station this is Houston are you ready

for the event useful to the station are

you ready for the event are ai1 TV this

is Houston please call station for a

voice check I said this is right

television how do you read us play

television ISS I read you loud and clear

Bongiorno Bongiorno problem

hello GPI nice to have you here yellow

is in we're really going to call para

llamar your emotional eater good day

Paulo I'm very excited I don't know when

it's going to happen next

I'm very excited to see those images and
to have this opportunity to interview an astronaut a big greeting to Paolo Nespoli who's bringing our flag up high in the sky.

Paolo has been in space since December 15th he has two companions an American and a Russian and Paolo if you can tell us what the goals of these of this mission are since you're going to be there for six months I don't know that fig and Macaulay could say to you America we are welcome here aboard the ISS we're talking about the Italian flag here it is it's this is a long-term
mission it's one of many that we conduct

on the International Space Station which

is a lab that orbits around the earth

there are usually six astronauts on

earth in gold principality but the

principal goals of this mission

professional our scientific and age in

nature and technological in nature and

educational six months are truly full of

activities after we go to be

AMA and also I'd like to remind everyone

that mr. Nespoli is an engineer who has

had a training in met in the medical

field so basically if you have to
extract a tooth you have to do it

44
00:02:51,060 --> 00:03:03,479
yourself so it seems like in this kind

45
00:02:57,479 --> 00:03:05,908
of mission you prepare yourself for for

46
00:03:03,479 --> 00:03:09,119
things that are not in your field so how

47
00:03:05,908 --> 00:03:11,568
did you prepare for this mission what

48
00:03:09,120 --> 00:03:15,299
what kind of training did you conduct

49
00:03:11,568 --> 00:03:19,709
well a disability pass basic training to

50
00:03:15,299 --> 00:03:24,030
become astronaut you compiled an usually

51
00:03:19,709 --> 00:03:25,919
lasts about two years and then there's

52
00:03:24,030 --> 00:03:28,199
there's a time where you're waiting for

53
00:03:25,919 --> 00:03:33,019
an assignment or mission and that's when

54
00:03:28,199 --> 00:03:35,909
you conduct other activities such as

55
00:03:33,019 --> 00:03:40,439
extra vehicular activities maneuvering

56
00:03:35,909 --> 00:03:42,269
the arm this activity can last five to

57
00:03:40,439 --> 00:03:45,680
seven years in my case even nine years
and then I was assigned to this mission

the training lasted about two and a half years of which one year was in Russia

since the vehicle that we took to get here was a Russian vehicle so we had to partially learn Russian and Russian procedures but also Space Station systems and all the experiments that you can see here so I would like to mention that this is the Columbus module the European module which is one of the places where we conduct experiments onboard the Space Station and it is a baby a notable notification a la serda Lera
and also they told me that they had to modify the spacecraft to get you there because you're too tall oh I know right maybe they were looking at me but anyways they had to modify the spacecraft because you're an Italian even taller than Americans I'm also aware that you should be able to set a record in this mission remind us what it is yes you know Lesotho facility she-ra Court beaten I don't know I don't know if you're talking about the record for a permanence in space for any Talent it's the only thing I can think of there have
been five Italians that have flown to space so far on average 10 to 15 day mission so with the six-month mission in the future I'm sure will exceed this record but it's this this is a record that's not distant to less very long because there will be other Italian astronauts in the future in the coming years so these six months this this record will be overridden well for the time being it's an important record six months in space two Italians in space but this is fascinating and on the other
Hand we're wondering what you do for six months aside from the scientific parts and working in the lab how do you spend your days in an environment that's somewhat small it will be a lot of different and open so well I have to say that during training I kept on thinking when did I get myself into six months in space how am I going to spend this time but instead even these 15 days that we've done so far can say that this time is going to pass me by very far very fast they got also God because Mission Control in Houston and the European Mission Control in
Munich they keep us very busy until 7 p.m. at night for if we're lucky if we get to finish all our activities so we don't really get a feeling for passing time so yesterday for example there was an eclipse and I didn't notice the time passing plus here if something breaks it's not like you can call the electrician or the plumber for example for example our commander right now is dealing with a restroom which is all taken apart right now so there's maintenance that's ongoing all the time well certainly it seems like there's no
lack of activities so yeah you have also
done many photographs which is a hobby
that you're still keeping up their own
station and you have sent down to earth
some beautiful photos that are being
published by magazines in Italy at night
there's one of Italy at night without
clouds below yeah so it seems like when
you don't have anything to do the
viewports give you images that very few
people have the privilege of admiring
beauty coolness
yep a lover that it is true I've been
astonished on how beautiful it is to be
able to look down at night fat that you

know I most of the pictures are done at

night also because at night it's it's

easier to see the geography Italy is

very distinguishable from space it's one

of the few nations that's very hard to

miss and it's truly beautiful there's

this boot with the crown of the Alps and

the islands they're truly truly

beautiful and seen from up here and

that's why I've I've wanted

take these pictures and send them down

so that you can see them and I see

there's a little dome good-luck charm
perhaps it's something that was given to

00:09:04,659 --> 00:09:10,688
you by someone close to you hey boo but

00:09:08,499 --> 00:09:14,470
sit by and pick up okay - oh so this is

00:09:10,688 --> 00:09:18,099
a Red Riding Hood from my daughter that

00:09:14,470 --> 00:09:21,309
she gave me before the launch and we

00:09:18,100 --> 00:09:26,350
used it on on our launch spacecraft to

00:09:21,308 --> 00:09:30,659
indicate once we reach zero-g so once

00:09:26,350 --> 00:09:30,659
the engine cut off during her ascent

00:09:30,990 --> 00:09:39,430
riding-hood just started floating so we

00:09:33,188 --> 00:09:42,159
could tell that we were in zero-g my

00:09:39,429 --> 00:09:44,109
anchor okay Conquest NOP - Viacom

00:09:42,159 --> 00:09:48,909
Christa West emissions of Red Riding

00:09:44,110 --> 00:09:51,308
Hood has is conquered by the wolf but

00:09:48,909 --> 00:09:55,480
she also conquers the wall so her his

00:09:51,308 --> 00:10:00,759
daughter set to take the little dollop
and conquer space hey speaking of

children astronaut is one of those

professions that really fascinates

children so while the wait so that they

can become astronauts we we are aware

that you're conducting experiments that

involve children down here on earth what

what kind of experiments are you

conducting these are educational

experiments it's a way to involve kids

you mean okay I confided Ellison Thank

You agenda legend that you support

Yvette and show them that science can be

fun
so we're going to be doing an experiment

coordinated by the European Space Agency

we delay that will grow some plants here

on orbit yes could I ask you if um if I
go crazy and we will distribute some

kids throughout schools and will
grow these plants and we'll make some

scientific comments on on how they grow

how much water they take and so simple

things but they already give you an idea

on the scientific method and and how

you can scientifically observe something

simple as growing a plant equates to

severe appearance ponder and then we'll
do some observations in 3d so that you can know they can also expand their understanding of vehicle disease and so that they can understand the purpose of a place like this and they can concentrate on what to do when they grow up okay so we have a lot more trivial questions as well so since it's not every day we get to talk to an astronaut for example what do you eat so in movies were used to seeing things that you spray or that you suck on powder things so so what do you eat in space and do you lose weight or gain weight
ah don't mind us we'll keep over because

I found a video for fat I'm glad you

made a food question this is an important thing so I brought a few

typical things it depends from person to person some people lose weight some

people gain weight

it depends more or less since we exercise a lot more or less we tend to

stay the same way here's one of the standard foods this is powdered so these

are scrambled eggs ok now I'm going to show you

but easily they forget you feed that little india so these are dehydrated
packets that we rehydrate them we'll
leave about 10 minutes so that they come back and then we'll eat them with
working knife then we have little little
tins of sardines
we have little tins of meat we have some
fruit we have little bags like this one
this is curry chicken and we can heat it up in a in the type of toaster oven and
then we can eat it so as you can see
here in space you have to be careful
with what you do because then you can't find things on earth everything falls to
the ground here they kind of go
everywhere so it's kind of interesting

thank you for the explanations in the

meantime should tidy up for example in

New Year's Day did you have a special

New Year's menu or did you here did you

eat dry eggs and sardines I didn't know

to be honest with you we ate tins even

that evening the Russians gave us some

little gift packages with chocolate and

they also brought us some lemons and

onions I'm not sure if this qualifies as

New Year's Day but having fresh things

here on station is not an everyday

occurrence agreeable
so anyway I’m sure it was appreciated so

talking about sleeping you have many
dawns and many sunsets throughout the
day since the Sun coming comes and goes

so how do you establish the time there

must be a time that you have established
to get up and go to bed with the rhythms

of daylight if he no yes utilize the GMT

time that the London time that's where

we're synchronized with the worldwide
time which is London Greenwich Time okay

you are gunshot don't we use a working

rhythm that's closer to Moscow it may

seem strange but were based on the
Russian subway so that the Russian

00:15:40,950 --> 00:15:46,610
Mission Control personnel can get to

00:15:42,539 --> 00:15:49,769
work so we get up around 6:00 a.m. 7:30

00:15:46,610 --> 00:15:54,389
7:30 we have the first contact with

00:15:49,769 --> 00:15:57,449
Mission Control and then we check the

00:15:54,389 --> 00:15:59,939
work activities for the day and then we

00:15:57,450 --> 00:16:02,850
work and pause for lunch and work until

00:15:59,940 --> 00:16:06,240
6:00 or 7:00 p.m. this is how things

00:16:02,850 --> 00:16:09,170
work we don't look outside much so we

00:16:06,240 --> 00:16:11,220
don't really get a feel for this

00:16:09,169 --> 00:16:11,759
continues following our dawns and

00:16:11,220 --> 00:16:14,790
sunsets

00:16:11,759 --> 00:16:17,909
unless it's evening so so we go into

00:16:14,789 --> 00:16:20,699
cupola and look down that's the time

00:16:17,909 --> 00:16:27,539
where Europe is at night but the rest of
the world is in daylight without a person and they appear that it's not a critical piece of also a noise another fascinating activity that we only see movies so the the extra vehicular activities does it ever happen that you walk out of the International Space Station or you're always in there well it's not like somebody can say I'm tired tonight I'm gonna go out the station tonight to go watch a movie it's it's not that simple to do an Eevee a the the spacesuits are very delicate all pieces have a life so they can always be used a
certain number of times so we try to
limit the number of times that you have
to use these spacesuits in this mission
we do not expect to conduct any
spacewalks unless there will be a
need or an emergency or something will
break down or something happens in that
case we'll have to go outside to go fix
it in fact a great part of the morning I
spent setting up my spacesuit for
spacewalks in case of emergency in a few
weeks at Japanese refuel vehicle will
arrive any case there's a there's a
problem with that it'll be my and the
commanders job to go outside and go fix

it so we hope that it won't happen but

if it should we're ready and I will go

outside and gladly go outside take a walk certainly is it's a it's an

extraordinary experience really

non-zeros but so mister Nespoli I'm sure you have visitors because I'm sure even in space you can't you can't just be by

so the authority is going to be coming he's one of your astronaut

colleagues that we've talked to so he's

he's gonna bring some more things to make you work and but it should be nice
to see someone new I'm sure it's not v30

00:18:32,460 --> 00:18:38,069
that you're missing right now you have a

00:18:34,500 --> 00:18:41,909
family being Allison we just talked

00:18:38,069 --> 00:18:46,589
about your one-year-old daughter how do

00:18:41,909 --> 00:18:48,299
you stay in touch I'm sure they that you

00:18:46,589 --> 00:18:52,199
missed them do you have the chance to

00:18:48,298 --> 00:18:56,278
talk to them I sure hope that you get to

00:18:52,200 --> 00:18:58,860
talk to people other than me llamo

00:18:56,278 --> 00:19:02,159
seguramente Reviva Delicato certainly

00:18:58,859 --> 00:19:03,619
await the arrival of the shuttle at the

00:19:02,159 --> 00:19:06,149
end of February and then after that

00:19:03,619 --> 00:19:11,668
there will be a shuttle with Roberto

00:19:06,148 --> 00:19:14,939
Vittori that I’m looking forward to see

00:19:11,669 --> 00:19:16,769
and we'll see what he brings us but we

00:19:14,940 --> 00:19:20,159
do stay in contact with our families
this is a truly important thing we have

a sort of telephone available that we can use to call you know if you help

your little keyboard yeah and listen and talk to more or less who we want to throw out the world and then once a week

but we have a chance to do a video conferencing with the system that's less sophisticated that they want we're using right now

the resolution is a little lower but we can video conference so that we can say hello to one another for example

yesterday was my wife's birthday so we
had a special video conference in which

I was able to wish her happy birthday

from space it doesn't happen all the

time surely doesn't mr. miss believe we

thank you because the time that Houston

has considered us is running out and we

don't want to interfere with your

activities so that day I'm sure you you

had much more fun talking to your wife

than us but but so we wish her happy

birthday - thank you

we're very proud that you're up there

we're proud that Italy is represented

and I can see you're rotating in the air
I hope that's a sign of joy so we we think paolo nespoli italian astronaut in activity will come when at the end of May on it and everyone keep thinking when you were as you're getting ready for Easter and then your holidays just think that paolo nespoli is still up there 400 kilometres up there working for a future planet and I'm very happy that we got to talk with paolo nespoli for 20 minutes in space without interruptions in station this is Houston ACR that concludes the event thank you you appreciate it thank you thank you
are a one TV station we are now resuming

386
00:21:33,650 --> 00:21:37,360
operational audio communications