bond.
©Alessandro Canepa on Unsplash

~Also see *The Eagle Huntress* (2016) directed by Otto Bell.

It is very easy to find sustainability-related films on streaming platforms like Netflix or Disney+ because this is an important issue which closely related to our society and lives. After enjoying the films, remember don't just care about how fit the actors are, but care more about the issues that the films want to discuss.

Quiz: What city are you?

Are you Introverted or Extroverted?

Introverted

Extroverted

Do you prefer Cats or Dogs?

Do you prefer Sweet or Salty?

Cats

Dogs

Sweet

Salty

Do you prefer Coffee or Tea?

Do you prefer Night in or Night out?

Do you prefer Bike ride or Scenic Walk?

Coffee

Tea

Night in

Night out

Bike ride

Scenic walk

Coffee - Rome

Climate change is directly impacting Rome's income. Many climate activists continue to protest to urge their government to be aware and take action, stating that agriculture and food will be affected, *The Guardian* spoke to one of the activists who claim "we lost one in four types of fruit and almost 80% of olives."

Tea - Tokyo

Tokyo prides itself on being a clean, litter-free city. There is an extremely limited amount of dustbins which is extremely surprising. There are widespread social norms amongst citizens not to walk-and-eat and especially not to carelessly litter; you either hand litter to the vendor you bought it from or hold on to it until you're home.

Night in - Vienna

Vienna is well known for its 'housing model', it has a respectable social housing program. It focuses on affordable housing for all. Vienna is committed to building good architecture and conserving energy, even letting tenants design and build future homes.

Night out - London

Here in London, we pride ourselves on our Transport for London, a system run by the Mayor of London that has buses, tubes and overground trains connecting all boroughs to keep London an accessible city. According to Gov.UK the government has invested £200 million to keep Transport for London services running in 2022.

Bike ride - Madrid

The Olive Press reported in October 2022 that "Madrid promise to plant millions of new trees to reduce carbon emissions". They say authorities have promised 3,000,000 trees but claim that more than 260 million trees are needed to combat emissions.

Scenic walk - New Delhi

Latest reports have shown how citizens of New Delhi are suffering from poor air quality, leading to illness and respiratory issues. New Delhi has very recently faced a firework ban, meaning no unauthorized use of fireworks and was reinforced before the celebration of light, also known as Diwali.

TORTA VERDE

A simple and tasty vegetarian recipe.

By Simona Santamaria

I have many fond memories of this dish which is suitable for vegetarian and non-vegetarian food lovers. The Ligurian torta verde is characterised by a thin crunchy pastry and a soft filling composed of rice, trombette courgettes, eggs and parmesan cheese. It is perfect as a single dish or as an appetiser.

WHY IS THIS RECIPE GOOD FOR THE PLANET?

- ⇒ It's *vegetarian*, this dish doesn't add more demand from the meat industry
- ⇒ You can eat it *cold*, so no food waste here.
- ⇒ It's good and *healthy* for the body, so you can get your energy without excessively buying over-packaged ingredients.
- ⇒ You can make Torta Verde just with *seasonal, local vegetables*, to minimise the energy required to transport.
- ⇒ The best time season is from *June to October*.



INGREDIENTS FOR THE PUFF PASTRY

Check the recipe for the puff pastry on www.bbcgoodfood.com or buy in your local supermarket.

INGREDIENTS FOR THE FILLING

- ⇒ Half kilo of courgettes
- ⇒ 100 g rice
- ⇒ 50 g Parmesan cheese
- ⇒ 1 golden onion

PREPARATION

1. Put some water on the cooker and cook the rice in it. When it is cooked, drain and set aside. Place the chopped onion in a frying pan. Add extra virgin olive oil and brown. At the same time chop up the courgettes. Pour the vegetables into the pan, half glass of water and season with salt and pepper. Cook for about 20 minutes over a medium flame.
2. As soon as the vegetables are cooked, transfer them to a bowl together with the rice, egg and Parmesan cheese and mix well. Bring the oven to a temperature of 180°. Take the pastry sheet and place it on the work surface. The sheet should be very thin and fit the baking tray with enough extra to cover the edges. Roll out the remaining part of the pastry sheet and leave it on the surface.
3. Take the bowl with the filling and transfer it to the base in the baking tin. Level it well and cover with the other rolled out dough. Close the edges, prick with a fork and moisten the entire surface with plenty of extra virgin olive oil. Place in the oven and bake for about 40 minutes. The Torta Verde will be ready as soon as it is golden brown on the surface.
4. Remove from the oven and leave to cool before eating!

GARDEN TOUR

Introducing all the writers on CASTLE. We're all studying at London College of Communication and London is our home. We're always thinking about green things so each person decided to choose their plant emoji. What's yours?



Co-designer
(instagram @desi_nikolovaa)

I'm Desi, a 21-year-old student from Bulgaria. Being part of this amazing team and working on the magazine in your hands made me go out of my comfort zone and develop new skills such as designing, while also improve existing ones such as writing. A rose could be used as a metaphor for my work. There are thorns along the way, but I always manage to overcome them and create something beautiful.

Film editor
(instagram @_chchchch._)

This is Charles Cheung from Hong Kong. Climate change is a serious problem in the world, especially in cities like Hong Kong and London. By choosing bamboo as my representative symbol, I hope that I can keep growing and using my flexibility to produce a high-quality presentation with my dependable teammates.



Production manager
(instagram @simonasantamaria)

I am Simona Santamaria and I'm 22 years old. I'm a third year Contemporary Media Culture BA student. I am from Italy, but London is my second home since 2019. I have always had a passion for fashion and journalism since I was a child, so my career dream is to become the editor of a fashion magazine. I care a lot about sustainability and the planet we live on, so I want to make my contribution to making it a better place.



Joint editor
(instagram @georgiataryn)

I'm Georgia, born and bred in North London. I love cats, film and writing. We need to start making climate change a conversation that doesn't get called 'boring' and feel so excited to be part of CASTLE to do this. I picked a sunflower to represent me because I was born in summer and it will always remind me of the sun that keeps us alive.

Co-designer
(instagram @tszyauwong_)

My name is Cynthia Wong and I come from Hong Kong. I have lived in London for 2 months and see people here love plants. Fresh flowers are common everywhere even in supermarkets, where Hong Kong does not. But compared to fresh flowers, I prefer everlasting flowers, to keep memories. Most important is to be more eco-friendly to reduce the waste of wilted flowers. Baby's breath signifies purity and innocence, just like a baby. I hope the environment could also be like the baby's breath to be less polluted and pure again.



Joint editor
(instagram @jellyliiv)



Hi! I am Jill. I am a 21 years old student from Hong Kong . I like aloe as topping in my boba tea. Aloe is my representative plant. Aloe has such a harmonious strength, and I like to be peaceful and have somebody else's back all the time. Aloe also means shining bitter substance in Arabic, makes me want to shine in different life positions.

Chief writer
(twitter @timmy78159645)

What's up? I'm Timothy, a Hammersmith and Fulham-based student who's doing media studies at London College of Communication. I chose poppy to represent myself because 1. it's a plant, which makes it relatable to the theme of this magazine - Sustainable Cities & Communities, and 2. it has multiple purposes, such as infusing beauty with its crimson petals. And since I'm a person who endorses this theme as well, poppy is the plant that best suits me.



CASTLE is a student made magazine based in Elephant and Castle.
We're all studying The Critical Practitioner course as part of
Contemporary Media Cultures BA.

In 1987, the United Nations (UN) defined sustainability as “meeting the needs of the present without compromising the ability of future generations to meet their own needs.” Now 35 years later, and in a different century, our magazine is still focusing on sustainability, but this time sustainable cities as we find effective ways of promising Londoners a better future.

The name CASTLE is inspired by our universally different habitats, still wishing we can have a safe affordable place to live, which is an important part of a sustainable future. We may not have that yet, even in London, so that's why we are focused on bettering how our readers live right now.

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