



1  
00:00:00,900 --> 00:00:07,006  
[ Crowd Cheering ]

2  
00:00:07,006 --> 00:00:11,077  
[ Speaking in Foreign Language ]

3  
00:00:11,077 --> 00:00:12,511  
>> Now his smiles  
will be broader.

4  
00:00:12,511 --> 00:00:21,587  
[ Inaudible Background  
Dialogue ]

5  
00:00:43,042 --> 00:00:45,111  
[ Speaking Foreign Language ]

6  
00:01:29,054 --> 00:01:31,056  
>> So you exercise here daily?

7  
00:01:31,056 --> 00:01:31,724  
>> That's right.

8  
00:01:31,724 --> 00:01:33,125  
We're here Baikonur.

9  
00:01:33,125 --> 00:01:36,929  
This is the gym that we get  
to use for lifting weights,

10  
00:01:36,929 --> 00:01:39,098  
but we also, behind us,  
there is a badminton court

11  
00:01:39,098 --> 00:01:40,366  
and then we have opportunities

12  
00:01:40,366 --> 00:01:42,768

to run outside a  
little bit as well.

13

00:01:42,768 --> 00:01:47,873

So, it's a good opportunity for  
us to stay fit and keep working

14

00:01:47,873 --> 00:01:48,541

out right before launch.

15

00:01:48,541 --> 00:01:48,974

>> Thanks a lot.

16

00:01:48,974 --> 00:01:49,742

>> Yeah.

17

00:01:49,742 --> 00:01:57,149

[ Inaudible Conversation ]

18

00:01:57,149 --> 00:02:01,253

>> So, you have arrived here  
with the crew on last Friday

19

00:02:01,253 --> 00:02:03,222

and you've been here  
for five days.

20

00:02:03,222 --> 00:02:07,760

What you have been busy with  
over those five past days?

21

00:02:07,760 --> 00:02:09,328

>> Yeah, the first  
thing we did, actually,

22

00:02:09,328 --> 00:02:12,865

after we arrived was we  
had our first fit check.

23

00:02:12,865 --> 00:02:15,467

And that was where you  
-- for the first time,

24

00:02:15,467 --> 00:02:16,602

you get to see your vehicle.

25

00:02:16,602 --> 00:02:19,605

You get to crawl inside  
of it and actually go

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00:02:19,605 --> 00:02:20,706

through some com checks.

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00:02:20,706 --> 00:02:22,541

Go through your suit  
checks in it as well.

28

00:02:22,541 --> 00:02:26,212

So that was very exciting to  
actually put on your own suit

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00:02:26,212 --> 00:02:27,580

and crawl into your own vehicle.

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00:02:27,580 --> 00:02:30,516

So that was probably  
the biggest activity

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00:02:30,516 --> 00:02:31,984

that we had upon arrival.

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00:02:31,984 --> 00:02:35,054

Since that time, we've also  
been doing things like going

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00:02:35,054 --> 00:02:36,455

over our board documentation.

34

00:02:36,455 --> 00:02:39,558  
Those are the procedures that we  
use, the checklists that we go

35  
00:02:39,558 --> 00:02:42,061  
through as we're getting ready  
for launch and once we're

36  
00:02:42,061 --> 00:02:44,063  
on orbit and docking  
to the station.

37  
00:02:44,063 --> 00:02:46,031  
And, other things,  
like physical activity.

38  
00:02:46,031 --> 00:02:47,333  
This is a good chance  
for us just

39  
00:02:47,333 --> 00:02:49,868  
to get some last couple weeks

40  
00:02:49,868 --> 00:02:52,204  
of physical activity,  
last chance to run.

41  
00:02:52,204 --> 00:02:55,207  
As you can see right now, it's  
absolutely beautiful out here

42  
00:02:55,207 --> 00:02:56,775  
and so it's nice to be able

43  
00:02:56,775 --> 00:02:59,912  
to run outside a little bit  
before we get up on station.

44  
00:02:59,912 --> 00:03:02,281  
>> So what about the tradition

you participated in today?

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00:03:02,281 --> 00:03:04,550

>> Yeah, it's actually, it was a -- it's a fun tradition.

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00:03:04,550 --> 00:03:08,487

There's a lot of history behind it so today, Sergey, my crewmate

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00:03:08,487 --> 00:03:11,123

and myself, we had an opportunity to plant trees

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00:03:11,123 --> 00:03:13,559

that will have our names in front of them

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00:03:13,559 --> 00:03:16,128

and so that's just very special to be a part of it

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00:03:16,128 --> 00:03:19,999

because when you look behind me you can probably see the row

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00:03:19,999 --> 00:03:21,734

of trees along the sidewalk

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00:03:21,734 --> 00:03:23,335

and it goes all the way back to Gregaran.

53

00:03:23,335 --> 00:03:25,604

So to have an opportunity to be a part