



HATCH

OVHD

EXIT

DECK

1  
00:00:12,270 --> 00:00:04,360  
patience is mission control are you

2  
00:00:20,170 --> 00:00:15,190  
hey Tom this is Jarrett thirty Seconds

3  
00:00:22,120 --> 00:00:20,180  
to Mars can you hear me hey Jared read

4  
00:00:24,210 --> 00:00:22,130  
you loud and clear great to hear your

5  
00:00:27,550 --> 00:00:24,220  
voice welcome onboard the space station

6  
00:00:33,489 --> 00:00:27,560  
thank you so much you look happy and

7  
00:00:35,560 --> 00:00:33,499  
healthy floating around there yeah feel

8  
00:00:37,419 --> 00:00:35,570  
the feel happy and healthy everybody's

9  
00:00:38,950 --> 00:00:37,429  
taking good care of us up here just

10  
00:00:41,529 --> 00:00:38,960  
finished their weight workout actually

11  
00:00:43,869 --> 00:00:41,539  
after a day of working on experiments so

12  
00:00:45,729 --> 00:00:43,879  
it's been a lot of fun so is it the end

13  
00:00:47,169 --> 00:00:45,739

of your day right now the beginning of

14

00:00:49,580 --> 00:00:47,179

your day what's it like for you right

15

00:00:55,020 --> 00:00:52,560

so right now it's mid-afternoon

16

00:00:57,510 --> 00:00:55,030

we're on Greenwich Mean Time woke up

17

00:00:59,460 --> 00:00:57,520

started after breakfast started doing a

18

00:01:02,160 --> 00:00:59,470

bunch of experiments in the Japanese

19

00:01:04,049 --> 00:01:02,170

module the Kibo and actually setting up

20

00:01:06,240 --> 00:01:04,059

a series of experiments that'll be going

21

00:01:08,490 --> 00:01:06,250

on over the next couple of weeks ahead

22

00:01:10,469 --> 00:01:08,500

lunch continued on with the work in the

23

00:01:12,300 --> 00:01:10,479

laboratory I had a couple of workouts

24

00:01:14,969 --> 00:01:12,310

and here we are in the middle of the

25

00:01:19,700 --> 00:01:14,979

middle of the afternoon now just think

26  
00:01:25,200 --> 00:01:22,920  
yeah as a matter of fact you do you know

27  
00:01:27,540 --> 00:01:25,210  
being in space in zero-gravity where

28  
00:01:29,270 --> 00:01:27,550  
your body doesn't have to work at all to

29  
00:01:32,070 --> 00:01:29,280  
stand up to sit down or even to lie down

30  
00:01:34,830 --> 00:01:32,080  
me floating in space is more relaxing to

31  
00:01:37,109 --> 00:01:34,840  
the muscles than even lying in bed on

32  
00:01:39,749 --> 00:01:37,119  
earth since we don't feel the effects of

33  
00:01:42,570 --> 00:01:39,759  
gravity so we would we would turn into

34  
00:01:44,969 --> 00:01:42,580  
jellyfish probably if we didn't work out

35  
00:01:46,850 --> 00:01:44,979  
we work out on a treadmill right here to

36  
00:01:49,920 --> 00:01:46,860  
the side of me is a cyclist odometer

37  
00:01:52,830 --> 00:01:49,930  
stationary bike if you will and we have

38  
00:01:55,199 --> 00:01:52,840

a great resistive exercise device we can

39

00:01:58,529 --> 00:01:55,209

lift up to 600 pounds I can't do that

40

00:01:59,760 --> 00:01:58,539

but one could and so we were working out

41

00:02:01,680 --> 00:01:59,770

the bones and the muscles to keep them

42

00:02:04,710 --> 00:02:01,690

all strong it's pretty important to be

43

00:02:10,230 --> 00:02:04,720

functional when we get back home really

44

00:02:12,030 --> 00:02:10,240

well up there oh you know it's probably

45

00:02:14,370 --> 00:02:12,040

different for different people when I

46

00:02:17,460 --> 00:02:14,380

first got here I was so excited and so

47

00:02:19,380 --> 00:02:17,470

much that I wanted to do that I did not

48

00:02:20,670 --> 00:02:19,390

sleep just great it's kind of like if

49

00:02:22,199 --> 00:02:20,680

you're really busy at work and you have

50

00:02:23,910 --> 00:02:22,209

deadlines and that kind of thing it's a

51  
00:02:25,440 --> 00:02:23,920  
little bit hard to sleep but as you

52  
00:02:27,630 --> 00:02:25,450  
progress as your body gets used to

53  
00:02:29,280 --> 00:02:27,640  
floating as well and not lying against a

54  
00:02:31,680 --> 00:02:29,290  
bed and your heads not against a pillow

55  
00:02:36,089 --> 00:02:31,690  
as you get used to that the sleep

56  
00:02:38,280 --> 00:02:36,099  
becomes just wonderful and what about

57  
00:02:39,839 --> 00:02:38,290  
what about eating how often do you have

58  
00:02:44,170 --> 00:02:39,849  
to eat you have to eat extra calories

59  
00:02:48,849 --> 00:02:46,209  
you know we listen to our bodies and eat

60  
00:02:50,770 --> 00:02:48,859  
when we're hungry the we were told that

61  
00:02:52,300 --> 00:02:50,780  
we can lose weight if we don't work at

62  
00:02:53,679 --> 00:02:52,310  
it there's something about we don't

63  
00:02:55,449 --> 00:02:53,689

quite understand it but something about

64

00:02:57,099 --> 00:02:55,459

living in zero gravity even though we

65

00:02:59,470 --> 00:02:57,109

are floating a lot of the time maybe

66

00:03:01,629 --> 00:02:59,480

it's all the workouts we do but we need

67

00:03:03,580 --> 00:03:01,639

more calories than we think we do and so

68

00:03:06,009 --> 00:03:03,590

we eat a good bit we have this pantry

69

00:03:07,720 --> 00:03:06,019

that's just stocked full of stuff we can

70

00:03:09,280 --> 00:03:07,730

eat whenever we have time and there is

71

00:03:12,550 --> 00:03:09,290

time set aside for each meal of the day

72

00:03:15,009 --> 00:03:12,560

so we work it in the foods great what

73

00:03:21,759 --> 00:03:15,019

about dreams what are your dreams like

74

00:03:23,289 --> 00:03:21,769

up there they vivid they different you

75

00:03:26,020 --> 00:03:23,299

know I've talked a lot of astronauts

76

00:03:28,750 --> 00:03:26,030

about that and my dreams have not

77

00:03:30,610 --> 00:03:28,760

changed but I understand a lot of

78

00:03:32,830 --> 00:03:30,620

astronauts have floating dreams that's

79

00:03:35,050 --> 00:03:32,840

typically the the most common kind that

80

00:03:36,729 --> 00:03:35,060

are different well I take that back I

81

00:03:39,759 --> 00:03:36,739

did have one floating dream I was

82

00:03:41,259 --> 00:03:39,769

outside of the space station not in a

83

00:03:43,690 --> 00:03:41,269

spacesuit floating around the outside

84

00:03:45,970 --> 00:03:43,700

and looking at it and that was as a

85

00:03:47,920 --> 00:03:45,980

little bit exciting a little overly

86

00:03:50,080 --> 00:03:47,930

exciting at the time but when I had the

87

00:03:56,189 --> 00:03:50,090

dream but it was a lot of fun actually

88

00:04:00,369 --> 00:03:58,809

you know it actually does so you're

89

00:04:03,429 --> 00:04:00,379

looking at this module here and we're

90

00:04:05,110 --> 00:04:03,439

surrounded by outer space just on the on

91

00:04:07,479 --> 00:04:05,120

the sides here in the top and the bottom

92

00:04:09,399 --> 00:04:07,489

surrounded by outer space all around and

93

00:04:11,439 --> 00:04:09,409

you'd think it'd be kind of confining

94

00:04:14,050 --> 00:04:11,449

but the the space station it's about the

95

00:04:16,300 --> 00:04:14,060

size of a five bedroom house and you can

96

00:04:18,610 --> 00:04:16,310

you don't have to stand on the floor I

97

00:04:20,469 --> 00:04:18,620

can use the wall as a floor I can be up

98

00:04:22,870 --> 00:04:20,479

on the ceiling so you actually have more

99

00:04:24,540 --> 00:04:22,880

space than you think you do it's easy to

100

00:04:27,070 --> 00:04:24,550

move around we can float by each other

101  
00:04:28,899 --> 00:04:27,080  
sometimes we move these racks up we

102  
00:04:32,710 --> 00:04:28,909  
obstruct the area completely but we can

103  
00:04:33,640 --> 00:04:32,720  
still easily float on by so actually it

104  
00:04:36,129 --> 00:04:33,650  
feels quite spacious

105  
00:04:39,279 --> 00:04:36,139  
we don't feel I don't feel confined at

106  
00:04:44,500 --> 00:04:39,289  
all that's amazing do you ever listen to

107  
00:04:50,160 --> 00:04:48,250  
I do during workouts is the most common

108  
00:04:53,110 --> 00:04:50,170  
time I think when people listen to music

109  
00:04:54,400 --> 00:04:53,120  
sometimes not me but others might listen

110  
00:04:56,440 --> 00:04:54,410  
to music while they're working on their

111  
00:04:59,050 --> 00:04:56,450  
laptop something like that

112  
00:05:01,600 --> 00:04:59,060  
so music very much a part of our lives

113  
00:05:04,060 --> 00:05:01,610

up here Chris Hadfield is a musician

114

00:05:05,850 --> 00:05:04,070

himself a performer and so he's been

115

00:05:09,940 --> 00:05:05,860

playing and recording some music up here

116

00:05:11,800 --> 00:05:09,950

but quite a few astronauts actually play

117

00:05:14,860 --> 00:05:11,810

instruments I play a little classical

118

00:05:17,590 --> 00:05:14,870

guitar myself but listening music helps

119

00:05:18,970 --> 00:05:17,600

us get through the workouts and for some

120

00:05:19,260 --> 00:05:18,980

people might help him relax at night as

121

00:05:24,280 --> 00:05:19,270

well

122

00:05:26,650 --> 00:05:24,290

got it did you did you get this TV from

123

00:05:29,230 --> 00:05:26,660

a little band called thirty Seconds to

124

00:05:40,000 --> 00:05:29,240

Mars this song called up in here did you

125

00:05:41,530 --> 00:05:40,010

get that did it make it up there it's

126  
00:05:43,440 --> 00:05:41,540  
now doing something you could never do

127  
00:05:48,910 --> 00:05:43,450  
on the air

128  
00:05:51,880 --> 00:05:48,920  
that's incredible the CD is flying up

129  
00:05:54,490 --> 00:05:51,890  
here very very cool that's well that's a

130  
00:05:56,050 --> 00:05:54,500  
that's a that's a moment of uh that will

131  
00:05:58,090 --> 00:05:56,060  
never forget right there thank you so

132  
00:06:03,610 --> 00:05:58,100  
much for spinning that around we've been

133  
00:06:07,260 --> 00:06:03,620  
wondering and thinking about that a lot

134  
00:06:15,070 --> 00:06:07,270  
that's great it's wonderful

135  
00:06:17,800 --> 00:06:15,080  
we found it surprising that you go yeah

136  
00:06:21,400 --> 00:06:17,810  
we have we have that we have other

137  
00:06:23,320 --> 00:06:21,410  
devices you know just can listen to WAV

138  
00:06:26,080 --> 00:06:23,330

files that sort of thing but having a CD

139

00:06:27,910 --> 00:06:26,090

around is very nice as well I actually

140

00:06:30,330 --> 00:06:27,920

wrote a little note to you guys I hope

141

00:06:37,510 --> 00:06:30,340

that you got it it was in the CD

142

00:06:40,300 --> 00:06:37,520

alongside it sure did read it was very

143

00:06:41,770 --> 00:06:40,310

nice really appreciated we pulled it out

144

00:06:44,080 --> 00:06:41,780

and read it after Kevin had left he

145

00:06:45,700 --> 00:06:44,090

didn't have a chance to see it but Chris

146

00:06:46,840 --> 00:06:45,710

Hadfield had a chance to read it and

147

00:06:49,300 --> 00:06:46,850

Roman Romanenko

148

00:06:50,560 --> 00:06:49,310

our Russian colleague and when three

149

00:06:51,970 --> 00:06:50,570

more come up we'll have a chance to read

150

00:06:55,100 --> 00:06:51,980

it as well that was very nice thank you

151  
00:06:57,860 --> 00:06:55,110  
well you know on behalf of

152  
00:07:01,130 --> 00:06:57,870  
Jarrid shannon and tomo from 30 seconds

153  
00:07:03,350 --> 00:07:01,140  
to mars were really so proud to have

154  
00:07:07,130 --> 00:07:03,360  
shared this with you guys

155  
00:07:09,080 --> 00:07:07,140  
here at NASA you you teach us time and

156  
00:07:11,510 --> 00:07:09,090  
time again that the impossible is indeed

157  
00:07:17,510 --> 00:07:11,520  
impossible and and keep pushing on the

158  
00:07:19,250 --> 00:07:17,520  
limits of Technology and it's just such

159  
00:07:20,930 --> 00:07:19,260  
an amazing and inspiring thing that

160  
00:07:23,030 --> 00:07:20,940  
you're all doing I'd love to ask you a

161  
00:07:24,680 --> 00:07:23,040  
couple of questions that we gathered

162  
00:07:30,830 --> 00:07:24,690  
from fans around the world if that's

163  
00:07:33,500 --> 00:07:30,840

okay oh please that'd be great

164

00:07:35,390 --> 00:07:33,510

what this is from at Mars and mummy

165

00:07:42,290 --> 00:07:35,400

that's the Twitter handle what's your

166

00:07:44,810 --> 00:07:42,300

most memorable moment on the ISS that is

167

00:07:46,880 --> 00:07:44,820

really hard to say but I there's two

168

00:07:48,170 --> 00:07:46,890

that I think you know in you know 20

169

00:07:51,410 --> 00:07:48,180

years from now that I'll still be

170

00:07:54,380 --> 00:07:51,420

thinking about one was my last few

171

00:07:56,420 --> 00:07:54,390

seconds on my spacewalk that I did when

172

00:07:59,000 --> 00:07:56,430

I was on the on a shuttle flight up here

173

00:08:00,710 --> 00:07:59,010

on a construction mission and it was my

174

00:08:02,450 --> 00:08:00,720

last few seconds on my last spacewalk

175

00:08:04,280 --> 00:08:02,460

and just looking down between my feet

176

00:08:06,110 --> 00:08:04,290

down at the earth and I believe I was

177

00:08:07,910 --> 00:08:06,120

looking at the Kamchatka Peninsula on

178

00:08:09,640 --> 00:08:07,920

the eastern coast of Russia and looking

179

00:08:12,080 --> 00:08:09,650

at the mountains in the alpenglow and

180

00:08:14,090 --> 00:08:12,090

that was a spectacularly beautiful

181

00:08:15,650 --> 00:08:14,100

moment but a poignant one for me because

182

00:08:17,510 --> 00:08:15,660

I I didn't know if that would be the

183

00:08:19,340 --> 00:08:17,520

last spacewalk I'd ever do and as it

184

00:08:21,500 --> 00:08:19,350

turns out it probably was the other

185

00:08:23,480 --> 00:08:21,510

moment most of us share our best moments

186

00:08:25,880 --> 00:08:23,490

with a colleague and another moment was

187

00:08:28,010 --> 00:08:25,890

looking out the window looking at the

188

00:08:30,860 --> 00:08:28,020

East Coast with a storm again at sunset

189

00:08:32,390 --> 00:08:30,870

there was lightning in the storm you

190

00:08:35,360 --> 00:08:32,400

could see greens and blues and yellows

191

00:08:37,010 --> 00:08:35,370

and oranges in the lightning but the

192

00:08:39,440 --> 00:08:37,020

Lightning was buried in the clouds so is

193

00:08:42,520 --> 00:08:39,450

just these Tufts of light scattered all

194

00:08:44,660 --> 00:08:42,530

around and it was just breathtaking

195

00:08:46,250 --> 00:08:44,670

really felt at that moment almost like

196

00:08:47,420 --> 00:08:46,260

an alien looking down at Earth seeing

197

00:08:49,490 --> 00:08:47,430

something that otherwise you just

198

00:08:51,110 --> 00:08:49,500

couldn't see so I'll certainly never

199

00:08:52,280 --> 00:08:51,120

forget that particularly because I was

200

00:09:01,130 --> 00:08:52,290

able to share it with one of my

201  
00:09:02,960 --> 00:09:01,140  
crewmates if you could choose to live

202  
00:09:08,780 --> 00:09:02,970  
either in space

203  
00:09:10,900 --> 00:09:08,790  
which would it be you know I spent my

204  
00:09:14,000 --> 00:09:10,910  
whole life being curious about space and

205  
00:09:15,890 --> 00:09:14,010  
I'm very lucky very privileged to have

206  
00:09:19,850 --> 00:09:15,900  
that curiosity satisfied there's always

207  
00:09:22,310 --> 00:09:19,860  
more to learn but as wonderful as it is

208  
00:09:23,870 --> 00:09:22,320  
up here we all kind of agree we look

209  
00:09:25,850 --> 00:09:23,880  
back at the earth and we fall back in

210  
00:09:29,150 --> 00:09:25,860  
love with the earth again

211  
00:09:31,010 --> 00:09:29,160  
and so yeah my place is feeling the

212  
00:09:33,410 --> 00:09:31,020  
feeling the pull of gravity my feet on

213  
00:09:35,720 --> 00:09:33,420

the ground not only because my family is

214

00:09:37,010 --> 00:09:35,730

there my friends are there but you know

215

00:09:39,650 --> 00:09:37,020

that's where we came from and that's

216

00:09:42,650 --> 00:09:39,660

kind of where our bodies are tuned to

217

00:09:44,360 --> 00:09:42,660

belong in a lot of ways it'll be a very

218

00:09:45,740 --> 00:09:44,370

exciting thing when people are able to

219

00:09:47,180 --> 00:09:45,750

leave the earth and go somewhere but I

220

00:09:49,790 --> 00:09:47,190

think we'll always long for the earth

221

00:09:53,120 --> 00:09:49,800

and look back at it with with wonderful

222

00:09:54,410 --> 00:09:53,130

memories and certainly the earth has

223

00:10:01,070 --> 00:09:54,420

taken very good care of us and getting

224

00:10:09,800 --> 00:10:01,080

us this far here's another question does

225

00:10:11,930 --> 00:10:09,810

the time this is by happy year end the

226

00:10:19,040 --> 00:10:11,940

ISS is a long time how does the time go

227

00:10:21,950 --> 00:10:19,050

by for you is it quick or it's amazing

228

00:10:24,380 --> 00:10:21,960

Jared the we have a saying up here that

229

00:10:25,970 --> 00:10:24,390

the the workweek consists of a Monday

230

00:10:28,430 --> 00:10:25,980

and a Friday with only just a couple of

231

00:10:29,110 --> 00:10:28,440

hours in between it goes by so fast you

232

00:10:31,790 --> 00:10:29,120

wouldn't believe it

233

00:10:33,800 --> 00:10:31,800

mostly because every moment is

234

00:10:35,510 --> 00:10:33,810

interesting and and exciting just you

235

00:10:37,160 --> 00:10:35,520

know it's exciting to talk to you it's

236

00:10:38,150 --> 00:10:37,170

exciting to float this microphone in

237

00:10:40,310 --> 00:10:38,160

front of me

238

00:10:43,820 --> 00:10:40,320

nothing ever gets old but mostly because

239

00:10:46,010 --> 00:10:43,830

we have meaningful very intense work to

240

00:10:47,990 --> 00:10:46,020

do in these in all of these laboratories

241

00:10:49,880 --> 00:10:48,000

and we're seeing amazing results every

242

00:10:51,380 --> 00:10:49,890

day we don't understand them all but we

243

00:10:52,610 --> 00:10:51,390

relate them to the scientists on the

244

00:10:56,240 --> 00:10:52,620

ground who are figuring out what it all

245

00:10:58,250 --> 00:10:56,250

means and it's just it's a whirlwind of

246

00:11:00,230 --> 00:10:58,260

activity that is intensely exciting and

247

00:11:02,210 --> 00:11:00,240

of course time just flies by when that

248

00:11:03,800 --> 00:11:02,220

happens what's one thing that you'd love

249

00:11:06,050 --> 00:11:03,810

to see happen in space that hasn't

250

00:11:11,410 --> 00:11:06,060

happen in space besides get up in the

251  
00:11:17,889 --> 00:11:14,829  
if you mean as a nation of would love to

252  
00:11:19,840 --> 00:11:17,899  
get back outside of low-earth orbit as

253  
00:11:22,449 --> 00:11:19,850  
low-earth orbit is an important place to

254  
00:11:23,980 --> 00:11:22,459  
be to learn how to how to do spaceflight

255  
00:11:26,949 --> 00:11:23,990  
so you can we can mature as a

256  
00:11:28,809 --> 00:11:26,959  
spacefaring nation but regardless of the

257  
00:11:30,340 --> 00:11:28,819  
destination whether it's Mars an

258  
00:11:32,079 --> 00:11:30,350  
asteroid or the moon

259  
00:11:35,379 --> 00:11:32,089  
I think everybody's looking forward to

260  
00:11:38,199 --> 00:11:35,389  
to getting back beyond that and seeing

261  
00:11:40,179 --> 00:11:38,209  
those photos and hearing the voice of

262  
00:11:44,319 --> 00:11:40,189  
the person that looks back and sees the

263  
00:11:46,360 --> 00:11:44,329

earth as a sphere as a ball again that's

264

00:12:01,769 --> 00:11:46,370

an incredibly meaningful moment and

265

00:12:07,840 --> 00:12:05,949

oh yeah yeah no there's there's the

266

00:12:10,869 --> 00:12:07,850

outside the window strange things and

267

00:12:13,689 --> 00:12:10,879

then and inside the cabin the Aurora

268

00:12:16,660 --> 00:12:13,699

Australis and the Rory borealis are the

269

00:12:18,220 --> 00:12:16,670

two things that that really takes your

270

00:12:21,460 --> 00:12:18,230

breath away the first time you see it it

271

00:12:24,160 --> 00:12:21,470

looks very alien just curtains of this

272

00:12:26,650 --> 00:12:24,170

subtle faint green glow that dance and

273

00:12:28,990 --> 00:12:26,660

move around as you come close to the

274

00:12:31,900 --> 00:12:29,000

poles in your orbit I saw a shooting

275

00:12:34,780 --> 00:12:31,910

star my first one actually and that was

276

00:12:35,980 --> 00:12:34,790

under me it's between you and the Earth

277

00:12:37,449 --> 00:12:35,990

that you see it happened go through the

278

00:12:39,220 --> 00:12:37,459

atmosphere and usually you don't see

279

00:12:41,290 --> 00:12:39,230

anything moving except the slow motion

280

00:12:44,439 --> 00:12:41,300

of the earth going by so that that's

281

00:12:46,269 --> 00:12:44,449

striking to see that I think one of the

282

00:12:48,519 --> 00:12:46,279

strangest things it's a perception issue

283

00:12:50,410 --> 00:12:48,529

when you get up here your eyes aren't

284

00:12:52,660 --> 00:12:50,420

used to seeing the movements that you

285

00:12:54,999 --> 00:12:52,670

see here and when I first got up here a

286

00:12:57,069 --> 00:12:55,009

colleague a crew mate went flying by me

287

00:12:59,019 --> 00:12:57,079

and for a split second my brain said

288

00:13:00,850 --> 00:12:59,029

that's got to be a cat there's got to be

289

00:13:02,949 --> 00:13:00,860

a panther this big thing that just

290

00:13:04,269 --> 00:13:02,959

sliding by you like that and of course

291

00:13:06,160 --> 00:13:04,279

you see it you know what it is right

292

00:13:07,660 --> 00:13:06,170

away but the perception for a split

293

00:13:09,160 --> 00:13:07,670

second kind of makes your heart jump and

294

00:13:12,100 --> 00:13:09,170

go what was that and you go oh it's just

295

00:13:13,869 --> 00:13:12,110

my crewmate so your perception gives you

296

00:13:16,119 --> 00:13:13,879

a lot of strange alien feelings when

297

00:13:19,389 --> 00:13:16,129

you're inside the cabin as well Wow

298

00:13:20,430 --> 00:13:19,399

so is there an up-and-down for you at

299

00:13:22,650 --> 00:13:20,440

all do you kind

300

00:13:24,900 --> 00:13:22,660

orientate yourself to a certain

301  
00:13:27,960 --> 00:13:24,910  
direction once you get familiar with the

302  
00:13:32,670 --> 00:13:27,970  
equipment and the inside of the space

303  
00:13:34,140 --> 00:13:32,680  
station there are parts of the space

304  
00:13:35,640 --> 00:13:34,150  
station where there is no up-and-down

305  
00:13:37,740 --> 00:13:35,650  
you it's kind of like you're a hamster

306  
00:13:39,390 --> 00:13:37,750  
inside of a little tunnel but places

307  
00:13:41,070 --> 00:13:39,400  
like this you know it might look to you

308  
00:13:42,960 --> 00:13:41,080  
like there isn't up and down but I've

309  
00:13:45,450 --> 00:13:42,970  
got a the galley right behind me that's

310  
00:13:49,080 --> 00:13:45,460  
on the ceiling and the longer you spend

311  
00:13:50,940 --> 00:13:49,090  
up here the less you care what the name

312  
00:13:52,830 --> 00:13:50,950  
of the surface is they're all the same

313  
00:13:55,140 --> 00:13:52,840

my feet might be on what we call the

314

00:13:57,590 --> 00:13:55,150

deck right now but it could be a ceiling

315

00:13:58,740 --> 00:13:57,600

it could be a wall it could be anything

316

00:14:00,420 --> 00:13:58,750

really

317

00:14:02,790 --> 00:14:00,430

and as you adapt you get used to that

318

00:14:05,040 --> 00:14:02,800

and you can just spin around and orient

319

00:14:15,220 --> 00:14:05,050

yourself very easily so it's just like

320

00:14:19,690 --> 00:14:18,130

and actually I'm not upside-down the

321

00:14:22,330 --> 00:14:19,700

camera is upside-down now the camera is

322

00:14:28,660 --> 00:14:22,340

attached to the ceiling okay I'm on the

323

00:14:30,730 --> 00:14:28,670

floor right away there's a question have

324

00:14:32,830 --> 00:14:30,740

you ever danced in the space and will

325

00:14:38,740 --> 00:14:32,840

you show us what a little dance is like

326

00:14:45,290 --> 00:14:42,139

okay the answer to the first one is no I

327

00:14:46,940 --> 00:14:45,300

have not danced in space and therefore I

328

00:14:48,350 --> 00:14:46,950

can't show you any dance that I would do

329

00:14:51,860 --> 00:14:48,360

but there are certain things you can do

330

00:14:54,860 --> 00:14:51,870

in space that dancers cannot do on the

331

00:14:55,940 --> 00:14:54,870

ground it's not fair because I don't

332

00:15:07,770 --> 00:14:55,950

have to deal with gravity but it's

333

00:15:14,430 --> 00:15:11,040

scientists we we love the demonstrations

334

00:15:17,670 --> 00:15:14,440

of angular momentum as well so it's

335

00:15:26,000 --> 00:15:20,220

do you often hit your head in space

336

00:15:28,890 --> 00:15:26,010

that's a question from Julia Julia 23

337

00:15:30,990 --> 00:15:28,900

that is a great question and answers yes

338

00:15:32,970 --> 00:15:31,000

unfortunately especially when you first

339

00:15:36,030 --> 00:15:32,980

get here and then is probably like a

340

00:15:37,470 --> 00:15:36,040

skier or a toddler learning to walk the

341

00:15:38,490 --> 00:15:37,480

more confidence you get the faster you

342

00:15:41,340 --> 00:15:38,500

go and then you have to learn your

343

00:15:42,990 --> 00:15:41,350

lessons all over again so I don't I

344

00:15:45,600 --> 00:15:43,000

don't whack my head on hatches anymore

345

00:15:46,860 --> 00:15:45,610

but you know you get busy you lift your

346

00:15:48,990 --> 00:15:46,870

head up and you might hit a laptop you

347

00:15:50,610 --> 00:15:49,000

see things all around us so yeah your

348

00:15:52,710 --> 00:15:50,620

head head gets used to getting bumped

349

00:15:54,540 --> 00:15:52,720

quite a bit and the more experience you

350

00:15:56,580 --> 00:15:54,550

get the more you learn to look behind

351  
00:15:59,600 --> 00:15:56,590  
you before you start to move around too

352  
00:16:04,680 --> 00:16:02,160  
we have one minute left so just a couple

353  
00:16:07,520 --> 00:16:04,690  
more quick questions being up in the

354  
00:16:15,000 --> 00:16:07,530  
space does it make you think about

355  
00:16:16,980 --> 00:16:15,010  
Humanity differently absolutely because

356  
00:16:20,550 --> 00:16:16,990  
the world is so beautiful from what we

357  
00:16:23,270 --> 00:16:20,560  
see but we don't see the activity of the

358  
00:16:26,340 --> 00:16:23,280  
humans down there we read about it and

359  
00:16:29,550 --> 00:16:26,350  
it's all astronauts say this you see the

360  
00:16:31,740 --> 00:16:29,560  
earth there's no borders there the

361  
00:16:33,750 --> 00:16:31,750  
atmosphere is only just about an inch

362  
00:16:35,579 --> 00:16:33,760  
thick if you hold your hand out and do

363  
00:16:37,950 --> 00:16:35,589

your fingers like that so it's the earth

364

00:16:41,370 --> 00:16:37,960

is an incredibly fragile precious place

365

00:16:44,010 --> 00:16:41,380

where the humans live and so it's it

366

00:16:47,400 --> 00:16:44,020

gives you a lot of love for not only the

367

00:16:50,280 --> 00:16:47,410

planet before the humans on it and you

368

00:16:51,750 --> 00:16:50,290

wish sometimes we wish we could behave

369

00:16:54,630 --> 00:16:51,760

better sometimes down there but

370

00:16:56,220 --> 00:16:54,640

ultimately it gives you a lot of thrill

371

00:16:58,710 --> 00:16:56,230

and a lot of confidence in the future of

372

00:17:01,320 --> 00:16:58,720

the human race well our band is called

373

00:17:03,360 --> 00:17:01,330

thirty Seconds to Mars and someone wants

374

00:17:09,929 --> 00:17:03,370

to know if we'll ever actually be thirty

375

00:17:12,050 --> 00:17:09,939

seconds of our oh I think it's there's

376

00:17:15,720 --> 00:17:12,060

no question at all the question is when

377

00:17:17,910 --> 00:17:15,730

Mars is kind of a sister or a brother to

378

00:17:19,860 --> 00:17:17,920

the planet earth along with Venus a lot

379

00:17:21,630 --> 00:17:19,870

to learn there and that seems to be a

380

00:17:23,790 --> 00:17:21,640

logical place for humans to go

381

00:17:26,040 --> 00:17:23,800

someday so I think there's no question

382

00:17:27,960 --> 00:17:26,050

we will be well maybe you can make a

383

00:17:30,210 --> 00:17:27,970

dream come true and just say our band

384

00:17:34,980 --> 00:17:30,220

name from space one time so we can have

385

00:17:37,620 --> 00:17:34,990

it blast it out to the universe well

386

00:17:38,970 --> 00:17:37,630

Jared and Shanon and tomo of thirty

387

00:17:41,070 --> 00:17:38,980

Seconds to Mars great talking to you

388

00:17:44,160 --> 00:17:41,080

today welcome aboard the space station

389

00:17:46,410 --> 00:17:44,170

and really enjoyed having a few moments

390

00:17:48,270 --> 00:17:46,420

with you thank you you've made a dream

391

00:17:51,600 --> 00:17:48,280

come true all you guys here so NASA

392

00:17:58,320 --> 00:17:51,610

thank you we love you guys see you next

393

00:18:04,250 --> 00:17:58,330

time we'll see you next time thanks very

394

00:18:07,850 --> 00:18:04,260

much we're all waving to you and smiling

395

00:18:09,570 --> 00:18:07,860

ear to hear this has been a pleasure and

396

00:18:14,940 --> 00:18:09,580

we'll see you another time

397

00:18:16,650 --> 00:18:14,950

thanks so much and safe travels thank

398

00:18:20,820 --> 00:18:16,660

you very much yeah y'all travel safely

399

00:18:22,470 --> 00:18:20,830

too this is Mission Control Houston this