

NO 15 · MAY 2023

# ENVIRONMENTAL SUSTAINABILITY

A School of Health Sciences Newsletter



## New 'Liquid Trees' Divide the Internet

Large tanks full of green, gunky algae, dubbed "liquid trees," are being promoted as a possible solution to air pollution issues in big cities, sparking an online debate. The "liquid trees" emerged in late 2021, having been developed by scientists from the University of Belgrade in Serbia. Named "LIQUID 3," the tanks were said to be the first urban photo-bioreactor in Serbia, designed to remove carbon dioxide (CO<sub>2</sub>) from city air. The 600-liter (around 158-gallon) tank is filled with microalgae, which use photosynthesis to convert CO<sub>2</sub> to oxygen in the same process as trees and other plants do, harvesting energy from sunlight using chlorophyll.

"The microalgae replaces two 10-year-old trees or 200 square metres of lawn," Ivan Spasojevic, one of the scientists working on the project from the Institute for Multidisciplinary Research at the University of Belgrade, said in a statement from the United Nations Development Programme in 2021.

Full article [here](#).



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## Make your own eco-friendly bath bombs

BY DPMH ENVIRONMENTAL SUSTAINABILITY TEAM

The Division of Psychology and Mental Health Environmental Sustainability Team have organised a workshop on how to make your own bath bombs. The feedback was very positive, with attendees taking home two bath bombs, moulds and instructions on how to make them in the future. Making your own bath bombs is very simple and uses very safe ingredients, so it is suitable for supervised activities with quite young children, it can be a fun activity to do at home and they make great presents! See instructions below on how to make them yourself.



### Method

1. Put the bicarbonate of soda, citric acid, cornflour in a bowl, then whisk until fully combined.
2. Pour the base oil, essential oil and food colouring in a small bowl. Mix together well, combining the oil with the colouring as much as possible.
3. Very slowly add the oil mixture into the dry ingredients a little at a time, whisking between each addition. When all the oil is added, add a few tiny drops of water and whisk again (it will fizz when you add the water, so mix it in quickly). You're looking for the mixture to slightly clump together when pressed in your hand and keep its shape – it shouldn't be too wet.
4. If you're adding peel or flower petals to decorate, drop them into the bottom of your chosen mould. Pack your mixture tightly on top, pressing down and smoothing out the top with a teaspoon.
5. Leave your bath bomb in the mould to dry for 2-4 hrs, then carefully remove it. It's now ready to drop into the bath – watch it fizz away!

**Ingredients:**  
100g bicarbonate of soda  
50g citric acid  
25g cornflour  
2 tbsp extra virgin olive oil  
1/4 tsp essential oil  
a few drops of food colouring  
dried flowers, petals, orange peel (optional)  
**You will also need:**

- mixing bowl
- whisk
- plastic moulds







## Green living workshop

BY DPMH ENVIRONMENTAL SUSTAINABILITY TEAM

The Division of Psychology and Mental Health ES team have been very busy and have also organised a planting workshop. Attendees sowed herbs, flowers and fruits which they took home as well as finding out information about local gardening groups and different charities they can get involved with.



What to sow if you are a beginner:

herbs: parsley, dill, basil, marjoram, sage, mint.

strawberries

flowers: lavender, nasturtium, borage, sunflowers, poppies.





## Recommended read:

SIGHTLINES BY KATHLEEN JAMIE

In Sightlines, Kathleen Jamie takes us, for the most part, to the northern fringes of human habitation, and then beyond. She looks at gannets in Shetland, whale skeletons in Bergen, petrels in Rona, the northern lights in Greenland. On Hirta she discovers that 70mph winds can knock her down. "The sensation is not of being tumbled like a leaf, but of being thumped by an invisible pillow. It doesn't hurt if you've got lots of clothes on; one just finds oneself on one's knees, as if beholding a miracle."

quote taken from the Guardian



## Recommended listen:

[12 WAYS THE PLANET COULD TRULY BE SAVED](#) | BJØRN LOMBORG

Dr. Jordan B. Peterson and Bjørn Lomborg go through each of the "doable dozen," a series of issues that cost relatively little to solve, and yet doing so would yield exponential returns for developing countries and their impoverished citizens. Bjørn Lomborg is a Danish author, having written numerous books on climate change such as "False Alarm," "The Skeptical Environmentalist," and "How to Spend \$75 Billion to Make the World a Better Place." He is the president of the think tank Copenhagen Consensus Center which focuses on doing the most good for the most people, with increasingly limited budgets.

"When all the trees  
have been cut  
down,  
When all the  
animals have been  
hunted,  
When all the waters  
are polluted,  
When all the air is  
unsafe to breathe,  
Only then will you  
discover you cannot  
eat money"

CREE QUOTE





## Under the Weather: Reimagining mobility in the climate crisis (book launch)

SPEAKER:

DR STEPHANIE SODERO

FREE HYBRID EVENT (IN PERSON&ONLINE)

TUE, 23 MAY 2023 12:15 - 13:45

HCRI's Dr Stephanie Soderer will discuss her new book 'Under the Weather: Reimagining mobility in the climate crisis'

Please register to confirm your place and receive updates [here](#).

### ABOUT THE BOOK:

Humans and human mobility, including driving and flying, are entangled with the climate emergency. Fossil-fuelled mobility worsens severe weather, and in turn, severe weather disrupts human mobility. A shift to zero-emission vehicles is critical but insufficient to repair the damage or prepare communities for the coming disruptions severe weather will bring.

In Under the Weather Stephanie Soderer explores the intersection between human mobility and severe weather. Anchored in two Atlantic Canadian hurricane case studies, Hurricane Juan in Mi'kma'ki/Nova Scotia in 2003 and Hurricane Igor in Ktaqmkuk/Newfoundland in 2010, the book contributes to contemporary cultural and policy discussions by offering five practical recommendations - revolutionize mobility, prioritize vital mobility of medical goods and services, embrace ecological mobilities, rebrand redundancy, and think flexibly - for how mobility can be reimagined to work with, rather than against, the climate in ways that also benefit the health, education, and economy of local communities. This ecological approach to mobilities sheds light on extreme mobility dependency and the impact of mobility disruptions on the ground in Canadian communities.

Focusing on the entangled relationship between human mobility and the climate, Under the Weather examines how communities can transform their relationship with mobility to enable greater resilience.





**If you have any feedback, ideas for any future events  
or want to get involved with this newsletter, please  
email: [alexandra.prodan@manchester.ac.uk](mailto:alexandra.prodan@manchester.ac.uk)**