

NASA Johnson Space Center NASA



QUESTIONS FROM:

Kennedy Space Center

1
00:00:11,910 --> 00:00:09,910
expedition 39 will return nasa astronaut

2
00:00:14,150 --> 00:00:11,920
steve swanson to the international space

3
00:00:15,589 --> 00:00:14,160
station for the third time his previous

4
00:00:17,830 --> 00:00:15,599
flights were aboard space shuttles

5
00:00:19,670 --> 00:00:17,840
atlantis and discovery delivering and

6
00:00:21,830 --> 00:00:19,680
installing station truss segments and

7
00:00:23,910 --> 00:00:21,840
solar arrays steve calls steamboat

8
00:00:25,910 --> 00:00:23,920
springs colorado home the father of

9
00:00:28,070 --> 00:00:25,920
three enjoys camping trail running

10
00:00:32,069 --> 00:00:28,080
mountain biking and skiing he will take

11
00:00:34,150 --> 00:00:32,079
over as expedition 40 commander in may

12
00:00:37,990 --> 00:00:34,160
soyuz commander alexander skortzoff

13
00:00:39,910 --> 00:00:38,000

spent 176 days in space in 2010 when he

14

00:00:42,150 --> 00:00:39,920

served as an expedition 23 flight

15

00:00:44,150 --> 00:00:42,160

engineer and as expedition 24's

16

00:00:46,470 --> 00:00:44,160

commander while training for his first

17

00:00:48,470 --> 00:00:46,480

long-duration space mission he was also

18

00:00:50,790 --> 00:00:48,480

studying law at the russian academy of

19

00:00:53,510 --> 00:00:50,800

civil service he received his law degree

20

00:00:55,990 --> 00:00:53,520

in 2010. this moscow native's hobbies

21

00:00:57,990 --> 00:00:56,000

include diving travel soccer and hunting

22

00:00:59,110 --> 00:00:58,000

and fishing he and his wife have one

23

00:01:01,670 --> 00:00:59,120

daughter

24

00:01:03,910 --> 00:01:01,680

latvian-born first-time space flier oleg

25

00:01:06,630 --> 00:01:03,920

artemia was selected as a cosmonaut in

26

00:01:09,190 --> 00:01:06,640

2003 and began his land and water

27

00:01:11,030 --> 00:01:09,200

survival training in 2005. he's

28

00:01:13,830 --> 00:01:11,040

participated in two isolation

29

00:01:17,350 --> 00:01:13,840

experiments for the mars 500 project one

30

00:01:19,910 --> 00:01:17,360

lasting 105 days olig and his wife and

31

00:01:22,789 --> 00:01:19,920

son reside in coriola in his spare time

32

00:01:25,030 --> 00:01:22,799

he enjoys traveling skiing and diving

33

00:01:27,270 --> 00:01:25,040

the soyuz spacecraft carrying steve

34

00:01:29,190 --> 00:01:27,280

alexander and ollie to the station will

35

00:01:41,030 --> 00:01:29,200

launch from the baikonur cosmodrome in

36

00:01:43,910 --> 00:01:42,550

good afternoon and thanks for joining us

37

00:01:45,190 --> 00:01:43,920

here at the johnson space center with

38

00:01:47,590 --> 00:01:45,200

our newest crew headed to the

39

00:01:49,270 --> 00:01:47,600

international space station steve alex

40

00:01:51,429 --> 00:01:49,280

and alex thanks again for joining us as

41

00:01:52,789 --> 00:01:51,439

well so that was a great video with a

42

00:01:54,710 --> 00:01:52,799

good intro but i think probably

43

00:01:56,149 --> 00:01:54,720

everybody would like to hear and learn a

44

00:01:58,069 --> 00:01:56,159

little bit more about each of you so

45

00:01:59,670 --> 00:01:58,079

steve we'll start with you you actually

46

00:02:02,389 --> 00:01:59,680

worked here at the johnson space center

47

00:02:04,230 --> 00:02:02,399

before becoming a nasa uh nasa astronaut

48

00:02:05,590 --> 00:02:04,240

you worked out at aircraft operations on

49

00:02:07,429 --> 00:02:05,600

the shuttle training aircraft can you

50

00:02:09,109 --> 00:02:07,439

tell us a little bit about that job sure

51
00:02:11,110 --> 00:02:09,119
i'd love to the shuttle training

52
00:02:14,229 --> 00:02:11,120
aircraft was an airborne simulator of

53
00:02:17,190 --> 00:02:14,239
the shuttle it was a gulfstream g2 and

54
00:02:19,589 --> 00:02:17,200
it had the ability to

55
00:02:21,510 --> 00:02:19,599
i guess do exactly what the shuttle does

56
00:02:23,510 --> 00:02:21,520
for the landing from 35 thousand feet to

57
00:02:25,030 --> 00:02:23,520
ground it was a great training aid for

58
00:02:27,190 --> 00:02:25,040
the astronauts to land the shuttle and

59
00:02:28,630 --> 00:02:27,200
it was fun to work on that vehicle i got

60
00:02:30,229 --> 00:02:28,640
to work on the control laws and at the

61
00:02:32,229 --> 00:02:30,239
same time also with a flight engineer on

62
00:02:34,229 --> 00:02:32,239
that vehicle it was a great job and how

63
00:02:36,150 --> 00:02:34,239

many years did you do that for 11 years

64

00:02:38,229 --> 00:02:36,160

wow okay and then you went on to two

65

00:02:39,589 --> 00:02:38,239

shuttle missions ultimately visiting the

66

00:02:41,430 --> 00:02:39,599

international space station each of

67

00:02:42,790 --> 00:02:41,440

those times i'm just curious at that

68

00:02:44,070 --> 00:02:42,800

time when you were visiting were you

69

00:02:45,350 --> 00:02:44,080

already starting to think about doing a

70

00:02:46,710 --> 00:02:45,360

long duration mission and working and

71

00:02:48,550 --> 00:02:46,720

living there or was that something that

72

00:02:50,309 --> 00:02:48,560

developed later no i wanted to at that

73

00:02:52,710 --> 00:02:50,319

point each time i got there i didn't

74

00:02:55,509 --> 00:02:52,720

want to leave but it was only two week

75

00:02:57,110 --> 00:02:55,519

trips so it was uh too short for me so i

76
00:02:58,790 --> 00:02:57,120
would want to stay longer so i thought

77
00:03:00,470 --> 00:02:58,800
about it at that time of course going

78
00:03:01,509 --> 00:03:00,480
for a long duration one gotcha well this

79
00:03:02,869 --> 00:03:01,519
is going to be a great mission yeah i'm

80
00:03:04,149 --> 00:03:02,879
looking forward to it all right so we'll

81
00:03:06,229 --> 00:03:04,159
turn it over to you to tell us a little

82
00:03:07,990 --> 00:03:06,239
bit about your crewmates sure first here

83
00:03:10,149 --> 00:03:08,000
is alexander scorsoff

84
00:03:11,350 --> 00:03:10,159
he is a military pilot

85
00:03:13,350 --> 00:03:11,360
through three different types of

86
00:03:15,350 --> 00:03:13,360
vehicles uh over a thousand hours of

87
00:03:17,270 --> 00:03:15,360
flight time as i said before he was a

88
00:03:20,710 --> 00:03:17,280

he's flown once before to the exit to

89

00:03:22,070 --> 00:03:20,720

the iss the commander of exhibition 24.

90

00:03:27,350 --> 00:03:22,080

uh anything else you would like to add

91

00:03:32,309 --> 00:03:29,670

next is alex artem

92

00:03:36,470 --> 00:03:32,319

as i said again before he was a test

93

00:03:39,830 --> 00:03:36,480

engineer at roscosmo sorry at inergia

94

00:03:41,589 --> 00:03:39,840

and he became a cosmonaut in 2000 and a

95

00:03:43,830 --> 00:03:41,599

cosmic candidate in 2003 and a cosmonaut

96

00:03:44,869 --> 00:03:43,840

in 2005. and he's been training with us

97

00:03:46,390 --> 00:03:44,879

for the last two years it's been a

98

00:03:47,910 --> 00:03:46,400

wonderful time enjoy both of these guys

99

00:03:50,229 --> 00:03:47,920

very much we have a good time together i

100

00:03:51,910 --> 00:03:50,239

can tell already so the launch is coming

101
00:03:54,470 --> 00:03:51,920
up we're just about two months out

102
00:03:57,910 --> 00:03:54,480
what's lies ahead for you as you close

103
00:03:59,429 --> 00:03:57,920
in on the launch date and okay for me i

104
00:04:01,429 --> 00:03:59,439
have a few a little more of a week of

105
00:04:02,949 --> 00:04:01,439
training here left in the united states

106
00:04:04,789 --> 00:04:02,959
and then i'm gonna go to germany for a

107
00:04:05,990 --> 00:04:04,799
week uh come back for another week of

108
00:04:08,070 --> 00:04:06,000
training here then i'm gonna go to

109
00:04:09,190 --> 00:04:08,080
russia for the last uh six weeks and

110
00:04:10,470 --> 00:04:09,200
then when i go to russia i'm gonna meet

111
00:04:13,350 --> 00:04:10,480
up with these guys and we're gonna start

112
00:04:16,069 --> 00:04:13,360
our last set of sims uh for the

113
00:04:17,670 --> 00:04:16,079

preparatory uh last phase of the

114

00:04:19,670 --> 00:04:17,680

training where we have the exams in

115

00:04:21,110 --> 00:04:19,680

russia and then we get a week off and

116

00:04:23,030 --> 00:04:21,120

then down to baikonur for two weeks and

117

00:04:25,110 --> 00:04:23,040

then the launch wow it sounds like it's

118

00:04:26,550 --> 00:04:25,120

still busy and it is very busy until the

119

00:04:28,310 --> 00:04:26,560

very end and we get a little bit of rest

120

00:04:31,510 --> 00:04:28,320

at the very gotcha and just for folks

121

00:04:34,070 --> 00:04:31,520

that launches march 25th at just after

122

00:04:35,990 --> 00:04:34,080

four p.m local houston time so okay well

123

00:04:37,350 --> 00:04:36,000

with that we'll turn it over to uh media

124

00:04:39,270 --> 00:04:37,360

and visitors here at the johnson space

125

00:04:40,790 --> 00:04:39,280

center for questions so if you'll just

126

00:04:42,629 --> 00:04:40,800

raise your hand state your name and

127

00:04:44,230 --> 00:04:42,639

affiliation if you're a reporter and

128

00:04:47,030 --> 00:04:44,240

just wait for the microphone to arrive

129

00:04:49,590 --> 00:04:47,040

we'll start here with mark

130

00:04:52,469 --> 00:04:49,600

thanks uh mark caro for aviation week i

131

00:04:54,150 --> 00:04:52,479

think this is for uh steve

132

00:04:56,390 --> 00:04:54,160

um there's

133

00:04:58,469 --> 00:04:56,400

there may be a backlog of spacewalks

134

00:05:01,029 --> 00:04:58,479

that you're facing i don't know but it's

135

00:05:03,029 --> 00:05:01,039

been a while since uh you could do more

136

00:05:06,150 --> 00:05:03,039

than contingency spacewalks could you

137

00:05:09,670 --> 00:05:06,160

sort of explain what you're anticipating

138

00:05:11,670 --> 00:05:09,680

um and if there are some waiting

139

00:05:14,150 --> 00:05:11,680

arrival kind of what you'll be doing in

140

00:05:16,710 --> 00:05:14,160

that arena that's a good question right

141

00:05:19,110 --> 00:05:16,720

now there's tentatively two space bucks

142

00:05:20,469 --> 00:05:19,120

in expedition 40.

143

00:05:21,909 --> 00:05:20,479

we don't know for sure exactly how it's

144

00:05:23,749 --> 00:05:21,919

all going to play out but that's on the

145

00:05:26,710 --> 00:05:23,759

books right now

146

00:05:28,390 --> 00:05:26,720

they mostly consist of

147

00:05:31,189 --> 00:05:28,400

backing out of the

148

00:05:33,990 --> 00:05:31,199

situation we had with the leak on a

149

00:05:35,990 --> 00:05:34,000

ammonia system out on p6

150

00:05:38,710 --> 00:05:36,000

and that was sunny and aki worked on

151

00:05:40,790 --> 00:05:38,720

that and and then later on uh chris

152

00:05:42,230 --> 00:05:40,800

cassidy and tom marshburn worked on that

153

00:05:43,510 --> 00:05:42,240

also and they actually got the leak

154

00:05:45,590 --> 00:05:43,520

stopped so now we're going to put that

155

00:05:48,150 --> 00:05:45,600

situation back into our normal config

156

00:05:49,990 --> 00:05:48,160

after download the leaks uh stopped and

157

00:05:51,110 --> 00:05:50,000

refill the ammonia that's one of the

158

00:05:53,590 --> 00:05:51,120

tasks there's another task about

159

00:05:54,710 --> 00:05:53,600

cleaning up uh or getting a head on some

160

00:05:56,070 --> 00:05:54,720

areas and changing out some of the

161

00:05:58,710 --> 00:05:56,080

lights and cameras and that's another

162

00:06:00,390 --> 00:05:58,720

possible eva we would have too uh but

163

00:06:02,070 --> 00:06:00,400

again those are all dependent upon the

164

00:06:05,270 --> 00:06:02,080

suits getting fixed and getting all

165

00:06:07,830 --> 00:06:05,280

cleared for for uh going out the door

166

00:06:09,670 --> 00:06:07,840

okay robert hi robert perlman with

167

00:06:12,150 --> 00:06:09,680

collectspace.com sort of working off

168

00:06:13,749 --> 00:06:12,160

mark's question uh can you

169

00:06:16,150 --> 00:06:13,759

go through what spacecraft you're

170

00:06:18,550 --> 00:06:16,160

expecting in terms of commercial cargo

171

00:06:21,990 --> 00:06:18,560

and uh and russian and other vehicles

172

00:06:23,830 --> 00:06:22,000

that you might see during your stay sure

173

00:06:26,790 --> 00:06:23,840

we have two progresses i know are going

174

00:06:30,070 --> 00:06:26,800

to come up at least while we're there

175

00:06:32,870 --> 00:06:30,080

and then for the u.s vehicles and the

176

00:06:35,909 --> 00:06:32,880

european we're going to have a

177

00:06:39,670 --> 00:06:35,919

orb 2 is going to be there spacex 4 and

178

00:06:41,590 --> 00:06:39,680

atv 5. that's the current plan

179

00:06:45,590 --> 00:06:41,600

okay we have a follow-up good one yes

180

00:06:47,590 --> 00:06:45,600

mark caro for aviation week again

181

00:06:50,230 --> 00:06:47,600

perhaps even in broad strokes could you

182

00:06:54,469 --> 00:06:50,240

talk about research science themes kind

183

00:06:56,790 --> 00:06:54,479

of what you see coming your way that

184

00:06:58,550 --> 00:06:56,800

that rises kind of the top in terms of

185

00:07:01,110 --> 00:06:58,560

demand and

186

00:07:02,710 --> 00:07:01,120

on your time and and interest

187

00:07:03,589 --> 00:07:02,720

well that's a good question

188

00:07:05,670 --> 00:07:03,599

uh

189

00:07:07,270 --> 00:07:05,680

you know there's over 170 experiments

190

00:07:09,029 --> 00:07:07,280

going on we've been training a lot of

191

00:07:11,350 --> 00:07:09,039

them a very of course there's some ones

192

00:07:14,230 --> 00:07:11,360

we don't even touch as you know and the

193

00:07:15,430 --> 00:07:14,240

ones that we are the technical operator

194

00:07:17,189 --> 00:07:15,440

on but then we don't really do anything

195

00:07:18,469 --> 00:07:17,199

but start it up and get it set to go and

196

00:07:21,350 --> 00:07:18,479

there's ones that we are the actual

197

00:07:22,950 --> 00:07:21,360

subjects on too and so that varies a lot

198

00:07:24,710 --> 00:07:22,960

in those for me the ones i guess are

199

00:07:26,950 --> 00:07:24,720

most interested in the ones that i'm

200

00:07:28,390 --> 00:07:26,960

doing of course uh the ones that are on

201

00:07:31,189 --> 00:07:28,400

me i guess are more

202

00:07:33,350 --> 00:07:31,199

i guess again in detail what i would

203

00:07:34,950 --> 00:07:33,360

know and those and those have to do with

204

00:07:37,029 --> 00:07:34,960

uh the ocular health you know what's

205

00:07:39,189 --> 00:07:37,039

happened to our eyesight and of course

206

00:07:42,469 --> 00:07:39,199

also just working on muscle atrophy and

207

00:07:45,670 --> 00:07:42,479

bone loss those two areas of interest

208

00:07:48,469 --> 00:07:45,680

okay my name is liliana all i wanted to

209

00:07:49,670 --> 00:07:48,479

just ask you what is it like to be on

210

00:07:51,110 --> 00:07:49,680

the move

211

00:07:52,710 --> 00:07:51,120

well it's a good question i've never

212

00:07:54,230 --> 00:07:52,720

been there i've had love to go and

213

00:07:56,469 --> 00:07:54,240

hopefully someday we'll get back to the

214

00:07:59,670 --> 00:07:56,479

moon i do hope so

215

00:08:07,029 --> 00:08:03,629

how long does it take your body to

216

00:08:08,390 --> 00:08:07,039

recuperate oh

217

00:08:10,550 --> 00:08:08,400

be after

218

00:08:13,350 --> 00:08:10,560

a mission sure coming back from long

219

00:08:15,110 --> 00:08:13,360

duration actually sasa would you like to

220

00:08:16,629 --> 00:08:15,120

answer that one at all because he's

221

00:08:19,029 --> 00:08:16,639

doing a long duration i haven't done a

222

00:08:20,950 --> 00:08:19,039

long duration yet and maybe uh you could

223

00:08:23,270 --> 00:08:20,960

answer how long it took you to get back

224

00:08:25,029 --> 00:08:23,280

after your last mission

225

00:08:27,990 --> 00:08:25,039

and he might use a russian so we'll help

226
00:08:29,029 --> 00:08:28,000
translate uh i can

227
00:08:30,469 --> 00:08:29,039
i can

228
00:08:32,949 --> 00:08:30,479
answer

229
00:08:59,590 --> 00:08:32,959
in the russian language

230
00:09:04,990 --> 00:09:02,389
no for example my next my next

231
00:09:06,790 --> 00:09:05,000
previously fly was

232
00:09:10,630 --> 00:09:06,800
176

233
00:09:13,509 --> 00:09:10,640
days and approximately the same uh days

234
00:09:18,710 --> 00:09:17,030
just rehab himself for 170 days how long

235
00:09:21,030 --> 00:09:18,720
he stayed up there is how long he had to

236
00:09:26,150 --> 00:09:21,040
rehab and work out to get back to 100

237
00:09:31,430 --> 00:09:29,509
it is a lot of work but it's also fun

238
00:09:34,550 --> 00:09:31,440

okay all right we have another question

239

00:09:36,389 --> 00:09:34,560

here hello my name is joshua and i was

240

00:09:39,430 --> 00:09:36,399

just wanting to ask you how do you stay

241

00:09:41,910 --> 00:09:39,440

healthy and not get sick in space

242

00:09:44,230 --> 00:09:41,920

that's a good question too uh one we

243

00:09:46,870 --> 00:09:44,240

work out a lot we work out at least two

244

00:09:49,829 --> 00:09:46,880

hours a day we do a cardio from a

245

00:09:52,070 --> 00:09:49,839

treadmill to a bicycle and we also have

246

00:09:54,630 --> 00:09:52,080

a device we use it's like lifting

247

00:09:56,470 --> 00:09:54,640

weights and we do that every day too and

248

00:09:58,230 --> 00:09:56,480

besides that before we go we're also

249

00:09:59,750 --> 00:09:58,240

into a quarantine so we won't get sick

250

00:10:02,470 --> 00:09:59,760

from somebody else we won't bring up any

251
00:10:03,829 --> 00:10:02,480
germs with us as we go up so hopefully

252
00:10:06,630 --> 00:10:03,839
we start off healthy and then we stay

253
00:10:07,670 --> 00:10:06,640
healthy the whole time

254
00:10:09,910 --> 00:10:07,680
okay

255
00:10:13,030 --> 00:10:09,920
any other questions just raise your hand

256
00:10:13,829 --> 00:10:13,040
okay we have one more vector

257
00:10:16,230 --> 00:10:13,839
um

258
00:10:19,030 --> 00:10:16,240
hi i'm billy and how thick is the glass

259
00:10:20,630 --> 00:10:19,040
on the space station that's a good

260
00:10:22,949 --> 00:10:20,640
question i don't really know but i know

261
00:10:24,550 --> 00:10:22,959
it's more than one pane of glass

262
00:10:26,790 --> 00:10:24,560
we have at least two to three depending

263
00:10:29,110 --> 00:10:26,800

on the situation so we always have a

264

00:10:31,190 --> 00:10:29,120

factor of safety in that glass so in

265

00:10:33,590 --> 00:10:31,200

case one goes it's not going to

266

00:10:34,790 --> 00:10:33,600

take away the station

267

00:10:37,670 --> 00:10:34,800

okay and i think

268

00:10:41,269 --> 00:10:37,680

we're also accepting one over there

269

00:10:43,990 --> 00:10:41,279

go ahead i can't see you back there

270

00:10:47,030 --> 00:10:44,000

my name's aj and what do you have to

271

00:10:48,310 --> 00:10:47,040

study to be an astronaut in college

272

00:10:50,389 --> 00:10:48,320

uh it's a good question what do you have

273

00:10:52,470 --> 00:10:50,399

to study to be an astronaut in college

274

00:10:53,990 --> 00:10:52,480

well all of us we did technical stuff

275

00:10:56,550 --> 00:10:54,000

and that's really what it boils down to

276

00:10:58,389 --> 00:10:56,560

it could be science it could be math

277

00:11:00,389 --> 00:10:58,399

some sort of engineering it really

278

00:11:02,710 --> 00:11:00,399

doesn't matter specifically the field

279

00:11:04,389 --> 00:11:02,720

but it has to be in that area and then

280

00:11:07,350 --> 00:11:04,399

the idea being that

281

00:11:09,590 --> 00:11:07,360

you you want to learn how things work

282

00:11:11,190 --> 00:11:09,600

and how things operate and that makes

283

00:11:15,190 --> 00:11:11,200

you a better operator yourself when you

284

00:11:17,030 --> 00:11:15,200

can understand how it all works together

285

00:11:18,470 --> 00:11:17,040

okay so just a second i think we want to

286

00:11:20,389 --> 00:11:18,480

get in some social media questions we've

287

00:11:22,069 --> 00:11:20,399

been accepting uh questions via twitter

288

00:11:24,710 --> 00:11:22,079

mika did you have a few years yeah i

289

00:11:25,750 --> 00:11:24,720

have a couple sure hi guys i have one

290

00:11:27,430 --> 00:11:25,760

that uh

291

00:11:29,430 --> 00:11:27,440

actually each of you may want to take a

292

00:11:32,069 --> 00:11:29,440

turn and try to answer this one and this

293

00:11:34,310 --> 00:11:32,079

one comes to us on twitter what aspect

294

00:11:35,829 --> 00:11:34,320

of living aboard the iss are you most

295

00:11:37,670 --> 00:11:35,839

looking forward to

296

00:11:38,870 --> 00:11:37,680

and do you have any primary mission

297

00:11:40,949 --> 00:11:38,880

goals

298

00:11:43,269 --> 00:11:40,959

i guess i'll start off the aspect i

299

00:11:45,670 --> 00:11:43,279

haven't looked forward to the most

300

00:11:48,310 --> 00:11:45,680

is floating i enjoyed it tremendously on

301

00:11:50,069 --> 00:11:48,320

my last mission it's just the idea of uh

302

00:11:51,829 --> 00:11:50,079

the floating in space was so much fun

303

00:11:53,670 --> 00:11:51,839

for me it was like a being a kid on the

304

00:11:55,350 --> 00:11:53,680

best playground in the world and so i

305

00:11:57,750 --> 00:11:55,360

enjoyed it tremendously

306

00:11:59,430 --> 00:11:57,760

aspect is just uh

307

00:12:47,829 --> 00:11:59,440

doing our science work doing keeping the

308

00:12:52,790 --> 00:12:50,389

this time i'll be able to compare the

309

00:12:54,389 --> 00:12:52,800

state of the international space station

310

00:12:56,310 --> 00:12:54,399

the way it is right now with what it

311

00:12:57,910 --> 00:12:56,320

used to be when i flew there last time

312

00:13:00,710 --> 00:12:57,920

my first time

313

00:13:02,790 --> 00:13:00,720

and as far as our goals go i'd like to

314

00:13:05,030 --> 00:13:02,800

maintain the station in good condition

315

00:13:06,790 --> 00:13:05,040

and leave it at least not worse than the

316

00:13:09,509 --> 00:13:06,800

way we've found it

317

00:13:11,670 --> 00:13:09,519

and as a regards our activities the

318

00:13:14,230 --> 00:13:11,680

tasks we're supposed to do i hope it

319

00:13:15,990 --> 00:13:14,240

will all go nominally it'll all be well

320

00:13:18,870 --> 00:13:16,000

but no off normal situations no

321

00:13:29,509 --> 00:13:18,880

emergencies and hopefully it will last

322

00:13:29,519 --> 00:13:36,870

um

323

00:13:42,069 --> 00:13:39,350

i look forward to my new home to my new

324

00:13:45,030 --> 00:13:42,079

job and i look forward for aspect to

325

00:13:47,430 --> 00:13:45,040

spacewalk for my uh to my extra

326

00:13:53,590 --> 00:13:47,440

vehicular activity i hope we do have one

327

00:13:57,350 --> 00:13:55,189

okay great did you have another thank

328

00:13:59,750 --> 00:13:57,360

you we do have another question here um

329

00:14:02,550 --> 00:13:59,760

this one relates to the science research

330

00:14:05,430 --> 00:14:02,560

so what science research research is

331

00:14:06,710 --> 00:14:05,440

planned for expedition 39

332

00:14:08,629 --> 00:14:06,720

well there's lots of sciences that

333

00:14:10,550 --> 00:14:08,639

pointed out over 170 different

334

00:14:12,230 --> 00:14:10,560

experiments going on on on this

335

00:14:13,110 --> 00:14:12,240

international space station

336

00:14:14,629 --> 00:14:13,120

and

337

00:14:16,550 --> 00:14:14,639

i think it's uh

338

00:14:19,430 --> 00:14:16,560

they range from a multitude of different

339

00:14:21,670 --> 00:14:19,440

things uh so i like when i like because

340

00:14:23,910 --> 00:14:21,680

i'm a did some physics back in school i

341

00:14:25,269 --> 00:14:23,920

like the alpha magnetic spectrometer

342

00:14:27,110 --> 00:14:25,279

that whole idea to me is very

343

00:14:29,030 --> 00:14:27,120

fascinating the idea that we're trying

344

00:14:31,350 --> 00:14:29,040

to find you know is there any matter is

345

00:14:33,350 --> 00:14:31,360

there dark matter out there dark energy

346

00:14:35,189 --> 00:14:33,360

and how did the universe actually begin

347

00:14:37,030 --> 00:14:35,199

that kind of basic physic physics

348

00:14:38,550 --> 00:14:37,040

questions are quite intriguing to me and

349

00:14:43,110 --> 00:14:38,560

i think being able to find that out it's

350

00:14:46,870 --> 00:14:44,870

we do have another question this one

351
00:14:48,710 --> 00:14:46,880
actually comes to us on facebook for

352
00:14:50,150 --> 00:14:48,720
chris from chrissy milly she wants to

353
00:14:52,150 --> 00:14:50,160
know do the crew members use

354
00:14:54,710 --> 00:14:52,160
specifically made tennis shoes for the

355
00:14:56,949 --> 00:14:54,720
iss treadmill or is it up to each

356
00:14:58,470 --> 00:14:56,959
member's preference up to each member's

357
00:15:01,509 --> 00:14:58,480
preference we just go down to the local

358
00:15:03,750 --> 00:15:01,519
store tell them which ones we want and

359
00:15:05,430 --> 00:15:03,760
that's what we get

360
00:15:07,590 --> 00:15:05,440
okay one last question

361
00:15:09,189 --> 00:15:07,600
uh this one i think comes from some of

362
00:15:11,509 --> 00:15:09,199
the hikers out there that we learned

363
00:15:13,509 --> 00:15:11,519

from your profile you're hikers so

364

00:15:15,670 --> 00:15:13,519

how do you compare exploring and even

365

00:15:17,269 --> 00:15:15,680

camping on earth with exploring in space

366

00:15:19,430 --> 00:15:17,279

and living aboard the international

367

00:15:20,470 --> 00:15:19,440

space station well i find them very

368

00:15:21,829 --> 00:15:20,480

similar

369

00:15:23,189 --> 00:15:21,839

i do expect especially on a shuttle

370

00:15:26,470 --> 00:15:23,199

mission that was very similar to a

371

00:15:28,310 --> 00:15:26,480

camping trip i mean it was a you sleep

372

00:15:30,389 --> 00:15:28,320

in a sleeping bag you eat pretty much

373

00:15:33,030 --> 00:15:30,399

camping food dehydrated meals ready to

374

00:15:35,110 --> 00:15:33,040

eat type food we ate all that it was a

375

00:15:37,030 --> 00:15:35,120

busy mission and it was all about

376

00:15:38,870 --> 00:15:37,040

keeping yourself

377

00:15:40,870 --> 00:15:38,880

fit and able to do your job just like

378

00:15:41,829 --> 00:15:40,880

you have on any expedition you have to

379

00:15:43,110 --> 00:15:41,839

be

380

00:15:44,230 --> 00:15:43,120

good to take care of yourself take care

381

00:15:45,990 --> 00:15:44,240

of your stuff and then you can actually

382

00:15:48,389 --> 00:15:46,000

work on the mission it's the same idea

383

00:15:50,470 --> 00:15:48,399

camping versus a space flight so all

384

00:15:52,389 --> 00:15:50,480

those parallels all go together very

385

00:15:53,990 --> 00:15:52,399

similarly the difference is what you do

386

00:15:55,189 --> 00:15:54,000

in your not really free time not when

387

00:15:56,710 --> 00:15:55,199

you're taking care of yourself you know

388

00:15:58,310 --> 00:15:56,720

the sensation we're going to work on the

389

00:15:59,670 --> 00:15:58,320

science and keeping the station going

390

00:16:01,829 --> 00:15:59,680

when you're hiking camping you can go

391

00:16:03,269 --> 00:16:01,839

off further hikes and go find wood or

392

00:16:10,710 --> 00:16:03,279

whatever so different besides that

393

00:16:13,030 --> 00:16:11,990

uh i guess when you're on top of a

394

00:16:15,030 --> 00:16:13,040

mountain looking down it's quite

395

00:16:16,230 --> 00:16:15,040

majestic too and all that however it's

396

00:16:19,110 --> 00:16:16,240

just a little bit better when you're up

397

00:16:22,550 --> 00:16:20,629

okay thanks and again a reminder for

398

00:16:24,629 --> 00:16:22,560

folks they can use

399

00:16:25,749 --> 00:16:24,639

ask nasa and we'll be screening for

400

00:16:27,189 --> 00:16:25,759

questions and

401
00:16:28,949 --> 00:16:27,199
including a few more of those as we go

402
00:16:30,389 --> 00:16:28,959
along and i believe now we have some

403
00:16:42,629 --> 00:16:30,399
questions from the kennedy space center

404
00:16:48,949 --> 00:16:44,069
kennedy space center we're ready for

405
00:16:54,389 --> 00:16:52,150
or not uh yes uh my name is james tutton

406
00:16:56,389 --> 00:16:54,399
and i'm from the valencia voice

407
00:17:00,949 --> 00:16:56,399
um i have a question for steven have you

408
00:17:03,749 --> 00:17:02,310
well how do you prepare it's not

409
00:17:05,350 --> 00:17:03,759
something you do i think just right at

410
00:17:06,390 --> 00:17:05,360
one moment you've been doing it for most

411
00:17:07,829 --> 00:17:06,400
your life

412
00:17:09,510 --> 00:17:07,839
all the things you've done leading up in

413
00:17:12,549 --> 00:17:09,520

your life help you prepare for something

414

00:17:13,909 --> 00:17:12,559

like this as for nasa i've had different

415

00:17:15,750 --> 00:17:13,919

jobs with different responsibilities

416

00:17:17,110 --> 00:17:15,760

that help me out but most of all it's

417

00:17:18,549 --> 00:17:17,120

just

418

00:17:20,230 --> 00:17:18,559

learning from other people how they do

419

00:17:21,350 --> 00:17:20,240

it talking to them

420

00:17:23,189 --> 00:17:21,360

and just going through all the

421

00:17:35,350 --> 00:17:23,199

experiences we've had i think helped me

422

00:17:49,270 --> 00:17:37,590

okay i believe we have another follow-up

423

00:17:53,270 --> 00:17:51,029

kennedy space center we are awaiting

424

00:17:54,789 --> 00:17:53,280

your question

425

00:17:56,310 --> 00:17:54,799

okay we're just going to move back on

426

00:17:57,990 --> 00:17:56,320

we'll return back here to the johnson

427

00:17:59,350 --> 00:17:58,000

space center and i believe we have a

428

00:18:02,070 --> 00:17:59,360

follow-up let's see where's our

429

00:18:05,029 --> 00:18:02,080

microphone right here in the front row

430

00:18:07,750 --> 00:18:05,039

or we can start back there it's fine

431

00:18:09,270 --> 00:18:07,760

uh james and sarah abc news for swaney

432

00:18:10,950 --> 00:18:09,280

um

433

00:18:14,150 --> 00:18:10,960

are you looking forward to maybe getting

434

00:18:16,630 --> 00:18:14,160

a space walk oh sure tell me about that

435

00:18:18,870 --> 00:18:16,640

yeah getting space might be fantastic as

436

00:18:21,430 --> 00:18:18,880

olig pointed out it's always a goal for

437

00:18:22,870 --> 00:18:21,440

every astronaut to get a spacewalk uh

438

00:18:26,070 --> 00:18:22,880

i've done four so far i've been very

439

00:18:28,150 --> 00:18:26,080

privileged i appreciate that opportunity

440

00:18:30,549 --> 00:18:28,160

and do it again would be great it's the

441

00:18:32,070 --> 00:18:30,559

idea of going out uh one it's a very

442

00:18:34,310 --> 00:18:32,080

busy time though and it's very kind of

443

00:18:36,310 --> 00:18:34,320

stressful but at the same time it's a

444

00:18:39,110 --> 00:18:36,320

fantastic thing to do you get the views

445

00:18:42,070 --> 00:18:39,120

are amazing out there

446

00:18:44,230 --> 00:18:42,080

and uh it's a something that uh i don't

447

00:18:45,909 --> 00:18:44,240

know just uh it

448

00:18:47,190 --> 00:18:45,919

it's hard to describe because it's so

449

00:18:49,190 --> 00:18:47,200

different than anything else but just

450

00:18:51,669 --> 00:18:49,200

the idea of going out in your own little

451
00:18:53,430 --> 00:18:51,679
space vehicle yourself and working on

452
00:18:55,270 --> 00:18:53,440
the station making it better and also

453
00:18:58,070 --> 00:18:55,280
just relaxing and seeing the whole earth

454
00:19:00,230 --> 00:18:58,080
below you is a fantastic thing

455
00:19:02,470 --> 00:19:00,240
okay mark you'll follow thanks again

456
00:19:04,150 --> 00:19:02,480
mark caro for aviation week i have a

457
00:19:07,430 --> 00:19:04,160
cosmonaut question

458
00:19:09,270 --> 00:19:07,440
uh when are you anticipating the arrival

459
00:19:12,470 --> 00:19:09,280
of the mlm

460
00:19:15,029 --> 00:19:12,480
and uh will you be doing any space walks

461
00:19:18,630 --> 00:19:15,039
to um

462
00:19:36,549 --> 00:19:18,640
in in relation to that

463
00:19:41,190 --> 00:19:38,470

that our increment will not see the

464

00:19:44,230 --> 00:19:41,200

arrival of the mlm module even though we

465

00:20:26,070 --> 00:19:44,240

had been preparing for it and we were

466

00:20:31,029 --> 00:20:28,230

our preparation did actually involve

467

00:20:34,070 --> 00:20:31,039

lots of work for the upcoming module and

468

00:20:35,270 --> 00:20:34,080

also the upcoming manipulator robot for

469

00:20:37,510 --> 00:20:35,280

europe

470

00:20:38,950 --> 00:20:37,520

and uh the number of space works was

471

00:20:41,270 --> 00:20:38,960

significant at the beginning it was

472

00:20:42,870 --> 00:20:41,280

seven then numbers raised to five then

473

00:20:44,310 --> 00:20:42,880

four and now

474

00:20:47,430 --> 00:20:44,320

there'll be nothing associated with the

475

00:20:52,870 --> 00:20:47,440

mlm arrival and i believe that enable

476

00:20:56,070 --> 00:20:54,230

okay and now we're going to switch to

477

00:21:00,149 --> 00:20:56,080

the phone bridge where we have miriam

478

00:21:07,669 --> 00:21:03,510

hi thanks yep um with space.com i am

479

00:21:10,149 --> 00:21:07,679

just curious is the uh are the tests or

480

00:21:12,630 --> 00:21:10,159

the pre-launch tests in russia before

481

00:21:15,270 --> 00:21:12,640

you guys uh blast off in

482

00:21:17,830 --> 00:21:15,280

uh march are are those nerve-wracking

483

00:21:19,909 --> 00:21:17,840

experiences do you or does it feel kind

484

00:21:21,830 --> 00:21:19,919

of like cramming for finals or is it

485

00:21:23,430 --> 00:21:21,840

like a very long and steady sort of

486

00:21:25,830 --> 00:21:23,440

preparation so you're ready for those

487

00:21:27,909 --> 00:21:25,840

kinds of stuff thanks

488

00:21:30,710 --> 00:21:27,919

i'll start i think the big thing we have

489

00:21:33,110 --> 00:21:30,720

to do is the exams in russia

490

00:21:35,270 --> 00:21:33,120

beforehand they're about uh about four

491

00:21:36,789 --> 00:21:35,280

weeks before we actually launch and

492

00:21:38,149 --> 00:21:36,799

those are somewhat nerve-wracking and

493

00:21:40,789 --> 00:21:38,159

we're

494

00:21:42,390 --> 00:21:40,799

graded very heavily on those and very

495

00:21:44,549 --> 00:21:42,400

and but also they make sure that you are

496

00:21:46,470 --> 00:21:44,559

ready to go so it's a good thing to do

497

00:21:48,230 --> 00:21:46,480

but after that it becomes a lot easier

498

00:21:50,390 --> 00:21:48,240

we get a week off and then we get to go

499

00:21:52,710 --> 00:21:50,400

down to baikonur and the scheduling of

500

00:21:54,950 --> 00:21:52,720

baikonur is not too busy we were just

501
00:21:56,070 --> 00:21:54,960
our last minute uh prep items we're just

502
00:21:58,549 --> 00:21:56,080
kind of getting ourselves all ready

503
00:22:32,230 --> 00:21:58,559
mentally and so it's not too busy at

504
00:22:36,710 --> 00:22:34,310
you prepare for these exams during your

505
00:22:38,149 --> 00:22:36,720
entire life as a cosmonaut but once you

506
00:22:40,630 --> 00:22:38,159
remember a crew member member of the

507
00:22:42,310 --> 00:22:40,640
specific crew the exams deal mostly with

508
00:22:43,350 --> 00:22:42,320
the upcoming increment to which you're

509
00:22:45,110 --> 00:22:43,360
assigned

510
00:22:48,789 --> 00:22:45,120
and the main crew

511
00:22:51,270 --> 00:22:48,799
are always ready for those exams and uh

512
00:22:54,070 --> 00:22:51,280
the commission at the very end

513
00:23:04,470 --> 00:22:54,080

surely will approve everybody and we'll

514

00:23:04,480 --> 00:23:20,070

yesterday

515

00:23:24,870 --> 00:23:22,230

but the pleasant thing after these

516

00:23:27,909 --> 00:23:24,880

intensive exams and this week of exams

517

00:23:30,630 --> 00:23:27,919

is a week off with family or we get to

518

00:23:33,590 --> 00:23:30,640

go someplace out of

519

00:23:36,310 --> 00:23:33,600

the star city and uh

520

00:23:37,830 --> 00:23:36,320

and we relax there

521

00:23:42,390 --> 00:23:37,840

okay

522

00:23:46,230 --> 00:23:44,390

um this one comes to us on twitter from

523

00:23:48,549 --> 00:23:46,240

mario gonzalez he wants to know do you

524

00:23:50,149 --> 00:23:48,559

have an eight hour work day up there or

525

00:23:51,830 --> 00:23:50,159

how do you separate work and life up

526

00:23:52,950 --> 00:23:51,840

there i guess basically you're living in

527

00:23:54,549 --> 00:23:52,960

your office

528

00:23:55,990 --> 00:23:54,559

yeah it's a true statement we do live

529

00:23:57,909 --> 00:23:56,000

where we work it's a little different

530

00:24:00,310 --> 00:23:57,919

the commute short which is nice

531

00:24:02,070 --> 00:24:00,320

uh but the way we look at that we have a

532

00:24:03,990 --> 00:24:02,080

daily planning conference every morning

533

00:24:06,789 --> 00:24:04,000

and every evening it's about 12 hours

534

00:24:07,909 --> 00:24:06,799

apart away and so the idea there is that

535

00:24:09,269 --> 00:24:07,919

we will work

536

00:24:11,029 --> 00:24:09,279

we'll do a little prep beforehand but

537

00:24:13,350 --> 00:24:11,039

really we work from the beginning of

538

00:24:14,870 --> 00:24:13,360

that to the end of that from the morning

539

00:24:17,110 --> 00:24:14,880

daily printing conference to the evening

540

00:24:18,390 --> 00:24:17,120

daily planning conference and we'll work

541

00:24:20,149 --> 00:24:18,400

the whole time during that and that's

542

00:24:21,590 --> 00:24:20,159

including working out that's all

543

00:24:23,350 --> 00:24:21,600

scheduled in there and after that then

544

00:24:25,990 --> 00:24:23,360

it's kind of our time so we get a little

545

00:24:29,669 --> 00:24:26,000

time off each day to keep us going and

546

00:24:31,750 --> 00:24:29,679

kind of help rejuvenate ourselves

547

00:24:33,909 --> 00:24:31,760

and we do have another one here this one

548

00:24:35,990 --> 00:24:33,919

comes from lloyd campbell of new york

549

00:24:37,750 --> 00:24:36,000

how do you prepare for spacewalks when

550

00:24:39,669 --> 00:24:37,760

none are planned shuttle mission walks

551
00:24:41,269 --> 00:24:39,679
were mission specific where iss ones

552
00:24:42,950 --> 00:24:41,279
would not be

553
00:24:44,710 --> 00:24:42,960
yeah what we do then is we call it

554
00:24:46,470 --> 00:24:44,720
skills-based training so we still go

555
00:24:48,789 --> 00:24:46,480
into the pool a neutral buoyancy

556
00:24:50,630 --> 00:24:48,799
laboratory and we we prepare for all

557
00:24:52,710 --> 00:24:50,640
sorts of different uh

558
00:24:55,590 --> 00:24:52,720
failures of the station or possible

559
00:24:57,510 --> 00:24:55,600
space blocks we're going to do and at

560
00:24:59,510 --> 00:24:57,520
that time so even though it's not doing

561
00:25:01,029 --> 00:24:59,520
the exact one we do a multitude of

562
00:25:03,190 --> 00:25:01,039
different things and we just work on the

563
00:25:05,029 --> 00:25:03,200

skills necessary to do any of them and

564

00:25:06,630 --> 00:25:05,039

then when it comes time for one in our

565

00:25:08,950 --> 00:25:06,640

space we'll get all the information we

566

00:25:10,630 --> 00:25:08,960

need to do that specific spacewalk while

567

00:25:12,470 --> 00:25:10,640

we're up there

568

00:25:14,070 --> 00:25:12,480

okay good questions all right just one

569

00:25:15,190 --> 00:25:14,080

moment i think we have one back in the

570

00:25:17,350 --> 00:25:15,200

back of the room

571

00:25:18,789 --> 00:25:17,360

i do another one for swanee a lot of

572

00:25:21,590 --> 00:25:18,799

your colleagues are judged by their

573

00:25:23,590 --> 00:25:21,600

social media skills as well twitter etc

574

00:25:26,149 --> 00:25:23,600

you know singing playing washing your

575

00:25:29,590 --> 00:25:26,159

hair what are you going to do i mean the

576

00:25:32,230 --> 00:25:29,600

challenge is tough guys yeah yeah

577

00:25:34,470 --> 00:25:32,240

no i'm sorry yeah i don't have the the

578

00:25:36,630 --> 00:25:34,480

the guitar skills or the singing skills

579

00:25:38,230 --> 00:25:36,640

uh you know i'm just an engineer that's

580

00:25:40,789 --> 00:25:38,240

why i look at it

581

00:25:43,029 --> 00:25:40,799

and that's uh so i no but i'm just going

582

00:25:44,710 --> 00:25:43,039

to have fun and try to do outreach with

583

00:25:46,549 --> 00:25:44,720

kids and and do that kind of stuff and

584

00:25:48,070 --> 00:25:46,559

just do my job and and

585

00:25:49,590 --> 00:25:48,080

that's about all i can do

586

00:25:51,029 --> 00:25:49,600

well and the view can't be beat so you

587

00:25:51,990 --> 00:25:51,039

are going to share things i will do

588

00:25:54,870 --> 00:25:52,000

instagram

589

00:25:56,549 --> 00:25:54,880

account yes

590

00:25:58,230 --> 00:25:56,559

so everybody can follow your mission

591

00:26:00,950 --> 00:25:58,240

you're going to start i think this week

592

00:26:03,110 --> 00:26:00,960

yes leading up to the launch um on in

593

00:26:05,029 --> 00:26:03,120

instagram iss is the best way i think

594

00:26:07,269 --> 00:26:05,039

for folks to follow so we're counting on

595

00:26:09,190 --> 00:26:07,279

seeing some great photos okay and any

596

00:26:11,269 --> 00:26:09,200

other questions in the back okay i think

597

00:26:13,269 --> 00:26:11,279

we have i thought i saw a hand right

598

00:26:15,350 --> 00:26:13,279

here okay we can get the microphone up

599

00:26:17,669 --> 00:26:15,360

here

600

00:26:19,750 --> 00:26:17,679

how do you communicate with others

601
00:26:21,110 --> 00:26:19,760
while you are in space

602
00:26:22,230 --> 00:26:21,120
how do we communicate with others while

603
00:26:24,230 --> 00:26:22,240
we're in space

604
00:26:26,470 --> 00:26:24,240
that's a good question we first our very

605
00:26:28,390 --> 00:26:26,480
first communication is with the mission

606
00:26:31,190 --> 00:26:28,400
control teams on the ground and there's

607
00:26:33,750 --> 00:26:31,200
ones across the whole world there's one

608
00:26:36,070 --> 00:26:33,760
in houston here there's one in moscow

609
00:26:39,430 --> 00:26:36,080
there's one in huntsville there's one in

610
00:26:40,950 --> 00:26:39,440
japan there's uh one in germany so we

611
00:26:42,710 --> 00:26:40,960
communicate with all those ones around

612
00:26:45,430 --> 00:26:42,720
the world to get our job done but then

613
00:26:47,590 --> 00:26:45,440

when we have free time we can also

614

00:26:50,310 --> 00:26:47,600

pick up kind of do a sort of phone call

615

00:26:51,669 --> 00:26:50,320

to some people and we can call them and

616

00:26:53,590 --> 00:26:51,679

talk to them for a little bit while

617

00:26:55,830 --> 00:26:53,600

we're up there that's really nice to do

618

00:26:57,669 --> 00:26:55,840

to be able to call your home talk to my

619

00:26:59,909 --> 00:26:57,679

kids my wife

620

00:27:02,549 --> 00:26:59,919

and all that and it makes me feel more

621

00:27:03,830 --> 00:27:02,559

connected to them during the space play

622

00:27:05,190 --> 00:27:03,840

okay i think we have a question in the

623

00:27:07,909 --> 00:27:05,200

back

624

00:27:10,549 --> 00:27:07,919

i'm aj and when did you decide you

625

00:27:11,909 --> 00:27:10,559

wanted to be an astronaut

626

00:27:14,230 --> 00:27:11,919

when did i decide i want to be an

627

00:27:15,990 --> 00:27:14,240

astronaut another good question so i

628

00:27:17,350 --> 00:27:16,000

didn't do that when i was very young a

629

00:27:19,669 --> 00:27:17,360

lot of astronauts do that when they're

630

00:27:22,070 --> 00:27:19,679

young but i was more when i was

631

00:27:23,669 --> 00:27:22,080

graduating from uh graduate school and

632

00:27:25,510 --> 00:27:23,679

it was my master's

633

00:27:27,269 --> 00:27:25,520

and i decided that i really had to get a

634

00:27:28,470 --> 00:27:27,279

job it was one of those big things in

635

00:27:30,710 --> 00:27:28,480

life

636

00:27:32,230 --> 00:27:30,720

and so i decided to truly start looking

637

00:27:34,070 --> 00:27:32,240

and really thinking about what i want to

638

00:27:35,990 --> 00:27:34,080

do and i knew that i wanted something

639

00:27:37,510 --> 00:27:36,000

that was mentally challenging so

640

00:27:38,549 --> 00:27:37,520

somewhere in the sciences again i

641

00:27:39,590 --> 00:27:38,559

thought that would be good but then i

642

00:27:40,950 --> 00:27:39,600

also wanted something maybe they could

643

00:27:42,950 --> 00:27:40,960

be physically challenging it had

644

00:27:44,549 --> 00:27:42,960

adventure and all that and that's when i

645

00:27:46,149 --> 00:27:44,559

kind of came across the whole idea of

646

00:27:49,110 --> 00:27:46,159

being an astronaut and that's when i

647

00:27:50,070 --> 00:27:49,120

started heading down that path

648

00:27:52,549 --> 00:27:50,080

okay

649

00:27:54,470 --> 00:27:52,559

how high can you jump

650

00:27:55,590 --> 00:27:54,480

on the moon there's a good question

651
00:27:58,870 --> 00:27:55,600
because i hope you're going to say that

652
00:28:01,990 --> 00:27:58,880
because on earth i'm not very good

653
00:28:04,230 --> 00:28:02,000
so on the on the moon you have one-sixth

654
00:28:05,830 --> 00:28:04,240
the gravity we have here so hopefully

655
00:28:07,110 --> 00:28:05,840
i'd be able to jump quite a bit higher i

656
00:28:08,789 --> 00:28:07,120
could actually do better than michael

657
00:28:11,190 --> 00:28:08,799
jordan right if i was on the moon he was

658
00:28:12,950 --> 00:28:11,200
on earth and put that way and when we're

659
00:28:15,510 --> 00:28:12,960
actually in an international space

660
00:28:17,510 --> 00:28:15,520
station we can push off from anywhere

661
00:28:19,430 --> 00:28:17,520
and just keep going you can basically

662
00:28:21,430 --> 00:28:19,440
jump as high as the vehicle lets you go

663
00:28:23,029 --> 00:28:21,440

which is another great thing i

664

00:28:25,750 --> 00:28:23,039

when i first trip i bought a little nerf

665

00:28:27,750 --> 00:28:25,760

basketball with me and a nerf hoop and i

666

00:28:29,029 --> 00:28:27,760

would play basketball and i could go all

667

00:28:30,710 --> 00:28:29,039

the way through the whole module like i

668

00:28:33,269 --> 00:28:30,720

was flying through the air and flipping

669

00:28:35,110 --> 00:28:33,279

it around do 360s and all that and then

670

00:28:39,110 --> 00:28:35,120

dunk it so i felt pretty good about that

671

00:28:42,389 --> 00:28:40,389

okay i think we have another question

672

00:28:43,669 --> 00:28:42,399

back there hello my name hello my name

673

00:28:47,510 --> 00:28:43,679

is joshua

674

00:28:49,909 --> 00:28:47,520

and what do you drink in space

675

00:28:51,909 --> 00:28:49,919

we drink the normal drinks we water it

676
00:28:53,830 --> 00:28:51,919
could be tea it could be coffee but the

677
00:28:56,149 --> 00:28:53,840
way we do most things if it's not just

678
00:28:58,230 --> 00:28:56,159
water we have a bag and it has the

679
00:29:00,789 --> 00:28:58,240
dehydrated mixture just like you would

680
00:29:02,549 --> 00:29:00,799
have you know instant anything

681
00:29:04,310 --> 00:29:02,559
so you mix water with it shake it up and

682
00:29:05,590 --> 00:29:04,320
then you drink it do you have anything

683
00:29:06,950 --> 00:29:05,600
else just

684
00:29:08,149 --> 00:29:06,960
same same

685
00:29:09,510 --> 00:29:08,159
okay

686
00:29:11,110 --> 00:29:09,520
yep

687
00:29:16,549 --> 00:29:11,120
okay i think we have another question up

688
00:29:21,510 --> 00:29:19,430

um hello my name is camera and

689

00:29:23,909 --> 00:29:21,520

i want to be astronaut so what training

690

00:29:25,110 --> 00:29:23,919

do you need to become an astronaut what

691

00:29:26,549 --> 00:29:25,120

training do you need to become an

692

00:29:28,549 --> 00:29:26,559

astronaut

693

00:29:30,310 --> 00:29:28,559

again well i guess one of the very first

694

00:29:33,269 --> 00:29:30,320

things is schooling you do well in

695

00:29:35,909 --> 00:29:33,279

school and work on a science or math

696

00:29:37,590 --> 00:29:35,919

degree something in that area and at the

697

00:29:39,350 --> 00:29:37,600

same time i like to consider being

698

00:29:41,029 --> 00:29:39,360

well-rounded like do a sport like what

699

00:29:43,510 --> 00:29:41,039

you're doing do something like that

700

00:29:44,710 --> 00:29:43,520

again to keep yourself well-rounded in

701
00:29:46,149 --> 00:29:44,720
everything you do because we do want to

702
00:29:48,149 --> 00:29:46,159
be physically fit also to be an

703
00:29:49,590 --> 00:29:48,159
astronaut it does help there and other

704
00:29:51,430 --> 00:29:49,600
do other things if you like music get

705
00:29:53,190 --> 00:29:51,440
into music too the more things you can

706
00:29:54,630 --> 00:29:53,200
do i think the better person you can

707
00:29:57,669 --> 00:29:54,640
become and the more chances you'll have

708
00:29:59,190 --> 00:29:57,679
to become an astronaut

709
00:30:00,070 --> 00:29:59,200
okay and i think we have one last

710
00:30:01,909 --> 00:30:00,080
question

711
00:30:05,190 --> 00:30:01,919
back up the front

712
00:30:11,190 --> 00:30:07,630
how long does it take your body to

713
00:30:12,070 --> 00:30:11,200

recuperate after a mission

714

00:30:14,070 --> 00:30:12,080

okay

715

00:30:15,990 --> 00:30:14,080

um i'll just give alex that one quickly

716

00:30:18,230 --> 00:30:16,000

for my shutoff lights

717

00:30:20,870 --> 00:30:18,240

yes as uh

718

00:30:22,870 --> 00:30:20,880

it took me for a short duration flight

719

00:30:24,470 --> 00:30:22,880

it took uh probably about two weeks same

720

00:30:26,710 --> 00:30:24,480

idea how long the mission was how long

721

00:30:28,630 --> 00:30:26,720

it took me to recuperate all the way and

722

00:30:30,950 --> 00:30:28,640

to get my strength back and to feel like

723

00:30:32,950 --> 00:30:30,960

i was normal again

724

00:30:34,149 --> 00:30:32,960

okay and i think we have one last

725

00:30:37,029 --> 00:30:34,159

question then we're gonna have to wrap

726

00:30:39,430 --> 00:30:37,039

it up right there how do you control

727

00:30:40,630 --> 00:30:39,440

your waste in space

728

00:30:42,070 --> 00:30:40,640

my weight

729

00:30:45,269 --> 00:30:42,080

yeah

730

00:30:46,870 --> 00:30:45,279

well we work out it's a good question uh

731

00:30:48,789 --> 00:30:46,880

how we control our weight just i guess

732

00:30:50,789 --> 00:30:48,799

by working out and eating healthy as

733

00:30:52,950 --> 00:30:50,799

best we can we our meals are kind of

734

00:30:55,190 --> 00:30:52,960

determined for us before we even leave

735

00:30:57,350 --> 00:30:55,200

so we eat what's given us which is all

736

00:30:59,430 --> 00:30:57,360

pretty healthy food and then we work out

737

00:31:01,830 --> 00:30:59,440

on a daily basis so that makes us not

738

00:31:12,149 --> 00:31:01,840

get too heavy

739

00:31:15,909 --> 00:31:13,830

the russian segment has a special piece

740

00:31:30,950 --> 00:31:15,919

of equipment that allows us to weigh

741

00:31:35,269 --> 00:31:32,870

that might look weird because early in

742

00:31:37,190 --> 00:31:35,279

the morning all the crew members would

743

00:31:39,190 --> 00:31:37,200

gather in the russian segment and

744

00:31:40,950 --> 00:31:39,200

measure their weight and then fill out a

745

00:31:42,710 --> 00:31:40,960

specific table which is sent to the

746

00:31:43,830 --> 00:31:42,720

ground

747

00:31:45,190 --> 00:31:43,840

okay

748

00:31:47,029 --> 00:31:45,200

all right well that's going to conclude

749

00:31:49,830 --> 00:31:47,039

our briefing for more information on the

750

00:31:51,509 --> 00:31:49,840

mission visit www.nasa.gov

751

00:31:53,350 --> 00:31:51,519

station and of course follow them on

752

00:31:55,750 --> 00:31:53,360

instagram we are awaiting those great

753

00:31:58,070 --> 00:31:55,760

photos you can follow them on the iss