

A close-up photograph of astronaut Christina Koch wearing a white space helmet with a clear visor. She is looking directly at the camera with a slight smile. The background is dark, suggesting the interior of a spacecraft. A small label on the helmet reads "WEIGHT MEASUREMENT ASSEMBLY".

Christina Koch's

*Most Memorable
Moments in Space*

Part 5

1
00:00:00,860 --> 00:00:05,510

[Music]

2
00:00:09,669 --> 00:00:07,990

without a doubt my most memorable day

3
00:00:11,110 --> 00:00:09,679

was day one

4
00:00:13,509 --> 00:00:11,120

with the assistance of space station

5
00:00:15,749 --> 00:00:13,519

commander oleg kononenko christina cook

6
00:00:17,670 --> 00:00:15,759

of nasa the first one through the hatch

7
00:00:20,310 --> 00:00:17,680

being greeted by her that was the day

8
00:00:22,390 --> 00:00:20,320

that i have seared in my memory visions

9
00:00:24,230 --> 00:00:22,400

when i first arrived here opening the

10
00:00:26,310 --> 00:00:24,240

hatch seeing some of my best friends on

11
00:00:28,230 --> 00:00:26,320

the other side floating through

12
00:00:30,470 --> 00:00:28,240

seeing my first glimpses of the actual

13
00:00:32,310 --> 00:00:30,480

interior of the space station after

14

00:00:34,470 --> 00:00:32,320

having traveled here for six hours on a

15

00:00:36,310 --> 00:00:34,480

small soyuz spacecraft that it actually

16

00:00:38,709 --> 00:00:36,320

exists for the betterment of humanity

17

00:00:40,790 --> 00:00:38,719

doing science and exploring that it was

18

00:00:42,389 --> 00:00:40,800

real and that i got to live here i'm

19

00:00:44,709 --> 00:00:42,399

very privileged to have that as one of

20

00:00:47,190 --> 00:00:44,719

my favorite memories

21

00:00:49,910 --> 00:00:47,200

the surprise that i've uncovered is the

22

00:00:52,549 --> 00:00:49,920

human body and mind's ability to adapt

23

00:00:55,910 --> 00:00:52,559

to any situation i sometimes joke that

24

00:00:57,510 --> 00:00:55,920

before jessica got here and before i you

25

00:00:59,349 --> 00:00:57,520

know hurt her all the time explain

26
00:01:01,430 --> 00:00:59,359
exclaiming about how exciting and fun it

27
00:01:03,830 --> 00:01:01,440
was to float i think i had actually

28
00:01:05,670 --> 00:01:03,840
forgotten that i was floating the human

29
00:01:07,750 --> 00:01:05,680
mind just has an ability to really

30
00:01:10,550 --> 00:01:07,760
accommodate any situation and to turn it

31
00:01:12,310 --> 00:01:10,560
into normal so for example the fact that

32
00:01:13,510 --> 00:01:12,320
we can just work right on the ceiling

33
00:01:15,429 --> 00:01:13,520
like this

34
00:01:16,469 --> 00:01:15,439
and not even know the difference between

35
00:01:18,310 --> 00:01:16,479
the two

36
00:01:20,550 --> 00:01:18,320
so it's really been an exciting and a

37
00:01:22,630 --> 00:01:20,560
huge surprise to see that

38
00:01:24,789 --> 00:01:22,640

life up here can actually become normal

39

00:01:26,950 --> 00:01:24,799

i'd have to say any meal that we share

40

00:01:28,630 --> 00:01:26,960

together is a great one and of those

41

00:01:30,230 --> 00:01:28,640

some of my favorites i would say would

42

00:01:32,310 --> 00:01:30,240

be our pizza nights

43

00:01:33,830 --> 00:01:32,320

our folks on the ground send up care

44

00:01:35,910 --> 00:01:33,840

packages sometimes and they'll put

45

00:01:37,990 --> 00:01:35,920

together a little non-perishable pizza

46

00:01:40,230 --> 00:01:38,000

kit and we're able to actually make

47

00:01:42,149 --> 00:01:40,240

pizzas in our kind of makeshift space

48

00:01:44,469 --> 00:01:42,159

oven using tin foil and a little bit of

49

00:01:46,069 --> 00:01:44,479

creativity and seeing what everybody

50

00:01:47,190 --> 00:01:46,079

comes up with and sharing with each

51

00:01:48,710 --> 00:01:47,200

other and just something a little

52

00:01:50,069 --> 00:01:48,720

different a little bit out of the norm

53

00:01:52,389 --> 00:01:50,079

that we actually feel like we get to

54

00:01:54,710 --> 00:01:52,399

prepare ourselves as opposed to just

55

00:01:56,630 --> 00:01:54,720

opening up out of a packet it's really

56

00:01:58,469 --> 00:01:56,640

special and it's a lot of fun

57

00:02:00,789 --> 00:01:58,479

one really striking moment was the first

58

00:02:02,069 --> 00:02:00,799

time i saw my hometown in the area where

59

00:02:04,550 --> 00:02:02,079

i grew up which is coastal north

60

00:02:06,389 --> 00:02:04,560

carolina and seeing those outer banks

61

00:02:08,389 --> 00:02:06,399

come into focus around the horizon and

62

00:02:10,630 --> 00:02:08,399

suddenly realizing what i was looking at

63

00:02:12,710 --> 00:02:10,640

was a just breathtaking moment some of

64

00:02:15,270 --> 00:02:12,720

the other favorite things i have to look

65

00:02:17,030 --> 00:02:15,280

at would be definitely the auroras the

66

00:02:19,110 --> 00:02:17,040

northern lights and the southern lights

67

00:02:20,949 --> 00:02:19,120

i spent so many years working in the

68

00:02:23,190 --> 00:02:20,959

antarctic and the arctic and seeing

69

00:02:25,670 --> 00:02:23,200

those auroras from below

70

00:02:28,869 --> 00:02:25,680

and so to see them on a planetary scale

71

00:02:30,710 --> 00:02:28,879

from above is just truly mind-blowing

72

00:02:33,110 --> 00:02:30,720

you know just like those memories of day

73

00:02:35,030 --> 00:02:33,120

one there are a couple flashes that i'll

74

00:02:37,430 --> 00:02:35,040

just never ever forget

75

00:02:39,990 --> 00:02:37,440

spacewalk with jessica mirror was just

76
00:02:42,070 --> 00:02:40,000
an unbelievable honor and there were

77
00:02:43,990 --> 00:02:42,080
times when we looked at each other for

78
00:02:45,830 --> 00:02:44,000
example right when we came out the hatch

79
00:02:46,630 --> 00:02:45,840
we caught each other's eye and we knew

80
00:02:48,390 --> 00:02:46,640
that

81
00:02:51,190 --> 00:02:48,400
we really were honored with this

82
00:02:52,710 --> 00:02:51,200
opportunity to inspire so many and just

83
00:02:54,309 --> 00:02:52,720
hearing our voices talk to mission

84
00:02:55,670 --> 00:02:54,319
control and knowing that two female

85
00:02:57,910 --> 00:02:55,680
voices had never been on the loop

86
00:03:02,380 --> 00:02:57,920
solving those problems together outside

87
00:03:02,390 --> 00:03:09,509
[Music]