



Changing Your Perspective

ASTRONAUT

sunni williams



1
00:00:04,390 --> 00:00:02,550
hi my name is adrian crotty and i am

2
00:00:05,749 --> 00:00:04,400
studying environmental studies today

3
00:00:07,909 --> 00:00:05,759
i'll be sitting down with astronaut

4
00:00:10,310 --> 00:00:07,919
sunny williams i was curious to know how

5
00:00:12,070 --> 00:00:10,320
seeing the earth from space changed her

6
00:00:14,470 --> 00:00:12,080
perspective on the work that she did

7
00:00:16,070 --> 00:00:14,480
from space and the life that she lives

8
00:00:17,590 --> 00:00:16,080
now when she's back on the planet thank

9
00:00:19,670 --> 00:00:17,600
you for watching the premiere of season

10
00:00:22,880 --> 00:00:19,680
2 down to earth follow along for more

11
00:00:22,890 --> 00:00:31,910
[Music]

12
00:00:34,150 --> 00:00:32,870
so

13
00:00:36,950 --> 00:00:34,160

i have a few questions as you might

14

00:00:39,510 --> 00:00:36,960

guess um and to start with i'd like to

15

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

know what is one thing about living and

16

00:00:43,590 --> 00:00:41,920

working in space that most people

17

00:00:45,830 --> 00:00:43,600

who have never been to space might not

18

00:00:47,830 --> 00:00:45,840

know about or understand well that's a

19

00:00:49,830 --> 00:00:47,840

good question and i'm not just saying

20

00:00:51,910 --> 00:00:49,840

that to fill time

21

00:00:54,069 --> 00:00:51,920

there's just there's a whole bunch of

22

00:00:56,630 --> 00:00:54,079

interesting things to talk about i think

23

00:00:58,470 --> 00:00:56,640

probably people think it's pretty nice

24

00:00:59,830 --> 00:00:58,480

that you can go and float around up

25

00:01:02,470 --> 00:00:59,840

there

26
00:01:04,869 --> 00:01:02,480
but that has some consequences to it you

27
00:01:07,670 --> 00:01:04,879
know of course i think our bodies need

28
00:01:09,510 --> 00:01:07,680
to adapt to going to space

29
00:01:12,310 --> 00:01:09,520
the initial getting the space like whoa

30
00:01:14,390 --> 00:01:12,320
you know it's a big adaptation but you

31
00:01:16,070 --> 00:01:14,400
feel like you like we're there okay so

32
00:01:18,230 --> 00:01:16,080
now i can float around okay maybe i'm a

33
00:01:19,990 --> 00:01:18,240
little clumsy but i think what people

34
00:01:22,469 --> 00:01:20,000
don't recognize is

35
00:01:24,950 --> 00:01:22,479
your whole being starts to adapt and it

36
00:01:27,030 --> 00:01:24,960
does take time folks had said in the

37
00:01:28,550 --> 00:01:27,040
past that maybe a month i didn't believe

38
00:01:31,350 --> 00:01:28,560

it i think most people don't believe it

39
00:01:32,710 --> 00:01:31,360
but you can really see how people become

40
00:01:35,429 --> 00:01:32,720
so natural

41
00:01:37,910 --> 00:01:35,439
up in space after about a month and how

42
00:01:40,550 --> 00:01:37,920
smoothly they fly and actually how that

43
00:01:42,550 --> 00:01:40,560
translated to me as a reality it was

44
00:01:44,149 --> 00:01:42,560
like i was like i don't know what it

45
00:01:45,670 --> 00:01:44,159
would be like to walk when i was up

46
00:01:47,429 --> 00:01:45,680
there there was through the center of

47
00:01:49,830 --> 00:01:47,439
the stack there was a module that went

48
00:01:51,670 --> 00:01:49,840
down and that was essentially our closet

49
00:01:53,670 --> 00:01:51,680
but it was pretty deep it's probably

50
00:01:56,069 --> 00:01:53,680
like 30 feet down

51
00:01:57,510 --> 00:01:56,079
and i'd float right over it and i was

52
00:02:00,069 --> 00:01:57,520
thinking to myself

53
00:02:02,469 --> 00:02:00,079
i don't even think twice about this like

54
00:02:04,469 --> 00:02:02,479
if i was walking i'd be like oh you know

55
00:02:06,550 --> 00:02:04,479
like what do i have to do here and i i

56
00:02:09,910 --> 00:02:06,560
actually sort of forgot what it was like

57
00:02:12,150 --> 00:02:09,920
to walk around that your body your brain

58
00:02:13,910 --> 00:02:12,160
your body can all just sort of

59
00:02:15,030 --> 00:02:13,920
live or change to the environment that

60
00:02:16,710 --> 00:02:15,040
you're in i thought that was pretty

61
00:02:18,550 --> 00:02:16,720
fascinating that doesn't it reminds me

62
00:02:19,670 --> 00:02:18,560
of the videos that you can see of

63
00:02:21,110 --> 00:02:19,680

astronauts when they come back and

64

00:02:22,470 --> 00:02:21,120

they're holding something and let go and

65

00:02:24,229 --> 00:02:22,480

then it just falls

66

00:02:25,670 --> 00:02:24,239

yep that's all one time and then you go

67

00:02:27,589 --> 00:02:25,680

okay i got it

68

00:02:28,949 --> 00:02:27,599

gravity is back yes

69

00:02:30,150 --> 00:02:28,959

it also reminds me of if you're ever

70

00:02:31,270 --> 00:02:30,160

like on a boat for an extended period

71

00:02:33,910 --> 00:02:31,280

and you get back on land and then you

72

00:02:35,990 --> 00:02:33,920

have the sea legs yep exactly

73

00:02:37,430 --> 00:02:36,000

would you say that that or was there

74

00:02:39,430 --> 00:02:37,440

something else what that was the biggest

75

00:02:41,430 --> 00:02:39,440

adjustment for you in space i think that

76

00:02:43,830 --> 00:02:41,440

was the biggest i think a close second

77

00:02:45,670 --> 00:02:43,840

is uh losing things i think one of the

78

00:02:47,350 --> 00:02:45,680

most annoying things is like when you

79

00:02:48,710 --> 00:02:47,360

think just for a second you're like you

80

00:02:49,990 --> 00:02:48,720

just let something go it's just gonna be

81

00:02:52,229 --> 00:02:50,000

there for just a second and you turn

82

00:02:53,830 --> 00:02:52,239

around and some air current takes it and

83

00:02:56,150 --> 00:02:53,840

you'll see a lot of video of people

84

00:02:57,270 --> 00:02:56,160

doing this

85

00:02:58,790 --> 00:02:57,280

and that's because they're looking for

86

00:03:00,470 --> 00:02:58,800

something and that's i think one of the

87

00:03:02,630 --> 00:03:00,480

most annoying things about being in

88

00:03:03,910 --> 00:03:02,640

space and so good pants a good flight

89

00:03:05,509 --> 00:03:03,920

suit like this with lots of pockets is

90

00:03:07,670 --> 00:03:05,519

really beneficial

91

00:03:09,750 --> 00:03:07,680

what is it like being once you're in

92

00:03:12,390 --> 00:03:09,760

orbit seeing earth from the first time

93

00:03:14,309 --> 00:03:12,400

from so far away ridiculous

94

00:03:16,070 --> 00:03:14,319

it's awesome i was actually on the mid

95

00:03:17,830 --> 00:03:16,080

deck of the space shuttle discovery that

96

00:03:19,350 --> 00:03:17,840

took me up there and i was working and

97

00:03:20,710 --> 00:03:19,360

you know we got to space and you know

98

00:03:22,470 --> 00:03:20,720

things start floating and that was fun

99

00:03:24,309 --> 00:03:22,480

and i'm chuckling about that and the

100

00:03:25,990 --> 00:03:24,319

commander and the pilot up in the front

101
00:03:28,229 --> 00:03:26,000
seats of the shuttle commander said

102
00:03:30,789 --> 00:03:28,239
sonny come on up and so he i flew up

103
00:03:32,630 --> 00:03:30,799
there and he gave me my little wings and

104
00:03:34,789 --> 00:03:32,640
what was more impressive i was like oh

105
00:03:36,789 --> 00:03:34,799
that's nice but i looking out the window

106
00:03:39,030 --> 00:03:36,799
i was like oh my god there's earth and

107
00:03:40,869 --> 00:03:39,040
it's round it's like they were right you

108
00:03:43,110 --> 00:03:40,879
know it's super cool and it's just

109
00:03:45,830 --> 00:03:43,120
seeing that planet you know in that view

110
00:03:47,830 --> 00:03:45,840
is just amazing and you just can't get

111
00:03:48,869 --> 00:03:47,840
sick of it every opportunity i think

112
00:03:50,309 --> 00:03:48,879
everybody has who lives on the

113
00:03:52,789 --> 00:03:50,319

international space station we have this

114

00:03:54,630 --> 00:03:52,799

amazing cupola window now we have two

115

00:03:56,070 --> 00:03:54,640

windows that look out by the gems so you

116

00:03:58,550 --> 00:03:56,080

could see the curvature of the earth

117

00:04:00,949 --> 00:03:58,560

from those two venues and it's just

118

00:04:03,509 --> 00:04:00,959

compelling i mean you can spend all day

119

00:04:05,110 --> 00:04:03,519

sitting there watching our planet

120

00:04:07,030 --> 00:04:05,120

another transition you know sort of like

121

00:04:08,710 --> 00:04:07,040

your body adapting initially i was

122

00:04:10,710 --> 00:04:08,720

always trying to find places that i knew

123

00:04:12,630 --> 00:04:10,720

like of course like houston or where i

124

00:04:14,869 --> 00:04:12,640

grew up in massachusetts or where my dad

125

00:04:17,030 --> 00:04:14,879

was from in india highlighting little

126

00:04:19,349 --> 00:04:17,040

pieces and parts of the earth for the

127

00:04:21,349 --> 00:04:19,359

people which is of course very important

128

00:04:23,990 --> 00:04:21,359

but after time

129

00:04:26,150 --> 00:04:24,000

i think i started getting more joy out

130

00:04:28,150 --> 00:04:26,160

of looking at our planet as a planet

131

00:04:29,749 --> 00:04:28,160

like watching algae blooms and all

132

00:04:33,590 --> 00:04:29,759

sudden in the ocean someplace there's

133

00:04:35,909 --> 00:04:33,600

this huge amazing blue spot or how the

134

00:04:38,550 --> 00:04:35,919

ice forms and flows

135

00:04:40,629 --> 00:04:38,560

up in the north atlantic with swirls or

136

00:04:41,830 --> 00:04:40,639

how the clouds are moving

137

00:04:43,830 --> 00:04:41,840

that was

138

00:04:46,070 --> 00:04:43,840

another transition you look at it like

139

00:04:48,230 --> 00:04:46,080

it's a living system the environment is

140

00:04:51,030 --> 00:04:48,240

absolutely living the oceans are living

141

00:04:52,950 --> 00:04:51,040

it's all changing right below you

142

00:04:54,550 --> 00:04:52,960

it seems like you know as we sit here on

143

00:04:56,150 --> 00:04:54,560

earth we don't see all that happening

144

00:04:58,629 --> 00:04:56,160

but when you look at it from that you

145

00:05:00,550 --> 00:04:58,639

know macro perspective finally it took a

146

00:05:03,350 --> 00:05:00,560

little while but that's how i viewed

147

00:05:04,870 --> 00:05:03,360

earth it's a pretty cool planet and i'm

148

00:05:06,310 --> 00:05:04,880

sure it's even more because it's not

149

00:05:08,070 --> 00:05:06,320

just the still picture you're watching

150

00:05:09,510 --> 00:05:08,080

it just like grow and transform right in

151

00:05:12,070 --> 00:05:09,520

front of you right in front of you yeah

152

00:05:14,550 --> 00:05:12,080

before you saw it from that perspective

153

00:05:16,950 --> 00:05:14,560

uh did you have any expectations about

154

00:05:18,870 --> 00:05:16,960

what you were gonna see yeah of course i

155

00:05:20,390 --> 00:05:18,880

mean i was uh you know whenever i would

156

00:05:22,390 --> 00:05:20,400

get a little bit bummed out here for

157

00:05:24,150 --> 00:05:22,400

some whatever reason missing missing my

158

00:05:26,070 --> 00:05:24,160

family or whatever i would take a little

159

00:05:28,790 --> 00:05:26,080

trek over to space center houston and

160

00:05:30,870 --> 00:05:28,800

watch an imax movie and go wow you know

161

00:05:33,670 --> 00:05:30,880

there's some pretty cool views but it

162

00:05:35,270 --> 00:05:33,680

doesn't even do it justice i mean it

163

00:05:37,270 --> 00:05:35,280

gave you a

164

00:05:38,790 --> 00:05:37,280

foundation a baseline of what you might

165

00:05:40,950 --> 00:05:38,800

see but when you actually see it for

166

00:05:42,870 --> 00:05:40,960

your own two eyes one of the reasons i

167

00:05:45,189 --> 00:05:42,880

feel like everybody on this planet needs

168

00:05:46,870 --> 00:05:45,199

to take a lap around our planet go to

169

00:05:47,830 --> 00:05:46,880

space take a lap and just look out the

170

00:05:49,749 --> 00:05:47,840

window

171

00:06:01,350 --> 00:05:49,759

come back it'll change your your view of

172

00:06:10,150 --> 00:06:04,030

subscribe for more space