



# SPACE TO GROUND

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00:00:00,940 --> 00:00:06,970

Dan: Welcome to "Space to Ground," your weekly look at what's happening on board the International

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00:00:06,970 --> 00:00:07,970

Space Station.

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00:00:07,970 --> 00:00:09,129

I'm Dan Huot.

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00:00:09,129 --> 00:00:13,110

The crew is hard at work with a lot of maintenance this week but they did get some down time

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00:00:13,110 --> 00:00:14,619

for Labor Day.

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00:00:14,619 --> 00:00:18,910

Making the most of his day off, Reid Wiseman took to twitter to share views of a few cities

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00:00:18,910 --> 00:00:20,600

you might recognize.

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00:00:20,600 --> 00:00:25,160

Equipped with one of the station's 800 millimeter lenses, he was able to capture crystal clear

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00:00:25,160 --> 00:00:29,320

views of Boston, Phoenix, Denver and New Orleans.

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00:00:29,320 --> 00:00:33,219

To follow Reid and maybe catch a glimpse of your home town on planet Earth, check out

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00:00:33,219 --> 00:00:34,510

@astro\_reid.

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00:00:34,510 --> 00:00:40,219

A new experiment called Energy kicked off this week onboard the station and it's hoping

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00:00:40,219 --> 00:00:43,819

to help fine tune astronaut workout and nutrition plans.

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00:00:43,819 --> 00:00:48,640

It can be difficult for astronauts to maintain a good energy balance while in microgravity

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00:00:48,640 --> 00:00:53,789

for long periods of time and if things get out of whack, it can affect every aspect of

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00:00:53,789 --> 00:00:54,800

their health.

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00:00:54,800 --> 00:00:59,239

Knowing just how much fuel these space men and women need to keep going will help ensure

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00:00:59,239 --> 00:01:03,940

they stay healthy while also letting us know how much food we need to send along, something

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00:01:03,940 --> 00:01:08,260

that will be even more important as we look to one day travel to mars.

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00:01:08,260 --> 00:01:12,430

This week's Twitter question comes from Lukas who asks: "How can astronauts be quickly and

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00:01:12,430 --> 00:01:16,120

safely evacuated from the ISS in case of an emergency?

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00:01:16,120 --> 00:01:17,810

Can they simply jump?"

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00:01:17,810 --> 00:01:21,350

Well because of how high and how fast the station is traveling, jumping wouldn't be

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00:01:21,350 --> 00:01:22,790

a very good idea.

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00:01:22,790 --> 00:01:26,510

We do have a very capable escape system in place though, just in case.

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00:01:26,510 --> 00:01:31,140

The Soyuz spacecraft that carries crew members into orbit also serves as their escape pod.

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00:01:31,140 --> 00:01:33,200

If there was a major emergency with the crew and they needed to get home in a hurry, the

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00:01:33,200 --> 00:01:38,100

Soyuz is capable of landing in about an hour but that could put them almost anywhere on

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00:01:38,100 --> 00:01:39,100

Earth.

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00:01:39,100 --> 00:01:42,530

If the crew just needs to evacuate the station, the vehicle can stay in orbit for hours or

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00:01:42,530 --> 00:01:48,130

days so they can pinpoint their landing at one of the approved sites around the world.