



1  
00:00:07,110 --> 00:00:04,309  
station this is seven oaks and nick

2  
00:00:15,110 --> 00:00:07,120  
patrick here with about 450 very excited

3  
00:00:17,750 --> 00:00:16,390  
hi nick uh

4  
00:00:19,189 --> 00:00:17,760  
hope you're doing well out there and we

5  
00:00:20,630 --> 00:00:19,199  
look forward to talking to all the

6  
00:00:22,310 --> 00:00:20,640  
students and uh

7  
00:00:27,109 --> 00:00:22,320  
welcome on board the international space

8  
00:00:29,669 --> 00:00:28,470  
thank you very much scott it looks like

9  
00:00:32,150 --> 00:00:29,679  
you're all having a lot of fun up there

10  
00:00:34,870 --> 00:00:32,160  
i wish i was with you as i think there's

11  
00:00:36,229 --> 00:00:34,880  
everybody down here we have uh many

12  
00:00:37,350 --> 00:00:36,239  
students who've got great questions for

13  
00:00:39,270 --> 00:00:37,360

you if there's anything you'd like to

14

00:00:41,110 --> 00:00:39,280

start with first though we'd love to

15

00:00:47,510 --> 00:00:41,120

hear a little bit about what your day

16

00:00:51,990 --> 00:00:48,790

well uh

17

00:00:53,670 --> 00:00:52,000

so far um today it's uh

18

00:00:56,229 --> 00:00:53,680

well it's around 2 30 in the afternoon

19

00:00:58,069 --> 00:00:56,239

so most of our day is over and on the

20

00:01:00,069 --> 00:00:58,079

russian segment the cosmonauts are

21

00:01:01,110 --> 00:01:00,079

preparing for a spacewalk we have

22

00:01:02,229 --> 00:01:01,120

tomorrow

23

00:01:04,630 --> 00:01:02,239

and uh

24

00:01:06,710 --> 00:01:04,640

over here on the u.s segment most of the

25

00:01:08,550 --> 00:01:06,720

day i think has been spent doing the

26

00:01:09,910 --> 00:01:08,560

kind of routine maintenance but uh

27

00:01:11,830 --> 00:01:09,920

pretty soon

28

00:01:14,950 --> 00:01:11,840

apollo and katie will be flying the

29

00:01:15,590 --> 00:01:14,960

space station robot arm in anticipation

30

00:01:16,950 --> 00:01:15,600

of

31

00:01:19,030 --> 00:01:16,960

grappling the

32

00:01:24,710 --> 00:01:19,040

japanese cargo ship that will be here

33

00:01:27,590 --> 00:01:26,230

it sounds like things are busy and very

34

00:01:29,429 --> 00:01:27,600

interesting could you take a minute to

35

00:01:34,230 --> 00:01:29,439

introduce to us each of the crew members

36

00:01:40,950 --> 00:01:37,830

yeah um to my right is uh sasha coleri

37

00:01:41,990 --> 00:01:40,960

um and to my left oleg skripochka and we

38

00:01:49,670 --> 00:01:42,000

uh

39

00:01:52,149 --> 00:01:49,680

this is oleg's first flight in sasha's

40

00:01:53,830 --> 00:01:52,159

fifth flight i believe and uh

41

00:01:57,590 --> 00:01:53,840

during this time i think he'll go over

42

00:02:05,429 --> 00:01:58,630

soon

43

00:02:07,910 --> 00:02:05,439

to my right is uh paulo nisboli he's an

44

00:02:10,309 --> 00:02:07,920

issa astronaut and this is a second

45

00:02:12,390 --> 00:02:10,319

flight uh dima condratev

46

00:02:15,830 --> 00:02:12,400

uh behind me

47

00:02:18,309 --> 00:02:15,840

is the uh commander of uh 25 soyuz and

48

00:02:21,510 --> 00:02:18,319

they uh all three of them including

49

00:02:23,910 --> 00:02:21,520

katie coleman got up here

50

00:02:26,390 --> 00:02:23,920

about a month ago and and uh

51  
00:02:32,790 --> 00:02:26,400  
katie is a american astronaut and this

52  
00:02:35,509 --> 00:02:34,550  
it's good to see you all looking so very

53  
00:02:37,190 --> 00:02:35,519  
well

54  
00:02:38,550 --> 00:02:37,200  
i think with that we have many eager

55  
00:02:40,470 --> 00:02:38,560  
students who have questions for you so

56  
00:02:45,110 --> 00:02:40,480  
we'll pass the mic around down here and

57  
00:02:50,550 --> 00:02:48,229  
hi my name is edmund borted i'm 17 years

58  
00:02:52,229 --> 00:02:50,560  
old and this is a question for scott

59  
00:02:54,309 --> 00:02:52,239  
what are the resulting logistical

60  
00:02:56,070 --> 00:02:54,319  
implications that you have to deal with

61  
00:03:02,710 --> 00:02:56,080  
due to the switch between the american

62  
00:03:07,750 --> 00:03:04,949  
well certainly the the shuttle provides

63  
00:03:11,430 --> 00:03:07,760

a pretty significant um upmass

64

00:03:13,509 --> 00:03:11,440  
capability uh to launch uh cargo

65

00:03:15,750 --> 00:03:13,519  
that is both uh pressurized cargo

66

00:03:18,149 --> 00:03:15,760  
meaning it's inside a pressurized volume

67

00:03:20,390 --> 00:03:18,159  
and for the inside of the space station

68

00:03:21,509 --> 00:03:20,400  
and also unpressurized cargo for the

69

00:03:23,430 --> 00:03:21,519  
outside

70

00:03:25,670 --> 00:03:23,440  
and the other very significant

71

00:03:27,509 --> 00:03:25,680  
capability it has is the the ability to

72

00:03:32,309 --> 00:03:27,519  
bring things home

73

00:03:34,390 --> 00:03:32,319  
uh specifically large large items and um

74

00:03:37,270 --> 00:03:34,400  
so when we retire the space shuttle we

75

00:03:39,030 --> 00:03:37,280  
do lose some of that capability although

76

00:03:41,430 --> 00:03:39,040

you know between the russian progress

77

00:03:44,710 --> 00:03:41,440

which is very reliable and

78

00:03:46,630 --> 00:03:44,720

a japanese and european resupply vehicle

79

00:03:49,670 --> 00:03:46,640

and hopefully soon some commercial

80

00:03:51,910 --> 00:03:49,680

vehicles will have the capability to can

81

00:03:54,710 --> 00:03:51,920

continue to resupply the space station

82

00:03:56,949 --> 00:03:54,720

but also have uh you know in addition to

83

00:03:59,030 --> 00:03:56,959

the little uh the small amount of cargo

84

00:04:01,589 --> 00:03:59,040

a soyuz can bring home

85

00:04:04,149 --> 00:04:01,599

some of these commercial vehicles may uh

86

00:04:06,710 --> 00:04:04,159

you know demonstrate an ability to bring

87

00:04:09,270 --> 00:04:06,720

larger volumes of cargo back to the

88

00:04:10,390 --> 00:04:09,280

earth science experiments or stuff that

89

00:04:13,350 --> 00:04:10,400

we need to

90

00:04:15,910 --> 00:04:13,360

refurbish on the ground and fly again so

91

00:04:17,270 --> 00:04:15,920

it makes things more challenging but you

92

00:04:19,349 --> 00:04:17,280

know between all the international

93

00:04:29,189 --> 00:04:19,359

partners it's a challenge that we will

94

00:04:33,430 --> 00:04:31,590

hi my name is victoria robson and i'm 11

95

00:04:36,070 --> 00:04:33,440

years old i have a question for

96

00:04:37,909 --> 00:04:36,080

alexandra what time zone are you in and

97

00:04:46,629 --> 00:04:37,919

do you keep track of the time zone

98

00:04:50,870 --> 00:04:48,390

you see it's a

99

00:04:52,310 --> 00:04:50,880

difficult problem because

100

00:04:53,990 --> 00:04:52,320

participants of

101  
00:04:56,469 --> 00:04:54,000  
iss project

102  
00:04:57,990 --> 00:04:56,479  
allocates from japan to united to the

103  
00:04:58,950 --> 00:04:58,000  
united states

104  
00:05:02,550 --> 00:04:58,960  
so

105  
00:05:04,870 --> 00:05:02,560  
during the designing of the station

106  
00:05:06,070 --> 00:05:04,880  
all international partners had an

107  
00:05:07,029 --> 00:05:06,080  
agreement

108  
00:05:09,270 --> 00:05:07,039  
to

109  
00:05:10,390 --> 00:05:09,280  
use onboard space station and for

110  
00:05:11,909 --> 00:05:10,400  
controlling

111  
00:05:15,270 --> 00:05:11,919  
the international space station

112  
00:05:17,830 --> 00:05:15,280  
greenwich mean time so we are living in

113  
00:05:21,590 --> 00:05:17,840

london time zone we never

114

00:05:22,950 --> 00:05:21,600

changed this zone this time except

115

00:05:25,590 --> 00:05:22,960

some

116

00:05:27,670 --> 00:05:25,600

no time but our activities and sleeping

117

00:05:29,990 --> 00:05:27,680

zones during the

118

00:05:32,710 --> 00:05:30,000

special activities like evas like

119

00:05:35,510 --> 00:05:32,720

dockings with shuttles i use progress

120

00:05:40,710 --> 00:05:37,189

and

121

00:05:42,070 --> 00:05:40,720

we never changed the time even in winter

122

00:05:50,469 --> 00:05:42,080

or summer

123

00:05:55,270 --> 00:05:52,629

hi my name is ishan patel and i'm 14

124

00:05:57,029 --> 00:05:55,280

years old i have a question for oled how

125

00:06:06,790 --> 00:05:57,039

do you keep enough air for eight months

126  
00:06:08,710 --> 00:06:07,590  
so

127  
00:06:12,950 --> 00:06:08,720  
we

128  
00:06:15,029 --> 00:06:12,960  
oxygen generators to provide oxygen for

129  
00:06:16,390 --> 00:06:15,039  
breathing so

130  
00:06:18,950 --> 00:06:16,400  
generator

131  
00:06:20,870 --> 00:06:18,960  
provides oxygen by

132  
00:06:24,309 --> 00:06:20,880  
water

133  
00:06:27,990 --> 00:06:24,319  
separating into hydrogen and oxygen so

134  
00:06:29,590 --> 00:06:28,000  
and we use oxygen for breathing and

135  
00:06:31,270 --> 00:06:29,600  
cargo vehicles

136  
00:06:34,150 --> 00:06:31,280  
provide

137  
00:06:34,950 --> 00:06:34,160  
nitrogen and oxygen

138  
00:06:38,469 --> 00:06:34,960

for

139

00:06:38,479 --> 00:06:46,070

very good

140

00:06:49,830 --> 00:06:48,070

hello my name is nicholas mccarthy i'm

141

00:06:50,950 --> 00:06:49,840

14 years old and my question is for

142

00:06:52,790 --> 00:06:50,960

katie

143

00:06:58,550 --> 00:06:52,800

which way is up or down on the space

144

00:07:02,390 --> 00:07:00,230

well it all depends on your point of

145

00:07:04,710 --> 00:07:02,400

view because you know it doesn't really

146

00:07:06,629 --> 00:07:04,720

matter if i want to talk to you i can be

147

00:07:08,230 --> 00:07:06,639

up here or i can be

148

00:07:10,950 --> 00:07:08,240

on my side and what's kind of

149

00:07:12,469 --> 00:07:10,960

interesting i think for us is that it

150

00:07:13,830 --> 00:07:12,479

depends you know right now i'm looking

151

00:07:15,830 --> 00:07:13,840

at the camera and to me it looks like

152

00:07:17,990 --> 00:07:15,840

the camera's on the floor but of course

153

00:07:18,870 --> 00:07:18,000

i look like i'm on the ceiling for you

154

00:07:19,909 --> 00:07:18,880

so

155

00:07:21,670 --> 00:07:19,919

we uh

156

00:07:23,670 --> 00:07:21,680

adjust our meaning of up or down

157

00:07:25,510 --> 00:07:23,680

depending on what we want to work on and

158

00:07:27,510 --> 00:07:25,520

what are the most convenient places to

159

00:07:37,029 --> 00:07:27,520

hang on or be in a good position to do

160

00:07:41,830 --> 00:07:39,990

um hello my name is jennifer

161

00:07:43,350 --> 00:07:41,840

i'm 14 years old and i have a question

162

00:07:45,830 --> 00:07:43,360

for dmitry

163

00:07:48,309 --> 00:07:45,840

um are there any long-term injuries that

164

00:07:50,550 --> 00:07:48,319

can be stained from being in space for

165

00:07:52,550 --> 00:07:50,560

example pressure build up and if you

166

00:07:58,309 --> 00:07:52,560

have a serious injury in space how do

167

00:08:01,589 --> 00:07:59,189

uh

168

00:08:03,749 --> 00:08:01,599

yes we are all humans and we can be

169

00:08:05,830 --> 00:08:03,759

injured and or get sick here on the

170

00:08:06,790 --> 00:08:05,840

station and

171

00:08:11,670 --> 00:08:06,800

uh

172

00:08:15,350 --> 00:08:12,950

experiments

173

00:08:18,309 --> 00:08:15,360

to do a lot of other things

174

00:08:21,110 --> 00:08:18,319

and here on the station we have

175

00:08:24,070 --> 00:08:21,120

several means special means to treat

176

00:08:25,670 --> 00:08:24,080

ourselves and of course we have

177

00:08:27,110 --> 00:08:25,680

capability to talk to doctors on the

178

00:08:28,550 --> 00:08:27,120

ground

179

00:08:29,350 --> 00:08:28,560

and

180

00:08:32,949 --> 00:08:29,360

if

181

00:08:34,389 --> 00:08:32,959

a serious injury

182

00:08:37,509 --> 00:08:34,399

so we have a

183

00:08:40,070 --> 00:08:37,519

space vehicle to get us to the ground

184

00:08:42,550 --> 00:08:40,080

but this is the worst case scenario and

185

00:08:51,750 --> 00:08:42,560

we hope it won't happen

186

00:08:57,030 --> 00:08:55,030

hello my name is amanda may i'm 13 and

187

00:08:58,630 --> 00:08:57,040

my question is for paulo

188

00:09:05,910 --> 00:08:58,640

how do you use the toilet without

189

00:09:10,389 --> 00:09:08,389

yes amanda yes we we are human after all

190

00:09:13,190 --> 00:09:10,399

and we need to use it to eat and to use

191

00:09:15,750 --> 00:09:13,200

the toilet um well we use the toilet in

192

00:09:18,230 --> 00:09:15,760

the same way we use it on the ground we

193

00:09:20,550 --> 00:09:18,240

sit on it but uh the problem there is a

194

00:09:22,550 --> 00:09:20,560

technical problem is that uh here

195

00:09:24,710 --> 00:09:22,560

without gravity things tend to float

196

00:09:27,190 --> 00:09:24,720

around so we have the turret there's a

197

00:09:30,630 --> 00:09:27,200

special one that has some kind of uh uh

198

00:09:32,949 --> 00:09:30,640

electrical suction or or there is a fan

199

00:09:35,350 --> 00:09:32,959

in there they kind of draw the things

200

00:09:37,110 --> 00:09:35,360

inside and keeps them inside things that

201  
00:09:38,550 --> 00:09:37,120  
you really you don't want to get to be

202  
00:09:47,829 --> 00:09:38,560  
floating around

203  
00:09:52,310 --> 00:09:50,389  
hi my name is matthew maitre and i'm 16

204  
00:09:54,310 --> 00:09:52,320  
and my question is for scott

205  
00:09:59,670 --> 00:09:54,320  
what is day-to-day life like on the

206  
00:10:04,150 --> 00:10:01,430  
well it's

207  
00:10:06,630 --> 00:10:04,160  
all the days are different um you know

208  
00:10:08,630 --> 00:10:06,640  
we're very busy here so we generally get

209  
00:10:10,949 --> 00:10:08,640  
up around six in the morning and i go to

210  
00:10:15,269 --> 00:10:10,959  
try to go to sleep uh you know sometimes

211  
00:10:18,150 --> 00:10:15,279  
between 10 and 11 o'clock at night and

212  
00:10:19,269 --> 00:10:18,160  
you know most days are spent probably

213  
00:10:21,509 --> 00:10:19,279

doing

214

00:10:23,750 --> 00:10:21,519

you know one of three things either

215

00:10:26,069 --> 00:10:23,760

scientific experiments and we have over

216

00:10:28,310 --> 00:10:26,079

130 of them operating

217

00:10:29,269 --> 00:10:28,320

on board the space station during this

218

00:10:30,230 --> 00:10:29,279

increment

219

00:10:32,470 --> 00:10:30,240

or

220

00:10:34,470 --> 00:10:32,480

kind of general maintenance activities

221

00:10:36,949 --> 00:10:34,480

you have to do just on a weekly or

222

00:10:39,430 --> 00:10:36,959

monthly monthly basis kind of like uh

223

00:10:40,230 --> 00:10:39,440

you know housekeeping or taking care of

224

00:10:44,069 --> 00:10:40,240

your

225

00:10:47,190 --> 00:10:44,079

and the equipment on board

226

00:10:49,350 --> 00:10:47,200

and the other major activity we do is um

227

00:10:51,110 --> 00:10:49,360

you know we fix things when uh when

228

00:10:53,030 --> 00:10:51,120

things break and uh

229

00:10:54,389 --> 00:10:53,040

you know they inevitably do but uh you

230

00:10:55,910 --> 00:10:54,399

know we're prepared to fix them and the

231

00:10:58,470 --> 00:10:55,920

other thing we spend a lot of time doing

232

00:11:01,829 --> 00:10:58,480

is exercise we have uh various different

233

00:11:03,829 --> 00:11:01,839

types of exercise equipment and we spend

234

00:11:05,750 --> 00:11:03,839

you know upwards of uh two hours a day

235

00:11:08,150 --> 00:11:05,760

doing exercise and we have to do that

236

00:11:10,150 --> 00:11:08,160

practically every day to avoid the uh

237

00:11:19,350 --> 00:11:10,160

you know negative effects on our bodies

238

00:11:24,150 --> 00:11:21,430

hello my name is elizabeth shaw and i'm

239

00:11:26,870 --> 00:11:24,160

12 12 years old my question is for

240

00:11:28,949 --> 00:11:26,880

alexander in 10 years time what do you

241

00:11:42,310 --> 00:11:28,959

think we will do in space that we do on

242

00:11:44,230 --> 00:11:43,269

you know

243

00:11:46,230 --> 00:11:44,240

the

244

00:11:47,990 --> 00:11:46,240

space station it's a very interesting

245

00:11:51,030 --> 00:11:48,000

place we are

246

00:11:55,750 --> 00:11:51,040

living and working here and it looks

247

00:11:55,760 --> 00:11:58,389

maybe

248

00:12:03,670 --> 00:12:00,949

i don't know it's very similar to the

249

00:12:05,190 --> 00:12:03,680

earth maybe in polar uh

250

00:12:07,430 --> 00:12:05,200

areas um

251  
00:12:08,310 --> 00:12:07,440  
see arctic or antarctic

252  
00:12:11,430 --> 00:12:08,320  
uh

253  
00:12:12,470 --> 00:12:11,440  
here we have

254  
00:12:16,310 --> 00:12:12,480  
email

255  
00:12:17,269 --> 00:12:16,320  
for example we can we can use iphone and

256  
00:12:19,030 --> 00:12:17,279  
we can

257  
00:12:22,470 --> 00:12:19,040  
ring out to

258  
00:12:25,269 --> 00:12:22,480  
anybody on the earth who has a phone so

259  
00:12:28,389 --> 00:12:25,279  
phone calls are not a problem for us

260  
00:12:31,670 --> 00:12:28,399  
we can watch movie we can see

261  
00:12:33,030 --> 00:12:31,680  
some tv translations

262  
00:12:35,350 --> 00:12:33,040  
and so on

263  
00:12:37,829 --> 00:12:35,360

of course we don't need

264

00:12:39,110 --> 00:12:37,839

say cell phones here because it's much

265

00:12:41,350 --> 00:12:39,120

easier to

266

00:12:42,470 --> 00:12:41,360

find out some somebody

267

00:12:45,750 --> 00:12:42,480

uh

268

00:12:49,110 --> 00:12:45,760

visually and not looking him by cell

269

00:12:50,069 --> 00:12:49,120

phone and so on so i think that now we

270

00:12:52,949 --> 00:12:50,079

use

271

00:12:54,470 --> 00:12:52,959

in our living here and working we can

272

00:12:57,670 --> 00:12:54,480

use

273

00:12:58,710 --> 00:12:57,680

many of decisions on the ground and i

274

00:13:00,150 --> 00:12:58,720

think that

275

00:13:01,990 --> 00:13:00,160

it will be

276

00:13:05,030 --> 00:13:02,000

the same

277

00:13:06,389 --> 00:13:05,040

situation maybe in 10 years in time

278

00:13:07,190 --> 00:13:06,399

it's my opinion

279

00:13:08,949 --> 00:13:07,200

but

280

00:13:10,550 --> 00:13:08,959

if we'll

281

00:13:12,710 --> 00:13:10,560

have to

282

00:13:15,350 --> 00:13:12,720

to utilize the space station maybe not

283

00:13:16,870 --> 00:13:15,360

iss but a different station for another

284

00:13:18,310 --> 00:13:16,880

purposes say

285

00:13:23,350 --> 00:13:18,320

not uh

286

00:13:26,069 --> 00:13:23,360

preferably for working but maybe for

287

00:13:28,629 --> 00:13:26,079

uh vacation or for

288

00:13:31,509 --> 00:13:28,639

something else for relaxation for maybe

289

00:13:32,870 --> 00:13:31,519

uh tourism and so on so

290

00:13:35,110 --> 00:13:32,880

they will have

291

00:13:37,750 --> 00:13:35,120

some other possibilities

292

00:13:38,629 --> 00:13:37,760

for comfort comfortable life and so on

293

00:13:42,870 --> 00:13:38,639

so

294

00:13:44,470 --> 00:13:42,880

but i think it's possible to use the

295

00:13:46,310 --> 00:13:44,480

achievements and

296

00:13:49,430 --> 00:13:46,320

some things

297

00:13:57,110 --> 00:13:49,440

from the ground here it's not a real

298

00:14:00,389 --> 00:13:58,550

iss crew

299

00:14:03,670 --> 00:14:00,399

this is nick again i'm told we're down

300

00:14:05,750 --> 00:14:03,680

to our very last uh 45 seconds or so

301

00:14:08,790 --> 00:14:05,760

so thank you very much from all of us

302

00:14:11,990 --> 00:14:08,800

here at seven oaks uh alexander scott

303

00:14:13,670 --> 00:14:12,000

oleg paolo lima and katie for taking

304

00:14:16,310 --> 00:14:13,680

time out of your busy day to answer our

305

00:14:21,430 --> 00:14:16,320

questions um it's really been a a

306

00:14:25,430 --> 00:14:23,829

you're welcome uh nick and uh enjoyed

307

00:14:27,990 --> 00:14:25,440

your questions they were all really good

308

00:14:42,389 --> 00:14:28,000

and uh have a great day there at seven