



1  
00:00:04,000 --> 00:00:29,669  
wow

2  
00:00:29,679 --> 00:00:45,910  
foreign

3  
00:00:45,920 --> 00:01:09,990  
okay

4  
00:01:16,230 --> 00:01:12,310  
i would like to express uh

5  
00:01:18,550 --> 00:01:16,240  
the gratitude and today is a big

6  
00:01:19,910 --> 00:01:18,560  
holiday for you when i was walking today

7  
00:01:22,310 --> 00:01:19,920  
i saw

8  
00:01:24,870 --> 00:01:22,320  
a lot of young people that is a very

9  
00:01:35,510 --> 00:01:24,880  
good example to follow i'd like to

10  
00:01:39,670 --> 00:01:37,350  
i would like to

11  
00:01:40,789 --> 00:01:39,680  
say i am very happy

12  
00:01:41,910 --> 00:01:40,799  
to

13  
00:01:45,190 --> 00:01:41,920

have

14

00:01:49,749 --> 00:01:47,510

in me of the

15

00:01:53,109 --> 00:01:49,759

kazakhstan people to be a member of the

16

00:01:59,749 --> 00:01:53,119

international space station crew

17

00:02:03,990 --> 00:02:02,310

that our country

18

00:02:12,949 --> 00:02:04,000

has

19

00:02:12,959 --> 00:02:26,949

oh

20

00:02:26,959 --> 00:02:49,990

um

21

00:02:50,000 --> 00:02:56,550

hello hello everybody

22

00:03:00,070 --> 00:02:58,470

i feel great i mean

23

00:03:01,350 --> 00:03:00,080

my legs feel

24

00:03:04,630 --> 00:03:01,360

like they're

25

00:03:07,430 --> 00:03:04,640

three times heavier than normal but

26

00:03:09,750 --> 00:03:07,440

otherwise i feel great yeah it's it's

27

00:03:11,430 --> 00:03:09,760

it's a strange feeling

28

00:03:13,270 --> 00:03:11,440

how your body suddenly feels much much

29

00:03:16,070 --> 00:03:13,280

heavier than when you left but

30

00:03:19,670 --> 00:03:16,080

apart from that i feel great how was it

31

00:03:22,630 --> 00:03:19,680

fantastic it's a unique laboratory

32

00:03:24,630 --> 00:03:22,640

i had a full program i was a little bit

33

00:03:26,390 --> 00:03:24,640

uh

34

00:03:28,550 --> 00:03:26,400

curious to see if we could finish it all

35

00:03:30,070 --> 00:03:28,560

because it really was very packed and

36

00:03:31,350 --> 00:03:30,080

full of scientific research but we

37

00:03:34,390 --> 00:03:31,360

managed to finish every single

38

00:03:46,149 --> 00:03:34,400

experiment i think we had 15 and all

39

00:03:46,159 --> 00:04:10,789

uh

40

00:04:10,799 --> 00:04:26,150

in about three weeks

41

00:04:29,830 --> 00:04:28,469

ready again

42

00:04:35,830 --> 00:04:29,840

of course

43

00:04:37,990 --> 00:04:35,840

again i would like to but whether uh not

44

00:04:40,950 --> 00:04:38,000

an opportunity

45

00:04:43,030 --> 00:04:40,960

presents itself or not um

46

00:04:45,110 --> 00:04:43,040

who knows

47

00:04:47,830 --> 00:04:45,120

i would like to fly but we'll wait and

48

00:04:54,310 --> 00:04:50,710

so tell us how do you feel after this

49

00:04:58,550 --> 00:04:57,430

as usual after each flight

50

00:04:59,590 --> 00:04:58,560

first

51  
00:05:01,430 --> 00:04:59,600  
after

52  
00:05:04,469 --> 00:05:01,440  
a return to

53  
00:05:06,629 --> 00:05:04,479  
earth it's hard to adjust harder than

54  
00:05:09,029 --> 00:05:06,639  
after row on space

55  
00:05:13,350 --> 00:05:09,039  
while the adjustment will

56  
00:05:15,590 --> 00:05:13,360  
take several days the acute

57  
00:05:20,870 --> 00:05:15,600  
adaptation

58  
00:05:25,870 --> 00:05:23,430  
well i don't really view that as a

59  
00:05:27,990 --> 00:05:25,880  
personal record this is just how the

60  
00:05:30,550 --> 00:05:28,000  
circumstances happened i think it's

61  
00:05:32,790 --> 00:05:30,560  
important for everyone who

62  
00:05:34,950 --> 00:05:32,800  
is engaged in space research and studies

63  
00:05:37,350 --> 00:05:34,960

it's important to understand

64

00:05:39,909 --> 00:05:37,360

how the space affects

65

00:05:41,510 --> 00:05:39,919

the body in space for future flights to

66

00:05:44,790 --> 00:05:41,520

mars friends up there we're going to

67

00:05:49,350 --> 00:05:47,110

of course

68

00:05:51,270 --> 00:05:49,360

they were sad

69

00:05:53,749 --> 00:05:51,280

when we were saying goodbye

70

00:05:56,309 --> 00:05:53,759

i was leaving korenyenko and kelly still

71

00:05:59,510 --> 00:05:56,319

have to stay

72

00:06:04,710 --> 00:05:59,520

well you see our entire life is meetings

73

00:06:09,590 --> 00:06:06,550

good afternoon

74

00:06:09,600 --> 00:06:22,390

erin hello

75

00:06:25,110 --> 00:06:23,909

dear deputy

76

00:06:27,029 --> 00:06:25,120

um

77

00:06:28,950 --> 00:06:27,039

government commission uh the visiting

78

00:06:31,830 --> 00:06:28,960

crew and the

79

00:06:40,870 --> 00:06:31,840

crew of the iss reporting

80

00:06:48,629 --> 00:06:43,110

where is my family

81

00:06:53,350 --> 00:06:50,870

so

82

00:06:57,589 --> 00:06:53,360

you're the one going to give us flowers

83

00:06:59,749 --> 00:06:57,599

not for you not fun of ours for you