



**SPACESTATION  
LIVE**

1  
00:00:09,030 --> 00:00:06,789  
so today it's tim cobra tim peake and

2  
00:00:10,549 --> 00:00:09,040  
yuri malenchenko wrapping up a six-month

3  
00:00:11,509 --> 00:00:10,559  
mission to the international space

4  
00:00:13,910 --> 00:00:11,519  
station

5  
00:00:16,150 --> 00:00:13,920  
one year and one week ago nasa astronaut

6  
00:00:17,830 --> 00:00:16,160  
terry virts was in their place finishing

7  
00:00:20,470 --> 00:00:17,840  
his role as station commander for

8  
00:00:23,269 --> 00:00:20,480  
expedition 43 and returning to earth

9  
00:00:25,429 --> 00:00:23,279  
after 200 days in space terry versus

10  
00:00:27,589 --> 00:00:25,439  
here with us in mission control to lend

11  
00:00:29,509 --> 00:00:27,599  
some perspective about what it's like to

12  
00:00:31,750 --> 00:00:29,519  
finish this assignment tell me what

13  
00:00:34,069 --> 00:00:31,760

things you have to do to get yourself

14

00:00:35,990 --> 00:00:34,079

and your spacecraft ready to go

15

00:00:37,670 --> 00:00:36,000

it's a pretty involved process it takes

16

00:00:39,510 --> 00:00:37,680

a few weeks of course you have to pack

17

00:00:41,910 --> 00:00:39,520

all your things and the soyuz is very

18

00:00:45,270 --> 00:00:41,920

small and so they have to be

19

00:00:46,869 --> 00:00:45,280

very tightly packed labeled and placed

20

00:00:48,470 --> 00:00:46,879

in the in the right spot and the soyuz

21

00:00:50,790 --> 00:00:48,480

commander yuri has been really busy for

22

00:00:52,229 --> 00:00:50,800

the last week or two um

23

00:00:53,990 --> 00:00:52,239

finding every little nook and cranny in

24

00:00:55,910 --> 00:00:54,000

the soyuz and putting things in the

25

00:00:58,389 --> 00:00:55,920

exact right place it's important to put

26

00:01:00,709 --> 00:00:58,399

them in the right spot because if the

27

00:01:02,150 --> 00:01:00,719

capsule has too much stuff on the right

28

00:01:03,590 --> 00:01:02,160

side or too much stuff on the left side

29

00:01:05,750 --> 00:01:03,600

it won't fly properly through the

30

00:01:06,710 --> 00:01:05,760

atmosphere so it's a bit of an involved

31

00:01:09,190 --> 00:01:06,720

process

32

00:01:10,870 --> 00:01:09,200

it sounds a little bit tedious and

33

00:01:12,469 --> 00:01:10,880

a lot of work to do but i'm sure

34

00:01:13,750 --> 00:01:12,479

exciting

35

00:01:15,429 --> 00:01:13,760

well it's

36

00:01:17,510 --> 00:01:15,439

bittersweet because you've lived in

37

00:01:19,270 --> 00:01:17,520

space you're there with your crewmates

38

00:01:21,190 --> 00:01:19,280

and uh you're excited to come back to

39

00:01:23,590 --> 00:01:21,200

earth to see your friends and family but

40

00:01:25,030 --> 00:01:23,600

being in space for so long you're good

41

00:01:27,350 --> 00:01:25,040

you know that you're gonna miss it and

42

00:01:28,469 --> 00:01:27,360

uh so it's a it's a bittersweet time

43

00:01:31,109 --> 00:01:28,479

that's kind of the point that you

44

00:01:32,390 --> 00:01:31,119

realize that this is real after 200 days

45

00:01:35,270 --> 00:01:32,400

you really realize that you're coming

46

00:01:37,670 --> 00:01:35,280

home yeah it's bizarre to be living in

47

00:01:39,350 --> 00:01:37,680

space and then coming back to earth

48

00:01:42,149 --> 00:01:39,360

for me it had that transition happened

49

00:01:44,389 --> 00:01:42,159

so quickly when i got back to earth

50

00:01:46,469 --> 00:01:44,399

i was back to earth i recognized things

51  
00:01:48,230 --> 00:01:46,479  
the day after i landed i went car

52  
00:01:50,230 --> 00:01:48,240  
shopping with my son he had turned 16

53  
00:01:52,230 --> 00:01:50,240  
while i was in space and so

54  
00:01:53,590 --> 00:01:52,240  
it was kind of strange to be you know

55  
00:01:55,030 --> 00:01:53,600  
off the planet

56  
00:01:57,030 --> 00:01:55,040  
and then all of a sudden back to earth

57  
00:01:58,389 --> 00:01:57,040  
and it was an immediate mental

58  
00:02:00,950 --> 00:01:58,399  
transition for me

59  
00:02:03,350 --> 00:02:00,960  
i imagine it is so let's talk about that

60  
00:02:05,749 --> 00:02:03,360  
trip home to earth so like you were at

61  
00:02:08,150 --> 00:02:05,759  
this point last year neither cobra nor

62  
00:02:10,469 --> 00:02:08,160  
peak had ever come back to earth in a

63  
00:02:11,910 --> 00:02:10,479

soyuz spacecraft before now so were you

64

00:02:14,790 --> 00:02:11,920

equal for the experience and can you

65

00:02:17,510 --> 00:02:14,800

tell me what exactly is that trip like

66

00:02:19,350 --> 00:02:17,520

yeah i just sent them an email to

67

00:02:21,830 --> 00:02:19,360

let them know my experience so i was

68

00:02:23,670 --> 00:02:21,840

there with scott kelly who had flown on

69

00:02:25,510 --> 00:02:23,680

the soyuz before and i had flown on the

70

00:02:27,589 --> 00:02:25,520

shuttle but it's a lot different than a

71

00:02:30,070 --> 00:02:27,599

soyuz so he gave us the briefing that

72

00:02:32,390 --> 00:02:30,080

when the parachutes come out

73

00:02:34,390 --> 00:02:32,400

it's several minutes of just crazy

74

00:02:36,390 --> 00:02:34,400

roller coaster mr toad's wild ride i

75

00:02:39,110 --> 00:02:36,400

mean you're spinning around you haven't

76  
00:02:40,070 --> 00:02:39,120  
felt gravity for half a year or more

77  
00:02:42,630 --> 00:02:40,080  
and

78  
00:02:44,710 --> 00:02:42,640  
it's that is an amazing ride as you hit

79  
00:02:46,390 --> 00:02:44,720  
the atmosphere the soyuz capsule

80  
00:02:48,830 --> 00:02:46,400  
actually splits into three parts so you

81  
00:02:51,750 --> 00:02:48,840  
hear banging and explosions as your

82  
00:02:53,670 --> 00:02:51,760  
vehicle separates from itself

83  
00:02:55,270 --> 00:02:53,680  
there is a

84  
00:02:57,350 --> 00:02:55,280  
thermal blanket that is wrapped around

85  
00:02:59,350 --> 00:02:57,360  
the vehicle that burns off and so

86  
00:03:01,270 --> 00:02:59,360  
part of your spaceship just comes

87  
00:03:03,509 --> 00:03:01,280  
burning off and rips off from around you

88  
00:03:06,869 --> 00:03:03,519

there's plasma going by your window and

89

00:03:09,270 --> 00:03:06,879

if you look out there's this 4000 degree

90

00:03:11,509 --> 00:03:09,280

fireball coming past you

91

00:03:13,910 --> 00:03:11,519

so the whole thing is a crazy experience

92

00:03:15,589 --> 00:03:13,920

and had scott not briefed us on it we

93

00:03:16,790 --> 00:03:15,599

would have thought we were going to die

94

00:03:18,309 --> 00:03:16,800

but because we kind of knew what was

95

00:03:19,350 --> 00:03:18,319

coming we had a great time we were

96

00:03:21,670 --> 00:03:19,360

having a lot of fun we were kind of

97

00:03:22,710 --> 00:03:21,680

hooting and hollering in the capsule and

98

00:03:24,630 --> 00:03:22,720

um

99

00:03:26,309 --> 00:03:24,640

it's like the best roller coaster ride

100

00:03:27,670 --> 00:03:26,319

you've ever been on in your life and

101  
00:03:29,589 --> 00:03:27,680  
then

102  
00:03:31,509 --> 00:03:29,599  
the big parachute comes out and for a

103  
00:03:32,630 --> 00:03:31,519  
few minutes you're sitting there

104  
00:03:34,470 --> 00:03:32,640  
and you don't really know when the

105  
00:03:36,070 --> 00:03:34,480  
earth's coming because the earth's

106  
00:03:37,750 --> 00:03:36,080  
behind you and the windows up here so

107  
00:03:39,030 --> 00:03:37,760  
you really can't see what's going on

108  
00:03:40,710 --> 00:03:39,040  
there's some instruments but they're not

109  
00:03:42,869 --> 00:03:40,720  
that accurate and then

110  
00:03:45,750 --> 00:03:42,879  
bam there's the worst car crash you've

111  
00:03:48,149 --> 00:03:45,760  
ever been in and when we hit our soyuz

112  
00:03:50,229 --> 00:03:48,159  
rolled over so there was this gigantic

113  
00:03:51,910 --> 00:03:50,239

crash and then rolled over and i can

114

00:03:53,910 --> 00:03:51,920

remember things

115

00:03:56,630 --> 00:03:53,920

kind of go

116

00:03:57,670 --> 00:03:56,640

and our capsule ended up upright

117

00:03:59,429 --> 00:03:57,680

and

118

00:04:00,789 --> 00:03:59,439

anyway so it was kind of an amazing

119

00:04:02,470 --> 00:04:00,799

experience and

120

00:04:04,309 --> 00:04:02,480

it was a lot of fun it's worth the six

121

00:04:05,270 --> 00:04:04,319

months in space just to get the return

122

00:04:07,830 --> 00:04:05,280

to earth

123

00:04:09,670 --> 00:04:07,840

yeah so that sounds really amazing and

124

00:04:12,070 --> 00:04:09,680

even more so amazing that you describe a

125

00:04:13,509 --> 00:04:12,080

car crash as fun

126

00:04:15,030 --> 00:04:13,519

the good news is

127

00:04:17,349 --> 00:04:15,040

we were safe afterwards the russians

128

00:04:18,870 --> 00:04:17,359

have a great system the seat is custom

129

00:04:20,629 --> 00:04:18,880

molded to your back

130

00:04:22,230 --> 00:04:20,639

um there's kind of shock absorbers that

131

00:04:24,390 --> 00:04:22,240

it can go up and down on

132

00:04:26,830 --> 00:04:24,400

and it only lasts you know half a second

133

00:04:30,150 --> 00:04:26,840

or less and so

134

00:04:31,350 --> 00:04:30,160

um it's a great robust system and it was

135

00:04:33,909 --> 00:04:31,360

a lot of fun

136

00:04:35,510 --> 00:04:33,919

okay so now you're on the ground tell me

137

00:04:37,670 --> 00:04:35,520

what those first moments on the ground

138

00:04:39,909 --> 00:04:37,680

are like

139

00:04:42,070 --> 00:04:39,919

excuse me so being on the ground of

140

00:04:43,189 --> 00:04:42,080

course you're dizzy you haven't felt

141

00:04:45,189 --> 00:04:43,199

gravity

142

00:04:46,870 --> 00:04:45,199

and the russian helicopters were waiting

143

00:04:49,350 --> 00:04:46,880

for us within minutes they had landed

144

00:04:51,270 --> 00:04:49,360

next to us the team like a bunch of ants

145

00:04:53,909 --> 00:04:51,280

surrounded us and were working and i

146

00:04:55,030 --> 00:04:53,919

could peer out and people were waving at

147

00:04:56,790 --> 00:04:55,040

me and i was waving at them and

148

00:04:58,950 --> 00:04:56,800

everything was fine and because our

149

00:05:00,150 --> 00:04:58,960

capsule landed upright that's kind of

150

00:05:02,070 --> 00:05:00,160

you don't want it to do that because

151  
00:05:04,390 --> 00:05:02,080  
it's harder to get out if it's on the

152  
00:05:06,230 --> 00:05:04,400  
side these big burly guys come in and

153  
00:05:08,070 --> 00:05:06,240  
they just pull you out but we had to

154  
00:05:09,110 --> 00:05:08,080  
actually climb out of the capsule so i

155  
00:05:10,390 --> 00:05:09,120  
was sitting there looking around

156  
00:05:12,310 --> 00:05:10,400  
everything was fine

157  
00:05:14,390 --> 00:05:12,320  
and when it was my turn i had to move

158  
00:05:16,070 --> 00:05:14,400  
over and climb up

159  
00:05:18,710 --> 00:05:16,080  
and i can remember

160  
00:05:20,310 --> 00:05:18,720  
when i moved over the world started

161  
00:05:23,189 --> 00:05:20,320  
spinning really fast i mean it was

162  
00:05:24,870 --> 00:05:23,199  
amazing how dizzy i felt

163  
00:05:26,469 --> 00:05:24,880

i was able to do everything i was able

164

00:05:28,230 --> 00:05:26,479

to move i was able to climb out on my

165

00:05:29,909 --> 00:05:28,240

own and i was able to walk around

166

00:05:31,909 --> 00:05:29,919

afterwards but

167

00:05:33,110 --> 00:05:31,919

the sensation of dizziness was pretty

168

00:05:35,590 --> 00:05:33,120

strong

169

00:05:39,029 --> 00:05:35,600

so how long after returning to earth did

170

00:05:41,749 --> 00:05:39,039

you start to feel earth normal so the

171

00:05:44,390 --> 00:05:41,759

first day so physically i did really

172

00:05:46,469 --> 00:05:44,400

well i had muscles all that stuff

173

00:05:47,990 --> 00:05:46,479

physically i was strong

174

00:05:50,310 --> 00:05:48,000

the dizziness the first day was pretty

175

00:05:52,070 --> 00:05:50,320

strong it's a 24-hour flight

176

00:05:54,150 --> 00:05:52,080

you land get on a helicopter get on an

177

00:05:57,590 --> 00:05:54,160

airplane 24 hours later we're back in

178

00:05:59,430 --> 00:05:57,600

houston so all during that flight

179

00:06:00,710 --> 00:05:59,440

i could get up i could walk around but i

180

00:06:03,749 --> 00:06:00,720

was you know like holding on to

181

00:06:04,710 --> 00:06:03,759

something or just kind of walking slowly

182

00:06:06,469 --> 00:06:04,720

um

183

00:06:07,909 --> 00:06:06,479

i got back to houston went to the gym

184

00:06:09,909 --> 00:06:07,919

for an hour and a half

185

00:06:11,350 --> 00:06:09,919

and then like i said my son wanted to go

186

00:06:13,189 --> 00:06:11,360

car shopping so i went with i didn't

187

00:06:16,070 --> 00:06:13,199

drive i was a passenger

188

00:06:17,990 --> 00:06:16,080

but um the second day wasn't too bad um

189

00:06:19,830 --> 00:06:18,000

the following day i had to take my

190

00:06:21,510 --> 00:06:19,840

daughter to summer youth camp so we

191

00:06:23,350 --> 00:06:21,520

drove for a couple hours and you know so

192

00:06:25,189 --> 00:06:23,360

i was able to do all this stuff

193

00:06:26,790 --> 00:06:25,199

but it was a few days

194

00:06:28,870 --> 00:06:26,800

of the first day was really dizzy the

195

00:06:31,110 --> 00:06:28,880

second day was sorta and then after a

196

00:06:33,189 --> 00:06:31,120

few days it was gone and you guys do a

197

00:06:35,110 --> 00:06:33,199

lot of exercise while you're up there

198

00:06:37,510 --> 00:06:35,120

daily on a daily basis and that's to

199

00:06:38,710 --> 00:06:37,520

help mitigate the effects the negative

200

00:06:40,629 --> 00:06:38,720

effects that the microgravity

201  
00:06:42,629 --> 00:06:40,639  
environment has on your bodies

202  
00:06:43,990 --> 00:06:42,639  
do you feel like that helped you

203  
00:06:45,350 --> 00:06:44,000  
i do and i

204  
00:06:46,790 --> 00:06:45,360  
um

205  
00:06:48,950 --> 00:06:46,800  
have

206  
00:06:50,790 --> 00:06:48,960  
a great story that exercise that we do

207  
00:06:52,390 --> 00:06:50,800  
both weightlifting and running on a

208  
00:06:56,230 --> 00:06:52,400  
treadmill and

209  
00:06:57,830 --> 00:06:56,240  
um a bike and taking vitamin d

210  
00:06:59,909 --> 00:06:57,840  
all those things help me i think

211  
00:07:00,870 --> 00:06:59,919  
completely mitigate those problems for

212  
00:07:02,469 --> 00:07:00,880  
me

213  
00:07:03,430 --> 00:07:02,479

people have different

214

00:07:04,790 --> 00:07:03,440

uh

215

00:07:05,830 --> 00:07:04,800

you know there's it's everybody's not

216

00:07:08,710 --> 00:07:05,840

the same

217

00:07:10,230 --> 00:07:08,720

but uh the ability to do these things

218

00:07:11,670 --> 00:07:10,240

has shown that we can live in space for

219

00:07:13,430 --> 00:07:11,680

a long time

220

00:07:15,270 --> 00:07:13,440

and keep our bodies healthy and come

221

00:07:18,629 --> 00:07:15,280

back to earth and function really well

222

00:07:20,309 --> 00:07:18,639

so that exercise is super important it's

223

00:07:21,749 --> 00:07:20,319

kind of like going to a health spa for

224

00:07:23,830 --> 00:07:21,759

200 days i mean

225

00:07:25,350 --> 00:07:23,840

you get two and a half hours of exercise

226

00:07:27,749 --> 00:07:25,360

scheduled a day

227

00:07:28,950 --> 00:07:27,759

and i pretty much did that every day and

228

00:07:31,510 --> 00:07:28,960

it was really important because it

229

00:07:33,189 --> 00:07:31,520

allowed me to come back to earth in this

230

00:07:34,469 --> 00:07:33,199

gravity is strong by the way after not

231

00:07:35,749 --> 00:07:34,479

experiencing it when you feel it for the

232

00:07:37,830 --> 00:07:35,759

first time

233

00:07:40,550 --> 00:07:37,840

wow this is a powerful force and i was

234

00:07:41,990 --> 00:07:40,560

able to experience that you know in good

235

00:07:45,029 --> 00:07:42,000

shape healthy

236

00:07:47,029 --> 00:07:45,039

excellent so real quick these uh the

237

00:07:50,230 --> 00:07:47,039

three guys that are coming home the two

238

00:07:52,070 --> 00:07:50,240

times and yuri malenchenko they are

239

00:07:53,990 --> 00:07:52,080

currently taking a nap because they're

240

00:07:56,469 --> 00:07:54,000

sleep shifting for their evening

241

00:07:58,070 --> 00:07:56,479

departure can you tell me real quick

242

00:07:59,830 --> 00:07:58,080

just kind of all in all what were your

243

00:08:02,230 --> 00:07:59,840

feelings i know you talked about this

244

00:08:04,390 --> 00:08:02,240

kind of bittersweet feelings but just

245

00:08:06,070 --> 00:08:04,400

hours before getting ready to come home

246

00:08:07,990 --> 00:08:06,080

i mean did you take a last-minute tour

247

00:08:09,510 --> 00:08:08,000

or look around or look out on the earth

248

00:08:11,990 --> 00:08:09,520

or what did you what were your last

249

00:08:13,270 --> 00:08:12,000

moments

250

00:08:17,270 --> 00:08:13,280

can remember

251  
00:08:18,710 --> 00:08:17,280  
really well i was basically on the same

252  
00:08:19,990 --> 00:08:18,720  
schedule that they are

253  
00:08:21,749 --> 00:08:20,000  
um

254  
00:08:23,029 --> 00:08:21,759  
and

255  
00:08:25,189 --> 00:08:23,039  
it was

256  
00:08:26,869 --> 00:08:25,199  
a little bit sad but i was ready i

257  
00:08:29,670 --> 00:08:26,879  
wasn't dying to leave even though it had

258  
00:08:31,749 --> 00:08:29,680  
been over half a year but i was happy to

259  
00:08:33,269 --> 00:08:31,759  
it was it was kind of a mixed emotion

260  
00:08:35,190 --> 00:08:33,279  
and i can remember going to the cupola i

261  
00:08:38,070 --> 00:08:35,200  
took a lot of pictures that was kind of

262  
00:08:40,469 --> 00:08:38,080  
i was i liked doing photography

263  
00:08:42,949 --> 00:08:40,479

and there was one more sunset i love

264

00:08:43,750 --> 00:08:42,959

sunsets and so i remember i took the i

265

00:08:45,829 --> 00:08:43,760

got the

266

00:08:47,750 --> 00:08:45,839

camera set up a certain way i took a

267

00:08:49,670 --> 00:08:47,760

picture and it was just an awesome

268

00:08:51,430 --> 00:08:49,680

picture with um

269

00:08:53,670 --> 00:08:51,440

kind of a starburst pattern and i

270

00:08:55,509 --> 00:08:53,680

remember looking at it going i'm done no

271

00:08:56,790 --> 00:08:55,519

more pictures i'm you know i'm ready to

272

00:08:59,030 --> 00:08:56,800

go back to earth it was like my favorite

273

00:09:01,269 --> 00:08:59,040

picture i took in my whole 200 days and

274

00:09:02,389 --> 00:09:01,279

i can remember that sense of all right

275

00:09:04,870 --> 00:09:02,399

that's the best picture i'm ever going

276

00:09:06,790 --> 00:09:04,880

to take um i'm done time to come home

277

00:09:08,630 --> 00:09:06,800

that's amazing thank you so much for

278

00:09:10,310 --> 00:09:08,640

coming out today and also i know you're

279

00:09:11,829 --> 00:09:10,320

on twitter so we can always go back and

280

00:09:14,710 --> 00:09:11,839

look at some of those fabulous pictures

281

00:09:17,590 --> 00:09:14,720

astro terry on twitter um thanks again

282

00:09:19,430 --> 00:09:17,600

again nasa astronaut terry verts