



1
00:00:00,980 --> 00:00:20,140
Music

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00:00:20,140 --> 00:00:24,930
Nicole Stott, Astronaut: It took a little while for me to really decide, make that decision, you know,

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00:00:24,930 --> 00:00:29,520
that, "Well, I'm going to fill out the application" kind of thing. And it really wasn't until I was working

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00:00:29,520 --> 00:00:36,160
here at KSC that that happened. It was after a few years of working here at KSC when people that I

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considered to be mentors encouraged me to do it. Once they knew I was interested in it all,

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they encouraged me to do it. And I honestly think without that, I would never have even picked up the

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pen and filled out the application. I really don't. Because I didn't feel like there was anything special

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about what I had done, and especially after seeing the people around me that were in the astronaut

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office, or even people that were working here at KSC with me, I'm like, "How do I stand out at all?"

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So I'm very thankful. 'Cause what cooler place to fly than space? Which is what led me down the whole

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00:01:08,790 --> 00:01:16,600
path to wanting to work for NASA to begin with. But I'm very thankful to the people that maybe knew a

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00:01:16,600 --> 00:01:21,760
little bit more about me or saw something in me that I didn't necessarily see in myself.

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00:01:21,760 --> 00:01:25,020

Music

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00:01:25,020 --> 00:01:32,220

Stott: In preparing to fly, the training for a space station flight especially, is a lot of time out of the

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00:01:32,220 --> 00:01:40,320

country. So over 50 percent of my time, for about three years before my first flight, was in Russia,

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00:01:40,320 --> 00:01:45,850

or Japan, or Europe, or Canada. So a lot of back and forth a month here, a month there.

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00:01:45,850 --> 00:01:52,390

The biggest challenge is how do you manage, kind of, that balance of family and getting ready to fly in

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00:01:52,390 --> 00:01:59,250

space, or flying in space. And I think the key to that is, like it would be with any balancing work and

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00:01:59,250 --> 00:02:05,410

family, is just keeping them engaged as much as possible, and making them feel like they're part of the

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00:02:05,410 --> 00:02:12,060

training and the mission, too. And that was what worked best for me, I think, in overcoming that

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00:02:12,060 --> 00:02:14,230

challenge, which I think overall has been the biggest one.

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00:02:14,230 --> 00:02:17,480

Music

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00:02:17,480 --> 00:02:21,420

Stott: From my own self, from looking out the windows of the station and looking at Earth, looking out

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00:02:21,420 --> 00:02:27,580

into space and seeing kind of this depth to the stars, and kind of that connection that you get to that,

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00:02:27,580 --> 00:02:33,690

the word "awesome" just totally applies. I really believe I have a better understanding of the definition

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00:02:33,690 --> 00:02:38,570

of the word "awe" because of it all. It's one of those things that I wish anybody that wanted to do it

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00:02:38,570 --> 00:02:43,180

could do it, if it was just for five minutes, could get up there and have that view, and have that feeling

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00:02:43,180 --> 00:02:49,930

of how your body adjusts to something like that. Our bodies and our brains are pretty amazing things,

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00:02:49,930 --> 00:02:54,390

and the way that they just take the signals that they're being given and deal with the different

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00:02:54,390 --> 00:02:59,690

environment. And we're doing some really cool stuff with the exercise equipment we have, and some

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00:02:59,690 --> 00:03:04,960

of the studies going on, to figure out how do we counter that so, since we know we're coming back to

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00:03:04,960 --> 00:03:07,800

gravity, that we'll be ready to do that, too.

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00:03:07,800 --> 00:03:12,200

Music

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00:03:12,200 --> 00:03:17,430

Stott: The international relationships we've developed, and kind of overcoming the challenge to build

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00:03:17,430 --> 00:03:24,240

something that complex in space, with 15, 16 different countries involved, and the positive

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00:03:24,240 --> 00:03:31,580

relationships that we've developed from doing that, have benefited us here on Earth in many ways as

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00:03:31,580 --> 00:03:37,850

well. I think we, because of those relationships, deal with our international partners on other issues in

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00:03:37,850 --> 00:03:46,650

a much more positive way. I also think that the station is this perfect example of getting a dual benefit

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00:03:46,650 --> 00:03:52,320

out of something. Everything about it -- the science that's going on, the way the space station works,

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00:03:52,320 --> 00:03:56,080

the solar arrays for generating electricity, the systems that clean our air,

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00:03:56,080 --> 00:04:03,710

all of that kind of self-contained thing -- every aspect of it is helping life get better here on Earth,

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00:04:03,710 --> 00:04:08,760

and helping us figure out how to explore further off our planet, get further out of low Earth orbit.

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00:04:08,760 --> 00:04:13,460

Music

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00:04:13,460 --> 00:04:19,040

Stott: The parallels are perfect. And after flying in space, I think back on it, and I look and I try to find

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00:04:19,040 --> 00:04:24,440

what was the one best training experience I had in preparation for what it would be like to live on the

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space station.

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00:04:25,910 --> 00:04:33,100

And living in Aquarius, and its 60 feet underwater, was in this habitat that was like the size of a school

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00:04:33,100 --> 00:04:36,340

bus, was the perfect analog to that.

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Music

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00:04:41,050 --> 00:04:45,490

Stott: If you combine what was done, with the history of the space shuttle, with what we did with

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00:04:45,490 --> 00:04:53,570

Apollo and the programs before that, there really is this wealth of knowledge for how we live in space,

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00:04:53,570 --> 00:04:59,790

how we assemble things in space, how we do science in space, I don't think you could look for any

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00:04:59,790 --> 00:05:09,300

better example of preparation for future spaceflight. And certainly the lessons that we learned over

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00:05:09,300 --> 00:05:15,860

time, and how you manage a program like that, the things that you need to do to keep yourself safe,

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00:05:15,860 --> 00:05:21,430

and then allow yourself to prosper are just represented very well by what went on with the Space

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00:05:21,430 --> 00:05:27,840

Shuttle Program. And I'll tell you what, you couldn't look for a better group of people to assemble and

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care for and feed spacecraft than you have here at Kennedy Space Center.

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The expertise that's here is amazing. And I hope for that future, we'll be taking advantage of that