



Space**to**Ground

1
00:00:07,269 --> 00:00:05,910
houston station on space to ground

2
00:00:09,750 --> 00:00:07,279
touchdown

3
00:00:12,789 --> 00:00:09,760
mark vande high and peoria dubois back

4
00:00:14,789 --> 00:00:12,799
home one year after leaving the planet

5
00:00:17,269 --> 00:00:14,799
welcome to space to ground i'm nella for

6
00:00:20,390 --> 00:00:17,279
ramji nasa astronaut mark vanda high

7
00:00:23,509 --> 00:00:20,400
came home this week after a record 355

8
00:00:28,150 --> 00:00:25,509
vanda high arrived at the space station

9
00:00:30,150 --> 00:00:28,160
last year on april 9th his time in orbit

10
00:00:32,389 --> 00:00:30,160
breaks the previous american record held

11
00:00:33,670 --> 00:00:32,399
by former nasa astronaut scott kelly by

12
00:00:35,430 --> 00:00:33,680
15 days

13
00:00:37,590 --> 00:00:35,440

as scheduled vanda high returned to

14
00:00:39,510 --> 00:00:37,600
earth on wednesday march 30th alongside

15
00:00:41,110 --> 00:00:39,520
cosmonauts piotr dubrov and anton

16
00:00:43,190 --> 00:00:41,120
shkaplerov

17
00:00:45,190 --> 00:00:43,200
as we prepare for deep space exploration

18
00:00:46,869 --> 00:00:45,200
of the moon and mars missions like vanda

19
00:00:48,549 --> 00:00:46,879
highs will inform researchers on the

20
00:00:49,990 --> 00:00:48,559
effects of long-duration life in

21
00:00:52,470 --> 00:00:50,000
microgravity

22
00:00:54,869 --> 00:00:52,480
what we're doing in effect is practicing

23
00:00:56,229 --> 00:00:54,879
keeping people healthy on a long trip

24
00:00:58,709 --> 00:00:56,239
through space

25
00:01:00,790 --> 00:00:58,719
the big difference is when we get our

26

00:01:01,590 --> 00:01:00,800

first folks to mars we're not going to

27

00:01:03,830 --> 00:01:01,600

have

28

00:01:05,109 --> 00:01:03,840

a staff of nurses and doctors there to

29

00:01:06,310 --> 00:01:05,119

make sure we're healthy and take care of

30

00:01:08,310 --> 00:01:06,320

us so

31

00:01:10,390 --> 00:01:08,320

being able to contribute to that is

32

00:01:11,670 --> 00:01:10,400

something i will always be very very

33

00:01:12,950 --> 00:01:11,680

proud of

34

00:01:15,109 --> 00:01:12,960

during his time on the orbiting

35

00:01:16,550 --> 00:01:15,119

laboratory vanda high participated in

36

00:01:17,990 --> 00:01:16,560

and conducted many science

37

00:01:20,070 --> 00:01:18,000

investigations

38

00:01:22,149 --> 00:01:20,080

anytime you can take science experiments

39

00:01:23,749 --> 00:01:22,159

and change the variables you learn

40

00:01:25,990 --> 00:01:23,759

something new and the space station

41

00:01:27,270 --> 00:01:26,000

provides unique ability to have

42

00:01:28,789 --> 00:01:27,280

solutions where you don't have

43

00:01:30,630 --> 00:01:28,799

sedimentation where you can keep a

44

00:01:32,789 --> 00:01:30,640

homogenous mixture for example buoyant

45

00:01:34,789 --> 00:01:32,799

forces just don't work the same way so

46

00:01:36,230 --> 00:01:34,799

the way combustion works is different

47

00:01:38,230 --> 00:01:36,240

but also i'd say

48

00:01:41,109 --> 00:01:38,240

space is exciting because we human

49

00:01:42,950 --> 00:01:41,119

beings are explorers at our core and we

50

00:01:44,950 --> 00:01:42,960

want to understand better how we fit

51
00:01:47,510 --> 00:01:44,960
into the vast scheme of things and the

52
00:01:49,749 --> 00:01:47,520
further we go the more we learn

53
00:01:52,230 --> 00:01:49,759
so after spending close to a year in

54
00:01:55,429 --> 00:01:52,240
space what will he miss about it

55
00:01:57,590 --> 00:01:55,439
i will miss the certainty that every day

56
00:01:59,910 --> 00:01:57,600
i'm spending contributing with

57
00:02:01,670 --> 00:01:59,920
innovations in science technological

58
00:02:03,350 --> 00:02:01,680
demonstrations that are helping out all

59
00:02:05,350 --> 00:02:03,360
of humanity and pushing the boundaries

60
00:02:07,109 --> 00:02:05,360
of human existence

61
00:02:08,630 --> 00:02:07,119
now that he's back on terra firma mark

62
00:02:10,550 --> 00:02:08,640
will take some time to relax and

63
00:02:12,630 --> 00:02:10,560

rehabilitate to help and balance out the

64

00:02:14,949 --> 00:02:12,640

rigors of year-long space travel thanks

65

00:02:16,550 --> 00:02:14,959

for being here

66

00:02:18,390 --> 00:02:16,560

for more about this incredible

67

00:02:21,270 --> 00:02:18,400

achievement we invite you to follow us

68

00:02:22,790 --> 00:02:21,280

on twitter at iss underscore research

69

00:02:24,309 --> 00:02:22,800

that's space to ground for this week

70

00:02:25,020 --> 00:02:24,319

thanks so much for watching we'll see

71

00:02:34,070 --> 00:02:25,030

you next week

72

00:02:36,720 --> 00:02:34,080

[Music]