



1  
00:00:04,309 --> 00:00:01,829  
nasa astronaut scott kelly at the

2  
00:00:06,309 --> 00:00:04,319  
baikonur cosmodrome scott

3  
00:00:09,030 --> 00:00:06,319  
you're back at the launch site and now

4  
00:00:10,549 --> 00:00:09,040  
just six months away from 12 months away

5  
00:00:12,230 --> 00:00:10,559  
from the planet

6  
00:00:13,110 --> 00:00:12,240  
is the reality of the magnitude of the

7  
00:00:15,190 --> 00:00:13,120  
mission

8  
00:00:17,830 --> 00:00:15,200  
starting to strike home starting to

9  
00:00:18,790 --> 00:00:17,840  
really sink in yeah i think i think so

10  
00:00:21,510 --> 00:00:18,800  
um

11  
00:00:24,310 --> 00:00:21,520  
you being here in uh in baikonur it's

12  
00:00:26,870 --> 00:00:24,320  
the for the first step to

13  
00:00:28,790 --> 00:00:26,880

to get into space um

14

00:00:30,550 --> 00:00:28,800

and my training has not been all that

15

00:00:32,310 --> 00:00:30,560

busy

16

00:00:33,830 --> 00:00:32,320

since i started

17

00:00:35,670 --> 00:00:33,840

about a year and a half two years ago

18

00:00:38,869 --> 00:00:35,680

it's been pretty nice pace but i think

19

00:00:40,950 --> 00:00:38,879

now is when it really starts to pick up

20

00:00:42,950 --> 00:00:40,960

with the final exams we had as a backup

21

00:00:45,190 --> 00:00:42,960

crew and then coming here and then going

22

00:00:46,630 --> 00:00:45,200

back to houston i uh

23

00:00:48,470 --> 00:00:46,640

i anticipate

24

00:00:50,310 --> 00:00:48,480

you know having

25

00:00:52,069 --> 00:00:50,320

a lot more events scheduled and then a

26

00:00:54,630 --> 00:00:52,079

lot more travel leading up to coming

27

00:00:56,069 --> 00:00:54,640

back to russia and then back here in

28

00:00:58,310 --> 00:00:56,079

february and march

29

00:01:00,310 --> 00:00:58,320

so from this point on what is the most

30

00:01:03,510 --> 00:01:00,320

difficult part of the training is it the

31

00:01:04,869 --> 00:01:03,520

training itself or tending to personal

32

00:01:06,390 --> 00:01:04,879

issues

33

00:01:08,630 --> 00:01:06,400

to get your

34

00:01:10,230 --> 00:01:08,640

family support your loved ones in a

35

00:01:13,109 --> 00:01:10,240

position where you know you're not going

36

00:01:15,350 --> 00:01:13,119

to see them for a year

37

00:01:17,510 --> 00:01:15,360

you know the training is not

38

00:01:18,469 --> 00:01:17,520

much different than than what i did last

39

00:01:21,670 --> 00:01:18,479

time

40

00:01:23,190 --> 00:01:21,680

there's certainly more payload training

41

00:01:25,670 --> 00:01:23,200

because i'll be on the space station

42

00:01:29,749 --> 00:01:27,109

the soyuz training's a little bit

43

00:01:32,390 --> 00:01:29,759

different than in that we do it with uh

44

00:01:34,950 --> 00:01:32,400

gennady padalka for asset and then

45

00:01:36,550 --> 00:01:34,960

sergey volkov will be coming home with

46

00:01:37,670 --> 00:01:36,560

a year later

47

00:01:41,270 --> 00:01:37,680

um

48

00:01:43,270 --> 00:01:41,280

but i think mostly it'll be more

49

00:01:46,230 --> 00:01:43,280

more of a challenge in that i am getting

50

00:01:49,109 --> 00:01:46,240

ready to be gone for about it'll be

51

00:01:51,109 --> 00:01:49,119

really about 14 months

52

00:01:52,789 --> 00:01:51,119

which is pretty long time for me

53

00:01:56,389 --> 00:01:52,799

you know leaving from home and leaving a

54

00:01:58,069 --> 00:01:56,399

19 year old at home in my house

55

00:01:59,670 --> 00:01:58,079

so that's going to be a little bit more

56

00:02:02,310 --> 00:01:59,680

challenging this time

57

00:02:03,910 --> 00:02:02,320

do you look at this as a marathon scott

58

00:02:06,630 --> 00:02:03,920

and if so how do you and mikhail

59

00:02:08,710 --> 00:02:06,640

kornienko control the pacing of such a

60

00:02:10,550 --> 00:02:08,720

long mission

61

00:02:12,550 --> 00:02:10,560

you know i've talked to some guys that

62

00:02:14,630 --> 00:02:12,560

have uh been on the space station

63

00:02:16,630 --> 00:02:14,640

recently and they they recognize that

64

00:02:18,150 --> 00:02:16,640

this will be a challenge when i ask them

65

00:02:19,510 --> 00:02:18,160

hey could you stay another nine months

66

00:02:20,949 --> 00:02:19,520

could you how would you feel about

67

00:02:22,470 --> 00:02:20,959

staying another six months depending on

68

00:02:24,070 --> 00:02:22,480

where they are in the flight and they

69

00:02:26,470 --> 00:02:24,080

they definitely recognize a challenge of

70

00:02:28,150 --> 00:02:26,480

it but i think going into it um

71

00:02:29,270 --> 00:02:28,160

you know with the mindset right from the

72

00:02:30,790 --> 00:02:29,280

beginning

73

00:02:34,309 --> 00:02:30,800

that i'm going to be there for a whole

74

00:02:35,750 --> 00:02:34,319

year is going to make it

75

00:02:37,030 --> 00:02:35,760

you know might make it easier than

76

00:02:38,470 --> 00:02:37,040

certainly if you were on the space

77

00:02:39,750 --> 00:02:38,480

station had been there for six months

78

00:02:42,070 --> 00:02:39,760

and you were told you have to stay

79

00:02:44,790 --> 00:02:42,080

another six for some reason that would

80

00:02:46,790 --> 00:02:44,800

certainly be a lot harder um

81

00:02:49,589 --> 00:02:46,800

so i think it is in some ways a mental

82

00:02:51,750 --> 00:02:49,599

thing you know preparing yourself for

83

00:02:53,750 --> 00:02:51,760

you know the long haul

84

00:02:55,750 --> 00:02:53,760

and as far as controlling the pace we've

85

00:02:56,949 --> 00:02:55,760

discussed that um

86

00:02:59,589 --> 00:02:56,959

i think i'm going to have it have to

87

00:03:01,990 --> 00:02:59,599

have a little bit different

88

00:03:03,990 --> 00:03:02,000

pace or perspective on the whole thing

89

00:03:06,630 --> 00:03:04,000

this time than i did last time you know

90

00:03:08,470 --> 00:03:06,640

they say the the long duration flight is

91

00:03:10,550 --> 00:03:08,480

like a marathon and a shuttle flight's

92

00:03:12,309 --> 00:03:10,560

like a sprint what i say especially for

93

00:03:14,390 --> 00:03:12,319

my last flight is like

94

00:03:16,710 --> 00:03:14,400

was that the last flight actually kind

95

00:03:18,149 --> 00:03:16,720

of felt like a long shuttle flight

96

00:03:21,030 --> 00:03:18,159

except you had a little bit more time on

97

00:03:23,350 --> 00:03:21,040

the weekend so it was like a long sprint

98

00:03:25,509 --> 00:03:23,360

and finally scott the this is the first

99

00:03:27,190 --> 00:03:25,519

time humans will have spent a year in

100

00:03:29,589 --> 00:03:27,200

space

101  
00:03:31,030 --> 00:03:29,599  
in almost two decades what do you think

102  
00:03:32,869 --> 00:03:31,040  
is ultimately going to be the

103  
00:03:33,990 --> 00:03:32,879  
significance that will take away from

104  
00:03:37,190 --> 00:03:34,000  
this mission

105  
00:03:39,589 --> 00:03:37,200  
well someday we're going to go to mars

106  
00:03:42,229 --> 00:03:39,599  
and we have the facilities on board the

107  
00:03:43,430 --> 00:03:42,239  
space station to really study

108  
00:03:45,670 --> 00:03:43,440  
the

109  
00:03:47,830 --> 00:03:45,680  
effects of space on

110  
00:03:49,990 --> 00:03:47,840  
longer duration space flights i mean six

111  
00:03:51,509 --> 00:03:50,000  
months long time but you know going to

112  
00:03:53,030 --> 00:03:51,519  
mars is going to take a lot longer than

113  
00:03:54,869 --> 00:03:53,040

that so

114

00:03:56,630 --> 00:03:54,879

you know having the capability that the

115

00:03:59,670 --> 00:03:56,640

international space station provides to

116

00:04:01,350 --> 00:03:59,680

study the the human element of this

117

00:04:03,589 --> 00:04:01,360

is uh

118

00:04:05,750 --> 00:04:03,599

is gonna be uh you know i think

119

00:04:07,030 --> 00:04:05,760

significantly better than what we've uh

120

00:04:09,670 --> 00:04:07,040

we've uh

121

00:04:12,149 --> 00:04:09,680

in our previous experience that the

122

00:04:13,830 --> 00:04:12,159

you know the russians and the soviets

123

00:04:16,069 --> 00:04:13,840

experience on the mir space station just

124

00:04:17,030 --> 00:04:16,079

because of how technology has progressed

125

00:04:19,670 --> 00:04:17,040

and their

