

Quantum Gravity Conjectures and their Realisation in String Theory

- 1808.05958, 1810.05169, 1901.08065, 1910.01135
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- 2005.10837
w/ Seung-Joo Lee, Wolfgang Lerche and Guglielmo Lockhart
- 2011.00024
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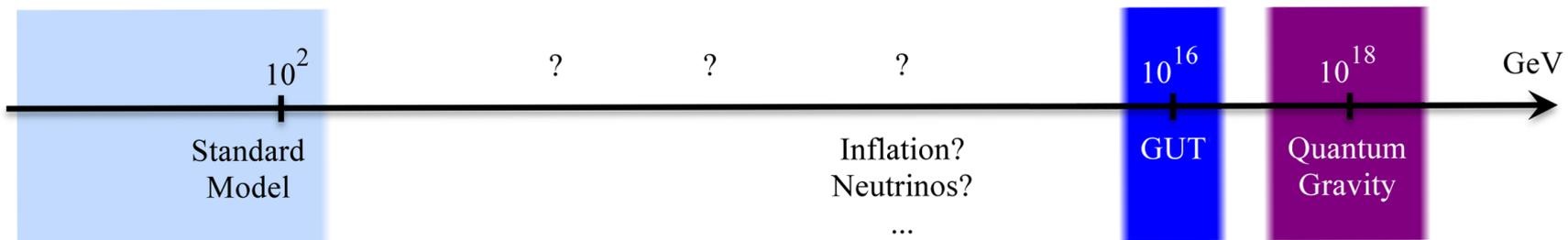
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The Need for Quantum Gravity

Effective field theory is the way to describe physics below a cutoff.

Prominent example: **Standard Model of Particle Physics**

- In fantastic agreement with precision tests comparing to observations
- Known to be incomplete: **Quantisation of Gravity**



- Gravity as perturbative QFT non-renormalisable
- Breakdown expected at least at M_{Pl}

Standard Model: **Effective theory** searching for a **UV completion** including quantum gravity

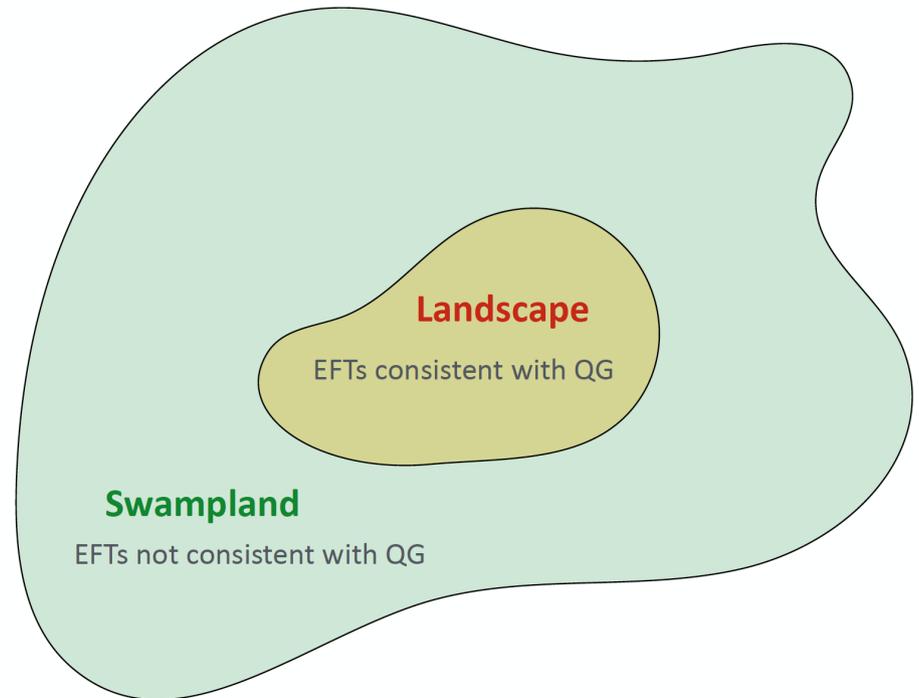
Quantum Gravity Conjectures

Which EFT can be coupled to a fundamental theory of QG?

Swampland of inconsistent EFTs



Landscape of consistent QGs



Swampland Conjectures of general scope, but not sharply proven.

String theory as a framework for QG allows to **test explicit conjectures**.

- **Quantitative check** of swampland conjectures and sharper formulation
- **Which mathematical structure underlies the conjectures?**

Some QG Conjectures ($d \geq 4$)

1. **No Global Symmetries:** [Banks,Dixon'88], [Banks,Seiberg'11], [Harlow,Ooguri'18]

There exist no exact global symmetries in presence of gravity.

2. **Completeness Conjecture:** [Polchinski'03]

The full charge/weight lattice is populated by physical states.

3. **Weak Gravity Conjecture:** [Arkani-Hamed,Motl,Nicolis,Vafa'06]

There exist 'super-extremal' charged particles with

$$\frac{q^2 g_{\text{YM}}^2}{m^2} \Big|_{\text{state}} \stackrel{!}{\geq} \frac{Q^2 g_{\text{YM}}^2}{M^2} \Big|_{\text{B.H.}} \geq \frac{\#}{M_{\text{Pl}}^2}$$

Tower of WGC states [Heidenreich,Reece,Rudelius'15'16] [Montero,Shiu,Soler'16]

\Rightarrow **New physics at tower scale:** $m \sim g_{\text{YM}} M_{\text{Pl}}$

cf. **Species scale** $\Lambda \sim \frac{1}{\sqrt{N}} M_{\text{Pl}}$ [Dvali,Gabadadze,Kolanovic,Nitti '01]

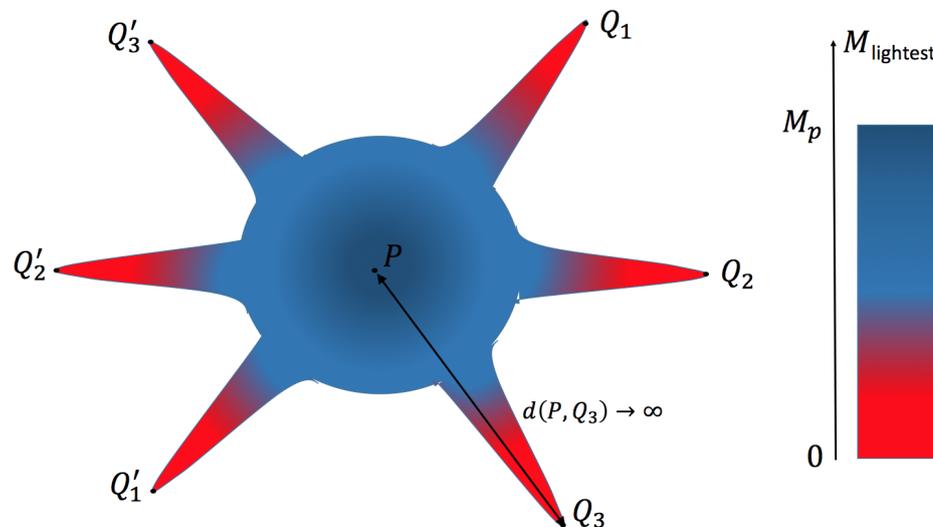
[Grimm,Palti,Venezuela'18]

Some QG Conjectures ($d \geq 4$)

1. No Global Symmetries
2. Completeness Conjecture
3. Weak Gravity Conjecture
4. **Swampland Distance Conjecture**: [Ooguri, Vafa '06]

Infinite tower of states becomes massless at infinite distance in moduli space:

$$m(\phi) = m_0 e^{-c \frac{\Delta\phi}{M_{\text{Pl}}}} \quad c = \mathcal{O}(1)$$



Quantum Gravity Conjectures

Many more conjectures developed in recent years, e.g.

- **AdS Distance Conjecture** [Lüst,Palti,Vafa '19]
- **No dS Conjecture** [Dvali,Gomez'13/14] [Obied,Ooguri,Spodyneiko,Vafa'18]
[Palti,Shiu,Ooguri,Vafa'18], ...
- ...

Conjectures often based on heuristic arguments, but agree with complementary concrete ideas on QG.

Many successful tests in String Theory by numerous groups.

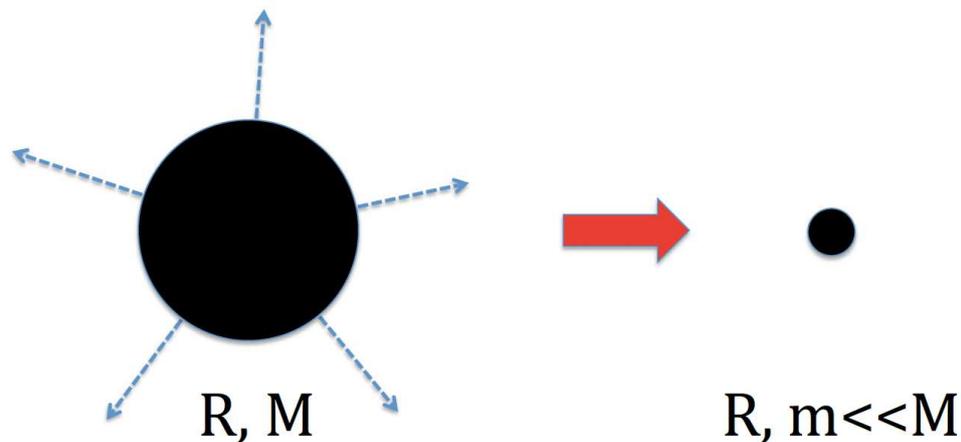
Quantum Gravity Conjectures

A priori based on *heuristic arguments* often related to black hole physics

Example: **No global symmetries**

Form a black hole of arbitrarily high representation R of G (continuous)

↪ Hawking radiation does not change R since G is not gauged



↪ BH reaches point where either

1. the BH entropy $S = \frac{\text{Area}}{4G}$ cannot account for high representation,
2. or where it becomes a charged remnant.

Quantum Gravity Conjectures

A priori based on *heuristic arguments* often related to black hole physics

Example: **Weak Gravity Conjecture**

'Charged black holes must be able to decay, at least for g_{YM} small'.

[AMNV'06]

$\Rightarrow \exists!$ 'super-extremal' state w.r.t. charged extremal black hole

$$\frac{q_k^2 g_{\text{YM}}^2}{M_k^2} \Big|_{\text{state}} \stackrel{!}{\geq} \frac{Q^2 g_{\text{YM}}^2}{M^2} \Big|_{\text{B.H.}} = \frac{\#}{M_{\text{Pl}}^2}$$

Alternative viewpoint:

State with highest charge-to-mass ration must satisfy

$$\begin{aligned} |F_{\text{Coulomb}}| &\geq |F_{\text{Grav}}| \\ \frac{g_{\text{YM}}^2 q_k^2}{M_k^2} &\stackrel{!}{\geq} \frac{1}{M_{\text{Pl}}^2} \frac{d-3}{d-2} \end{aligned}$$

\implies No stable charged remnants

QG Conjectures in String Theory

- 1) **Quantitative test** of the conjectures in computational framework, especially in situations with **minimal supersymmetry**
- 2) **Understand mathematical foundations of conjectures**
- 3) **Refine and unify conjectures**

QG Conjectures in String Theory

- 1) **Quantitative check** of the conjectures in computational framework, especially in situations with **minimal supersymmetry**

This talk: **4d N=1 theories** (framework: F-theory on CY_4)

- 2) **Understand mathematical foundations of conjectures**

- **Limits in Kähler moduli space**
- **Modular properties** of arithmetic genus

- 3) **Refine and unify conjectures**

- **Swampland Distance \implies Emergent String Conjecture**

If a QG theory can undergo an infinite distance limit in moduli space, it either decompactifies or a unique tensionless fundamental string emerges.

- **WGC consequence of emergent light strings**, with possibility of computing sub-leading corrections

Main Results

1) Evidence in favour of Emergent String Proposal

Classical Kähler Geometry + Quantum corrections \implies Unique weakly coupled emergent string @ inf. distance (or decompactification)

2) Better understanding the Weak Gravity Conjecture

Emergent String Geometry + Modularity \implies Weak Gravity Conjecture + proposal for quantum corrections

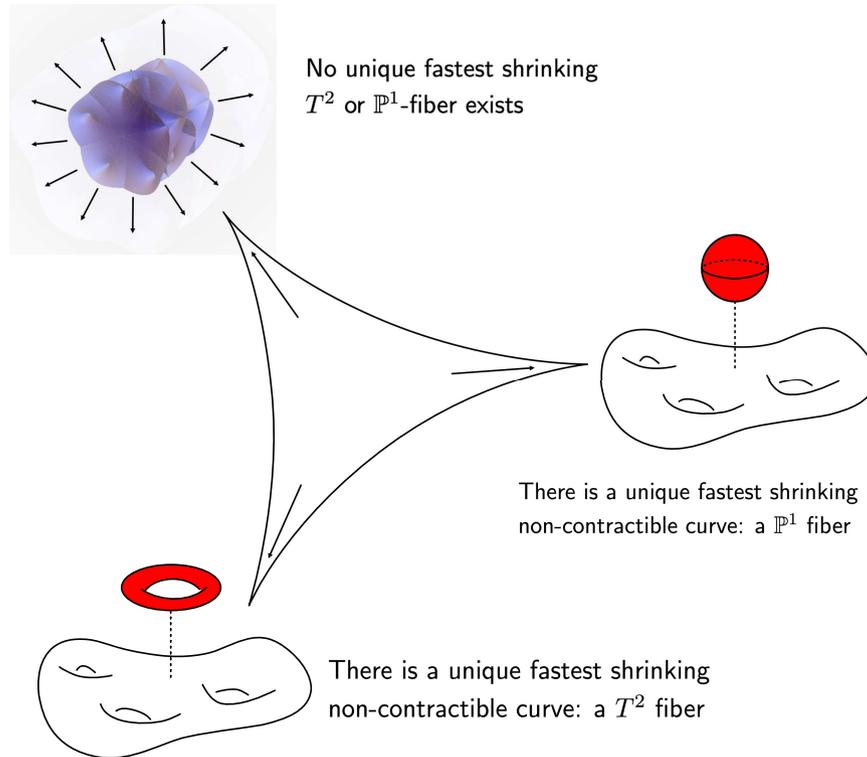
0) Introduction

1) Infinite Distance Limits - Classical

2) Infinite Distance Limits - Quantum Corrections

3) Weak Gravity Conjecture

Part I: Infinite distance limits - Classical

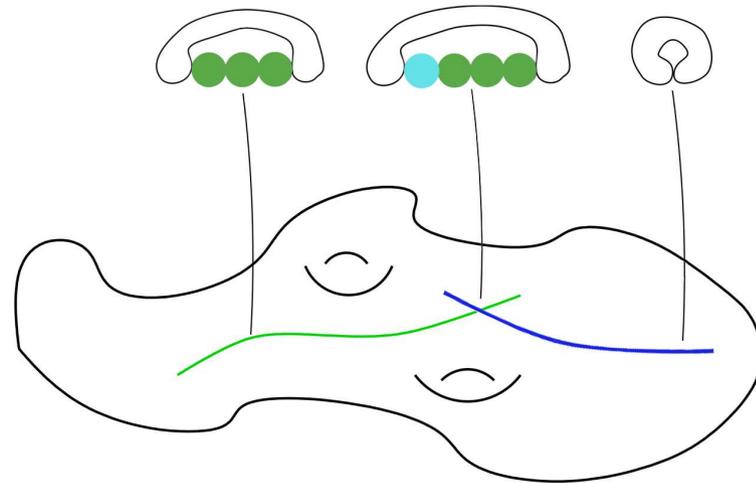


[Lee, Lerche, TW'18/19] [Lee, Kläwer, TW, Wiesner'20]

F-theory in 4d

F-theory in 4d $N=1$ \iff Type IIB on $\mathbb{R}^{1,3} \times B_3$ with 7-branes

- $B_3 =$ compact Kähler 3-fold
 \implies dynamical gravity
- 7-branes on complex surface $S \subset B_3$
 \implies gauge symmetry



- Gauge fluxes on S required for chiral spectrum

Couplings: (IIB Einstein frame)

$$\frac{M_{\text{Pl}}^2}{M_{\text{IIB}}^2} = 4\pi \mathcal{V}_{B_3}$$

$$\frac{1}{g_{\text{YM}}^2} = \frac{1}{2\pi} \mathcal{V}_S$$

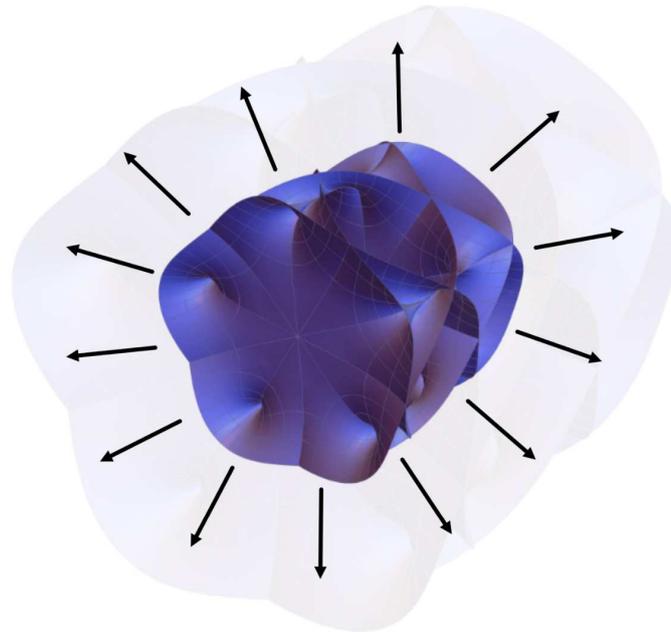
Infinite distance limits - Classical

Kähler 3-fold B_3 classical Kähler form $J = \sum_{i \in \mathcal{I}} T^i J_i$, $T^i \geq 0$

$$\mathcal{V}_C = \int_C J \quad \mathcal{V}_S = \frac{1}{2} \int_S J^2 \quad \mathcal{V}_{B_3} = \frac{1}{3!} \int_{B_3} J^3$$

Infinite distance limit in classical Kähler moduli space:

- (some) $T^i \rightarrow \infty \quad \Rightarrow \quad \text{generically: } \mathcal{V}_{B_3} \sim \mu^3 \rightarrow \infty$



Infinite distance limits - Classical

Kähler 3-fold B_3 classical Kähler form $J = \sum_{i \in \mathcal{I}} T^i J_i$, $T^i \geq 0$

$$\mathcal{V}_{B_3} = \frac{1}{3!} \int_{B_3} J^3$$

Geometric infinite distance limit:

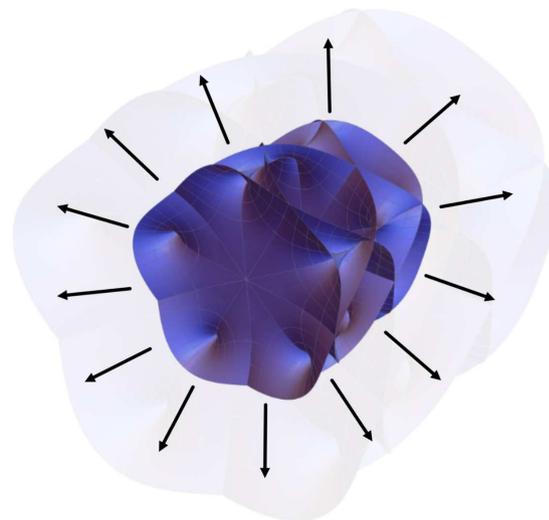
- (some) $T^i \rightarrow \infty$ \Rightarrow generically: $\mathcal{V}_{B_3} \sim \mu^3 \rightarrow \infty$
- scale out μ : $J = \mu J' = \mu (\sum_{i \in \mathcal{I}} T'^i J_i)$ $\int_{B_3} (J')^3 = \text{finite}$

If all T'^i finite:

$\mathcal{V}_{B_3} \sim \mu^3 \rightarrow \infty =$ **homogenous**
decompactification

Tower of light Kaluza-Klein modes

$$\frac{M_{\text{KK}}^2}{M_{\text{Pl}}^2} \sim \frac{\mathcal{V}_{B_3}^{-1/3}}{\mathcal{V}_{B_3}} \sim \mu^{-4} \rightarrow 0$$



Infinite distance limits - Classical

Kähler 3-fold B_3 classical Kähler form $J = \sum_{i \in \mathcal{I}} T^i J_i$, $T^i \geq 0$

$$\mathcal{V}_{B_3} = \frac{1}{3!} \int_{B_3} J^3$$

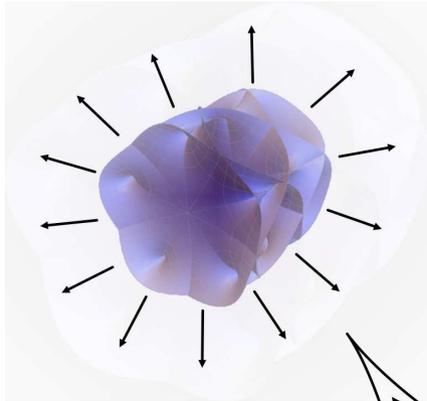
Geometric infinite distance limit:

- (some) $T^i \rightarrow \infty$ \Rightarrow generically: $\mathcal{V}_{B_3} \sim \mu^3 \rightarrow \infty$
- scale out μ : $J = \mu J' = \mu (\sum_{i \in \mathcal{I}} T'^i J_i)$, $\mathcal{V}'_{B_3} := \int_{B_3} (J')^3$ finite

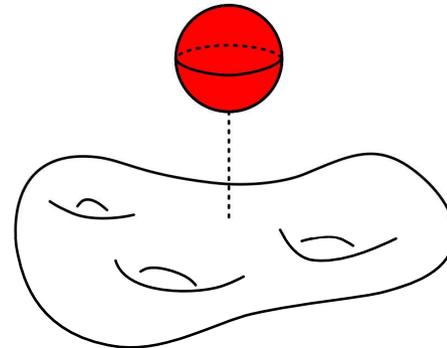
If all T'^i finite \implies no further inf. distance limit
All vanishing cycles contractible
Only weakly coupled tower: KK tower

If some $T'^i \rightarrow \infty$ others to zero \implies residual infinite distance limit with
 $\mathcal{V}'_{B_3} \sim \int_{B_3} (J')^3$ finite
non-contractible cycle shrinks w.r.t. J'

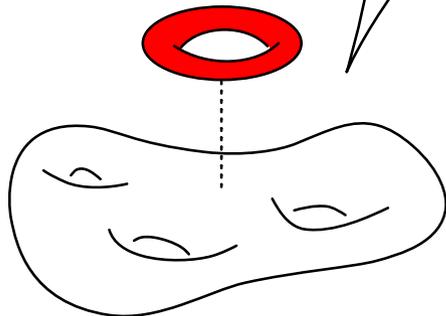
Infinite distance limits - Classical



No unique fastest shrinking
 T^2 or \mathbb{P}^1 -fiber exists



There is a unique fastest shrinking
non-contractible curve: a \mathbb{P}^1 fiber



There is a unique fastest shrinking
non-contractible curve: a T^2 fiber

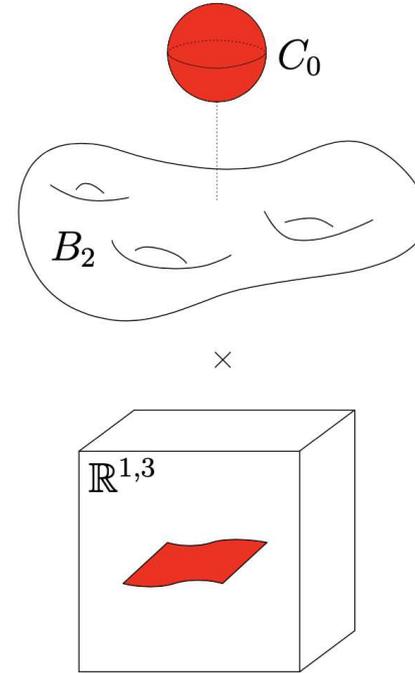
Infinite distance limits - Classical

Possibility 1):

There is a unique fastest shrinking non-contractible curve: a \mathbb{P}^1 fiber C_0

D3-brane on C_0 :

fundamental heterotic string



$$J = \mu \left(\lambda J_0 + \sum_{\mu \in \mathcal{I}_1} \frac{a^\mu}{\lambda^2} J_\mu + \sum_{r \in \mathcal{I}_3} b'^r J_r \right)$$

$$\frac{M_{\text{het}}^2}{M_{\text{P1}}^2} \sim \frac{V_{C_0}}{V_{B_3}} \sim \mu^{-2} \lambda^{-2} \qquad \frac{M_{\text{KK}}^2}{M_{\text{P1}}^2} \sim \mu^{-4} \lambda^{-1}$$

3 classical regimes:

$$\mu^2 \succ \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \rightarrow 0$$

decompactification limit

$$\mu^2 \sim \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \sim 1$$

4d emergent string limit

$$\mu^2 \prec \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \rightarrow \infty$$

pathological (???)

Infinite distance limits - Classical

Possibility 2):

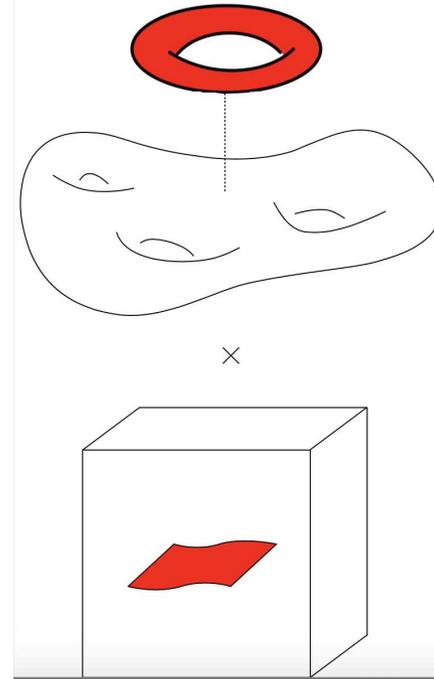
There is a unique fastest shrinking non-contractible curve: a T^2 fiber C_0

D3-brane on C_0 :

fundamental Type II string

$$J = \mu \left(\lambda J_0 + \sum_{\mu \in \mathcal{I}_1} \frac{a^\mu}{\lambda^2} J_\mu + \sum_{r \in \mathcal{I}_3} b'^r J_r \right)$$

$$\frac{M_{\text{sol}}^2}{M_{\text{Pl}}^2} \sim \frac{\mathcal{V}_{C_0}}{\mathcal{V}_{B_3}} \sim \mu^{-2} \lambda^{-2} \qquad \frac{M_{\text{KK}}^2}{M_{\text{Pl}}^2} \sim \mu^{-4} \lambda^{-1}$$



3 classical regimes:

$$\mu^2 \succ \lambda : \frac{M_{\text{KK}}^2}{M_{\text{sol}}^2} \rightarrow 0$$

decompactification limit

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4d emergent string limit

$$\mu^2 \prec \lambda : \frac{\hat{M}_{\text{KK}}^2}{\hat{M}_{\text{sol}}^2} \rightarrow 0$$

T-dual decompactification limit

Infinite distance limits - Classical

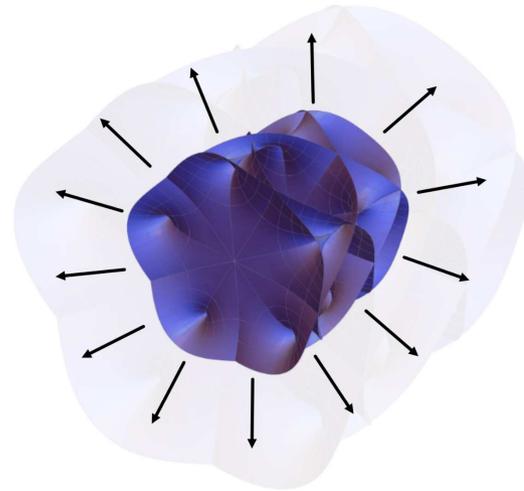
Possibility 3):

No unique fastest shrinking T^2 or \mathbb{P}^1 -fiber exists

Detailed analysis shows:

M_{KK} always **leading parametrically** compared to any other potential tower of weakly coupled particles

\implies **Decompactification limit**

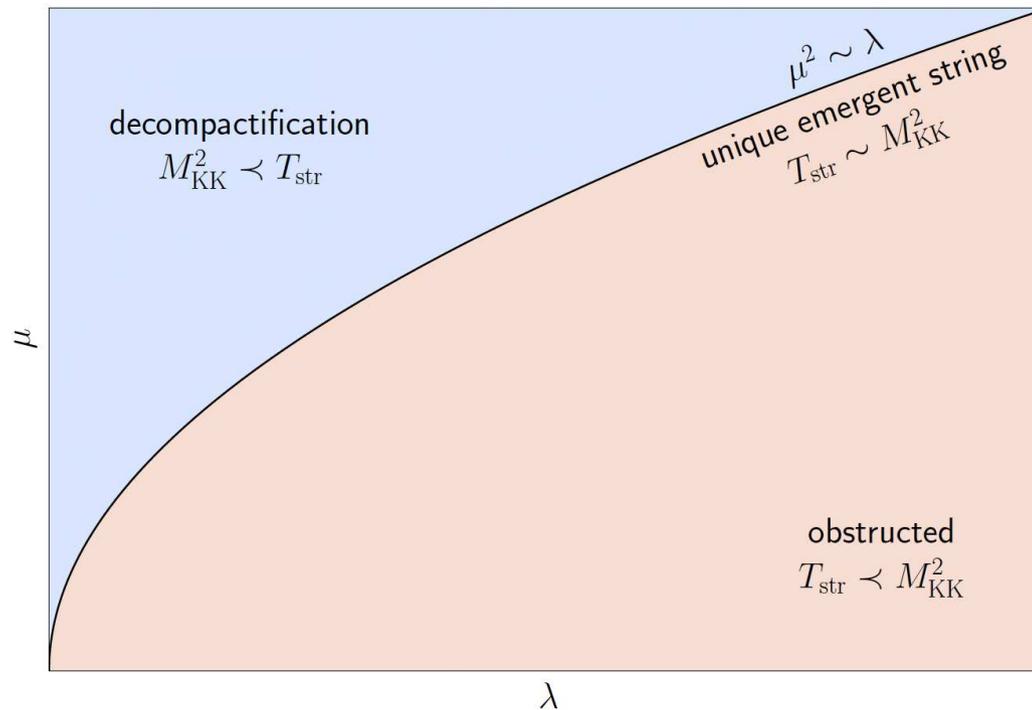


Example:

Whenever have two compatible weakly coupled light strings, then KK tower dominates

Part II: Infinite distance limits

- Quantum Corrections



[Lee, Kläwer, TW, Wiesner'20]

Infinite distance limits - Quantum

Quantum corrections expected when cycles shrink

- **Perturbative α' corrections:**

$$K^F = -2\ln(\mathcal{V}_{B_3}^0 + \mathcal{O}(\alpha'^2) + \mathcal{O}(\alpha')^3 + \dots)$$

Leading order $\mathcal{O}((\alpha')^2)$ computed in F-theory by dim. reduction of higher-derivative terms of 11d M-theory and uplift to F-theory

[Grimm et al.'14-17][Weissenbacher'18-'20] [Conlon,Palti '09]

Schematic structure: **4d $N = 1$ chiral coordinates corrected** as

$$\text{Re}T_\alpha \sim \text{Re}T_\alpha^{\text{cl}} \left(1 + \sum_i \frac{1}{\mathcal{V}_{D_i}} \right) \quad \text{Re}T_\alpha^{\text{cl}} = \mathcal{V}_{D_\alpha}^0 = \frac{1}{2} \int_{D_\alpha} J^2$$

- **Non-perturbative corrections** from D3-brane instantons:
suppressed with divisor volume $e^{-S_{D3}} \sim e^{-\mathcal{V}_D}$

Computational control requires: no shrinking divisors on B_3

Infinite distance limits - Quantum

Computational control requires: no shrinking divisors on B_3

Turns out: Smallest (non-contractible) divisor volume $\sim \frac{\mu^2}{\lambda}$

Apply to 3 classical regimes of \mathbb{P}^1 limits:

$$\mu^2 \succ \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \rightarrow 0$$

decompactification limit

$$\mu^2 \sim \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \sim 1$$

4d emergent string limit

pathological (???) \Rightarrow

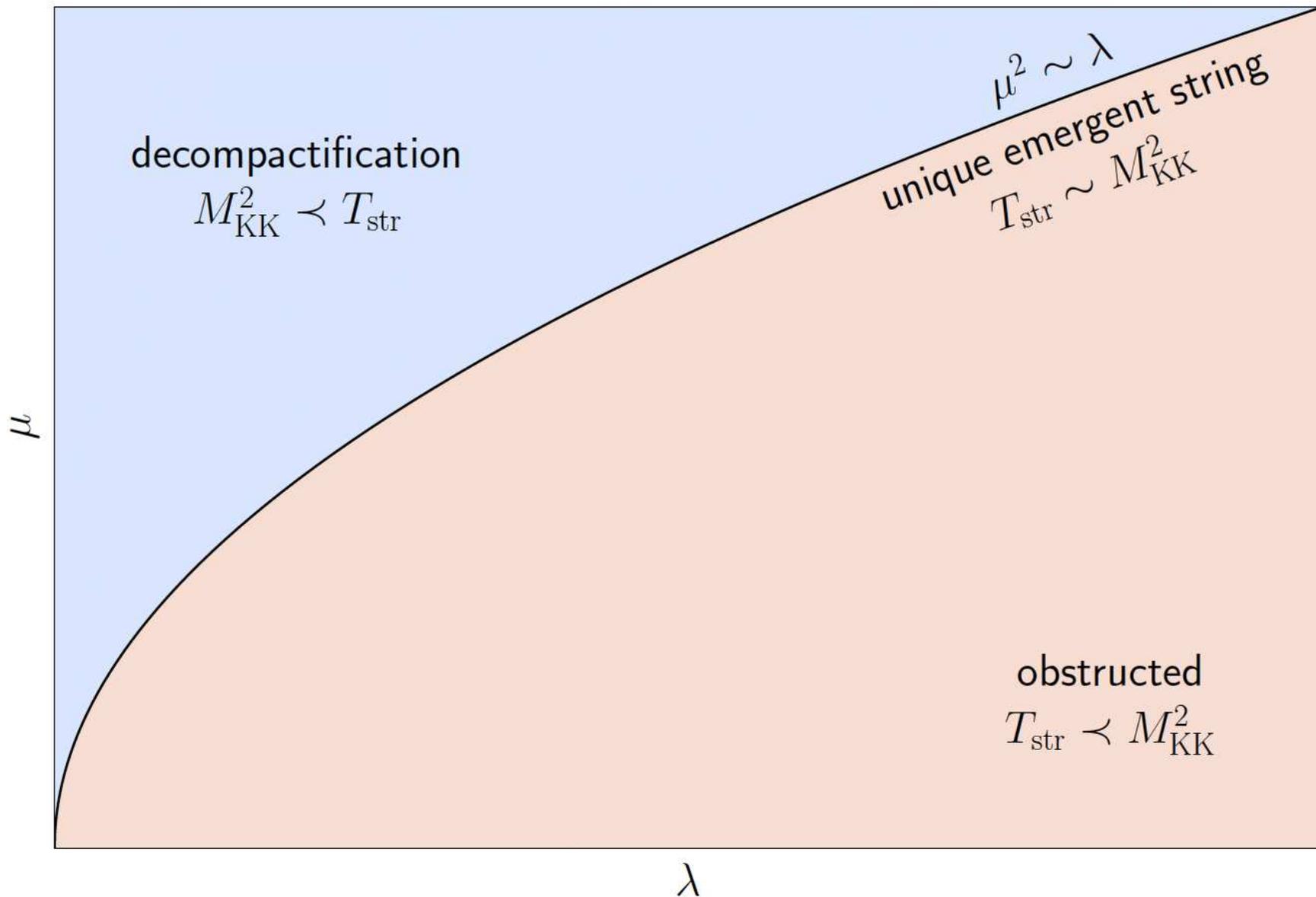
$$\mu^2 \prec \lambda : \frac{M_{\text{KK}}^2}{M_{\text{het}}^2} \rightarrow \infty$$

Obstructed by quantum corrections

Fate of 4d emergent string limit and decompactification limit depends on precise 'starting point' of limit (suitable values for a^μ and b'^r)

(presence of small contractible divisors - independent of λ and μ)

Infinite distance limits - Quantum



String Emergence

Proposal:

[Lee, Lerche, TW'19]

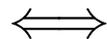
String emergence at infinite distance

If a quantum gravity theory admits an *infinite distance limit*, then

- *either* it reduces to a weakly coupled string theory
⇒ *infinite tower of string excitations*
- *or* it decompactifies
⇒ *infinite tower of Kaluza-Klein excitations*

Confirmed in highly-non-trivial (non-perturbative) setups:

Existence and **uniqueness** of
emergent critical string



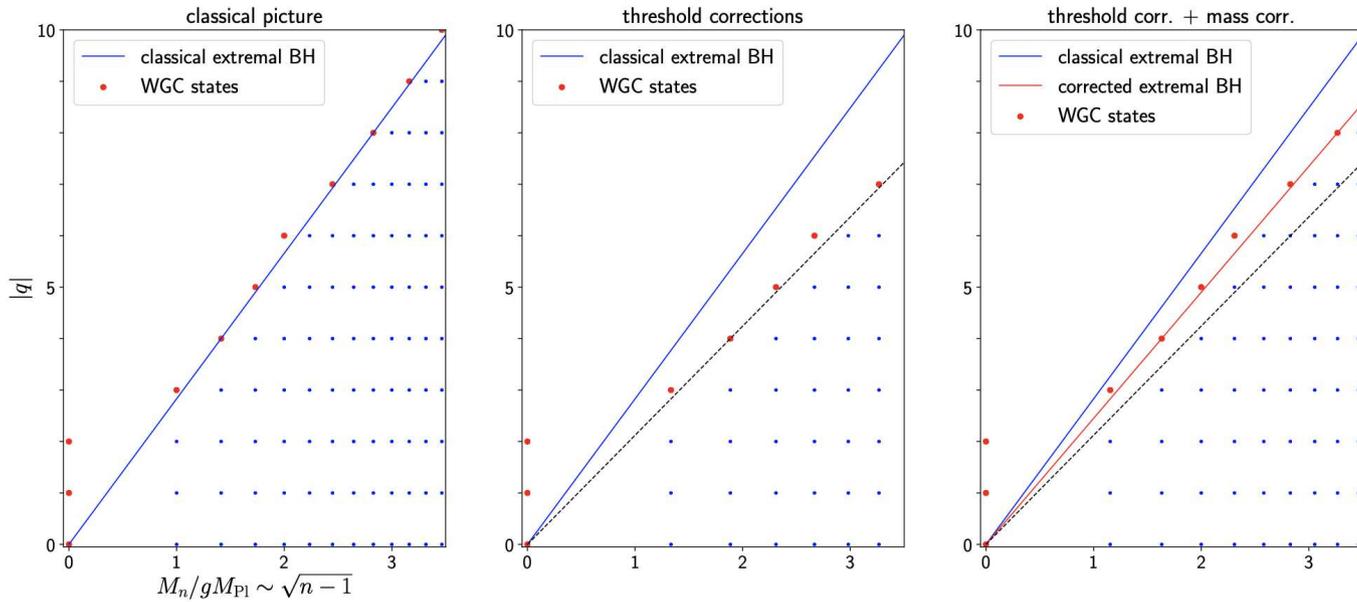
(Quantum) geometry of
string compactification

[Lee, Lerche, TW'19], [Baume, Marchesano, Wiesner'19],

[Lee, Kläwer, TW, Wiesner'20]

Part III: Weak Gravity Conjecture

- including quantum corrections



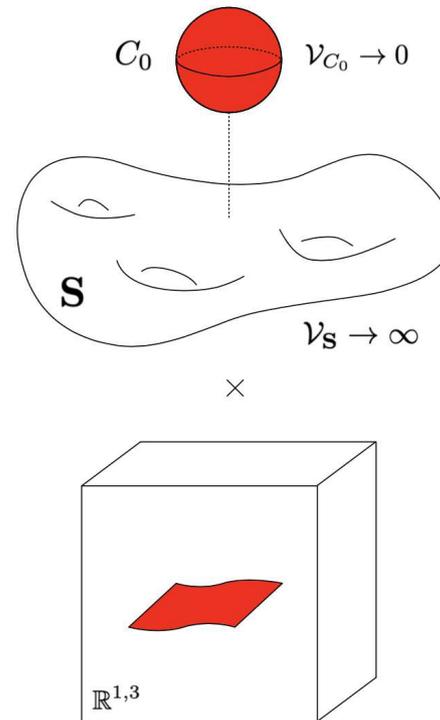
Weak Gravity Conjecture

Find the tower of states with $\frac{q_k^2 g_{\text{YM}}^2}{M_k^2} \geq \frac{Q^2 g_{\text{YM}}^2}{M^2} |_{\text{BH}}$

Weak coupling limit $g_{\text{YM}} \rightarrow 0$ lies at **infinite distance** in moduli space (at least in type of compactifications considered here)

- Gauge group:
7-brane $\mathbb{R}^{1,3} \times \mathbf{S}$
- $\frac{1}{g_{\text{YM}}^2} \sim \mathcal{V}_{\mathbf{S}} \rightarrow \infty$

$g_{\text{YM}} \rightarrow 0$: **emergent heterotic string**



Weak Gravity Conjecture

$$\frac{q_k^2 g_{\text{YM}}^2}{M_k^2} \Big|_{\text{state}} \stackrel{!}{\geq} \frac{Q^2 g_{\text{YM}}^2}{M^2} \Big|_{\text{B.H.}}$$

First: **Strict weak coupling limit** $g_{\text{YM}} \rightarrow 0$

Relevant black holes: Dilatonic Reissner-Nordström BH

[Heidenreich, Rudelius, Reece'15] [Lee, Lerche, TW'18/19]

- $$S = \int \sqrt{-g} R + \frac{1}{2} d\phi \wedge *d\phi + \frac{1}{4g_{\text{YM}}^2} e^{\sqrt{2}\phi} F_{\mu\nu} F^{\mu\nu}$$

$$\Rightarrow \frac{g_{\text{YM}}^2 Q^2}{M^2} \Big|_{\text{BH}} = \left(\frac{1}{2} + \frac{1}{2} \right) \frac{1}{M_{\text{Pl}}^2}$$

Coincides with 'Repulsive-Force criterion' [Palti'17] [Lee, Kläwer, TW, Wiesner'20]

$$\begin{aligned} |F_{\text{Coulomb}}| &\geq |F_{\text{Grav}}| + |F_{\text{Yukawa}}| \\ \frac{g_{\text{YM}}^2 q_k^2}{M_k^2} &\stackrel{!}{\geq} \frac{1}{M_{\text{Pl}}^2} \left(\frac{d-3}{d-2} \Big|_{d=4} + \frac{1}{4} \frac{M_{\text{Pl}}^4}{M_k^4} g^{rs} \partial_r \left(\frac{M_k^2}{M_{\text{Pl}}^2} \right) \partial_s \left(\frac{M_k^2}{M_{\text{Pl}}^2} \right) \right) \\ &= \frac{1}{M_{\text{Pl}}^2} \left(\frac{1}{2} + \frac{1}{2} \right) \end{aligned}$$

Heterotic solitonic string

\iff tower of light states for $g_{\text{YM}} \rightarrow 0$

Idea:

Tower of states =
excitation spectrum of
asymptotically light string



In strict weak coupling limit:

$$M_k^2 = 8\pi(n_k - 1)T_{\text{het}}$$

$$\frac{T_{\text{het}}}{M_{\text{Pl}}^2} = \frac{1}{2} \frac{\mathcal{V}_{C_0}}{\mathcal{V}_{B_3}}$$

Weak Gravity Conjecture

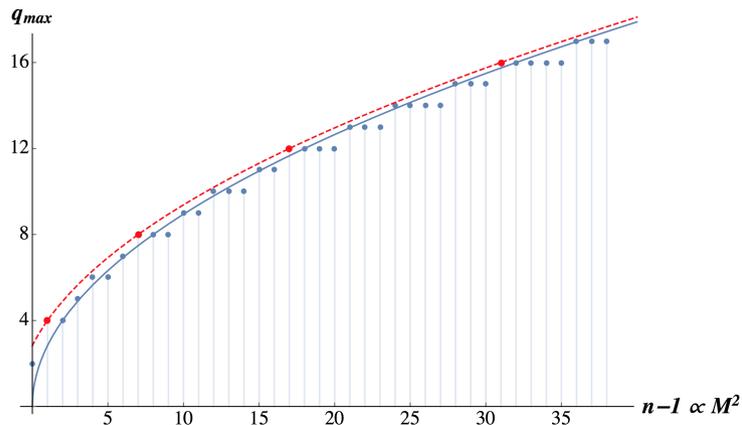
Wanted: States with highest ratio of q_k^2 to excitation level n_k

Index-like partition function: 4d N=1 heterotic string elliptic genus

$$Z(\tau, z) \equiv \text{Tr}_R \left[(-1)^F F e^{2\pi i \tau H_L} \bar{e}^{-2\pi i \bar{\tau} H_R} e^{2\pi i z J} \right]$$

Computable via mirror symmetry on 4-folds with fluxes

[Mayr'96][Klemm,Cota,Schimannek'17] [Lee,Lerche,TW'19]



Distinguished modular properties
(quasi-Jacobi forms):

$$Z = Z_{-1,m}(\tau, z) + \partial_z Z_{-2,m}(\tau, z)$$

[Lee,Lerche,Lockhart,TW'20]

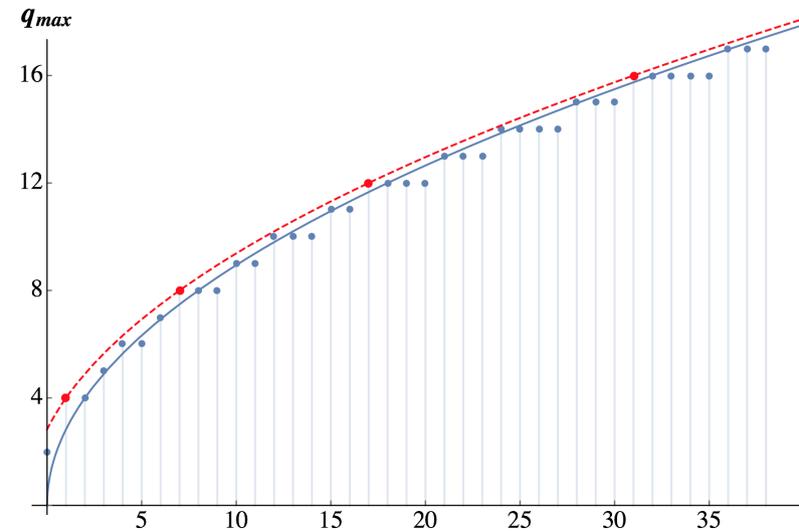
$$q_k^2 = 4m n_k \quad \text{for} \quad q_k = 2m k \quad m = \frac{1}{2} C_0 \cdot \mathbf{S}$$

Weak Gravity Conjecture

$$q_k^2 = 4m n_k \quad \text{for } q_k = 2m k$$

$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \geq \frac{g_{\text{YM}}^2}{4\pi} \frac{2m}{M_{\text{het}}^2} = \frac{2m \mathcal{V}_{B_3}}{\mathcal{V}_S \mathcal{V}_{C_0}} \frac{1}{M_{\text{Pl}}^2}$$

$$g_{\text{YM}}^2 = \frac{2\pi}{\mathcal{V}_S}, \quad M_{\text{het}}^2 = 2\pi \mathcal{V}_{C_0}, \quad M_{\text{Pl}}^2 = (4\pi) \mathcal{V}_{B_3}$$



Find geometrically:

$$\frac{2m \mathcal{V}_{B_3}}{\mathcal{V}_S \mathcal{V}_{C_0}} = 1 - \Delta \quad \Delta \rightarrow 0 \quad \text{as } g_{\text{YM}}^2 \rightarrow 0$$

In strict limit $g_{\text{YM}}^2 \rightarrow 0$ confirm for sublattice $q_k = 2m k$:

$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \geq \frac{1}{M_{\text{Pl}}^2}$$

Weak Gravity Conjecture

[Lee, Kläwer, TW, Wiesner'20]

$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \geq \frac{2m \mathcal{V}_{B_3}}{\mathcal{V}_S \mathcal{V}_{C_0}} \frac{1}{M_{\text{Pl}}^2} = \frac{1}{M_{\text{Pl}}^2} (1 - \Delta + \dots)$$

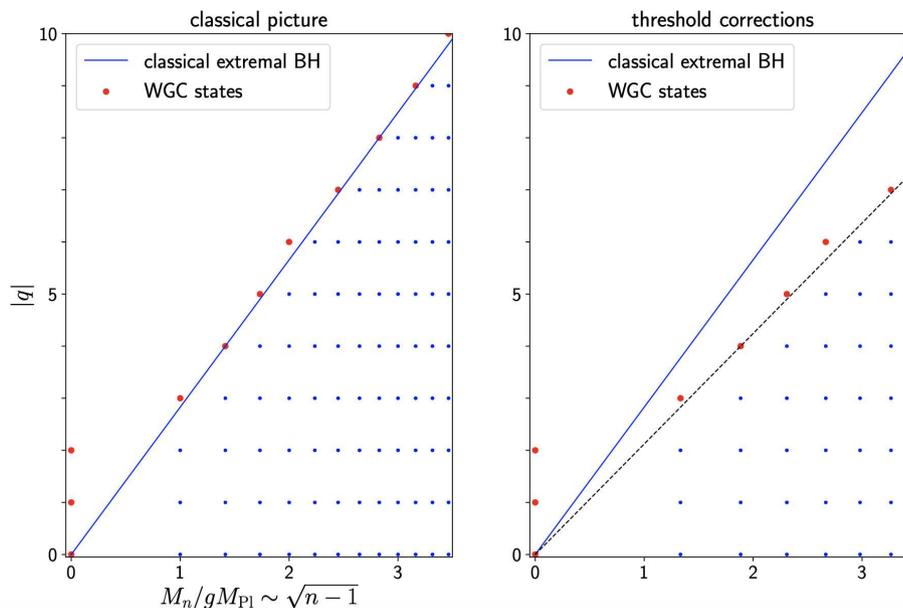
- Δ_0 : classical geometric corrections away from strict limit
- Δ_1 : $(\alpha')^2$ corrections

For dual het string:

$\Delta = 1$ -loop thresholds

at M_{het}

Naively these destroy WGC relation.



Weak Gravity Conjecture

Proposal:

[Lee, Kläwer, TW, Wiesner'20]

1-loop renormalisation to mass of string excitations

$$\frac{M_k^2}{M_{\text{Pl}}^2} =: 8\pi(n_k - 1) \frac{M_{\text{het}}^2}{M_{\text{Pl}}^2} (1 + \delta)$$

Changes both sides of WGC relation

$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \stackrel{!}{\geq} \frac{1}{M_{\text{Pl}}^2} \left(\frac{d-3}{d-2} \Big|_{d=4} + \frac{1}{4} \frac{M_{\text{Pl}}^4}{M_k^4} g^{rs} \partial_r \left(\frac{M_k^2}{M_{\text{Pl}}^2} \right) \partial_s \left(\frac{M_k^2}{M_{\text{Pl}}^2} \right) \right)$$

Determine δ by imposing WGC for states with $q_k^2 = 4m n_k$:

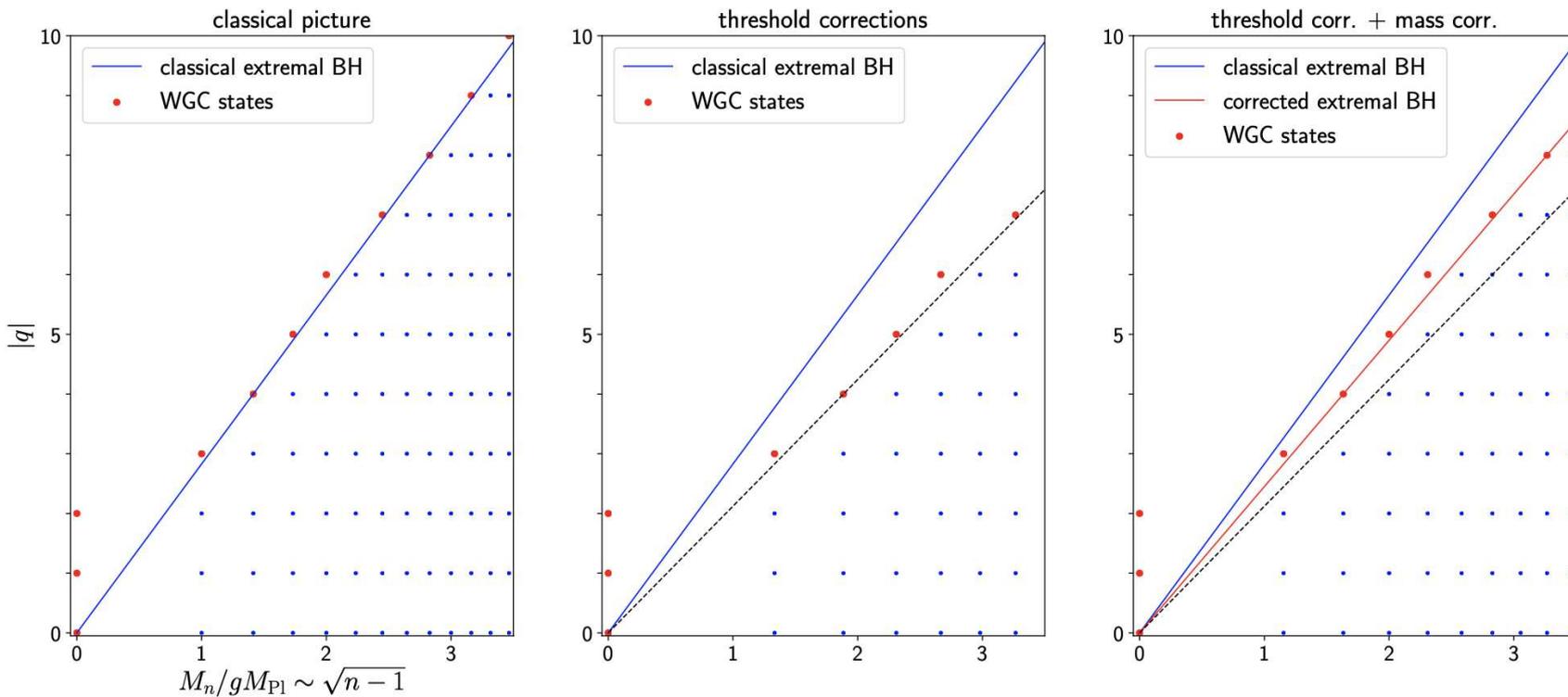
$$\delta = -\frac{1}{2}\Delta + \dots$$

WGC relation at 1-loop :

$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \stackrel{!}{\geq} \frac{1}{M_{\text{Pl}}^2} \left(1 - \frac{1}{2}\Delta \right)$$

Weak Gravity Conjecture

WGC relation at 1-loop :
$$\frac{g_{\text{YM}}^2 q_k^2}{M_k^2} \stackrel{!}{\geq} \frac{1}{M_{\text{Pl}}^2} \left(1 - \frac{1}{2} \Delta \right)$$



Open:

- 1) Derive mass renormalisation for string states
- 2) Compare with 1-loop corrected charge-to-mass of BHs

Conclusions

Quantum Gravity Conjectures in 4d string theory with N=1 SUSY

1) **Swampland Distance Conjecture** \implies **Emergent String Conjecture**

Equi-dimensional infinite distance limits are emergent string limits

- Classical Kähler geometry + quantum corrections
 \implies unique weakly coupled strings at infinite distance
- Confirmed even in setups without strings away from boundary
How general is this really?

2) **Weak Gravity Conjecture including loop-corrections**

- Responsible mathematics: Modularity of elliptic genus
- Directions for future work:
Proposal for mass renormalisation of string states
Proposal for charge-to-mass ratio correction of extremal black holes

QG informs Model Building

1. General constraints on gauge sector

WGC \Rightarrow No pure Einstein-Yang-Mills

Also violates cosmic censorship [Horowitz,Santos'17]

WGC \Rightarrow Constraints on hidden sectors, e.g. with $g_{\text{YM}}^{\text{hidden}} \ll 1$:
'*Watch out for towers of light states.*'

2. Early Universe Cosmology:

SDC: $m(\phi) = m_0 e^{-c \frac{\Delta\phi}{M_{\text{Pl}}}} \Rightarrow$ for $\Delta\phi_{\text{infl}} \gg M_{\text{Pl}}$, EFT breaks down

\Rightarrow constraints on large field inflation - c -dependent! [Scalisi,Valenzuela'18]

e.g. *no parametrically large tensor-to-scalar ratio r in*

single-field slow roll infl. however: [Achucarro,Palma'18]

3. Late Universe Cosmology: [Ooguri,Shiu,Palti,Vafa'18] cf. [Dvali,Gomez'13/14]

Swampland Distance
Conjecture \Rightarrow No deSitter vacua for
asymptotic field ranges