



1
00:00:08,140 --> 00:00:04,010
Garcia de estudios in Cologne how can

2
00:00:11,359 --> 00:00:10,850
Cologne mrs. station I can hear you loud

3
00:00:20,450 --> 00:00:11,369
and clear

4
00:00:23,749 --> 00:00:20,460
how can you hear me station all good

5
00:00:33,920 --> 00:00:23,759
here I now hand the mic over to Eddie a

6
00:00:38,530 --> 00:00:36,500
you have mortar and an exclusive English

7
00:00:42,560 --> 00:00:38,540
place partner we have an exclusive

8
00:00:45,470 --> 00:00:42,570
conversation part today the German

9
00:00:49,370 --> 00:00:45,480
astronaut Alexander Gerst and we're

10
00:00:55,190 --> 00:00:49,380
turning over to him in space greetings

11
00:00:58,130 --> 00:00:55,200
to you miss a Givaudan fancy knock me a

12
00:01:02,290 --> 00:00:58,140
vaccine you apparently grew I heard

13
00:01:05,270 --> 00:01:02,300

three centimeters so in zero gravity

14

00:01:08,500 --> 00:01:05,280

but does that mean you're going even

15

00:01:11,420 --> 00:01:08,510

taller that's my cue you have this

16

00:01:17,719 --> 00:01:11,430

everybody pro-gross these three

17

00:01:19,490 --> 00:01:17,729

centimeters but then the spinal column

18

00:01:22,820 --> 00:01:19,500

expands then I'm going to shrink again

19

00:01:25,040 --> 00:01:22,830

once I'm back down on earth okay

20

00:01:27,800 --> 00:01:25,050

Lavanya best news for the guys that you

21

00:01:29,120 --> 00:01:27,810

were very well prepared but was there

22

00:01:32,240 --> 00:01:29,130

something that surprised you when you

23

00:01:34,999 --> 00:01:32,250

got to space yes things were designing

24

00:01:38,420 --> 00:01:35,009

it yeah there were a few surprises for

25

00:01:44,390 --> 00:01:38,430

me some things that you see as perfectly

26

00:01:49,399 --> 00:01:44,400

normal just doesn't work up here you

27

00:01:51,260 --> 00:01:49,409

can't take things for granted of course

28

00:01:58,760 --> 00:01:51,270

this is physics and which is my subject

29

00:02:01,910 --> 00:01:58,770

I noticed unless the when you rotate

30

00:02:03,770 --> 00:02:01,920

something here in space things react

31

00:02:08,990 --> 00:02:03,780

very very quickly so I have this camera

32

00:02:11,420 --> 00:02:09,000

holder here I took it apart I'm going to

33

00:02:19,070 --> 00:02:11,430

show you I have to come a little closer

34

00:02:21,470 --> 00:02:19,080

to the camera when this rotates it's the

35

00:02:23,690 --> 00:02:21,480

reaction of this thing when it rotates

36

00:02:26,570 --> 00:02:23,700

and flips is very very different from

37

00:02:28,520 --> 00:02:26,580

the way it would be who spent to look

38

00:02:32,150 --> 00:02:28,530

kids and it returns to a stable

39

00:02:34,580 --> 00:02:32,160

condition all the time of the area this

40

00:02:36,729 --> 00:02:34,590

is something I had not seen on earth and

41

00:02:39,020 --> 00:02:36,739

things like that

42

00:02:42,050 --> 00:02:39,030

notice something like that in zero

43

00:02:44,060 --> 00:02:42,060

gravity and things just react very

44

00:02:46,759 --> 00:02:44,070

differently and we use that and we use

45

00:02:47,690 --> 00:02:46,769

that in our experiment I'm annoying

46

00:02:50,960 --> 00:02:47,700

exactly

47

00:02:56,360 --> 00:02:50,970

all kinds of new new experiments for the

48

00:02:58,160 --> 00:02:56,370

european space transport industry and we

49

00:02:59,570 --> 00:02:58,170

might be able to use these experiments

50

00:03:03,890 --> 00:02:59,580

the results of the experiments in

51
00:03:08,059 --> 00:03:03,900
industrial processes on earth okay we're

52
00:03:12,259 --> 00:03:08,069
also interested very much you gave us

53
00:03:15,289 --> 00:03:12,269
two weeks ago you gave us a little two

54
00:03:18,110 --> 00:03:15,299
weeks ago how do you prepare your food

55
00:03:25,610 --> 00:03:18,120
or your coffee and we we saw that you

56
00:03:27,699 --> 00:03:25,620
had some cheese food is all prepared for

57
00:03:31,490 --> 00:03:27,709
us all all we have to do is add water

58
00:03:36,050 --> 00:03:31,500
excuse me I have bit of my breakfast to

59
00:03:39,710 --> 00:03:36,060
show you this is a bag of granola and if

60
00:03:42,620 --> 00:03:39,720
you put if you add water and you can eat

61
00:03:45,940 --> 00:03:42,630
it in two three minutes and it's quite

62
00:03:49,970 --> 00:03:45,950
delicious and other things come in cans

63
00:03:52,160 --> 00:03:49,980

which are already hydrated and we just

64

00:03:55,690 --> 00:03:52,170

have to heat them in a small oven and we

65

00:04:00,710 --> 00:03:58,640

mm-hmm expect us Thank You Silvia other

66

00:04:01,550 --> 00:04:00,720

there's a taste more or less the same as

67

00:04:07,580 --> 00:04:01,560

here on earth

68

00:04:10,610 --> 00:04:07,590

my kidding is really taste brand like

69

00:04:12,800 --> 00:04:10,620

this like this granola I could eat one

70

00:04:17,240 --> 00:04:12,810

of these every day I love this other

71

00:04:23,930 --> 00:04:17,250

things okay they're all right in the

72

00:04:28,250 --> 00:04:23,940

beginning but again craving for a nice

73

00:04:30,830 --> 00:04:28,260

pizza or grilling something on the

74

00:04:36,589 --> 00:04:30,840

barbecue on your Terrace but overall

75

00:04:38,420 --> 00:04:36,599

it's not really too bad it's quite and

76

00:04:42,560 --> 00:04:38,430

after all but gives me something to look

77

00:04:45,339 --> 00:04:42,570

forward to when I return home yes my

78

00:04:49,390 --> 00:04:45,349

husband often who position tiramisu but

79

00:04:53,029 --> 00:04:49,400

you have the high point of your mission

80

00:04:56,600 --> 00:04:53,039

the spacewalk that which was supposed to

81

00:04:59,690 --> 00:04:56,610

take place earlier but you're going to

82

00:05:01,610 --> 00:04:59,700

do it now that's are you very very

83

00:05:03,800 --> 00:05:01,620

sanguine when it comes to that or

84

00:05:09,439 --> 00:05:03,810

you getting a little bit excited about

85

00:05:12,050 --> 00:05:09,449

it you never know when or whether these

86

00:05:17,050 --> 00:05:12,060

things these things happen

87

00:05:19,120 --> 00:05:17,060

this spacewalk question of the technical

88

00:05:23,260 --> 00:05:19,130

difficulties that we sometimes run into

89

00:05:25,820 --> 00:05:23,270

and it may have to get postponed again

90

00:05:30,640 --> 00:05:25,830

we had problems with batteries and we

91

00:05:34,610 --> 00:05:30,650

had to get new ones to take place and

92

00:05:38,930 --> 00:05:34,620

respect yes and I have very high respect

93

00:05:43,150 --> 00:05:38,940

for this mission because it's you're a

94

00:05:45,860 --> 00:05:43,160

much more vulnerable outside and it's

95

00:05:47,719 --> 00:05:45,870

the only protection you have is your

96

00:05:49,730 --> 00:05:47,729

spacesuit and you have to know your work

97

00:05:51,590 --> 00:05:49,740

very well and we've prepared for that

98

00:05:54,500 --> 00:05:51,600

and we've prepared for that in a

99

00:05:56,689 --> 00:05:54,510

swimming pool and we've learned how how

100

00:05:59,320 --> 00:05:56,699

to handle situations like that but it's

101
00:06:01,670 --> 00:05:59,330
I have a healthy dose of respect for it

102
00:06:07,360 --> 00:06:01,680
but it's of course it's also very

103
00:06:10,339 --> 00:06:07,370
important to stay calm I miss November

104
00:06:12,080 --> 00:06:10,349
11th of November you'll come back to

105
00:06:14,240 --> 00:06:12,090
earth are you looking forward to it are

106
00:06:21,260 --> 00:06:14,250
you or would you prefer to stay up there

107
00:06:23,810 --> 00:06:21,270
a little bit longer yeah so it's the

108
00:06:28,040 --> 00:06:23,820
same with me it doesn't matter where I

109
00:06:30,290 --> 00:06:28,050
go could be 3 days a long weekend three

110
00:06:32,029 --> 00:06:30,300
weeks by always and also in this case

111
00:06:34,520 --> 00:06:32,039
six months it doesn't make any

112
00:06:37,370 --> 00:06:34,530
difference I I always look forward to

113
00:06:40,279 --> 00:06:37,380

going home as wonderful as it is up

114

00:06:42,740 --> 00:06:40,289

there up here and I have a lot of fun

115

00:06:44,839 --> 00:06:42,750

and enjoy looking at the earth but I

116

00:06:50,629 --> 00:06:44,849

have to say I'm looking forward to going

117

00:06:52,939 --> 00:06:50,639

home my home my friends that's an

118

00:06:55,610 --> 00:06:52,949

important part for our human experience

119

00:06:59,180 --> 00:06:55,620

and it's it's important that we return

120

00:07:01,100 --> 00:06:59,190

to our home is between yes - can you

121

00:07:04,909 --> 00:07:01,110

pass over in bed first of all we wish

122

00:07:08,560 --> 00:07:04,919

you lots of fun up there and thanks for

123

00:07:11,770 --> 00:07:08,570

talking to us very much Alex and I guess

124

00:07:14,240 --> 00:07:11,780

many greetings to you too in Germany

125

00:07:17,060 --> 00:07:14,250

from the International Space Station to

126

00:07:29,640 --> 00:07:20,250

station we now hand over to a TL actual

127

00:07:31,470 --> 00:07:29,650

anchor beta clipper machine here

128

00:07:37,710 --> 00:07:31,480

streamed live we don't have to go should

129

00:07:49,440 --> 00:07:37,720

I stay here okay yeah you want me to sit

130

00:07:52,470 --> 00:07:49,450

yes okay I think I'm done now okay yeah

131

00:07:56,550 --> 00:07:52,480

surely yes I can hear are they sure

132

00:07:59,760 --> 00:07:56,560

Leticia I hear you but I don't hear

133

00:08:04,350 --> 00:07:59,770

anyone else at the moment I can hear you

134

00:08:06,470 --> 00:08:04,360

very well good day to you I guess can

135

00:08:11,159 --> 00:08:06,480

you hear me oh great

136

00:08:15,330 --> 00:08:11,169

okay oh man disregard me okay I get some

137

00:08:17,850 --> 00:08:15,340

makeup here okay all right okay okay as

138

00:08:23,220 --> 00:08:17,860

far as I'm concerned we can start if her

139

00:08:24,870 --> 00:08:23,230

guest is ready then I'm ready to go so

140

00:08:27,840 --> 00:08:24,880

on both Carter's it would pass out from

141

00:08:34,829 --> 00:08:27,850

behind my hole who is and since it's so

142

00:08:36,810 --> 00:08:34,839

convenient let's go up to the ISS can

143

00:08:38,279 --> 00:08:36,820

you tell us where you are in the ISS and

144

00:08:40,140 --> 00:08:38,289

can you tell us where you are over the

145

00:08:42,570 --> 00:08:40,150

earth yes I'd like to help

146

00:08:46,440 --> 00:08:42,580

good day first of all to Germany I'm

147

00:08:48,780 --> 00:08:46,450

very happy to talk to you soon immortal

148

00:08:54,120 --> 00:08:48,790

patient for Chancellor Columbus I'm in

149

00:08:56,100 --> 00:08:54,130

the European via Laboratory of the

150

00:08:57,780 --> 00:08:56,110

European laboratory and this is where

151

00:09:01,110 --> 00:08:57,790

most of the experiments that I'm working

152

00:09:07,800 --> 00:09:01,120

on take place and you can see perhaps on

153

00:09:09,600 --> 00:09:07,810

the monitor behind me just about to just

154

00:09:12,770 --> 00:09:09,610

about to cross over Germany in about ten

155

00:09:15,240 --> 00:09:12,780

minutes we'll be directly over overhead

156

00:09:18,990 --> 00:09:15,250

okay well look up to see if we can find

157

00:09:24,090 --> 00:09:19,000

you up there for three months you're

158

00:09:26,120 --> 00:09:24,100

working as a scientist can you give us

159

00:09:28,650 --> 00:09:26,130

some idea of which experience

160

00:09:29,430 --> 00:09:28,660

experiments are easier or more effective

161

00:09:33,530 --> 00:09:29,440

to do

162

00:09:37,830 --> 00:09:33,540

in space then on earth yeah yeah guys

163

00:09:39,270 --> 00:09:37,840

it's hot we have 160 experiments it's

164

00:09:43,710 --> 00:09:39,280

hard to pick up one knows why not

165

00:09:49,110 --> 00:09:43,720

particularly like often fuel it's an

166

00:09:53,270 --> 00:09:49,120

electric magnetic melting oven we can

167

00:10:02,330 --> 00:09:53,280

melt these allegations start to see how

168

00:10:07,440 --> 00:10:05,850

surrounding the surrounding material you

169

00:10:12,600 --> 00:10:07,450

can't do that on earth because you can't

170

00:10:18,320 --> 00:10:12,610

have drops float in zero gravity for

171

00:10:21,570 --> 00:10:18,330

sonic and so perhaps we'll be able to

172

00:10:27,330 --> 00:10:21,580

use an airplane engine make make an

173

00:10:32,100 --> 00:10:27,340

airplane engine with we're trying to

174

00:10:35,570 --> 00:10:32,110

stick to control robot from space on

175

00:10:40,500 --> 00:10:35,580

earth it wasn't in a robotics kid would

176

00:10:46,310 --> 00:10:40,510

might on earth about four teller about

177

00:10:52,800 --> 00:10:46,320

it that means a patient could be

178

00:10:56,520 --> 00:10:52,810

operated on with the sergeant is a

179

00:11:00,270 --> 00:10:56,530

hundred kilometers away and he's using

180

00:11:02,280 --> 00:11:00,280

this robot arm to perform the surgery

181

00:11:09,450 --> 00:11:02,290

without having actually to be with the

182

00:11:13,470 --> 00:11:09,460

patient studying osteoporosis we examine

183

00:11:16,829 --> 00:11:13,480

our own bones and we might be able to

184

00:11:20,430 --> 00:11:16,839

help osteo Peres's patients on earth and

185

00:11:22,050 --> 00:11:20,440

we've some new medications were

186

00:11:29,910 --> 00:11:22,060

developed thanks to the experiments that

187

00:11:33,570 --> 00:11:29,920

we have carried out and I always imagine

188

00:11:36,540 --> 00:11:33,580

that you that you sit there and in your

189

00:11:42,990 --> 00:11:36,550

dome and take fabulous photographs and I

190

00:11:51,050 --> 00:11:46,050

it's I think one day we'll all be up you

191

00:11:55,199 --> 00:11:51,060

able to go to space it really is magical

192

00:11:57,809 --> 00:11:55,209

I posted the picture of Aurora and every

193

00:12:04,170 --> 00:11:57,819

time I look at it I just I just

194

00:12:08,300 --> 00:12:04,180

mesmerized by it if you see the southern

195

00:12:11,400 --> 00:12:08,310

light cross the light across the sky

196

00:12:12,210 --> 00:12:11,410

flickering across the sky it's just

197

00:12:16,019 --> 00:12:12,220

magical

198

00:12:20,009 --> 00:12:16,029

and you can't even capture it properly

199

00:12:24,030 --> 00:12:20,019

with the camera and and it's I really

200

00:12:27,540 --> 00:12:24,040

wish that all humans should be able to

201
00:12:29,069 --> 00:12:27,550
see the the earth from up here and see

202
00:12:32,850 --> 00:12:29,079
the thin atmosphere and the

203
00:12:38,540 --> 00:12:32,860
vulnerability of our love if I can show

204
00:12:44,879 --> 00:12:41,369
millimeter thick and it looks as though

205
00:12:48,960 --> 00:12:44,889
you could just blow it away and this

206
00:12:51,629 --> 00:12:48,970
this idea is very deal for me but seeing

207
00:12:54,569 --> 00:12:51,639
it actually seeing it really brings home

208
00:12:58,079 --> 00:12:54,579
the idea about how how small the earth

209
00:12:59,759 --> 00:12:58,089
is and everything is connected

210
00:13:02,220 --> 00:12:59,769
it's just a small blue dot and

211
00:13:06,030 --> 00:13:02,230
everything is connected this is this is

212
00:13:09,179 --> 00:13:06,040
the only home that we have where human

213
00:13:11,369 --> 00:13:09,189

beings can live I think I think if we

214

00:13:13,850 --> 00:13:11,379

all had the opportunity to see it from

215

00:13:18,389 --> 00:13:13,860

up here I think maybe human beings would

216

00:13:19,860 --> 00:13:18,399

treat the earth at least we should be a

217

00:13:28,730 --> 00:13:19,870

little bit more careful with the earth I

218

00:13:31,230 --> 00:13:28,740

agree quite close quarters up there and

219

00:13:33,299 --> 00:13:31,240

you go everyw go on each other's nerves

220

00:13:34,290 --> 00:13:33,309

and you if you don't get a chance to

221

00:13:36,509 --> 00:13:34,300

change all the time

222

00:13:38,730 --> 00:13:36,519

you know does some people stink a little

223

00:13:41,639 --> 00:13:38,740

bit and at first I didn't know how this

224

00:13:44,670 --> 00:13:41,649

would be I went when I went to

225

00:13:50,249 --> 00:13:44,680

Antarctica it really wasn't a problem it

226

00:13:54,509 --> 00:13:50,259

was really not a problem here as big as

227

00:13:55,630 --> 00:13:54,519

a 747 might eat a room and we can avoid

228

00:13:57,730 --> 00:13:55,640

each other

229

00:14:00,460 --> 00:13:57,740

and sometimes you've spent all day

230

00:14:05,800 --> 00:14:00,470

working on your own module and you only

231

00:14:09,759 --> 00:14:05,810

see here your co-workers at meal tops

232

00:14:11,829 --> 00:14:09,769

and I can really say that in the last

233

00:14:14,530 --> 00:14:11,839

three months there's been no crosswords

234

00:14:16,870 --> 00:14:14,540

spoken up here we laugh a lot and we

235

00:14:19,269 --> 00:14:16,880

have a sense of humor and it's and it's

236

00:14:21,910 --> 00:14:19,279

a great camaraderie we're all in the

237

00:14:26,400 --> 00:14:21,920

same boat and we look at the earth

238

00:14:29,259 --> 00:14:26,410

together and have this shared experience

239

00:14:32,050 --> 00:14:29,269

yes and we shared the experience with

240

00:14:35,410 --> 00:14:32,060

each other it would be really difficult

241

00:14:36,790 --> 00:14:35,420

for me to be here up here alone and and

242

00:14:38,530 --> 00:14:36,800

not be able to share this experience

243

00:14:39,960 --> 00:14:38,540

with someone else that would be really

244

00:14:42,850 --> 00:14:39,970

tough for me

245

00:14:44,949 --> 00:14:42,860

ice cream scoop and gravity can't help

246

00:14:46,600 --> 00:14:44,959

eating bank Aleksandar it's just like in

247

00:14:50,199 --> 00:14:46,610

the movie gravity

248

00:14:51,040 --> 00:14:50,209

hi guest I wish you continued nice

249

00:14:56,889 --> 00:14:51,050

journey

250

00:15:04,329 --> 00:14:56,899

to you and all the best to you from the

251
00:15:11,189 --> 00:15:04,339
ISS station I now introduce you to

252
00:15:25,269 --> 00:15:20,949
good morning to the ISS beautiful I have

253
00:15:37,059 --> 00:15:25,279
a few house housekeeping questions from

254
00:15:42,439 --> 00:15:40,309
on the benzion theater brush with

255
00:15:43,850 --> 00:15:42,449
awesome work sushant and then cigarettes

256
00:15:45,860 --> 00:15:43,860
like a fee on that kilometer followed

257
00:15:48,650 --> 00:15:45,870
here in Korea and sand Alexander gasps

258
00:15:49,910 --> 00:15:48,660
on the second if you if you're watching

259
00:15:51,619 --> 00:15:49,920
us in Hamburg

260
00:15:53,509 --> 00:15:51,629
you're about as far from us here in

261
00:15:58,129 --> 00:15:53,519
Cologne as Alexander Gerst

262
00:16:01,249 --> 00:15:58,139
is in the ISS there it's I say good

263
00:16:03,619 --> 00:16:01,259

morning but but it's not really morning

264

00:16:06,679 --> 00:16:03,629

for you but when when do you consider it

265

00:16:09,650 --> 00:16:06,689

to be morning good morning Germany I'm

266

00:16:19,400 --> 00:16:09,660

very happy to speak to you they do have

267

00:16:23,379 --> 00:16:19,410

a morning okay six six times 16 times a

268

00:16:28,340 --> 00:16:23,389

day we have the universal turned at UTC

269

00:16:30,860 --> 00:16:28,350

it's two hours behind the German time I

270

00:16:34,189 --> 00:16:30,870

get up around six o'clock in the morning

271

00:16:37,639 --> 00:16:34,199

and I have a real morning very normal

272

00:16:43,400 --> 00:16:37,649

course of the day and we have an evening

273

00:16:49,639 --> 00:16:43,410

as well creatures of habit and so we

274

00:16:55,429 --> 00:16:49,649

continue our habits up here again Amazon

275

00:16:58,460 --> 00:16:55,439

Nexus console yes we like to have

276

00:17:01,610 --> 00:16:58,470

croissants for breakfast and it smells

277

00:17:03,860 --> 00:17:01,620

terrific if you have it but but on the

278

00:17:05,299 --> 00:17:03,870

ISS what sort of things do you have for

279

00:17:08,960 --> 00:17:05,309

breakfast sir I don't suppose you have

280

00:17:14,829 --> 00:17:08,970

questions I actually brought today's

281

00:17:18,289 --> 00:17:14,839

breakfast with me lucky lucky I didn't

282

00:17:20,569 --> 00:17:18,299

didn't eat it today but I'm doing an

283

00:17:26,120 --> 00:17:20,579

experiment to find out exactly how many

284

00:17:28,549 --> 00:17:26,130

calories astronauts and so so you're

285

00:17:29,029 --> 00:17:28,559

lucky that my breakfast comes not even

286

00:17:37,940 --> 00:17:29,039

this morning

287

00:17:41,180 --> 00:17:37,950

it's a I have that almost every month of

288

00:17:44,029 --> 00:17:41,190

hot water and it really is very tasty in

289

00:17:46,190 --> 00:17:44,039

highlights you home they highlight and

290

00:17:49,100 --> 00:17:46,200

this is my orange juice I already had

291

00:17:51,919 --> 00:17:49,110

the coffee this morning and I

292

00:17:58,490 --> 00:17:51,929

larga auntie and this is my orange juice

293

00:18:00,260 --> 00:17:58,500

that I drink it the orange juice is

294

00:18:03,010 --> 00:18:00,270

really really tasty up here and I'm

295

00:18:06,350 --> 00:18:03,020

going to drink some for you right now

296

00:18:10,510 --> 00:18:06,360

well nothing against Michigan it's an

297

00:18:13,520 --> 00:18:10,520

approximate okay after the meal just

298

00:18:17,740 --> 00:18:13,530

teeth brushing how do you do that in

299

00:18:21,500 --> 00:18:17,750

zero gravity you're right

300

00:18:24,169 --> 00:18:21,510

hygiene is a big part of our daily life

301
00:18:28,880 --> 00:18:24,179
here mindful Gong and experience doing

302
00:18:33,230 --> 00:18:28,890
that it was and the same my expedition

303
00:18:37,070 --> 00:18:33,240
to Antarctica and it's very can't let

304
00:18:42,289 --> 00:18:37,080
things slide brush my teeth very

305
00:18:43,789 --> 00:18:42,299
normally twice a day shave and you wash

306
00:18:45,950 --> 00:18:43,799
a little bit differently than you do on

307
00:18:48,860 --> 00:18:45,960
here but we have towels we we wet the

308
00:18:53,350 --> 00:18:48,870
towels with warm water begins my entire

309
00:18:55,460 --> 00:18:53,360
nose we get a fresh one every other day

310
00:18:57,890 --> 00:18:55,470
routine is a little bit different but

311
00:19:05,940 --> 00:18:57,900
but basically you do we do up here

312
00:19:11,490 --> 00:19:09,990
so doesn't TV dad I'm cool okay we had a

313
00:19:13,710 --> 00:19:11,500

little bit of an interruption here but

314

00:19:19,560 --> 00:19:13,720

I'm we have another housekeeping

315

00:19:23,580 --> 00:19:19,570

question we men we of course don't like

316

00:19:25,890 --> 00:19:23,590

to wash very much i I have a whole heap

317

00:19:28,740 --> 00:19:25,900

of laundry to do at home but how do you

318

00:19:29,820 --> 00:19:28,750

get sweat in your clothes and and how do

319

00:19:32,910 --> 00:19:29,830

you deal with that when you do your

320

00:19:38,040 --> 00:19:32,920

laundry up there basically it's

321

00:19:40,980 --> 00:19:38,050

basically the same as on earth we we do

322

00:19:45,240 --> 00:19:40,990

exercise every day of course we we sweat

323

00:19:48,960 --> 00:19:45,250

to me change our clothes just as on

324

00:19:50,640 --> 00:19:48,970

earth the only difference is we we don't

325

00:19:53,520 --> 00:19:50,650

have a washing machine up here and we

326

00:19:57,270 --> 00:19:53,530

have to dispose of our clothing but we

327

00:19:59,600 --> 00:19:57,280

have not found a technical solution for

328

00:20:02,430 --> 00:19:59,610

that expert so with that difference

329

00:20:08,070 --> 00:20:02,440

aside things that pretty much the same

330

00:20:14,430 --> 00:20:08,080

up here do you have a favorite spot on

331

00:20:20,040 --> 00:20:14,440

the ISS will you like to spot it always

332

00:20:23,190 --> 00:20:20,050

depends on what sort of day it is out to

333

00:20:26,930 --> 00:20:23,200

myself and to my friends I said that in

334

00:20:30,840 --> 00:20:26,940

the the dome and to take pictures of

335

00:20:34,110 --> 00:20:30,850

what I feel when I'm when I'm having

336

00:20:37,130 --> 00:20:34,120

these impressions but I have those

337

00:20:42,770 --> 00:20:37,140

moments when I just want to be by myself

338

00:20:46,170 --> 00:20:42,780

go into a corner corner and lead

339

00:20:49,110 --> 00:20:46,180

magazine drank a cup of coffee and read

340

00:20:52,470 --> 00:20:49,120

a magazine or watch the news somebody

341

00:20:55,760 --> 00:20:52,480

has sent me and I just read that on my

342

00:20:58,140 --> 00:20:55,770

laptop and that's a routine that I think

343

00:21:02,370 --> 00:20:58,150

we're just creatures of habit up here

344

00:21:03,960 --> 00:21:02,380

just the same as on earth electronic

345

00:21:08,430 --> 00:21:03,970

gasps seeing them down gunfire you know

346

00:21:10,800 --> 00:21:08,440

many thanks Alexander guests many thanks

347

00:21:14,130 --> 00:21:10,810

and have a lot of fun and young on your

348

00:21:17,190 --> 00:21:14,140

spacewalk yeah you know concerned talk

349

00:21:18,640 --> 00:21:17,200

nice day to you to you as well all the

350

00:21:20,830 --> 00:21:18,650

best

351

00:21:26,850 --> 00:21:20,840

to all of you in Germany and many

352

00:21:32,070 --> 00:21:29,410

station that concludes the event in