Pontardawe's Handy Guide to Sustainable Space Travel.

Emily Hinshelwood

1. First Law of Architecture: Make your building come alive.

It's not just a capsule, a pod a tin-pot vessel, a sophisticated room to launch into space and land on the Moon.

It's a coppice of willow a shearing of sheep a billow of news from the heap of yesterday's papers.

It's the conversations while pasting on layers with flour and water and breaks every hour for toast and tea and a wee and then back to the post back to the art of constructing a spaceship that's built from the heart

And children take part slapping on goo, in paint-spattered noisy chattered, end-of-day shattered hullabaloo. And adults throw aside caution and get stuck in too:

Doctors, directors and radar inspectors

Teachers and preachers Felters and Welders Carers and sharers and ... Swearers

People turn up, just to see this thing grow and when their eyes light up. That's when I know... it's ready.

2. WARNING: Do not ask the public to name your spaceship

"Fred the Shuttle"! Really? "Mike"!? "John"!? After all the work we've gone and done and you want to call it "Dave"! or "X38" or "294" or "859" These sound more like buses (that never run on time) rather than something to define this Flagship of Hope. I can't call it "Zippy"! or "Buffy"! or "Captain Minion" and who suggested "Napoleon"?!

We're talking sustainable future, you know Not the name of your pet, "Lily Joan Collins Crawford Voisey" – that's tough even for a dog in the park let alone this spark for our time this ark, this mark of change. It just sounds deranged "Ms Galactical Blastastic Jones"!

This is the future of going to space and they vote for "Luna Mc Looney face"!

So don't let the public name your spaceship. Knock that one on the head and call it "Greta" instead.

3. Selecting your space suit. A case study to illustrate gender bias in space travel.

So I went to buy my spacesuit, thinking "hope I can afford to buy a decent outfit with my lottery award". I'd researched the conditions, and consulted suit technicians, and even wrote a detailed feasibility report.

For space is harsh and dangerous, there's no oxygen to breathe and you orbit round the planet several times at breakneck speed. With hot-cold fluctuations and deadly radiation the suit you choose has got to be the very best indeed.

But when I looked on Google, I was shocked and quite surprised the spacesuits aimed at girls were nothing like those aimed at guys: the men's suits covered everything with rubber joints and scaffolding and life supports with oxygen pressurized, remote-controlled reinforced against the cold against the dust, the scorching heat handstitched woven stainless steel with teflon caps with rubber seals and underpants to catch their wee in very little gravity. Every thought that crossed the mind was researched, tested, and refined every hair on the head every body reclined every thousand miles forward every glance back behind every one step for man every leap for mankind.

On looking at the women's suits, I felt a bit distraught they didn't seem to match with the results of my report I was not enthusiastic of the skin-tight use of plastic and I've not seen 6 inch heels on any male astronaut.

There was no life support pack, there was no remote control no reinforced materials to guard against the cold Forget the risk of asteroids, I'd worry more for hemaroids I felt annoyed, misunderstood no toughened helmet, no inner hood some poncy collar's not much good when you're stood on the moon alone two hundred thousand miles from home. I said all this to the woman on the phone who tried to interupt but I'd only just started "what about all those subatomic particles" and I listed all the references of various articles and questioned why the cleavage, mask, suspenders, whereupon she said "sorry love, it's just fancy dress, and that's what people want."

4. Lift off.

The Speed at which you travel is equivalent to the amount of Imagination multiplied by your Determination to reach the moon

- 10 Tonight's the night
- 9 Dim the lights
- 8 Glow-stars emerge to give a sense of height and dark Orion, Gemini, Sosban Fach
- 7 Max Boyce drops in to warn of the dark side, where Morgan the Moon still resides
- 6 People gather. Drink European wine
- 5 Technician does inspection of the fairy lights
- 4 Drummers start a rumble, check their skins are tight
- 3. Teddi-nauts strap on their belts and I -
- 2 close the capsule, knuckles are tight
- 1 Scan the controls for the one saying IGNITE
- and Power
- and Start
- and Go go go
- and the red lights' flashing
- and I'm smashing through the roof
- like a bullet from the gun
- as the drummers are thundering
- I'm suddenly alone
- away from everything I've ever known
- totally out of my comfort zone
- I want to phone home
- the thundering fades
- and the world shrinks
- it all disappears
- as I reach the top of the atmosphere
- and I sink in my seat and orbit the earth
- Press the control and in a faint voice I say
- "I'm floating in a most peculiar way."

5. NB The Moon does not have a postcode

238,000 miles later the Navigator sets down by Tycho Crater I step from Greta Time shifts to a better pace sound replaced by silence the blood thumps in my ears I steady my hands a 50 year old footprint is still in the sand.

No wind to blow it No water to erode it no volcanoes to explode it

No wisps, no mist No ripples, no rolls no fluttering patches no gathering storms no easterly gales moderately rough becoming cyclonic occasionally south No 'drizzle, then fair' no water no air No 'moderate, then Good' Just that first footprint where Armstrong once stood.

And just as he saw so I see now the full earth rising turning spinning whirling in its watery blueness A pearl in a slow, black crowblack bible black universe.

6. There is no 'Life on the Moon' Citizens' Test.

So you don't need to know that Laika the first dog in orbit went four times round before overheating.

Or the South-Pole Aitken Crater is two and a half thousand kilometers wide 13 kms deep.

You don't need to know the make of cheese. And how many thousand deities and rabbits and clangers live on the moon or that the cow jumped over it and the dish ran away with the spoon

Or the plans to dig it up soon: for helium because we've lost all ours by blowing up balloons.

7. The Universal Law of Gravitation

Every particle in the Universe, attracts every other particle in the universe – the bigger the mass, the bigger the gravitational pull.

So you go to the Moon for some peace and quiet an exit from Brexit, and somewhere to write but after the first night (your time) a visitor arrives "Oh I was just passing by!" The Moon? Yeah right!

Then five people come and before long I'm on overdrive "This is Greta" and "Welcome to Space" and "how are things... back at the Old Place?" And time ticks on, and more and more come by bus, by car, by train, by bike and somebody ran it!

And they all stand struck dumb when they look back at our planet.

Staring, staring at it turning turning Hanging like a jewel, pumped up and choking with fossil fuel.

So we set up a studio break off circular bits of moon to use as canvasses. A plan passes through our minds We gather up junk dumped in space cart it back - and we make art a chart of all the things on planet Earth:

Mountains and seasides forests and seasons day and night eyes and dragonflies rainbows, rugby and rockets curry and rice, and electrical sockets windmills, wombats and autumn walks and numbers and letters and schools full of books and colours and castles and bangers and mash and snowmen and flowers and oceans of fish and guiness and photosynthesis and photographs and giraffes and cats and dogs and pigs and frogs and clocks and foxes and spiders and burgers and scooters and bees and lovely cooked dinners and flat white coffees.

running, and music and sport for life...

and Death the boom boom of war the inequality of rich and poor nuclear explosions power stations and plastic in our bodies and plastic in our seas and pandas lose their habitats cos we're cutting down their trees and we're trawling the oceans polluting the skies while the mountains of landfill continue to rise.

And we put all this down on our miniature disks and we send them to space into the abyss where they'll spin and fly through space and time

like travelling town criers distributing fliers hollering, bellowing shouting and yelling roaring past Mars and visiting Venus ululating at Uranus in a caberet, a ricochet out of the solar system out of the Milky Way as a message to the Universe: that this – all this is Planet Earth.

8. Newton's Law of Inertia

An object at rest stays at rest, and an object in motion stays in motion with the same speed and direction unless compelled to change by forces impressed upon it.

Every politician persists in a state of not doing anything about climate change unless compelled to change by forces impressed upon them.

Nearly 2,000 arrests as protestors demand action to protect us and the planet from mass extinction to slash our carbon emissions

Doctors, teachers lawyers, preachers shopkeepers butchers bakes muslims, quakers monks and merrymakers every gender, every age is marching for change every north, south, east and wet

But the government is not impressed. Not yet.

9. The way you experience Time depends on how fast you are travelling.

It's that 'end of an era' feeling it's that "I need a beer now" feeling It's the "I've been here two weeks but it feels like two years now" feeling (and bits of black tape are coming off the ceiling).

Yet it's also flashed past with that thing that time does Have I been here a day? or has it been a century? I strap on my belt and prepare for re-entry.

Press a few buttons and pull a few levers "Greta to Earth, do you receive me?" It's time to come back in the blink of an eye I'm shooting through black then I'm 80 miles high and Greta goes faster, tumbling like crazy plummeting, plunging, and upsy daisy twisting and blistering hissing the route I trigger the chute and the velocity weakens and now I'm above the Brecon Beacons follow the river down swansea valley and land upside down into Pontardawe. and crowds come to meet and say how was the moon What did you eat and where did you poo? and did you find aliens and did you see mars and isn't the universe full of dead stars? and have you seen god the mighty inventor?

And are you a fake, or just demented what was it like - tell the TV presenter and I say it was great like spending two weeks at a brilliant arts centre.

10. In the quantum field, every thing is both wave and particle and every possibility exists simultaneously.

So Schrodinger's Cat can be both dead and alive and we can be destroyed and we can survive and we can be arrested and we can be free and we can stay in a pigeonhole or we can say ' this is me'. and we can choose our futures and and we can make things change because everything is possible it's part of how we're made.

There's no one law that rules the universe No law that says we're wrong – if we choose to fight against this trajectory that we're on.

If we want to change our future and spin a different way we can because at the very core of us we're particles and waves.