



1
00:00:01,516 --> 00:00:03,546

[Background sounds]

2
00:00:04,046 --> 00:00:07,016

>> Scott Kelly: Hi, my name is
Scott Kelly, and I'm an astronaut

3
00:00:07,016 --> 00:00:11,366

for the International Space Station.

4
00:00:12,196 --> 00:00:21,106

What I would like to show you today is
where we sleep; an area called crew quarters

5
00:00:22,576 --> 00:00:42,876

and we have four here along both
walls, the ceiling and the floor.

6
00:00:44,696 --> 00:00:48,116

This is [inaudible] of the
International Space Station.

7
00:00:48,526 --> 00:00:51,296

Mine is located on the ceiling right here.

8
00:00:51,296 --> 00:00:55,056

I'd like to welcome you inside
and show you around.

9
00:00:55,056 --> 00:01:01,286

This is inside of the crew quarters and although
it's located on the ceiling because the floor is

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00:01:01,366 --> 00:01:07,286

by my feet and the ceiling in
the crew quarters is by my head.

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00:01:07,286 --> 00:01:13,536

It doesn't feel like I'm

sleeping on the ceiling at all.

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00:01:14,076 --> 00:01:19,936

It just feels like I'm sleeping
in any of the locations,

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00:01:20,156 --> 00:01:26,016

normal orientation I guess you could
say on the International Space Station.

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00:01:26,016 --> 00:01:32,766

In here we sleep, this is where we get
our, change clothes, we brush our teeth

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00:01:32,926 --> 00:01:35,456

and shave and those kind of things.

16

00:01:35,526 --> 00:01:37,816

We also take a little sponge bath.

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00:01:38,206 --> 00:01:44,276

We don't have a shower here onboard
the International Space Station

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00:01:44,276 --> 00:01:46,946

so we have to use a sponge bath.

19

00:01:46,946 --> 00:01:48,846

We also do some work.

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00:01:48,846 --> 00:01:50,276

I have two computers in here.

21

00:01:50,996 --> 00:01:54,086

One is more of a computer for
connecting to the onboard systems

22

00:01:54,646 --> 00:01:58,616

and particularly like email and procedures.

23

00:01:58,746 --> 00:02:05,066

We have a program called World Map where we can see where we are over the earth managing all

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00:02:05,066 --> 00:02:10,796

of our picture taking and also our schedule is also on this computer, our timeline,

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00:02:10,796 --> 00:02:14,476

and this other computer here is for accessing the Internet on the ground.

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00:02:14,476 --> 00:02:16,936

It's sporadic and pretty slow at times.

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00:02:17,056 --> 00:02:21,596

It's actually a nice capability to be able to get on the Internet realtime, send emails

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00:02:21,966 --> 00:02:26,506

and receive emails from my normal work email account if I desire to do that to maybe get on

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00:02:26,506 --> 00:02:30,466

and do some online banking if I need to do something like that.

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00:02:30,686 --> 00:02:35,866

You can actually even buy, you know, a present if you needed to.

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00:02:38,056 --> 00:02:42,036

Sleeping is done on the wall here in a sleeping bag.

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00:02:42,036 --> 00:02:46,186

It's a very comfortable way to sleep once you get used to it.

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00:02:46,226 --> 00:02:50,656

At first it can be rather
difficult, but once you get the hang

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00:02:50,656 --> 00:02:52,096

of it it's actually really comfortable.

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00:02:52,166 --> 00:02:54,726

More comfortable than on earth for me at least.

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00:02:54,726 --> 00:03:00,646

I sleep much better up here
than I do in my own bed at home.

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00:03:01,136 --> 00:03:06,076

So, even though you're floating,
I guess because it takes a lot

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00:03:06,076 --> 00:03:10,406

of the pressure off your body
it's actually rather comfortable.

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00:03:11,106 --> 00:03:22,616

Some holes here for your arms
and I sleep just like this.

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00:03:23,796 --> 00:03:28,756

If I don't zip the sleeping bag up far
enough, sometimes I float into the computer

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00:03:29,156 --> 00:03:32,966

and it wakes me up which isn't fun so I try
to get the sleeping bag zipped up far enough.

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00:03:33,426 --> 00:03:37,156

Some people like to be kind of secured
against the wall with bungees so they feel

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00:03:37,156 --> 00:03:43,746

like they're more in a bed, but I like sleeping just kind of floating here like this.

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00:03:44,326 --> 00:03:49,546

Sometimes I put my hands together it seems more comfortable, but it's a great way to sleep.

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00:03:49,576 --> 00:03:53,926

I get easily six the seven hours sleep on a good night,

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00:03:54,006 --> 00:03:57,336

but if we're really busy sometimes less unfortunately,

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00:03:57,416 --> 00:04:00,866

but like I said better than I do on earth.

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00:04:01,786 --> 00:04:04,216

What else do we do in here?

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00:04:04,216 --> 00:04:05,286

We have a telephone.

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00:04:06,276 --> 00:04:08,266

It's kind of like a Skype phone.

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00:04:08,896 --> 00:04:15,236

It's, you know, Voice over IP basically just uses the computer and as long

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00:04:15,236 --> 00:04:18,086

as we have the proper satellite connection, we can call anyone

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00:04:18,506 --> 00:04:26,926

on the earth just using these Bose headsets and this microphone like this.

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00:04:27,356 --> 00:04:28,696

Very convenient.

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00:04:31,976 --> 00:04:37,546

As far as clothes are concerned, we don't have a whole lot of space here

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00:04:37,546 --> 00:04:42,646

so all the clothing we use in six months is probably what you could fit

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00:04:42,646 --> 00:04:44,206

in one large suitcase.

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00:04:44,606 --> 00:04:53,056

A shirt generally lasts you about a month, pants maybe two months, underwear, you know,

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00:04:53,056 --> 00:05:00,916

anywhere from three to five days, socks about a month, and workout gear about a month,

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00:05:01,706 --> 00:05:07,506

but you know it's really odd for some reason you don't feel like the clothes get that dirty.

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00:05:08,276 --> 00:05:12,326

The environment is pretty nice up here temperature,

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00:05:12,326 --> 00:05:16,556

humidity wise so you don't really sweat in the clothing that you're wearing.

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00:05:16,556 --> 00:05:21,366

It's not necessarily up against your body all the time because you're kind of floating inside

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00:05:21,366 --> 00:05:28,136

of it so it doesn't, I would never

consider wearing a shirt or a pair of pants,

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00:05:28,506 --> 00:05:32,076

shirt for a month or a pair of pants for two months at home,

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00:05:32,336 --> 00:05:35,836

but for whatever reason up here it doesn't seem too bad.

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00:05:37,096 --> 00:05:39,976

I also have some books.

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00:05:40,316 --> 00:05:44,586

It's kind of nice to be able to read in space.

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00:05:44,586 --> 00:05:47,696

Something you don't really get to do on a shuttle mission.

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00:05:48,136 --> 00:05:49,096

So I've got a couple of books here.

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00:05:49,096 --> 00:05:55,646

One by one of my personal heroes, Ernest Shackleton about his Endurance expedition

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00:05:57,306 --> 00:06:07,796

to the Antarctic and another one called The Long Walk about a group of people that escaped

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00:06:07,866 --> 00:06:15,846

from a prison camp and basically walked across the continent of Asia to get home.

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00:06:21,016 --> 00:06:26,346

I also have some personal pictures up here, but I took them down for this for privacy reasons,

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00:06:26,996 --> 00:06:39,176

but in any case I hope you enjoyed the tour
here and kind of got a sense for what it's