



1
00:00:00,766 --> 00:00:04,036
[Music]

2
00:00:04,036 --> 00:00:06,772
>> [Background Music] My name is
Steve Swanson, NASA astronaut.

3
00:00:06,772 --> 00:00:08,574
I'll be on a International
Space Station

4
00:00:08,574 --> 00:00:11,310
for Expedition 39 and 40.

5
00:00:11,310 --> 00:00:14,513
I'll be Flight Engineer for
39 and Commander for 40.

6
00:00:14,513 --> 00:00:23,055
[Music]

7
00:00:23,055 --> 00:00:24,657
That's where I spent
my most time then

8
00:00:24,657 --> 00:00:26,826
as a child growing
up was in Steamboat.

9
00:00:26,826 --> 00:00:28,327
I love the area tremendously.

10
00:00:28,327 --> 00:00:30,596
The Rocky Mountains
are a beautiful area.

11
00:00:30,596 --> 00:00:32,731
I just enjoy being
there, being outside.

12

00:00:32,731 --> 00:00:36,368

Even it's the atmosphere
of the location.

13

00:00:36,368 --> 00:00:38,871

It had a lot of agricultural
ranching

14

00:00:38,871 --> 00:00:40,873

but then also a resort
town at the same time,

15

00:00:40,873 --> 00:00:44,743

so it had many different
aspects to the town itself.

16

00:00:44,743 --> 00:00:46,912

It was a great place to grow up.

17

00:00:46,912 --> 00:00:48,180

I still love the mountains.

18

00:00:48,180 --> 00:00:49,682

I still love being in the woods.

19

00:00:49,682 --> 00:00:52,351

I still love doing all
that kind of outdoor stuff

20

00:00:52,351 --> 00:00:56,355

and I think that's what the
area taught or brought to me.

21

00:00:56,355 --> 00:00:59,758

I feel the most comfortable
in the outdoors.

22

00:00:59,758 --> 00:01:00,793

I love camping.

23

00:01:00,793 --> 00:01:02,695

I can relax tremendously.

24

00:01:02,695 --> 00:01:04,096

No pressure's on you.

25

00:01:04,096 --> 00:01:06,932

All you have to do is
eat, sleep when you want

26

00:01:06,932 --> 00:01:08,567

to if you can, you know.

27

00:01:08,567 --> 00:01:09,602

There's nothing really else

28

00:01:09,602 --> 00:01:11,470

to do beside survive
and just have fun.

29

00:01:11,470 --> 00:01:14,840

And so there's no other
requirements on your life then,

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00:01:14,840 --> 00:01:16,475

and I really enjoy that.

31

00:01:16,475 --> 00:01:18,177

I enjoy being with my family.

32

00:01:18,177 --> 00:01:22,047

I also deal with my brother
and his family and the nephews

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00:01:22,047 --> 00:01:23,149

and all sorts of people.

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00:01:23,149 --> 00:01:24,950

We go and make a big
trip out of it together

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00:01:24,950 --> 00:01:28,254

so it definitely
is a family event.

36

00:01:28,254 --> 00:01:30,556

But we'll start off, usually
we do a backpacking trip

37

00:01:30,556 --> 00:01:34,493

at least once during the
summertime, and the idea going

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00:01:34,493 --> 00:01:37,363

in is we're going to go on a
hard hike on the first day.

39

00:01:37,363 --> 00:01:38,898

We'll carry everything we need

40

00:01:38,898 --> 00:01:40,566

and then we'll set
up a base camp.

41

00:01:40,566 --> 00:01:41,700

From there we'll do day hikes.

42

00:01:41,700 --> 00:01:43,969

On the day hikes we
can go climb a peak.

43

00:01:43,969 --> 00:01:45,204

We'll go off to the
lakes to check

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00:01:45,204 --> 00:01:47,106

out the fishing in
different spots.

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00:01:47,106 --> 00:01:48,774

Just explore the area.

46

00:01:48,774 --> 00:01:51,343

And we do a lot of research
actually where we go, too,

47

00:01:51,343 --> 00:01:54,146

just because we like to find
places that are new to us

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00:01:54,146 --> 00:01:56,782

and also everything not
anybody else is going to be.

49

00:01:56,782 --> 00:01:59,318

Not many people go to
those kind of areas.

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00:01:59,318 --> 00:02:02,054

And so it's a fun, a
actual adventure just

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00:02:02,054 --> 00:02:04,823

in planning the whole
thing out and executing it

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00:02:04,823 --> 00:02:07,593

and then coming back and
telling all the stories.

53

00:02:07,593 --> 00:02:09,962

I think it's innate
in most people

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00:02:09,962 --> 00:02:11,931

to explore and find new spots.

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00:02:11,931 --> 00:02:14,633

That's, again, why one
reason I became an astronaut.

56

00:02:14,633 --> 00:02:17,770

I do like to explore and find
new areas and try adventure.

57

00:02:17,770 --> 00:02:19,405

So you have to make
sure that you

58

00:02:19,405 --> 00:02:20,673

and your stuff are
well taken care of.

59

00:02:20,673 --> 00:02:21,907

That's the same thing
with camping.

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00:02:21,907 --> 00:02:23,042

You can't help everybody
else out.

61

00:02:23,042 --> 00:02:24,276

You can't get the
[inaudible] going.

62

00:02:24,276 --> 00:02:25,778

You can't do all that stuff
unless something's wrong

63

00:02:25,778 --> 00:02:26,845

with you.

64

00:02:26,845 --> 00:02:29,348

So to be a good expedition
member you have

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00:02:29,348 --> 00:02:30,182

to be able to do that.

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00:02:30,182 --> 00:02:31,050

And that's the same with camping

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00:02:31,050 --> 00:02:33,519

as with any kind

of space flight.

68

00:02:33,519 --> 00:02:36,155

[Music]

69

00:02:36,155 --> 00:02:39,758

My first mission was STS-117,

went to the Space Station.

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00:02:39,758 --> 00:02:41,393

It also as in the second one.

71

00:02:41,393 --> 00:02:43,729

It was STS-119 and also

went to the Space Station.

72

00:02:43,729 --> 00:02:48,100

And I was fortunate on both

those missions to do space walks

73

00:02:48,100 --> 00:02:49,902

which is really a

wonderful event,

74

00:02:49,902 --> 00:02:53,072

to get to another good

exploration adventure type

75

00:02:53,072 --> 00:02:54,640

of a thing which was

really fun to do,

76

00:02:54,640 --> 00:02:57,009

and I'm glad I had
that experience.

77

00:02:57,009 --> 00:03:00,546

And then you also then you get
the, I guess, the wonder and awe

78

00:03:00,546 --> 00:03:04,316

of that view of looking
down on Earth.

79

00:03:04,316 --> 00:03:05,751

It's a couple of
different things.

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00:03:05,751 --> 00:03:07,786

One, it is very beautiful.

81

00:03:07,786 --> 00:03:12,091

Two is I see places I want to
go like there's another spot

82

00:03:12,091 --> 00:03:15,227

like there's many mountain
ranges all across the world

83

00:03:15,227 --> 00:03:16,729

and you see ones like
oh, I'd love to go

84

00:03:16,729 --> 00:03:18,530

in that mountain range and
try that and, you know,

85

00:03:18,530 --> 00:03:21,233

see if I can climb some of
those peaks or go over there

86

00:03:21,233 --> 00:03:22,635

and these woods over
here are like beautiful.

87

00:03:22,635 --> 00:03:23,969

I'd like to go explore those.

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00:03:23,969 --> 00:03:26,505

So it's really about that's
what I see when I look down.

89

00:03:26,505 --> 00:03:29,775

There's all these places I'd
really like to go and explore.

90

00:03:29,775 --> 00:03:32,578

I think, you know,
find out what is

91

00:03:32,578 --> 00:03:34,246

on the other side
of that mountain.

92

00:03:34,246 --> 00:03:36,382

What is on the other side
of this area over here?

93

00:03:36,382 --> 00:03:37,750

What's it like to be over there?

94

00:03:37,750 --> 00:03:41,754

It's just part of our, you
know, innate being that you need