



1  
00:00:10,730 --> 00:00:04,550  
station this is Houston are you ready

2  
00:00:15,049 --> 00:00:10,740  
for the event Houston this is station I

3  
00:00:20,280 --> 00:00:17,820  
european space agency this is Mission

4  
00:00:30,930 --> 00:00:20,290  
Control Houston please call station for

5  
00:00:32,760 --> 00:00:30,940  
a voice check patient this is either PL

6  
00:00:39,479 --> 00:00:32,770  
for Mazda headquarters in Rome how do

7  
00:00:41,250 --> 00:00:39,489  
you hear me and hello isa PA oh hello

8  
00:00:50,869 --> 00:00:41,260  
everybody and has as he headquarters

9  
00:00:58,020 --> 00:00:54,990  
samantha dr so Lana Parrilla to

10  
00:01:01,770 --> 00:00:58,030  
Christina berthelot oh thank you hi

11  
00:01:04,170 --> 00:01:01,780  
Samantha I'm Christina Berto lotto I'm

12  
00:01:06,719 --> 00:01:04,180  
in the auditorium of the Italian space

13  
00:01:12,410 --> 00:01:06,729

agency and we're celebrating as you know

14

00:01:16,620 --> 00:01:12,420

the event of closing the national event

15

00:01:18,959 --> 00:01:16,630

2014-2015 Italy mission x we have 260

16

00:01:21,870 --> 00:01:18,969

students and 40 student and 40 teachers

17

00:01:24,480 --> 00:01:21,880

coming from Rome schools montegut

18

00:01:29,480 --> 00:01:24,490

naughty matera air-cola no division

19

00:01:32,459 --> 00:01:29,490

vichelli we have a big participation of

20

00:01:35,520 --> 00:01:32,469

participants students who have been

21

00:01:37,139 --> 00:01:35,530

training according to the program for

22

00:01:39,779 --> 00:01:37,149

two months and would like to ask you

23

00:01:42,149 --> 00:01:39,789

some questions but first of all there is

24

00:01:48,560 --> 00:01:42,159

something definitely important that we

25

00:01:57,930 --> 00:01:51,780

the Mesa can't even tell me if you heard

26

00:02:01,290 --> 00:01:57,940

this thing mera bacha tentacle all I I

27

00:02:03,210 --> 00:02:01,300

got is a lot of warmth affection and

28

00:02:13,980 --> 00:02:03,220

enthusiasm but I don't believe I

29

00:02:18,420 --> 00:02:13,990

understood the words damn happy birthday

30

00:02:32,220 --> 00:02:18,430

Sam I figured thank you thank you very

31

00:02:33,960 --> 00:02:32,230

much best wishes ok so there's only one

32

00:02:36,720 --> 00:02:33,970

question I want to ask you I will take

33

00:02:39,120 --> 00:02:36,730

just a little bit of time because I want

34

00:02:42,140 --> 00:02:39,130

the students to take more time we have

35

00:02:45,470 --> 00:02:42,150

heard you last week talk about our

36

00:02:49,380 --> 00:02:45,480

minister of research and you're giving

37

00:02:52,199 --> 00:02:49,390

counsel on how students it's going to

38

00:02:55,620 --> 00:02:52,209

get something from from school age

39

00:02:58,380 --> 00:02:55,630

should follow beyond training as

40

00:03:00,570 --> 00:02:58,390

astronauts to what they should do to

41

00:03:07,290 --> 00:03:00,580

realize their dreams as you did Samantha

42

00:03:11,400 --> 00:03:07,300

can you can you tell them also to this

43

00:03:15,320 --> 00:03:11,410

of course delfina so first of all hello

44

00:03:18,630 --> 00:03:15,330

everyone and congratulations for

45

00:03:20,509 --> 00:03:18,640

completing mission x what i like to say

46

00:03:23,330 --> 00:03:20,519

when i talk about what were when I

47

00:03:26,940 --> 00:03:23,340

encounter young people like you is that

48

00:03:29,520 --> 00:03:26,950

even since your age you have to find

49

00:03:32,460 --> 00:03:29,530

opportunities to grow and become strong

50

00:03:34,470 --> 00:03:32,470

so as you've been training and your

51  
00:03:36,690 --> 00:03:34,480  
muscles with the mission x it's

52  
00:03:39,539 --> 00:03:36,700  
important to find opportunities to Train

53  
00:03:41,640 --> 00:03:39,549  
character and and force of character so

54  
00:03:43,470 --> 00:03:41,650  
a little bit to complicate your life and

55  
00:03:45,660 --> 00:03:43,480  
find challenges that maybe you're not

56  
00:03:47,580 --> 00:03:45,670  
sure that you have the strength to face

57  
00:03:51,000 --> 00:03:47,590  
because only by facing these challenges

58  
00:03:54,000 --> 00:03:51,010  
is how you find that faith in yourself

59  
00:03:56,580 --> 00:03:54,010  
but but talking about mission x I want

60  
00:03:57,870 --> 00:03:56,590  
to tell you something more even when you

61  
00:03:59,050 --> 00:03:57,880  
have a lot of character and

62  
00:04:00,820 --> 00:03:59,060  
determination

63  
00:04:04,210 --> 00:04:00,830

I want the number sometimes it's not

64

00:04:05,740 --> 00:04:04,220

enough so it helps if if some things

65

00:04:11,050 --> 00:04:05,750

that are important to you and for your

66

00:04:12,880 --> 00:04:11,060

health and and it's it's important when

67

00:04:14,830 --> 00:04:12,890

when things like that have become habits

68

00:04:17,740 --> 00:04:14,840

that you don't even have to think about

69

00:04:22,990 --> 00:04:17,750

so I hope that with mission x you have

70

00:04:26,440 --> 00:04:23,000

started a path to acquire habits that

71

00:04:28,330 --> 00:04:26,450

are healthy for nutrition and and health

72

00:04:29,950 --> 00:04:28,340

so that that growing up these are things

73

00:04:31,270 --> 00:04:29,960

that are in your pocket you don't have

74

00:04:33,700 --> 00:04:31,280

to think about it you don't have to make

75

00:04:35,800 --> 00:04:33,710

any efforts their habits and now you can

76

00:04:38,080 --> 00:04:35,810

concentrate on your grit and

77

00:04:40,030 --> 00:04:38,090

determination you can use those things

78

00:04:49,000 --> 00:04:40,040

on more important things that can allow

79

00:04:51,790 --> 00:04:49,010

you to achieve your dreams Thank You

80

00:04:54,370 --> 00:04:51,800

Samantha and now i will give the word to

81

00:04:58,510 --> 00:04:54,380

the first girl who is going to ask you a

82

00:05:00,580 --> 00:04:58,520

question sunayana hi I'm viola I come

83

00:05:03,219 --> 00:05:00,590

from belly school this is the question

84

00:05:05,500 --> 00:05:03,229

we have made considering that you're in

85

00:05:07,740 --> 00:05:05,510

space now since over four months and

86

00:05:10,000 --> 00:05:07,750

Earth you will only see from a window

87

00:05:13,690 --> 00:05:10,010

what do you miss the most from the blue

88

00:05:16,450 --> 00:05:13,700

planet and you are you able to stay on

89

00:05:19,180 --> 00:05:16,460

track with what's going on on earth job

90

00:05:22,150 --> 00:05:19,190

yola hi viola Sam with our

91

00:05:23,980 --> 00:05:22,160

hyper-connected up here I have to say we

92

00:05:27,790 --> 00:05:23,990

have internet access even though it's a

93

00:05:30,940 --> 00:05:27,800

little limited but they send us news and

94

00:05:33,129 --> 00:05:30,950

in newscasts if we want to watch them

95

00:05:35,230 --> 00:05:33,139

usually the ones from the day before so

96

00:05:38,170 --> 00:05:35,240

well it was a little bit late and of

97

00:05:42,400 --> 00:05:38,180

course we have we can talk to our loved

98

00:05:44,980 --> 00:05:42,410

ones families via telephone or email so

99

00:05:46,719 --> 00:05:44,990

so let's say that we don't miss contact

100

00:05:48,730 --> 00:05:46,729

with what's going on on earth of course

101  
00:05:52,840 --> 00:05:48,740  
you don't have the physical presence the

102  
00:05:54,850 --> 00:05:52,850  
smells the the taste the end the

103  
00:05:56,860 --> 00:05:54,860  
immediate presence of your loved ones

104  
00:05:58,629 --> 00:05:56,870  
and your family so these are the things

105  
00:06:00,940 --> 00:05:58,639  
that you missed a little bit but i have

106  
00:06:09,920 --> 00:06:00,950  
to say i love life up here so i tend to

107  
00:06:17,029 --> 00:06:14,360  
yo no Julia I'm Julia I come from

108  
00:06:21,920 --> 00:06:17,039  
Giovanni verga school of Rome and here's

109  
00:06:24,770 --> 00:06:21,930  
the question so we have studied that you

110  
00:06:29,240 --> 00:06:24,780  
astronauts to stay healthy you have to

111  
00:06:31,640 --> 00:06:29,250  
train regularly how much physical

112  
00:06:35,960 --> 00:06:31,650  
exercise do you do per day and what

113  
00:06:40,010 --> 00:06:35,970

instruments do you use to train Julia hi

114

00:06:42,529 --> 00:06:40,020

Julia so program our activity program

115

00:06:44,749 --> 00:06:42,539

has two and a half hours dedicated to

116

00:06:47,629 --> 00:06:44,759

sport to physical activity and they're

117

00:06:50,060 --> 00:06:47,639

divided in two kinds one is resistive

118

00:06:52,339 --> 00:06:50,070

exercise so that's what on earth you do

119

00:06:55,040 --> 00:06:52,349

with weights so here we're weightless so

120

00:06:58,670 --> 00:06:55,050

of course working with weights would not

121

00:07:00,230 --> 00:06:58,680

work so we have machine call a red which

122

00:07:01,779 --> 00:07:00,240

allows you to do the same types of

123

00:07:04,400 --> 00:07:01,789

exercises that you would do in the gym

124

00:07:07,749 --> 00:07:04,410

just without weights and this is to

125

00:07:10,550 --> 00:07:07,759

maintain muscular tone but also to give

126

00:07:15,800 --> 00:07:10,560

stimulus to our bones so that our body

127

00:07:17,510 --> 00:07:15,810

does not decide to lose bone mass while

128

00:07:22,279 --> 00:07:17,520

we're here without weight and then we

129

00:07:26,839 --> 00:07:22,289

have a platform a treadmill and somewhat

130

00:07:28,939 --> 00:07:26,849

of a bike so without without a seat even

131

00:07:31,129 --> 00:07:28,949

the treadmill we have a harness with

132

00:07:33,529 --> 00:07:31,139

some belts that will that keep us

133

00:07:39,620 --> 00:07:33,539

attached to the treadmill so that we're

134

00:07:46,350 --> 00:07:44,490

kalasin hi I'm just after i am from

135

00:07:48,900 --> 00:07:46,360

santa cheesiest cool and this is the

136

00:07:52,469 --> 00:07:48,910

question we've made I I've read that

137

00:07:57,120 --> 00:07:52,479

each astronaut can bring with them up to

138

00:08:00,930 --> 00:07:57,130

1.5 kilo of personal effects what did

139

00:08:05,490 --> 00:08:00,940

you bring with you how does that fit hi

140

00:08:08,189 --> 00:08:05,500

Giuseppe so I brought for the most part

141

00:08:11,010 --> 00:08:08,199

in this 1.5 kilo that you're talking

142

00:08:12,930 --> 00:08:11,020

about it is what we can bring with us

143

00:08:16,020 --> 00:08:12,940

with the so you so it's what flies with

144

00:08:18,779 --> 00:08:16,030

us and comes back with us so i put the

145

00:08:20,730 --> 00:08:18,789

most precious a lot of things with me

146

00:08:23,460 --> 00:08:20,740

for them for the most part it's small

147

00:08:26,540 --> 00:08:23,470

objects that friends and family have

148

00:08:28,830 --> 00:08:26,550

given to me that there are objects of

149

00:08:30,659 --> 00:08:28,840

significance for them so that that i

150

00:08:32,969 --> 00:08:30,669

brought here to to add even a little

151

00:08:35,159 --> 00:08:32,979

more significance that i will then

152

00:08:38,490 --> 00:08:35,169

return to them and then i brought with

153

00:08:41,519 --> 00:08:38,500

me some few hundreds of little books

154

00:08:45,449 --> 00:08:41,529

that you can keep in the palm of your

155

00:08:48,269 --> 00:08:45,459

hand which i've used to collect some

156

00:08:50,579 --> 00:08:48,279

poems and little excerpts that are of

157

00:08:52,590 --> 00:08:50,589

significance for me and that that

158

00:08:55,050 --> 00:08:52,600

somewhat gives some meaning in the in

159

00:08:58,769 --> 00:08:55,060

the words of writers and poets that they

160

00:09:01,079 --> 00:08:58,779

give somewhat of a meaning of living in

161

00:09:05,660 --> 00:09:01,089

space and those two will be gifts for

162

00:09:05,670 --> 00:09:11,800

jajaja and does hi Samantha I'm emanuela

163

00:09:20,570 --> 00:09:16,160

from matera the european capital of

164

00:09:24,650 --> 00:09:20,580

culture for 2019 from Giovanni Pascal

165

00:09:27,230 --> 00:09:24,660

Institute in what moment did you feel

166

00:09:30,080 --> 00:09:27,240

that your passion for space started it

167

00:09:36,200 --> 00:09:30,090

was there a teacher that motivated you

168

00:09:39,650 --> 00:09:36,210

in this direction Simon wedding hi

169

00:09:42,920 --> 00:09:39,660

Manuela and congratulations to Madera so

170

00:09:45,080 --> 00:09:42,930

I've always dreamed since I was little

171

00:09:48,350 --> 00:09:45,090

to go to space even before I understood

172

00:09:50,210 --> 00:09:48,360

how you go into space and what what's an

173

00:09:52,790 --> 00:09:50,220

astronaut was in reality so I used to

174

00:09:56,480 --> 00:09:52,800

watch sci-fi movies and and I was

175

00:09:58,100 --> 00:09:56,490

dreaming of exploring space and flying

176  
00:10:01,540 --> 00:09:58,110  
on a spaceship but then growing up I

177  
00:10:04,940 --> 00:10:01,550  
became more enamored with science and

178  
00:10:06,560 --> 00:10:04,950  
technologies and flight so I became an

179  
00:10:07,730 --> 00:10:06,570  
engineer and then a military pilot so

180  
00:10:10,100 --> 00:10:07,740  
all these things that put me on this

181  
00:10:12,230 --> 00:10:10,110  
path so so that the world of astronauts

182  
00:10:14,750 --> 00:10:12,240  
in is a world of technology science and

183  
00:10:17,750 --> 00:10:14,760  
flight and it's also very international

184  
00:10:19,760 --> 00:10:17,760  
inter cultural environment so my other

185  
00:10:21,920 --> 00:10:19,770  
passion is languages so it's a type of

186  
00:10:24,530 --> 00:10:21,930  
life that's very much made for me and

187  
00:10:34,230 --> 00:10:24,540  
I'm very happy in it because all my

188  
00:10:40,840 --> 00:10:38,860

shalimar hi Samantha i'ma tell from the

189

00:10:42,580 --> 00:10:40,850

comprehensive Institute visconti of Rome

190

00:10:45,310 --> 00:10:42,590

and this is a question that I wanted to

191

00:10:47,740 --> 00:10:45,320

ask you so throughout your path to

192

00:10:51,760 --> 00:10:47,750

become an astronaut did you find any

193

00:10:52,860 --> 00:10:51,770

obstacles and I think when they when

194

00:10:55,570 --> 00:10:52,870

they seemed like they were

195

00:10:58,630 --> 00:10:55,580

insurmountable did you think about

196

00:11:01,000 --> 00:10:58,640

giving up and and if not how did you

197

00:11:04,240 --> 00:11:01,010

find solutions to your problems ciao

198

00:11:07,170 --> 00:11:04,250

mithu hi Matto it's an interesting

199

00:11:10,060 --> 00:11:07,180

question I don't think I've ever had any

200

00:11:13,269 --> 00:11:10,070

obstacles that seemed unsurmountable but

201  
00:11:15,490 --> 00:11:13,279  
also perhaps because mentally I've never

202  
00:11:16,810 --> 00:11:15,500  
accepted that an obstacle would be

203  
00:11:20,590 --> 00:11:16,820  
insurmountable there might be

204  
00:11:22,840 --> 00:11:20,600  
difficulties it can require what do you

205  
00:11:26,019 --> 00:11:22,850  
mean be you know what a Cuban facing

206  
00:11:28,150 --> 00:11:26,029  
obstacle can require sacrifice and an

207  
00:11:30,910 --> 00:11:28,160  
effort but but let's say that in my head

208  
00:11:33,790 --> 00:11:30,920  
nothing was ever unsurmountable so and

209  
00:11:35,560 --> 00:11:33,800  
almost always it's like that I really

210  
00:11:37,450 --> 00:11:35,570  
believe especially when you're very

211  
00:11:40,180 --> 00:11:37,460  
young like you that you can face life

212  
00:11:43,630 --> 00:11:40,190  
and difficulties with with faith in

213  
00:11:47,500 --> 00:11:43,640

yourself that that a solution with

214

00:11:48,880 --> 00:11:47,510

effort and a little bit of effort you

215

00:11:51,460 --> 00:11:48,890

can find so don't ever think about

216

00:11:58,500 --> 00:11:51,470

giving up because this way you'll never

217

00:12:08,830 --> 00:12:05,560

cow hi hi Samantha I'm Julia I come from

218

00:12:16,060 --> 00:12:08,840

Monta compadre I would like to ask you a

219

00:12:19,090 --> 00:12:16,070

question cuz I Monday I gonna gobble

220

00:12:27,150 --> 00:12:19,100

what will you eat the day after you come

221

00:12:30,250 --> 00:12:27,160

back from space ciao Julia hi Julia

222

00:12:33,100 --> 00:12:30,260

ready feature well so it's hard to

223

00:12:35,980 --> 00:12:33,110

predict what I will want but i believe i

224

00:12:37,780 --> 00:12:35,990

believe that i will eat a big salad one

225

00:12:42,120 --> 00:12:37,790

of those big salads that you eat in the

226

00:12:44,710 --> 00:12:42,130

summer full of fresh vegetables

227

00:12:47,230 --> 00:12:44,720

hopefully some seeds and nuts a little

228

00:12:49,060 --> 00:12:47,240

bit of mozzarella and tomatoes so this

229

00:12:58,040 --> 00:12:49,070

so this is a little bit what I imagined

230

00:13:03,620 --> 00:13:01,360

Charles and a francese hi I'm Francesca

231

00:13:06,470 --> 00:13:03,630

from the comprehensive Institute

232

00:13:08,360 --> 00:13:06,480

Institute me not see of matera so here's

233

00:13:10,480 --> 00:13:08,370

a question here on earth we take

234

00:13:13,280 --> 00:13:10,490

everything for granted where he used to

235

00:13:16,130 --> 00:13:13,290

be better we used to having everything

236

00:13:18,500 --> 00:13:16,140

and everyone that we need right here

237

00:13:20,870 --> 00:13:18,510

when you're far away from everything and

238

00:13:22,910 --> 00:13:20,880

everyone do you feel that you're able to

239

00:13:24,949 --> 00:13:22,920

appreciate more the value of every

240

00:13:27,980 --> 00:13:24,959

single thing Charles ranches hi

241

00:13:30,290 --> 00:13:27,990

Francesca well so a little bit you

242

00:13:32,720 --> 00:13:30,300

understand that a lot of things and a

243

00:13:34,790 --> 00:13:32,730

lot of commodities that you have on

244

00:13:36,259 --> 00:13:34,800

earth that you believe are essentially

245

00:13:38,750 --> 00:13:36,269

important that you can't live without

246

00:13:41,210 --> 00:13:38,760

then in the end they're not so important

247

00:13:44,569 --> 00:13:41,220

after all you you adapt to living very

248

00:13:47,420 --> 00:13:44,579

easily in and living in a more Spartan

249

00:13:50,600 --> 00:13:47,430

way with with less amenities so it's

250

00:13:54,069 --> 00:13:50,610

just a question of adapting and of being

251  
00:13:57,500 --> 00:13:54,079  
a little more flexible and you live

252  
00:13:59,870 --> 00:13:57,510  
really with serenity with without a lot

253  
00:14:02,600 --> 00:13:59,880  
of things so I say when you're here it's

254  
00:14:04,910 --> 00:14:02,610  
like camping you have to adapt but it's

255  
00:14:07,819 --> 00:14:04,920  
kind of a luxury camping because you

256  
00:14:09,319 --> 00:14:07,829  
have you have a lot of things at your

257  
00:14:12,079 --> 00:14:09,329  
disposal you know we don't have running

258  
00:14:15,110 --> 00:14:12,089  
water but we have a toilet we have a

259  
00:14:16,550 --> 00:14:15,120  
great variety of foods and beverages we

260  
00:14:18,829 --> 00:14:16,560  
have a little bit of room to salute

261  
00:14:20,150 --> 00:14:18,839  
sleep so at the end it's not such an

262  
00:14:26,579 --> 00:14:20,160  
uncomfortable life you just have to

263  
00:14:32,710 --> 00:14:30,160

so soon every code alla scala men llaman

264

00:14:35,950 --> 00:14:32,720

teresa giudice Leah Emery careless

265

00:14:38,290 --> 00:14:35,960

sabado de las naciones passione I I

266

00:14:40,750 --> 00:14:38,300

would like to ask you if on board of the

267

00:14:42,519 --> 00:14:40,760

International Space Station you took

268

00:14:46,030 --> 00:14:42,529

you've got the flu like we did a school

269

00:14:49,570 --> 00:14:46,040

and how you cured yourself so the virus

270

00:14:52,720 --> 00:14:49,580

can the virus spread in situations of

271

00:14:55,690 --> 00:14:52,730

microgravity hi Rico the the question is

272

00:14:58,240 --> 00:14:55,700

interesting so the the answer is no we

273

00:15:00,190 --> 00:14:58,250

did not get the flu because the flu

274

00:15:03,269 --> 00:15:00,200

virus is not here on board we're very

275

00:15:08,260 --> 00:15:03,279

careful every time that a new vehicle

276

00:15:11,350 --> 00:15:08,270

arrives we're careful that people don't

277

00:15:16,060 --> 00:15:11,360

bring something like the flu or even

278

00:15:18,370 --> 00:15:16,070

another microbiological cargo so we test

279

00:15:19,990 --> 00:15:18,380

the air surfaces and water we

280

00:15:21,670 --> 00:15:20,000

continuously test to make sure that

281

00:15:23,199 --> 00:15:21,680

there's no contamination but your

282

00:15:25,810 --> 00:15:23,209

question is interesting in another way

283

00:15:29,829 --> 00:15:25,820

it's true that we've made experiments

284

00:15:32,590 --> 00:15:29,839

with pathology with pathogens also

285

00:15:34,420 --> 00:15:32,600

viruses and we verified that in

286

00:15:37,480 --> 00:15:34,430

weightlessness there they're much more

287

00:15:40,329 --> 00:15:37,490

virulent and aggressive and this is it

288

00:15:43,540 --> 00:15:40,339

goes hand in hand with an immune

289

00:15:45,910 --> 00:15:43,550

depression so there are our immune

290

00:15:48,940 --> 00:15:45,920

system of animals and human beings it's

291

00:15:51,370 --> 00:15:48,950

compromised up here so it's it's surely

292

00:15:52,900 --> 00:15:51,380

thinking about future missions and

293

00:15:55,269 --> 00:15:52,910

exploration it's something that we need

294

00:15:58,810 --> 00:15:55,279

to study and go into in depth because we

295

00:16:00,550 --> 00:15:58,820

have stronger pathogens and and a weaker

296

00:16:05,489 --> 00:16:00,560

immune system which is not a very happy

297

00:16:09,909 --> 00:16:08,049

Telamon thousand of java Billy hi

298

00:16:12,220 --> 00:16:09,919

Samantha I'm Giada from the

299

00:16:14,349 --> 00:16:12,230

comprehensive Institute Samantha I

300

00:16:15,789 --> 00:16:14,359

wanted to ask you if throughout all

301  
00:16:22,379 --> 00:16:15,799  
these months on board a space station

302  
00:16:25,150 --> 00:16:22,389  
you missed your family jajaja hi jata

303  
00:16:27,099 --> 00:16:25,160  
Commission lob I as I've talked about

304  
00:16:29,409 --> 00:16:27,109  
earlier there are lots of possibilities

305  
00:16:32,289 --> 00:16:29,419  
to stay in contact so perhaps what I

306  
00:16:34,720 --> 00:16:32,299  
didn't say earlier is that once a week

307  
00:16:36,819 --> 00:16:34,730  
they organize a video conference where

308  
00:16:39,159 --> 00:16:36,829  
we can see our family and our family can

309  
00:16:41,939 --> 00:16:39,169  
see us and for one hour we can talk this

310  
00:16:45,579 --> 00:16:41,949  
way so the the opportunities to contact

311  
00:16:48,340 --> 00:16:45,589  
we have and there are many and in many

312  
00:16:50,169 --> 00:16:48,350  
ways you get used to to allow these

313  
00:16:52,809 --> 00:16:50,179

moments of communication to become very

314

00:16:54,579 --> 00:16:52,819

special and intense of course you you're

315

00:16:57,849 --> 00:16:54,589

missing the contact and physical

316

00:17:00,129 --> 00:16:57,859

presence and the possibility to hug and

317

00:17:05,910 --> 00:17:00,139

be closed so this of course a little bit

318

00:17:12,380 --> 00:17:09,620

come on hi Samantha I'm da vida from the

319

00:17:15,270 --> 00:17:12,390

comprehensive Institute voltar idea Rita

320

00:17:17,970 --> 00:17:15,280

and I would add I would like to ask you

321

00:17:24,330 --> 00:17:17,980

about what you do during your rest

322

00:17:27,030 --> 00:17:24,340

periods child of Eden I davide bet Nona

323

00:17:29,040 --> 00:17:27,040

so we don't have a lot of free time

324

00:17:32,100 --> 00:17:29,050

especially during the week I have to say

325

00:17:34,590 --> 00:17:32,110

that the days are very full and you get

326

00:17:37,500 --> 00:17:34,600

to evening and and you ate and perhaps

327

00:17:40,350 --> 00:17:37,510

you call the family you write a couple

328

00:17:43,620 --> 00:17:40,360

of emails and at least I'm tired so I I

329

00:17:46,890 --> 00:17:43,630

sleep like a stone afterwards but you

330

00:17:49,800 --> 00:17:46,900

have a little more free time in the

331

00:17:51,480 --> 00:17:49,810

weekends unless they're the weekends

332

00:17:53,970 --> 00:17:51,490

like we've had recently but I like to

333

00:17:56,820 --> 00:17:53,980

take photographs so we have this very

334

00:17:59,610 --> 00:17:56,830

beautiful view from Earth from the

335

00:18:02,180 --> 00:17:59,620

cupola and I've tried throughout the

336

00:18:06,330 --> 00:18:02,190

mission to take photos of places that

337

00:18:08,580 --> 00:18:06,340

struck me so that I can share it with

338

00:18:11,220 --> 00:18:08,590

people on earth that have been following

339

00:18:13,530 --> 00:18:11,230

the mission but of course otherwise we

340

00:18:16,860 --> 00:18:13,540

spend time together usually on weekends

341

00:18:19,890 --> 00:18:16,870

we organize dinners where we all six of

342

00:18:22,140 --> 00:18:19,900

us dine together this past weekend of

343

00:18:25,710 --> 00:18:22,150

course we celebrated my my birthday and

344

00:18:28,050 --> 00:18:25,720

I have to say almost the entire crew has

345

00:18:29,790 --> 00:18:28,060

said birthday during the mission so

346

00:18:38,950 --> 00:18:29,800

celebrating weekends is sort of a

347

00:18:47,409 --> 00:18:43,529

John Samantha hi Samantha this is Flavio

348

00:18:49,600 --> 00:18:47,419

Il from the comprehensive Institute of

349

00:18:54,250 --> 00:18:49,610

Rome I would like to know how you

350

00:18:58,060 --> 00:18:54,260

recycle the useful substances and how

351

00:19:00,940 --> 00:18:58,070

you get rid of waste hi Flavio it's a

352

00:19:03,010 --> 00:19:00,950

very interesting question we have a life

353

00:19:05,409 --> 00:19:03,020

support system here which is a closed

354

00:19:09,100 --> 00:19:05,419

loop system meaning that we recycle all

355

00:19:12,370 --> 00:19:09,110

the waste products of human life of

356

00:19:15,760 --> 00:19:12,380

course except for solid waste so urine

357

00:19:18,580 --> 00:19:15,770

is recycled and transformed into potable

358

00:19:22,990 --> 00:19:18,590

water but even sweat and humidity that

359

00:19:25,090 --> 00:19:23,000

that is is injected into the cabin is is

360

00:19:28,240 --> 00:19:25,100

recondense into the air conditioning

361

00:19:30,789 --> 00:19:28,250

system and then it's sent to a system

362

00:19:33,700 --> 00:19:30,799

that recycles it and transforms it into

363

00:19:35,620 --> 00:19:33,710

potable water so the water recycling

364

00:19:39,490 --> 00:19:35,630

system is closed loop except for some

365

00:19:43,210 --> 00:19:39,500

lakes that are happening which that's

366

00:19:44,740 --> 00:19:43,220

why we replenish but even breathing the

367

00:19:47,380 --> 00:19:44,750

carbon dioxide that we breathe is

368

00:19:50,070 --> 00:19:47,390

removed from the cabin otherwise this is

369

00:19:52,990 --> 00:19:50,080

very important otherwise this would be a

370

00:19:55,389 --> 00:19:53,000

tox toxic because we don't have plants

371

00:19:57,279 --> 00:19:55,399

up here we have a hardware that removes

372

00:19:58,930 --> 00:19:57,289

carbon dioxide from the atmosphere and

373

00:20:02,080 --> 00:19:58,940

even then it's a completely closed

374

00:20:04,360 --> 00:20:02,090

system so so we have a sub idea cycle

375

00:20:06,299 --> 00:20:04,370

that closes the cycle and then I forget

376

00:20:14,440 --> 00:20:06,309

I forgot to tell you the oxygen is

377

00:20:20,110 --> 00:20:17,860

John come on hi Samantha this is at the

378

00:20:22,720 --> 00:20:20,120

end of the this link and we thank you so

379

00:20:26,050 --> 00:20:22,730

much for being with us today all the

380

00:20:30,460 --> 00:20:26,060

mission x I boys and girls wish you a

381

00:20:33,910 --> 00:20:30,470

happy birthday good at cigna Thank you

382

00:20:35,920 --> 00:20:33,920

Thank You delfina thank you to all the