

Expedition 33/ Soyuz 31 (TMA-05M) Landing Crew



**Suni
Williams**

Expedition 33
Commander



**Yuri
Malenchenko**

Exp. 33 Ft. Engineer
Soyuz Commander



**Akihiko
Hoshide**

Expedition 33
Flight Engineer

1
00:00:03,590 --> 00:00:05,690
This is mission control Houston.

2
00:00:05,690 --> 00:00:08,780
The clock is counting
down on the last few days

3
00:00:08,780 --> 00:00:12,270
of the International Space
Station's Expedition 33,

4
00:00:12,270 --> 00:00:14,610
where three crew members
are getting ready to return

5
00:00:14,610 --> 00:00:18,530
to Earth this weekend after
more than four months in space.

6
00:00:18,530 --> 00:00:20,110
Station commander Suni Williams

7
00:00:20,110 --> 00:00:22,060
and Flight Engineers
Yuri Malenchenko

8
00:00:22,060 --> 00:00:25,590
and Aki Hoshide will depart
the space station this Sunday

9
00:00:25,590 --> 00:00:30,780
afternoon at 4:26 p.m. Houston
time for a landing in Kazakhstan

10
00:00:30,780 --> 00:00:34,300
that will come just before
8 p.m. in the evening.

11
00:00:34,300 --> 00:00:37,700

On Thursday, all three of them continued their daily exercise

12

00:00:37,700 --> 00:00:41,680

sessions to keep in shape to be better prepared to deal

13

00:00:41,680 --> 00:00:43,820

with the one gravity environment

14

00:00:43,820 --> 00:00:46,470

that they are about to reencounter.

15

00:00:46,470 --> 00:00:50,070

For Malenchenko, he also started a session

16

00:00:50,070 --> 00:00:52,170

with the Russian protocol known

17

00:00:52,170 --> 00:00:54,760

as a lower body negative pressure.

18

00:00:54,760 --> 00:00:58,680

He wears an inflatable suit that uses air pressure

19

00:00:58,680 --> 00:01:03,360

to simulate gravity by pulling all of his legs.

20

00:01:03,360 --> 00:01:06,840

He wears that while exercising. Malenchenko also

21

00:01:06,840 --> 00:01:09,870

supervised the continued packing of the Soyuz vehicle

22

00:01:09,870 --> 00:01:12,790

that he will command
on the return trip.

23

00:01:12,790 --> 00:01:15,520

Hoshide spent time
today in exercise

24

00:01:15,520 --> 00:01:18,340

for the Sprint investigation
looking to find

25

00:01:18,340 --> 00:01:22,850

out if high-intensity exercise
in shorter spurts is better

26

00:01:22,850 --> 00:01:24,900

in fighting bone and muscle loss

27

00:01:24,900 --> 00:01:27,890

than long sessions
of moderate exercise.

28

00:01:27,890 --> 00:01:29,790

He also worked with Williams

29

00:01:29,790 --> 00:01:32,540

to replace a remote
power controller module

30

00:01:32,540 --> 00:01:34,820

in the Quest airlock.

31

00:01:36,390 --> 00:01:39,220

Kevin Ford had time
today to change out water

32

00:01:39,220 --> 00:01:43,370

in the enclosure for the Medaka fish, which is being used

33

00:01:43,370 --> 00:01:46,620

as an analog for human beings in an investigation

34

00:01:46,620 --> 00:01:50,740

into bone loss during an extended stay in microgravity.

35

00:01:50,740 --> 00:01:54,100

He later assisted the Suni Williams in fixing a leak

36

00:01:54,100 --> 00:01:57,570

in the carbon dioxide removal assembly, which is part

37

00:01:57,570 --> 00:02:00,680

of the air revitalization system on the station,

38

00:02:00,680 --> 00:02:04,630

and then installed new radiation area monitors.

39

00:02:04,630 --> 00:02:06,490

Flight Engineers Oleg Novitskiy

40

00:02:06,490 --> 00:02:09,830

and Evgeny Tarelkin completed a Russian public affairs event

41

00:02:09,830 --> 00:02:13,050

and both worked on Russian science

42

00:02:13,050 --> 00:02:15,660

with Tarelkin helping

Malenchenko

43

00:02:15,660 --> 00:02:18,640
with the lower body
negative pressure exercise,

44

00:02:18,640 --> 00:02:21,950
and Novitskiy also working
on transfers in and out

45

00:02:21,950 --> 00:02:24,110
of the Progress vehicle.

46

00:02:24,110 --> 00:02:26,740
Williams and Ford are
planning to take part

47

00:02:26,740 --> 00:02:30,080
in an educational event with
students at the National Air

48

00:02:30,080 --> 00:02:32,950
and Space Museum,
coming up this morning,

49

00:02:32,950 --> 00:02:36,760
and all the crew members will
then wrap up their days work

50

00:02:36,760 --> 00:02:40,070
as they continue to prepare
for the departure of Williams,

51

00:02:40,070 --> 00:02:42,180
Malenchenko and Hoshide
and the start