



1

00:00:01,876 --> 00:00:05,156

Returning back to a live view in the International Space Station flight control room,

2

00:00:05,446 --> 00:00:09,246

where you can see the Orbit 2 team on duty working with the crew in the middle

3

00:00:09,246 --> 00:00:13,096

of their afternoon of their crew day, all the activities going very smoothly.

4

00:00:14,316 --> 00:00:19,066

This orbit team is being led by Flight Director Chris Edelen who's shown in the center portion

5

00:00:19,066 --> 00:00:25,536

of your view and to his right, astronaut Shannon Lucid.

6

00:00:25,536 --> 00:00:28,316

Orbit 2 team works with the crew in the second half of their crew day.

7

00:00:28,416 --> 00:00:31,546

This team relieves the Orbit 1 team which works with the crew

8

00:00:31,546 --> 00:00:35,136

from their wake-up through their midday meal.

9

00:00:35,356 --> 00:00:40,976

As you can see, the crew members here monitoring the vehicle systems and working together

10

00:00:40,976 --> 00:00:44,406

to review the plans and procedures for the activities coming

11

00:00:44,406 --> 00:00:46,896
up in the next few days of on-orbit activities.

12
00:00:48,526 --> 00:00:51,576
On board all the Expedition
30 crew tasks are going well.

13
00:00:51,576 --> 00:00:53,806
The crew is in the mid-afternoon
of their crew day.

14
00:00:57,606 --> 00:01:00,886
This is a look at the Expedition
30 crew with NASA astronaut

15
00:01:00,886 --> 00:01:02,766
and Commander Dan Burbank in the center.

16
00:01:03,146 --> 00:01:09,496
To his left is Russian cosmonaut
Anton Shkaplerov and to the right,

17
00:01:09,686 --> 00:01:11,976
fellow cosmonaut Anatoly Ivanishin.

18
00:01:13,056 --> 00:01:16,826
The three are working steadily through
their day's activities which have been a mix

19
00:01:16,826 --> 00:01:20,726
of proficiency training activities, some
science work and maintenance on board.

20
00:01:22,396 --> 00:01:27,366
Earlier in the afternoon, Commander Dan Burbank
wrapped up his robotics onboard trainer session.

21
00:01:27,826 --> 00:01:34,026
That was a checkout that included capture
practice training for the Dragon craft,

22
00:01:34,406 --> 00:01:37,796
as well as a checkout of the robotic simulator.

23
00:01:40,946 --> 00:01:44,486
That checkout not only provides
a checkout of the hardware itself

24
00:01:44,796 --> 00:01:51,556
but also provides proficiency training on
the Space Station Remote Manipulator System,

25
00:01:51,766 --> 00:01:55,546
or the Canadarm2 known as the
robotic arm for the space station.

26
00:01:57,046 --> 00:02:02,216
Captain Burbank also has on tap the
quarterly inspection of the onboard treadmill

27
00:02:02,216 --> 00:02:11,556
and will finish his day with some work on
the colloid flash disk exchange as part

28
00:02:11,556 --> 00:02:15,496
of the colloid experiment and then
one hour of exercise on the ARED,

29
00:02:15,526 --> 00:02:17,546
or the Advanced Resistive Exercise Device.

30
00:02:18,106 --> 00:02:21,456
His cosmonaut colleagues will continue
working in the Russian segment,

31
00:02:21,756 --> 00:02:27,106
unloading cargo from the Progress cargo craft
and then also performing an extensive cleaning

32

00:02:27,106 --> 00:02:30,626
in the Russian segment, specifically
a three-hour session to wipe down all

33

00:02:30,626 --> 00:02:32,916
of the surfaces in the FGB module.

34

00:02:33,436 --> 00:02:40,096
The morning routine was per the normal
plan for the space station crew.

35

00:02:40,096 --> 00:02:43,096
They woke up at midnight and
had time for their hygiene

36

00:02:43,406 --> 00:02:47,096
and breakfast before they started
their tasks, kicking off the activities

37

00:02:47,096 --> 00:02:50,976
with a daily planning conference with all
of the supporting flight control centers.

38

00:02:51,436 --> 00:02:57,086
Captain Burbank also spent a bit of his
morning working on the Japanese Nano experiment

39

00:02:57,086 --> 00:03:02,666
which studies the aggregation or mass phenonema
of colloids in the microgravity environment.

40

00:03:06,576 --> 00:03:12,016
The crew also worked on some work with
the Integrated Cardiovascular experiment

41

00:03:12,016 --> 00:03:16,296
which is an ongoing experiment that's been
done throughout the past several increments.

42

00:03:16,666 --> 00:03:20,046

They also performed an Emergency Health Monitoring contingency drill,

43

00:03:20,396 --> 00:03:22,466

giving the crew the opportunity to work as a team

44

00:03:22,466 --> 00:03:25,056

in resolving a simulated medical emergency on board.

45

00:03:25,656 --> 00:03:28,666

That training also refreshes their memory of the on-orbit stowage