



1  
00:00:00,030 --> 00:00:01,100  
Hey, how you doing

2  
00:00:01,100 --> 00:00:02,620  
My name's Naomi Ackie

3  
00:00:02,620 --> 00:00:04,548  
And my name is Kelly  
Marie Tran

4  
00:00:04,548 --> 00:00:06,600  
And we're at NASA's Johnson Space

5  
00:00:06,600 --> 00:00:10,980  
And we're training to be astronauts  
no big deal

6  
00:00:10,980 --> 00:00:12,440  
Come on let us do it

7  
00:00:12,440 --> 00:00:12,980  
Let's go

8  
00:00:12,980 --> 00:00:13,660  
Ha

9  
00:00:13,680 --> 00:00:32,320  
[Music]

10  
00:00:32,320 --> 00:00:35,340  
Welcome to Johnson Space Center

11  
00:00:35,840 --> 00:00:39,760  
First thing we're going to show you this  
morning is what's called a gravity

12  
00:00:39,760 --> 00:00:42,000  
Offload system so people often

13

00:00:42,080 --> 00:00:44,800

Think that we have a room here where  
you can flip the switch and suddenly

14

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

You're floating and that's not really how it works

15

00:00:46,800 --> 00:00:48,800

You want to see how it works when you're

16

00:00:48,800 --> 00:00:50,960

One sixth your weight or a third your weight

17

00:00:50,960 --> 00:00:54,320

We use ARGOS to do that and then we use it to work on

18

00:00:54,320 --> 00:00:57,440

Like new tools new geology samples and procedures

19

00:00:57,440 --> 00:00:59,920

So from here what we do is

20

00:00:59,920 --> 00:01:03,420

We'll lift you up off the ground and we'll  
put you in lunar gravity

21

00:01:03,440 --> 00:01:09,840

[laughs]

22

00:01:09,840 --> 00:01:12,560

Alright so this right here is zero

23

00:01:12,560 --> 00:01:14,560

Gravity so if you were at the space station

24

00:01:14,560 --> 00:01:17,440

And I were to push you and say see ya

25

00:01:17,440 --> 00:01:20,560

You're just gonna keep floating away

26

00:01:20,560 --> 00:01:24,000

So what did you guys think of that

27

00:01:24,000 --> 00:01:26,160

It was so cool

28

00:01:26,160 --> 00:01:28,160

I was saying I realize now why

29

00:01:28,160 --> 00:01:29,600

Astronauts walk like this

30

00:01:29,600 --> 00:01:30,480

Yeah

31

00:01:30,560 --> 00:01:33,160

Everyone just like trying as much as possible

32

00:01:33,160 --> 00:01:41,280

Do you guys want to go check out suits

33

00:01:41,280 --> 00:01:42,160

Yes

34

00:01:42,240 --> 00:01:43,800

We're gonna move some suits over here I  
think real quick

35

00:01:43,800 --> 00:01:45,200

And we'll talk to you a little bit about

36

00:01:45,220 --> 00:01:47,480

What they are and we're  
going to let you guys change

37

00:01:47,480 --> 00:01:49,600

And actually try some out

38

00:01:49,600 --> 00:01:52,000

So you're out there and there's no air

39

00:01:52,000 --> 00:01:54,070

So then there's pressure pushing in on your body

40

00:01:54,080 --> 00:01:56,480

So what we have to go through these your  
body will want to expand out

41

00:01:56,480 --> 00:01:58,680

So that's why we wear a suit around us

42

00:01:58,680 --> 00:02:00,800

That goes through  
creates an artificial atmosphere

43

00:02:00,810 --> 00:02:04,990

Do you guys have training in terms of  
how quickly you can get in and out of

44

00:02:04,990 --> 00:02:09,789

These you have to know your spacesuit  
really well but we don't do drills like

45

00:02:09,789 --> 00:02:11,320

Getting in them quickly you

46

00:02:11,320 --> 00:02:14,170

Typically are helping  
each other getting into and out of them

47

00:02:14,170 --> 00:02:15,600

When you're when you're in space

48

00:02:15,600 --> 00:02:18,880

And so those tubes actually are going to carry cold water

49

00:02:18,880 --> 00:02:20,120

You'll see what that feels like once you get inside

50

00:02:20,120 --> 00:02:22,240

These gentlemen are going to help you climb into it

51

00:02:22,240 --> 00:02:25,040

Yeah like Chewy

52

00:02:28,780 --> 00:02:31,880

Whooaa that's so cool

53

00:02:33,760 --> 00:02:36,320

[laughs]

54

00:02:36,920 --> 00:02:40,220

Unfortunately we're gonna get you guys  
out of the suit now but then we're gonna

55

00:02:40,220 --> 00:02:43,800

Take you over and just let you the  
vehicle that you would be in your suits in

56

00:02:44,300 --> 00:02:45,920

The Orion vehicle

57

00:02:46,800 --> 00:02:48,340

The Space Launch System this is what's gonna

58

00:02:48,340 --> 00:02:50,140

Push this capsule this is the

59

00:02:50,200 --> 00:02:54,880

Artemus one this is going to go to the  
moon about one year from now

60

00:02:54,880 --> 00:02:59,580

Yes oh my gosh yes

61

00:02:59,580 --> 00:03:03,840

Ok niner niner hit hit

62

00:03:03,840 --> 00:03:10,640

This is the dock here when we when we get to the Gateway yeah we will dock at that port

63

00:03:10,650 --> 00:03:13,342

And there will be a hatch up there that we open and go into the gateway

64

00:03:13,342 --> 00:03:14,100

You have a target

65

00:03:14,100 --> 00:03:18,300

Right so you have to like figure out a way to drive the rocket so that the holes

66

00:03:18,300 --> 00:03:21,920

Match up

Bingo yeah how precise it is first of all

67

00:03:21,960 --> 00:03:26,120

Relative to the earth we're twenty thousand miles an hour and

68

00:03:26,120 --> 00:03:31,200

When we dock meet up with this plus or minus one inch plus or minus one degree

69

00:03:31,230 --> 00:03:33,080

Each axis

70

00:03:33,080 --> 00:03:34,800

That's really difficult

71  
00:03:34,840 --> 00:03:40,800  
We actually make the switches it's a multi step so  
you don't accidentally hit a switch

72  
00:03:40,960 --> 00:03:43,200  
We'll go check out the mockups for the space station

73  
00:03:43,200 --> 00:03:46,720  
Which will  
seem luxuriously large

74  
00:03:49,080 --> 00:03:51,400  
Yeah this is the amount of room each person gets

75  
00:03:51,400 --> 00:03:56,040  
You can put your personal effects  
You do you have a sleeping bag as they

76  
00:03:56,060 --> 00:03:59,959  
Mentioned and you can pin that to the  
wall and you can float kind of inside

77  
00:03:59,959 --> 00:04:03,230  
Your sleeping bag and tighten it down  
if you would like to feel a little bit

78  
00:04:03,240 --> 00:04:04,180  
More stable

79  
00:04:04,180 --> 00:04:07,480  
[Music]

80  
00:04:07,480 --> 00:04:09,040  
This is Houston yes

81  
00:04:09,040 --> 00:04:12,120  
This is where they actually say  
Houston we have a problem

82

00:04:12,120 --> 00:04:13,420

This is Houston

83

00:04:13,420 --> 00:04:17,280

So that's live

84

00:04:17,720 --> 00:04:18,880

They're in space right now

85

00:04:18,880 --> 00:04:24,160

Oh my gosh this is mad

What's the day-to-day like in this room

86

00:04:24,160 --> 00:04:27,919

So in this room we have three shifts

a day my favorite shift is the night

87

00:04:27,920 --> 00:04:31,200

Shift because it's when nobody's in this

building we get to hang out with the crew

88

00:04:31,240 --> 00:04:33,680

You guys ready to try some space food yeah

89

00:04:33,680 --> 00:04:38,080

Where do you get the

suggestions of what to work on next

90

00:04:38,120 --> 00:04:41,440

Great question we get a lot from the crew office

91

00:04:41,440 --> 00:04:43,880

Or

the crew office says can we move away

92

00:04:43,880 --> 00:04:51,560

From red meat and potatoes and get

brussels sprouts butternut squash and

93

00:04:51,560 --> 00:04:56,389

This comes from a lot of crew comments  
as well as input from the nutrition lab

94

00:04:56,389 --> 00:05:02,240

Here at JSC that says you guys should  
probably go a lower the salt in there. So on station

95

00:05:02,240 --> 00:05:06,160

Astronauts have much more advanced rehydration apparatus

96

00:05:06,160 --> 00:05:09,240

They have the potable water dispenser

97

00:05:09,520 --> 00:05:15,980

The astronauts can help you figure out how to unlock the straw

98

00:05:15,980 --> 00:05:20,020

Oh, that way when you set it down it's not going to come up

99

00:05:20,020 --> 00:05:24,180

In a lot of these all the good stuff is in the bottom

100

00:05:24,180 --> 00:05:27,120

She knows the tricks of the trade here

101

00:05:27,120 --> 00:05:29,160

Which one is your favorite

102

00:05:29,160 --> 00:05:32,800

I would say the butternut squash is my favorite

103

00:05:32,800 --> 00:05:35,360

I like things that are sweet mm-hmm I like the

104

00:05:35,360 --> 00:05:39,260

Brussels sprouts I think they're so good

all right well you guys have had your

105

00:05:39,260 --> 00:05:43,000

Afternoon snack want to go drive a lunar rover all right let's go

106

00:05:43,000 --> 00:05:45,120

I really don't know how to drive

107

00:05:47,720 --> 00:05:53,000

Oh oh oh

108

00:05:54,800 --> 00:05:58,080

Oh it's air conditioned

109

00:06:01,880 --> 00:06:09,660

On the lunar surface it'll basically you're in the rover like Megan and

110

00:06:09,660 --> 00:06:15,840

Jessica will be in the rover for up to 14 days together and they'll be another

111

00:06:15,840 --> 00:06:22,080

Rover they'll go out for 14 days and explore and

112

00:06:22,160 --> 00:06:27,200

If one breaks down all four of you will jumwop in one vehicle

113

00:06:27,200 --> 00:06:32,480

I think I made contact I think we're there awesome

114

00:06:32,480 --> 00:06:36,000

Nicely done that was awesome

115

00:06:36,320 --> 00:06:39,520

What an amazing day it's been really good

116

00:06:39,520 --> 00:06:42,320

It's been amazing it's more than I

117

00:06:42,330 --> 00:06:46,720

Expected I just have so much respect  
for NASA