Columbus control center this is Mission Control Houston please call station for a voice check station this is called CC how do you hear me over Baffin often yes alarm Stephanie first easy loud and oily over fasten - here see ya ISS I hear you loud and clear here's the first question hello her guests just before the end of your mission do you think that all this effort has been worth it the effort has definitely been worth it we're a few
days when we worked from all day long we

had 82 weeks of work hours work and

we've had all kinds of experiments vast

majority were positive and this was

surprising to me because as a scientist

I know experiments don't always turn out

the way you want them and I covered

biology physiological human physics all

of that was included and I look forward

to seeing all the data when I when I

return to Earth because of the impact

that it will have on all the humans on

Earth let's see chunky in your pictures

how has your physiology changed it's a
normal physiological reaction when the

because the all the fluids in your body

redistribute in microgravity and that's

why you have a you have a little bit of

a rounder face track with my weight and

my remained absolutely the same and I do

two and a half

exercise a day and I I noticed that my

my thighs from groan and and other

groups of muscles have increased from

riding my bike and others have smaller

and I'm sure I'll be able to see all of

that when I get back to her but the

effect hasn't been as great as I had
anticipated really you have ten days

left we just heard do you have plans for

your return you have some vacation ahead

of you do you have any plans we haven't

had a free weekend for a long time and

we had had a full program in vehicle

India and all the epa's and all the

vehicles that arrived for SpaceX we had

to load them up within 30 days with all

the data looking forward to Maya forward

to my last free weekend in the space

station I still have to exercise but

I'll have the time to say goodbye to the

ISS I think I'll spend some time

listening to music in the cupula and
just listen to music and look outside

and just absorb the last few moments of the microgravity

maybe they'll film a few things and

absorber memories and that's that that's

my plan for these last few three days

so we'll have to see hello and then the almond outside our most honest on what

almond outside our most honest on what

did you miss most well during your time

up there and what do you look forward to

most on your return what you miss up

here changes from day to day I think

it's a question

when consequence you confront it with
when I watch a movie on my computer and I see someone eating a pizza or burger and then I have a sudden tremendous yen and of course I missed my friends my family my partner I just missed the people that I miss up here and I look forward to seeing and I have some memories of that when I was in the Antarctica when I was there I had this nature that I miss invited and I just have tremendous desire to go jogging through the forest and smell the smells of the forest and I miss nature and and it's not it reminds me of what
00:05:28,290 --> 00:05:34,620
a beautiful planet we have and I look

87
00:05:30,810 --> 00:05:41,069
forward to returning to it because I

88
00:05:34,620 --> 00:05:53,670
will also be sad to leave here and the

89
00:05:41,069 --> 00:05:55,769
camaraderie up here and the ISS how do

90
00:05:53,670 --> 00:05:57,360
you handle this considering you're quite

91
00:05:55,769 --> 00:06:01,229
young that this is probably the

92
00:05:57,360 --> 00:06:05,879
highlight of your career told that

93
00:06:01,230 --> 00:06:08,879
several times already and I've been told

94
00:06:05,879 --> 00:06:12,259
that before I travel to volcanoes and

95
00:06:08,879 --> 00:06:14,850
and then when you return home you think

96
00:06:12,259 --> 00:06:17,579
perhaps this was it I'll never go back

97
00:06:14,850 --> 00:06:21,120
to a place like this what this has

98
00:06:17,579 --> 00:06:22,529
taught me that life is oh it says

99
00:06:21,120 --> 00:06:24,090
something else ready for you and it

100
00:06:22,529 --> 00:06:26,129
doesn't always have to be inspected

spectacular is this traveling to space

it could be all kinds of things on earth

and I'm going through life with open eyes and I don't think it's going to be boring from here on and who knows maybe

I'll return to space one day I'm going to stay in astronaut core and I look forward to the future no matter what it has in store

for me if you have another opportunity another opportunity to travel in space

would you like to go to the Chinese Space Station that's it's a great question I'm sure it's a fantastic Space
Station and I would certainly have no objection to going there but that's not to me I can't choose for myself where I go I'm going to be flying on the auspices of ISA and I'm going to be travelling travelling European Space Agency and that's what it's all about that we expand our space travel it's in China and we have to make decisions now we have to decide where manned space travel will go as a highly technological country Germany has a lot at stake and space travel and we don't want to fall behind it's a good discussion to have
and I'm very curious to see how things will go from here on a la Alex here's to Oliver he's been over here hi this is really I'm here as well how is it up there yeah I don't need to answer your question because I know I know you know it you know what it's like to live in microgravity it's amazing how a human being can get used to it everything becomes normal after a while and I had the experience even forgot that I was in space you have to remind yourself by letting something float yes it's just it's really not that...
normal and ya see that allows does you

mention the one passing face into it

shows me that people are quite adaptable

and I don't see a problem

and there's no problem when staying in

space a little bit longer often I do

movie Field Atlanta yeah I stay up here

but just show me how we are adaptable

mention about the fun influencing I'm

sure that we humans are not far from

spending a lot more time in space public

he had monkeys as he got once you said

you said that you were returned as a

different person can you confirm that

different person can you confirm that
and are you going to accept invitations to different discussions I don't think I'll return a different person my perspective is what has changed I saw something that I had never seen before with my own eyes I think my personality has not changed of course it's not up to me to determine that and not to find that out when I return what has changed is the most perspective to see our planet from the outside has given me a different horizon happy physics go to skid n so far and I've tried to capture that as well as I could with pictures and with my own personal
descriptions from a human perspective

and I look forward to sharing that with

other people complete from the Edit and looked at I don't think it's removed me

completely from Earth let's not forget

the Divya can this isn't a space is the greatest lesson that we know of but I didn't consider the earth indestructible

in million knowing I was Watson needs

compassion and now there are all these planets out there and it's 99.9 that we know and we have to we have to keep in mind that our home is very special and is very fragile and we should give that
more thought as to how we could protect

it - Felicia Moyse advisor after you

have a completely new perspective of

Earth do you really even want to return

here to us yeah yes of course in fun

I couldn't that's the thing about me I

can travel somewhere for three days

three months three weeks or in this case

six months but it's always fun to go

home I never had the urge to to go

somewhere forever I was no signs of

houses but it's stepping outside your

home and looking at your home and

comparing it the outside with your home
and that's what changes you and you come back knowing more and I come back now knowing more than I did before and that's a wonderful thing to recognize and that's what I want to share with other people earth was a special place but would you address the subject of loneliness in space perhaps I'm the wrong person to ask I've never been lonely in space we have a crew I have a crew five other people a couple of weeks with just two other people but we're more like a family up
here and I really realize that up here

and then come to realize how wonderful

divided in the idea that's my fabulous

is how fabulous it is to have this this

crew up here neons leftist boozes vodka

fire our crew has never uttered an angry

word we've just always it's really

incredible how incredibly well it all

went up here type of me it's amazing

that these two people of course my

partner with whom I spent a lot of time

on the phone knows me well but these

other two people up here know me better

than anybody else if you want to be

alone you have to actively seek it I can
go in a module and to be by yourself and

we we do that but that's a normal human behavior and also when you look outside

and they see the earth beneath you you don't really feel that far away see

europe you recognize the contours i never felt very far away from my home

nation on to the crew medical restraint

system check out you twitter the other day tweeted the other day that you were that oktoberfest was not going to happen

for you this year

so

but of course we only have t up here
kuma fest of course we don't have Oktoberfest up here in the ISS I look forward to that when I return and I look forward to being my friends and and grill something and there's something different it's it's it feels like a camping trip up here you with your friends I'm sure you heard us the explosion of the orbital Cygnus 3 when you look at something like that you think oh my goodness that something like that could happen to me too well we're not suddenly
confronted with these situations up here

these situations are part of our training if you reach the frontiers of new technology you have to reckon with something like that it was not a complete surprise for us of course it was a great shame for all the work that was lost but nobody was hurt but the program plans for events like that they know it's over that's essentially mirakian cannon this is something that can happen with rockets and we were aware of that before I don't start or before launch yeah we
have a safety an emergency rocket and we

trained for events like that the

greatest part of our training is

everyday training and so that we know

what to do in the case of an emergency

see how we could perhaps survive

something like that and for emergencies

we always have a plan B and a Plan C

it's a risk that we're prepared to

take you had some space debris go past

the ISS the other day did you notice

that or are we talking about our debris

avoidance maneuver but the ISS basically

took care of it by itself we were

informed by
Mission Control but the chances were so great.

I hope the help of the ISS maneuvered itself into a different orbit by turning on different engines and maneuvering out of the way was never really a terribly dangerous or a special situation for us.

completely unaware of it because it was taken care of automatically by topside they're sweet do you have any advice for Samantha I already gave her one piece of advice of course she's in the position where I was two years ago half a year ago and you get training and...
it's almost like studying at school for

the abbé choice and I told her I know

you're you're ready and I was in the

same situation and I I thought I had to

refresh everything in my memory but in

the end I realized we are completely

prepared and our training is very good

and it's quite sufficient to get us

ready told her to take a weekend off

with her family and she did that and we

talked on the phone sometimes and she's

really looking forward to life up here

installed some things for here in the

Columbus laboratory vital of and we have
about 40 experiments that well that

Samantha will continue up there of

course I'm a little bit jealous because

she'll get to do experiments I didn't do

but I'm very proud of it's hard to avoid

City Electric magnetic levitator

and boiled snot and if they can you

believe missing this and we had a bolt

that got stuck and we were able to solve

the problem in the MacGyver with the

help of Mission Control we we sawed off

the bolt and it was a really fantastic

situation to troubleshoot like that up

here and I'm sure man Samantha will have
a great time up here as well thank you

329
00:20:20,410 --> 00:20:29,690
all the best see each other soon on

330
00:20:25,700 --> 00:20:32,150
everth greetings from the ISS station

331
00:20:29,690 --> 00:20:34,929
this is Houston ACR thank you that

332
00:20:32,150 --> 00:20:34,929
concludes our event