



1
00:00:07,860 --> 00:00:03,610
station this is Houston are you ready

2
00:00:14,050 --> 00:00:11,590
using the station I'm ready

3
00:00:19,290 --> 00:00:14,060
european space agency this is houston

4
00:00:26,580 --> 00:00:23,050
station this is melanie at ISA aztec how

5
00:00:34,160 --> 00:00:29,520
read you loud and clear Melanie how are

6
00:00:39,060 --> 00:00:36,840
Thank You Andre I hear you loud and

7
00:00:41,310 --> 00:00:39,070
clear you are now connected with the

8
00:00:44,220 --> 00:00:41,320
students in Italy the Netherlands

9
00:00:46,649 --> 00:00:44,230
Portugal and Switzerland they're very

10
00:00:53,670 --> 00:00:46,659
excited to hear all about mission x so

11
00:00:57,930 --> 00:00:53,680
please let's begin the event general

12
00:01:02,340 --> 00:00:57,940
Italy hola Oh lieutenant guten morgen me

13
00:01:06,120 --> 00:01:02,350

doc it's it's look and put it off here in

14

00:01:08,520 --> 00:01:06,130

a loft and good afternoon everybody who

15

00:01:11,310 --> 00:01:08,530

looks and this is a great event this is

16

00:01:14,249 --> 00:01:11,320

the start of mission x and i'm very

17

00:01:16,620 --> 00:01:14,259

pleased to start this off the coming

18

00:01:18,410 --> 00:01:16,630

weeks you are going to be very active

19

00:01:21,779 --> 00:01:18,420

and you're going to learn a lot about

20

00:01:25,770 --> 00:01:21,789

how you stay in shape and the importance

21

00:01:28,440 --> 00:01:25,780

of well we are here in the International

22

00:01:32,249 --> 00:01:28,450

Space Station lying around here with

23

00:01:34,499 --> 00:01:32,259

28,000 kilometers and it means that we

24

00:01:37,289 --> 00:01:34,509

are weightless you know this is

25

00:01:39,839 --> 00:01:37,299

weightless you can folks and do

26
00:01:42,990 --> 00:01:39,849
everything we want in the progress that

27
00:01:48,270 --> 00:01:43,000
we don't need our muscles now it means

28
00:01:53,190 --> 00:01:48,280
that in space they may be a bit in shape

29
00:01:55,410 --> 00:01:53,200
and I can demonstrate it a bit what you

30
00:02:17,050 --> 00:01:55,420
can do here for example we can try to

31
00:02:21,500 --> 00:02:19,640
all these things I'm not really working

32
00:02:25,399 --> 00:02:21,510
we can do something but we don't owe

33
00:02:27,440 --> 00:02:25,409
weekend we cannot tens of us so we have

34
00:02:34,240 --> 00:02:27,450
a lot of equipment on board we have a

35
00:02:37,820 --> 00:02:34,250
treadmill to bike on we have a treadmill

36
00:02:40,190 --> 00:02:37,830
to run and we have a bike to bike on and

37
00:02:42,680 --> 00:02:40,200
we have also fitness device so we can

38
00:02:45,020 --> 00:02:42,690

put pores and I can stretch him so we

39

00:02:47,330 --> 00:02:45,030

can even do some kind of weight lifting

40

00:02:49,670 --> 00:02:47,340

although we don't have weight so on

41

00:02:52,309 --> 00:02:49,680

board of the space station we try

42

00:02:54,110 --> 00:02:52,319

everything to stay in shape because what

43

00:02:56,690 --> 00:02:54,120

happens in weightlessness what happens

44

00:02:59,539 --> 00:02:56,700

when you stay in your bed don't move it

45

00:03:03,050 --> 00:02:59,549

goes the wrong way with your body you

46

00:03:05,089 --> 00:03:03,060

lose muscle mass we come back with less

47

00:03:07,339 --> 00:03:05,099

except muscles the coordination of your

48

00:03:09,830 --> 00:03:07,349

muscles list we lose bone mass very

49

00:03:12,289 --> 00:03:09,840

important that you did you put stress on

50

00:03:15,319 --> 00:03:12,299

your bones all the time and in space we

51
00:03:17,839 --> 00:03:15,329
don't do that at all so we have to wait

52
00:03:21,020 --> 00:03:17,849
listen to be those bone muscle because

53
00:03:24,500 --> 00:03:21,030
otherwise we come back it's very brittle

54
00:03:27,620 --> 00:03:24,510
bones and with muscles who are yeah

55
00:03:29,809 --> 00:03:27,630
we're very very weak that happens anyway

56
00:03:31,909 --> 00:03:29,819
but we do our best due to a vendor

57
00:03:34,849 --> 00:03:31,919
pretend that what others this thing can

58
00:03:37,039 --> 00:03:34,859
happen as well so it's very important to

59
00:03:40,580 --> 00:03:37,049
gaze to stay in good shape and do a lot

60
00:03:44,050 --> 00:03:40,590
of a lot of sports now what is one thing

61
00:03:47,509 --> 00:03:44,060
but the other thing is for example food

62
00:03:50,539 --> 00:03:47,519
we have to eat everybody has to eat also

63
00:03:52,640 --> 00:03:50,549

in space and we actually properly so the

64

00:03:56,180 --> 00:03:52,650

ground I scare that we have very good

65

00:03:59,120 --> 00:03:56,190

food replicates very good food in our in

66

00:04:00,949 --> 00:03:59,130

our body so I brought some examples and

67

00:04:02,479 --> 00:04:00,959

we have to be careful with rock there's

68

00:04:05,000 --> 00:04:02,489

everything flows out if you help

69

00:04:07,339 --> 00:04:05,010

something so well here we have some

70

00:04:10,159 --> 00:04:07,349

dried peaches now this book's bit

71

00:04:12,710 --> 00:04:10,169

strange and it tastes good actually so

72

00:04:17,060 --> 00:04:12,720

what we have is a lot of dried food so

73

00:04:35,870 --> 00:04:17,070

we will be put in some water and and

74

00:04:42,470 --> 00:04:37,790

he thinks are floating around here if

75

00:04:45,290 --> 00:04:42,480

you don't careful you lose things now

76

00:04:48,500 --> 00:04:45,300

this is blink now we fill these bags

77

00:04:51,020 --> 00:04:48,510

with fluid and then we put the straw in

78

00:04:56,180 --> 00:04:51,030

if I can find it and then we can can

79

00:04:59,840 --> 00:04:56,190

drink it now f is for example with this

80

00:05:01,790 --> 00:04:59,850

is a chicken in peanut sauce so it

81

00:05:04,910 --> 00:05:01,800

doesn't look very nice but this is what

82

00:05:07,660 --> 00:05:04,920

we be heated up also have ken's so heat

83

00:05:11,060 --> 00:05:07,670

it up let it open and then we carefully

84

00:05:14,330 --> 00:05:11,070

carefully eat it now thinking from a pic

85

00:05:17,180 --> 00:05:14,340

is the challenge in itself because the

86

00:05:20,570 --> 00:05:17,190

drops that fell out that are ya they

87

00:05:28,940 --> 00:05:20,580

escaped and everything escapes now even

88

00:05:32,660 --> 00:05:28,950

destroy escapes oh there it is and here

89

00:05:34,550 --> 00:05:32,670

straw goes in and it is plan was if you

90

00:05:36,620 --> 00:05:34,560

don't if you're not careful the jobs

91

00:05:38,420 --> 00:05:36,630

come out very easily and then it gets

92

00:05:50,330 --> 00:05:38,430

into contact with electronic equipment

93

00:05:50,340 --> 00:06:02,910

top-loading at the very careful

94

00:06:10,080 --> 00:06:06,780

LED his Achilles but very important for

95

00:06:11,790 --> 00:06:10,090

us if we don't eat properly the more

96

00:06:15,320 --> 00:06:11,800

bones so we have to eat properly and

97

00:06:18,030 --> 00:06:15,330

exercise now this is also something that

98

00:06:21,390 --> 00:06:18,040

that's important for you especially for

99

00:06:24,240 --> 00:06:21,400

young people you do a lot of sports and

100

00:06:26,340 --> 00:06:24,250

exercise a lot or UTF if some bones and

101
00:06:29,130 --> 00:06:26,350
this is something you get into a rhythm

102
00:06:30,990 --> 00:06:29,140
and it's very important for later so to

103
00:06:32,910 --> 00:06:31,000
keep strong goals and to keep strong

104
00:06:36,150 --> 00:06:32,920
muscles you have to start very early and

105
00:06:39,750 --> 00:06:36,160
do it all get that you have to eat it

106
00:06:42,840 --> 00:06:39,760
help and the spectrum what we do here as

107
00:06:45,390 --> 00:06:42,850
well we have healthy food and we try as

108
00:06:48,330 --> 00:06:45,400
much as possible to mimic effort though

109
00:06:50,700 --> 00:06:48,340
we have strong bones now you are going

110
00:06:53,160 --> 00:06:50,710
to interesting six to eight weeks and

111
00:06:55,140 --> 00:06:53,170
you come to learn a lot while you're

112
00:06:58,020 --> 00:06:55,150
doing all this and all these exercises

113
00:07:01,850 --> 00:06:58,030

for for mission x and it's going to be a

114

00:07:09,680 --> 00:07:01,860

crepe a great event and i would say

115

00:07:15,960 --> 00:07:13,320

Thank You Andre that was wonderful we

116

00:07:21,360 --> 00:07:15,970

would like to go to Italy Italy will you

117

00:07:24,090 --> 00:07:21,370

ask andre your question please hello I

118

00:07:27,900 --> 00:07:24,100

Nicole and I leave the he shot a young

119

00:07:34,260 --> 00:07:27,910

hello Andres have you had any physical

120

00:07:36,450 --> 00:07:34,270

problems in microwave e cheese well

121

00:07:38,490 --> 00:07:36,460

that's a good question and they're all

122

00:07:41,010 --> 00:07:38,500

the s modes have some problem when you

123

00:07:43,770 --> 00:07:41,020

get into microgravity it's like if you

124

00:07:46,410 --> 00:07:43,780

are be sick or air sick or carsick it's

125

00:07:48,680 --> 00:07:46,420

of excess emotion sickness and a lot of

126

00:07:52,140 --> 00:07:48,690

the astronauts have some problem River

127

00:07:54,300 --> 00:07:52,150

Sun model don't bit more now you have to

128

00:07:57,330 --> 00:07:54,310

be very careful because your body is not

129

00:07:59,400 --> 00:07:57,340

used to microgravity so you can get a

130

00:08:02,100 --> 00:07:59,410

bit sick but but it is also happening

131

00:08:03,720 --> 00:08:02,110

it's a fluid shift now all the fluids

132

00:08:04,980 --> 00:08:03,730

that's in your election in your body

133

00:08:08,930 --> 00:08:04,990

right now when you're sitting or

134

00:08:12,410 --> 00:08:08,940

standing in space it goes up

135

00:08:14,270 --> 00:08:12,420

Oh puffy face and you get small eggs and

136

00:08:18,350 --> 00:08:14,280

you feel like you have a cold so if

137

00:08:24,280 --> 00:08:18,360

there are some some clear effects of

138

00:08:31,460 --> 00:08:27,500

Thank You Andre it's now the Netherlands

139

00:08:33,920 --> 00:08:31,470

turn to ask a question hello Andre this

140

00:08:38,570 --> 00:08:33,930

is frank i'm here with nina and she will

141

00:08:41,570 --> 00:08:38,580

ask you a question hello I am Nina where

142

00:08:49,910 --> 00:08:41,580

are you good at sports as a job and what

143

00:08:52,160 --> 00:08:49,920

is your favorite sport now um well I

144

00:08:55,690 --> 00:08:52,170

prayed a lot of soccer and I'm a seat

145

00:08:58,430 --> 00:08:55,700

belt and I started actually with you go

146

00:09:02,620 --> 00:08:58,440

surviving on you though and afterwards I

147

00:09:05,720 --> 00:09:02,630

played soccer and my favorite sport and

148

00:09:08,060 --> 00:09:05,730

here on boom that is the running

149

00:09:10,670 --> 00:09:08,070

actually I I would expect I thought it

150

00:09:14,000 --> 00:09:10,680

would be the Viking like a volatile I

151
00:09:15,740 --> 00:09:14,010
biking but here the running is very nice

152
00:09:17,600 --> 00:09:15,750
it's very special because you need some

153
00:09:22,550 --> 00:09:17,610
vents that pull you down on a treadmill

154
00:09:29,450 --> 00:09:22,560
and so but then you can run yeah so

155
00:09:31,820 --> 00:09:29,460
running at the moment Thank You Andre

156
00:09:39,080 --> 00:09:31,830
it's now Portugal's turn to ask their

157
00:09:45,950 --> 00:09:39,090
question how many hours do you sleep on

158
00:09:47,540 --> 00:09:45,960
the station well sleeping is very

159
00:09:49,520 --> 00:09:47,550
important especially when you're young

160
00:09:51,829 --> 00:09:49,530
you're learning a lot to brain me to

161
00:09:55,220 --> 00:09:51,839
lots of Time Lord we cooperate so it's

162
00:09:58,970 --> 00:09:55,230
very important to sleep properly and so

163
00:10:01,730 --> 00:09:58,980

here on the station we also make sure

164

00:10:03,710 --> 00:10:01,740

that you get enough sleep because if you

165

00:10:05,810 --> 00:10:03,720

don't sleep and in the beginning you

166

00:10:08,329 --> 00:10:05,820

don't notice it but in the end if you

167

00:10:11,210 --> 00:10:08,339

can tired your your memory works less

168

00:10:13,370 --> 00:10:11,220

don't sleeping is very important also

169

00:10:15,800 --> 00:10:13,380

for astronauts so we have been normal

170

00:10:19,190 --> 00:10:15,810

normal sleeping times on board and which

171

00:10:21,050 --> 00:10:19,200

are dedicated and and there we brought

172

00:10:22,080 --> 00:10:21,060

sleep even if he floats sleeping is a

173

00:10:28,950 --> 00:10:22,090

bit strange

174

00:10:36,510 --> 00:10:32,080

Thank You Andre it smells switzerland's

175

00:10:36,520 --> 00:10:45,530

why did you want to become an astronaut

176

00:10:51,420 --> 00:10:48,440

the other day interesting question I

177

00:10:53,460 --> 00:10:51,430

thought it's weird some booklets that

178

00:10:55,110 --> 00:10:53,470

for my grandmother gave me science

179

00:10:59,070 --> 00:10:55,120

fiction that was interesting but later

180

00:11:01,980 --> 00:10:59,080

on I saw also movies and people it was

181

00:11:03,810 --> 00:11:01,990

and I learned how interesting it was how

182

00:11:06,720 --> 00:11:03,820

challenging and all the things you could

183

00:11:09,420 --> 00:11:06,730

do that but investigations you could do

184

00:11:11,820 --> 00:11:09,430

in the strange environment of space so

185

00:11:15,090 --> 00:11:11,830

it was a combination it was adventure

186

00:11:17,340 --> 00:11:15,100

with rockets and space suits then it was

187

00:11:20,310 --> 00:11:17,350

very beautiful I wanted to experience

188

00:11:23,460 --> 00:11:20,320

that and I noticed it was very useful so

189

00:11:26,130 --> 00:11:23,470

I wanted to help humankind a bit further

190

00:11:28,440 --> 00:11:26,140

and I thought well this is a nice good

191

00:11:36,120 --> 00:11:28,450

way do it so that's why I became an

192

00:11:40,950 --> 00:11:36,130

astronaut Thank You Andre it's now

193

00:11:45,680 --> 00:11:40,960

italy's turn to ask their question hello

194

00:11:49,260 --> 00:11:45,690

hi Malika and I even seven from our

195

00:11:56,070 --> 00:11:49,270

microgravity connection simulated during

196

00:11:58,560 --> 00:11:56,080

your training starts very interesting

197

00:12:00,570 --> 00:11:58,570

some people and I've that you have a

198

00:12:02,640 --> 00:12:00,580

room where you can float and be

199

00:12:04,890 --> 00:12:02,650

weightless unfortunately we don't have

200

00:12:07,740 --> 00:12:04,900

that technology yet but we simulate

201
00:12:09,660 --> 00:12:07,750
indeed microgravity actually being don't

202
00:12:12,900 --> 00:12:09,670
see related we have real microgravity

203
00:12:15,480 --> 00:12:12,910
for about 20 seconds in flames we have

204
00:12:18,300 --> 00:12:15,490
special planes fly so-called parabola

205
00:12:19,980 --> 00:12:18,310
and in that you have 20 seconds of

206
00:12:22,530 --> 00:12:19,990
weightlessness and there you can do

207
00:12:25,950 --> 00:12:22,540
already some some training some testing

208
00:12:28,950 --> 00:12:25,960
of equipment another way plane right

209
00:12:30,540 --> 00:12:28,960
possesses underwater underwater you also

210
00:12:32,160 --> 00:12:30,550
float and you're also in a strange

211
00:12:35,730 --> 00:12:32,170
environment where you have to breathe

212
00:12:38,130 --> 00:12:35,740
through in a space suit for example so

213
00:12:40,710 --> 00:12:38,140

for several spacewalks our paint

214

00:12:42,960 --> 00:12:40,720

underwater keep swimming pools with part

215

00:12:48,040 --> 00:12:42,970

of the space station in and there you

216

00:12:50,079 --> 00:12:48,050

have a similar situation as in space so

217

00:12:57,730 --> 00:12:50,089

all periods of microgravity your planes

218

00:12:59,500 --> 00:12:57,740

and underwater Thank You Andre it's now

219

00:13:03,550 --> 00:12:59,510

time to go back to the Netherlands at

220

00:13:08,530 --> 00:13:03,560

space Expo your question please hello

221

00:13:18,400 --> 00:13:08,540

I'm Luke did you bring any dirt medaka

222

00:13:20,500 --> 00:13:18,410

fish on Space Station actually yes we

223

00:13:23,380 --> 00:13:20,510

have output but I talked about

224

00:13:25,569 --> 00:13:23,390

everything that I showed you but they

225

00:13:27,280 --> 00:13:25,579

also have so-called bonus food and in

226

00:13:29,230 --> 00:13:27,290

there you can put in some nice things

227

00:13:31,480 --> 00:13:29,240

that you like yourself order you want to

228

00:13:34,329 --> 00:13:31,490

share with your friends on board and I

229

00:13:37,509 --> 00:13:34,339

brought for example that's cheese so I

230

00:13:40,360 --> 00:13:37,519

had some nice all that cheese which was

231

00:13:43,930 --> 00:13:40,370

brought up with the progress cargo ship

232

00:13:46,630 --> 00:13:43,940

which recently dr. against the the

233

00:13:53,190 --> 00:13:46,640

second one so I have lots of cheese on

234

00:14:02,319 --> 00:13:56,980

Thank You Andre it's now Portugal's turn

235

00:14:06,760 --> 00:14:02,329

to ask their next question hello I'm

236

00:14:14,560 --> 00:14:06,770

remember your easy through did you wait

237

00:14:22,150 --> 00:14:14,570

fostering spice okay I don't know I'm

238

00:14:30,360 --> 00:14:22,160

Spencer the question correct Andre the

239

00:14:38,160 --> 00:14:34,840

correct okay uh well actually you could

240

00:14:41,260 --> 00:14:38,170

say you do a bit faster in space because

241

00:14:45,819 --> 00:14:41,270

of the effects of microgravity on the

242

00:14:48,340 --> 00:14:45,829

body like I said before we are born as

243

00:14:50,650 --> 00:14:48,350

laying in bed you don't move your

244

00:14:54,519 --> 00:14:50,660

muscles very much you don't put stress

245

00:14:58,019 --> 00:14:54,529

on your bones so there is more radiation

246

00:15:01,220 --> 00:14:58,029

as well so in that sense we a bit faster

247

00:15:03,110 --> 00:15:01,230

because gets yes very

248

00:15:05,480 --> 00:15:03,120

week we get weak bones and get muscles

249

00:15:07,580 --> 00:15:05,490

every tried everything against that to

250

00:15:09,380 --> 00:15:07,590

stay strong like you have to do on

251

00:15:11,930 --> 00:15:09,390

ground we absolutely have to do it in

252

00:15:14,390 --> 00:15:11,940

space as well don't sit on the couch all

253

00:15:16,250 --> 00:15:14,400

day it makes you weak and your body

254

00:15:18,380 --> 00:15:16,260

close all over that way on the other

255

00:15:21,380 --> 00:15:18,390

hand according to Einstein's relativity

256

00:15:23,990 --> 00:15:21,390

theory the faster you go the less you

257

00:15:27,650 --> 00:15:24,000

ate show on that sets become a little

258

00:15:35,000 --> 00:15:27,660

bit a little not mentionable bit younger

259

00:15:37,070 --> 00:15:35,010

Stanford hurt Thank You Andre we're now

260

00:15:41,900 --> 00:15:37,080

going back to Switzerland for their next

261

00:15:45,400 --> 00:15:41,910

question if you could travel anywhere

262

00:15:54,620 --> 00:15:45,410

keep your in space all the Dendy Earth

263

00:15:59,180 --> 00:15:54,630

orbit where would he go and why yes well

264

00:16:01,370 --> 00:15:59,190

I would love a further over like started

265

00:16:03,560 --> 00:16:01,380

to think about solving become a national

266

00:16:05,630 --> 00:16:03,570

develop evil walking on the moon the

267

00:16:07,850 --> 00:16:05,640

last time I think I can safely do so

268

00:16:11,150 --> 00:16:07,860

it's time people powder again maybe one

269

00:16:13,070 --> 00:16:11,160

of you and I would have loved to go to

270

00:16:15,380 --> 00:16:13,080

the moon because yeah it's interesting

271

00:16:18,440 --> 00:16:15,390

to see the earth even Isis very small

272

00:16:20,780 --> 00:16:18,450

ball bowler boating there in the

273

00:16:23,720 --> 00:16:20,790

blackness of space I would like to go

274

00:16:26,000 --> 00:16:23,730

through to Mars just to go to a new

275

00:16:29,810 --> 00:16:26,010

planet in the future people will go to

276

00:16:32,270 --> 00:16:29,820

live there it will be colonized and that

277

00:16:34,700 --> 00:16:32,280

would love to go to the moon and to Mars

278

00:16:42,890 --> 00:16:34,710

will be great but it's up to you

279

00:16:44,870 --> 00:16:42,900

generation okay thank you so much Andre

280

00:16:49,100 --> 00:16:44,880

I think we have time for just a few more

281

00:16:52,340 --> 00:16:49,110

questions Italy your question please hi

282

00:16:54,320 --> 00:16:52,350

I'm Olivia and I live in cary in space

283

00:16:58,690 --> 00:16:54,330

can you hear anything or is that

284

00:17:05,900 --> 00:17:02,720

well in space you there's no air and

285

00:17:08,630 --> 00:17:05,910

bounce goes through air so without air

286

00:17:11,299 --> 00:17:08,640

or water or something you cannot hear

287

00:17:13,760 --> 00:17:11,309

now there is no medium but that would be

288

00:17:16,370 --> 00:17:13,770

also very bad try to hear in space

289

00:17:18,319 --> 00:17:16,380

because if you want to hear you also

290

00:17:20,840 --> 00:17:18,329

probably want to breathe in regional air

291

00:17:23,840 --> 00:17:20,850

so you cannot beat but inside like I

292

00:17:30,490 --> 00:17:23,850

talk to you now so inside in its air and

293

00:17:35,000 --> 00:17:33,140

thank you very much Andre I think we

294

00:17:38,560 --> 00:17:35,010

have time for one last question the

295

00:17:42,290 --> 00:17:38,570

Netherlands your final question please

296

00:17:50,240 --> 00:17:42,300

hi I'm not and what is your favorite

297

00:18:00,230 --> 00:17:50,250

food in the station but Judy device is

298

00:18:02,840 --> 00:18:00,240

correctly your favorite food Andre suits

299

00:18:09,380 --> 00:18:02,850

oh that's nice well what'll I very much

300

00:18:11,540 --> 00:18:09,390

if total it is some kind of part 9 05 ya

301
00:18:14,210 --> 00:18:11,550
know kind of yogurt makes we've not seen

302
00:18:17,000 --> 00:18:14,220
it and that is very tasteful and but i

303
00:18:20,120 --> 00:18:17,010
like very much Express route and with

304
00:18:27,230 --> 00:18:20,130
the ship that came bow recently we have

305
00:18:29,960 --> 00:18:27,240
fresh fruits that's great I've been told

306
00:18:32,090 --> 00:18:29,970
this is the final question portugal it's

307
00:18:38,849 --> 00:18:32,100
your turn Andre this will be the last

308
00:18:49,930 --> 00:18:42,820
hi I'm valaria could you practice spork

309
00:18:51,609 --> 00:18:49,940
in an astronaut suit three you can one

310
00:18:54,369 --> 00:18:51,619
of the things that you do before you

311
00:18:57,699 --> 00:18:54,379
have to go out space in a spacesuit get

312
00:19:00,549 --> 00:18:57,709
rid of some sunlight fortune bubble so

313
00:19:03,369 --> 00:19:00,559

many bubbles in your blood and you do

314

00:19:06,399 --> 00:19:03,379

that by moving around in the space of

315

00:19:09,039 --> 00:19:06,409

very sports have to move so the blood

316

00:19:10,989 --> 00:19:09,049

flows properly and you you learn the

317

00:19:12,459 --> 00:19:10,999

good shape to go out so there is so

318

00:19:20,709 --> 00:19:12,469

sports in the spacesuit is an

319

00:19:22,690 --> 00:19:20,719

interesting question well thank you

320

00:19:24,759 --> 00:19:22,700

andre I hear we're about to lose the

321

00:19:26,769 --> 00:19:24,769

signal so from Ed's tech we'd like to

322

00:19:31,109 --> 00:19:26,779

say thank you maybe you'd like to thank

323

00:19:37,180 --> 00:19:34,419

perfect I think this is the start of a

324

00:19:38,859 --> 00:19:37,190

very challenging period for for you or

325

00:19:40,959 --> 00:19:38,869

mission x the coming weeks you're going

326

00:19:42,879 --> 00:19:40,969

to do a lot of interesting things in

327

00:19:44,979 --> 00:19:42,889

competition and very curious of the

328

00:19:48,759 --> 00:19:44,989

outcome and I'm sure you're going to do

329

00:19:51,069 --> 00:19:48,769

your very very best to do all this and I

330

00:20:06,150 --> 00:19:51,079

look forward to talking to you again i

331

00:20:11,680 --> 00:20:08,590

station this is Houston ACR that

332

00:20:14,269 --> 00:20:11,690

concludes the event thank you

333

00:20:16,159 --> 00:20:14,279

thank you to all the participants in the

334

00:20:18,080 --> 00:20:16,169

Netherlands Switzerland Italy and