



1  
00:00:06,470 --> 00:00:04,070  
expedition 39 has been underway for a

2  
00:00:09,509 --> 00:00:06,480  
little more than 45 days beginning back

3  
00:00:11,990 --> 00:00:09,519  
on march 10th the day that cosmonauts

4  
00:00:14,150 --> 00:00:12,000  
oleg kotov sergey ryazanskiy and nasa

5  
00:00:15,829 --> 00:00:14,160  
astronaut mike hopkins left the

6  
00:00:21,310 --> 00:00:15,839  
international space station aboard their

7  
00:00:24,710 --> 00:00:21,320  
soyuz spacecraft after 166 days in space

8  
00:00:26,950 --> 00:00:24,720  
2656 orbits of earth and more than 70

9  
00:00:29,429 --> 00:00:26,960  
million statute miles the three landed

10  
00:00:33,110 --> 00:00:29,439  
back in kazakhstan

11  
00:00:35,350 --> 00:00:33,120  
and it was the first flight for hopkins

12  
00:00:37,590 --> 00:00:35,360  
today we find out more about the mission

13  
00:00:38,709 --> 00:00:37,600

and what happens after the soyuz is soft

14

00:00:40,470 --> 00:00:38,719

landing

15

00:00:42,069 --> 00:00:40,480

in the desert and we say good morning to

16

00:00:43,830 --> 00:00:42,079

mike hopkins thank mike thanks for

17

00:00:45,990 --> 00:00:43,840

joining us here good morning it's uh

18

00:00:49,029 --> 00:00:46,000

it's absolutely great to be here i bet

19

00:00:50,869 --> 00:00:49,039

it's uh it was a long trip but uh a

20

00:00:53,910 --> 00:00:50,879

month and a half back now after being

21

00:00:55,270 --> 00:00:53,920

260 miles up aboard that station you

22

00:00:57,350 --> 00:00:55,280

know how are you feeling that's the

23

00:01:00,069 --> 00:00:57,360

first question everybody wants to know i

24

00:01:01,430 --> 00:01:00,079

absolutely feel fantastic um it's uh

25

00:01:04,149 --> 00:01:01,440

it's really been a

26  
00:01:05,429 --> 00:01:04,159  
fun 45 days since returning home you

27  
00:01:06,710 --> 00:01:05,439  
know physically of course there's a

28  
00:01:09,750 --> 00:01:06,720  
little bit of time that it takes to

29  
00:01:11,750 --> 00:01:09,760  
re-adapt to to life on on earth

30  
00:01:13,350 --> 00:01:11,760  
but then also just the minimal having

31  
00:01:14,870 --> 00:01:13,360  
time to to spend with the family and

32  
00:01:16,390 --> 00:01:14,880  
friends a little bit as well has has

33  
00:01:18,230 --> 00:01:16,400  
been great well that's what i was going

34  
00:01:20,310 --> 00:01:18,240  
to ask you is you know how has the

35  
00:01:21,990 --> 00:01:20,320  
actual recovery been

36  
00:01:23,990 --> 00:01:22,000  
yeah you know the recovery uh has

37  
00:01:25,429 --> 00:01:24,000  
actually gone pretty smooth um you know

38  
00:01:26,710 --> 00:01:25,439

i had there's always a little bit of

39

00:01:29,590 --> 00:01:26,720

vestibular

40

00:01:31,350 --> 00:01:29,600

issues for me in particular i i had you

41

00:01:33,830 --> 00:01:31,360

know i always felt like when i was say

42

00:01:35,510 --> 00:01:33,840

leaning over to to wash my face or brush

43

00:01:36,630 --> 00:01:35,520

my teeth those first few days afterwards

44

00:01:38,630 --> 00:01:36,640

i felt like i was just going to keep

45

00:01:41,350 --> 00:01:38,640

right on going and pitch right into the

46

00:01:42,789 --> 00:01:41,360

sink um so you know those kind of things

47

00:01:45,270 --> 00:01:42,799

but you recovered pretty quick from that

48

00:01:47,190 --> 00:01:45,280

and physically i feel great yes i assume

49

00:01:49,270 --> 00:01:47,200

this is like the same kind of sensations

50

00:01:50,950 --> 00:01:49,280

that you know you would norma none of us

51  
00:01:52,389 --> 00:01:50,960  
would even think about having an issue

52  
00:01:54,550 --> 00:01:52,399  
with but after you've been up there you

53  
00:01:55,510 --> 00:01:54,560  
know yeah and you know there is that uh

54  
00:01:59,590 --> 00:01:55,520  
that

55  
00:02:02,069 --> 00:01:59,600  
first day things feel heavy too i mean

56  
00:02:03,749 --> 00:02:02,079  
just lifting my head up when i first got

57  
00:02:05,990 --> 00:02:03,759  
out of the capsule i was i was surprised

58  
00:02:08,550 --> 00:02:06,000  
at how heavy it felt well let's uh

59  
00:02:11,029 --> 00:02:08,560  
let's talk about your the exercise part

60  
00:02:13,750 --> 00:02:11,039  
because we know how important exercise

61  
00:02:16,150 --> 00:02:13,760  
is on the station obviously and you in

62  
00:02:19,190 --> 00:02:16,160  
particular focused on exercise as part

63  
00:02:21,510 --> 00:02:19,200

of your kind of program um

64

00:02:23,030 --> 00:02:21,520

but uh talk about how much of a

65

00:02:24,229 --> 00:02:23,040

difference that makes in terms of your

66

00:02:25,750 --> 00:02:24,239

fitness

67

00:02:27,670 --> 00:02:25,760

you know at the end of your mission as

68

00:02:29,110 --> 00:02:27,680

it was before you flew in during well

69

00:02:31,350 --> 00:02:29,120

you know in reality it all actually

70

00:02:32,869 --> 00:02:31,360

starts before your mission and we do

71

00:02:34,790 --> 00:02:32,879

spend a lot of time working out uh

72

00:02:37,350 --> 00:02:34,800

before you even launch and that really

73

00:02:39,509 --> 00:02:37,360

sets the stage um for for when you get

74

00:02:42,390 --> 00:02:39,519

there and and then of course we have

75

00:02:43,670 --> 00:02:42,400

some just absolutely fantastic uh yeah

76

00:02:46,070 --> 00:02:43,680

we have some absolutely fantastic

77

00:02:48,630 --> 00:02:46,080

equipment up there both the a-rad and

78

00:02:51,430 --> 00:02:48,640

then the the t2 with a treadmill and the

79

00:02:53,670 --> 00:02:51,440

exercise bike and and then the ground

80

00:02:55,350 --> 00:02:53,680

personnel the our

81

00:02:56,550 --> 00:02:55,360

trainers that we have that that help us

82

00:02:59,270 --> 00:02:56,560

with the protocols and everything they

83

00:03:01,509 --> 00:02:59,280

do just a great job and and it seems to

84

00:03:03,190 --> 00:03:01,519

have worked you know i landed and of

85

00:03:05,110 --> 00:03:03,200

course you know there were those issues

86

00:03:07,509 --> 00:03:05,120

but they went away pretty quick and and

87

00:03:09,270 --> 00:03:07,519

i feel like i was able to re-adapt to to

88

00:03:11,030 --> 00:03:09,280

1g very very quickly yeah well that's

89

00:03:13,190 --> 00:03:11,040

what i was going to ask is you know in

90

00:03:14,869 --> 00:03:13,200

terms of your reintegration back into

91

00:03:17,190 --> 00:03:14,879

this one gravity environment or your

92

00:03:19,030 --> 00:03:17,200

regular life you know

93

00:03:21,190 --> 00:03:19,040

has it been tough at all i mean you you

94

00:03:22,630 --> 00:03:21,200

touched on it a little bit yeah yeah you

95

00:03:24,070 --> 00:03:22,640

know it was it was quite surprising it

96

00:03:26,309 --> 00:03:24,080

was one of the first things we do a lot

97

00:03:28,229 --> 00:03:26,319

of the little the tests um strength

98

00:03:31,030 --> 00:03:28,239

tests and then what we call a vo2 max

99

00:03:32,390 --> 00:03:31,040

test as well and i was i was very happy

100

00:03:34,869 --> 00:03:32,400

those those numbers were coming out to

101  
00:03:36,149 --> 00:03:34,879  
my pre-flight numbers um so i think that

102  
00:03:38,229 --> 00:03:36,159  
was a good thing i think that's a

103  
00:03:41,110 --> 00:03:38,239  
testament to uh to what we do up on

104  
00:03:44,149 --> 00:03:41,120  
orbit and and uh it certainly pays off

105  
00:03:47,750 --> 00:03:44,159  
um so again it's it's gone very quickly

106  
00:03:49,350 --> 00:03:47,760  
um on in terms of reintegrating to life

107  
00:03:51,750 --> 00:03:49,360  
on earth yep

108  
00:03:54,070 --> 00:03:51,760  
um one thing i always like to touch on

109  
00:03:55,830 --> 00:03:54,080  
with uh crew members that return and

110  
00:03:57,429 --> 00:03:55,840  
that is the

111  
00:03:59,030 --> 00:03:57,439  
interaction with

112  
00:04:00,789 --> 00:03:59,040  
all of these flight control teams

113  
00:04:02,630 --> 00:04:00,799

obviously the one here where we're in

114

00:04:03,830 --> 00:04:02,640

the station flight control room here in

115

00:04:06,149 --> 00:04:03,840

houston but

116

00:04:08,229 --> 00:04:06,159

um you know talk a little bit about the

117

00:04:09,910 --> 00:04:08,239

experience of working not only with the

118

00:04:12,070 --> 00:04:09,920

trainers pre-flight and actually

119

00:04:13,589 --> 00:04:12,080

probably during the mission but also the

120

00:04:16,710 --> 00:04:13,599

the teamwork you know you're very

121

00:04:18,550 --> 00:04:16,720

familiar with that obviously uh pre-nasa

122

00:04:20,629 --> 00:04:18,560

right but but talk about that a little

123

00:04:22,790 --> 00:04:20,639

bit yeah it's it's truly an incredible

124

00:04:24,870 --> 00:04:22,800

experience to to get to work with with

125

00:04:28,150 --> 00:04:24,880

everybody down here in mission control

126  
00:04:29,350 --> 00:04:28,160  
um huntsville and in in jackson europe

127  
00:04:31,189 --> 00:04:29,360  
and

128  
00:04:33,350 --> 00:04:31,199  
in moscow as well

129  
00:04:36,310 --> 00:04:33,360  
you know when i first came to to nasa in

130  
00:04:38,870 --> 00:04:36,320  
2009 i was extremely impressed with just

131  
00:04:41,030 --> 00:04:38,880  
how enthusiastic everybody is here at

132  
00:04:43,510 --> 00:04:41,040  
nasa and they just they love space they

133  
00:04:45,749 --> 00:04:43,520  
love their jobs and you see that in the

134  
00:04:47,110 --> 00:04:45,759  
control rooms as well when you deal with

135  
00:04:49,590 --> 00:04:47,120  
uh with everybody down here on a

136  
00:04:51,350 --> 00:04:49,600  
day-to-day basis uh you know they're

137  
00:04:53,110 --> 00:04:51,360  
they're really the ones that make it all

138  
00:04:56,310 --> 00:04:53,120

happen and and we just get the the

139

00:04:57,990 --> 00:04:56,320

privilege of flying in space yeah well

140

00:05:00,710 --> 00:04:58,000

one of the flight control positions in

141

00:05:02,469 --> 00:05:00,720

here obviously is eva or extra vehicular

142

00:05:04,469 --> 00:05:02,479

activity you

143

00:05:06,629 --> 00:05:04,479

actually did two spacewalks back in

144

00:05:08,950 --> 00:05:06,639

december before you came home which

145

00:05:11,430 --> 00:05:08,960

totaled almost 13 hours we just

146

00:05:13,670 --> 00:05:11,440

completed a contingency type spacewalk

147

00:05:16,870 --> 00:05:13,680

and you obviously participated that and

148

00:05:18,469 --> 00:05:16,880

well as well up there describe that

149

00:05:21,029 --> 00:05:18,479

experience you weren't planning to do

150

00:05:22,790 --> 00:05:21,039

one i don't think no we weren't planning

151

00:05:25,670 --> 00:05:22,800

uh didn't have a planned dva for our

152

00:05:26,870 --> 00:05:25,680

increment while i was up there and uh

153

00:05:29,749 --> 00:05:26,880

you know you certainly hate to see

154

00:05:31,749 --> 00:05:29,759

things um break on station but on the

155

00:05:33,510 --> 00:05:31,759

same time you know

156

00:05:35,749 --> 00:05:33,520

it was an amazing experience to to get

157

00:05:37,990 --> 00:05:35,759

to go that's uh that shot

158

00:05:39,909 --> 00:05:38,000

floating out on the arm is truly an

159

00:05:42,230 --> 00:05:39,919

amazing experience from the ground is

160

00:05:43,909 --> 00:05:42,240

incredible so it must have yeah yeah

161

00:05:45,909 --> 00:05:43,919

it's uh that was an incredible

162

00:05:47,430 --> 00:05:45,919

experience incredible feeling uh but you

163

00:05:49,510 --> 00:05:47,440

know that's really when nasa i think

164

00:05:51,990 --> 00:05:49,520

shines is in these contingency

165

00:05:53,590 --> 00:05:52,000

situations these crisis situations and

166

00:05:56,070 --> 00:05:53,600

you know the team here on the ground

167

00:05:57,830 --> 00:05:56,080

just does an amazing job of preparing

168

00:06:00,309 --> 00:05:57,840

the procedures that we need to execute

169

00:06:02,950 --> 00:06:00,319

when we go outside and and so by the

170

00:06:05,350 --> 00:06:02,960

time you do actually open that hatch

171

00:06:08,309 --> 00:06:05,360

see the world in all its glory for the

172

00:06:10,070 --> 00:06:08,319

first time without any obstructions um

173

00:06:11,670 --> 00:06:10,080

you realize though that you've got this

174

00:06:13,189 --> 00:06:11,680

army of folks behind you that are

175

00:06:14,790 --> 00:06:13,199

helping you along every step of the way

176

00:06:16,390 --> 00:06:14,800

and it makes it very easy to go out and

177

00:06:18,710 --> 00:06:16,400

execute then

178

00:06:20,469 --> 00:06:18,720

what's your uh what's your schedule now

179

00:06:22,629 --> 00:06:20,479

going forward yeah you know they've got

180

00:06:24,629 --> 00:06:22,639

a plan for you now yeah

181

00:06:27,270 --> 00:06:24,639

yeah so the last 45 days again have been

182

00:06:29,029 --> 00:06:27,280

a lot of medical experiments and um and

183

00:06:31,110 --> 00:06:29,039

debriefs where we sit down and we talk

184

00:06:33,110 --> 00:06:31,120

to the the different teams on the ground

185

00:06:34,629 --> 00:06:33,120

about our experiences up there and share

186

00:06:36,870 --> 00:06:34,639

any lessons learned that that might be

187

00:06:38,629 --> 00:06:36,880

helpful for going forward but after this

188

00:06:40,390 --> 00:06:38,639

point really i'm going to spend a little

189

00:06:42,309 --> 00:06:40,400

bit of time here over the next months

190

00:06:44,469 --> 00:06:42,319

going out and sharing the experience and

191

00:06:46,710 --> 00:06:44,479

telling the story and it's such a fun

192

00:06:48,390 --> 00:06:46,720

a fun story to get to tell yeah we could

193

00:06:50,469 --> 00:06:48,400

tell obviously from the ground you were

194

00:06:53,350 --> 00:06:50,479

almost like right now you're always

195

00:06:54,710 --> 00:06:53,360

smiling and uh one big part of that is

196

00:06:56,950 --> 00:06:54,720

enjoying what you were doing up there

197

00:06:58,950 --> 00:06:56,960

and also obviously doing all of the all

198

00:07:00,309 --> 00:06:58,960

of the work easiest final question for

199

00:07:02,390 --> 00:07:00,319

you mike

200

00:07:04,870 --> 00:07:02,400

you're ready to go back

201  
00:07:06,629 --> 00:07:04,880  
i would love to go back um i would i

202  
00:07:08,710 --> 00:07:06,639  
would love to have the opportunity if

203  
00:07:10,550 --> 00:07:08,720  
they asked me i certainly would but at

204  
00:07:12,390 --> 00:07:10,560  
the same time i'm also enjoying time

205  
00:07:14,790 --> 00:07:12,400  
with my family and friends and and so

206  
00:07:16,230 --> 00:07:14,800  
it's um you know just i feel very

207  
00:07:18,469 --> 00:07:16,240  
fortunate and blessed to have had the

208  
00:07:20,230 --> 00:07:18,479  
opportunity that i did well we really

209  
00:07:21,510 --> 00:07:20,240  
appreciate you taking a few minutes on

210  
00:07:23,830 --> 00:07:21,520  
all your debriefs and everything else

211  
00:07:25,430 --> 00:07:23,840  
that you got going on uh stopping by

212  
00:07:27,189 --> 00:07:25,440  
here in mission control and talking with

213  
00:07:29,270 --> 00:07:27,199

us and the space station live audience

214

00:07:30,950 --> 00:07:29,280

so thanks a lot mike well thank you and

215

00:07:32,469 --> 00:07:30,960

i enjoy being in here it's great seeing

216

00:07:34,710 --> 00:07:32,479

my crewmates up there though i have to

217

00:07:35,990 --> 00:07:34,720

admit i am a little jealous of them well

218

00:07:38,230 --> 00:07:36,000

and i think mike's going to take a few

219

00:07:39,670 --> 00:07:38,240

minutes and and walk around the room and

220

00:07:41,749 --> 00:07:39,680

say hi to some of the flight control