



1
00:00:06,309 --> 00:00:02,389
station this is houston are you ready

2
00:00:06,319 --> 00:00:13,669
i am ready for the pao event

3
00:00:17,830 --> 00:00:15,749
cbs has faced the nation this is mission

4
00:00:21,590 --> 00:00:17,840
control houston please call station for

5
00:00:26,870 --> 00:00:23,349
station this is face the nation how do

6
00:00:34,069 --> 00:00:28,550
i have you loud and clear welcome aboard

7
00:00:38,389 --> 00:00:35,910
we're back with a very long distance

8
00:00:40,790 --> 00:00:38,399
remote astronaut scott kelly joins us

9
00:00:42,470 --> 00:00:40,800
from the international space station

10
00:00:49,430 --> 00:00:42,480
commander kelly you first went into

11
00:00:53,350 --> 00:00:51,670
well my first flight was on

12
00:00:55,590 --> 00:00:53,360
just on the space shuttle it was to the

13
00:00:58,229 --> 00:00:55,600

hubble space telescope and that was

14

00:01:00,950 --> 00:00:58,239

before we had the uh the international

15

00:01:03,430 --> 00:01:00,960

space station it wasn't uh a few years

16

00:01:04,950 --> 00:01:03,440

later uh before we launched the

17

00:01:07,590 --> 00:01:04,960

the uh

18

00:01:09,429 --> 00:01:07,600

the first uh people uh to the space

19

00:01:11,190 --> 00:01:09,439

station the first human presence in

20

00:01:13,590 --> 00:01:11,200

space which we've had for the last 15

21

00:01:15,670 --> 00:01:13,600

years so uh you know it's a much

22

00:01:17,270 --> 00:01:15,680

different experience now with uh this

23

00:01:18,870 --> 00:01:17,280

international space station and the

24

00:01:20,149 --> 00:01:18,880

international cooperation and all the

25

00:01:22,230 --> 00:01:20,159

research we have

26

00:01:24,950 --> 00:01:22,240

uh that go with it than than what we

27

00:01:27,749 --> 00:01:24,960

were doing uh back in the 1990s and

28

00:01:29,510 --> 00:01:27,759

previously

29

00:01:31,429 --> 00:01:29,520

how about for you personally though

30

00:01:36,310 --> 00:01:31,439

being in space now relative to that very

31

00:01:40,390 --> 00:01:38,630

well you know flying in space is a

32

00:01:42,710 --> 00:01:40,400

privilege whether it's the first time or

33

00:01:44,310 --> 00:01:42,720

the or the fourth time but you know

34

00:01:46,149 --> 00:01:44,320

obviously back then it was my first

35

00:01:48,789 --> 00:01:46,159

flight it was uh

36

00:01:51,910 --> 00:01:48,799

seven days long and uh you know since

37

00:01:54,789 --> 00:01:51,920

then i've flown three times previous uh

38

00:01:58,149 --> 00:01:54,799

or subsequently durations of you know 13

39

00:02:00,469 --> 00:01:58,159

days 159 days and now uh you know this

40

00:02:01,990 --> 00:02:00,479

next this flight will be close to a year

41

00:02:04,469 --> 00:02:02,000

so they've been getting uh

42

00:02:06,230 --> 00:02:04,479

larger and larger each time and i think

43

00:02:08,389 --> 00:02:06,240

if i fly a fifth time it'll have to be

44

00:02:09,990 --> 00:02:08,399

to mars to get that kind of duration

45

00:02:13,190 --> 00:02:10,000

that will be required to keep up the

46

00:02:19,430 --> 00:02:15,350

before we go any further what what room

47

00:02:26,070 --> 00:02:23,270

so i am in the the us destiny laboratory

48

00:02:28,869 --> 00:02:26,080

module which is like the main

49

00:02:30,470 --> 00:02:28,879

module for the u.s side of the space

50

00:02:33,350 --> 00:02:30,480

station it's a

51
00:02:35,589 --> 00:02:33,360
combination of laboratory and sort of

52
00:02:37,110 --> 00:02:35,599
like the bridge of a ship

53
00:02:39,350 --> 00:02:37,120
i guess you could describe it with a lot

54
00:02:41,110 --> 00:02:39,360
of uh of the systems that are required

55
00:02:45,270 --> 00:02:41,120
to operate the space station are in here

56
00:02:48,550 --> 00:02:46,869
and in case there are any conspiracy

57
00:02:54,229 --> 00:02:48,560
theorists out there how would you prove

58
00:03:00,149 --> 00:02:58,309
i would just do this for for a while and

59
00:03:05,030 --> 00:03:00,159
unless i was falling that would be kind

60
00:03:09,670 --> 00:03:07,509
that's convinced me

61
00:03:11,270 --> 00:03:09,680
when uh when george mallory was was

62
00:03:12,790 --> 00:03:11,280
asked why he climbed everest he said

63
00:03:14,470 --> 00:03:12,800

because it's there

64

00:03:16,550 --> 00:03:14,480

is it a similar thing for you and going

65

00:03:20,790 --> 00:03:16,560

to space what what motivates you to be

66

00:03:26,470 --> 00:03:23,110

you know i like uh like challenges and i

67

00:03:27,509 --> 00:03:26,480

was a navy uh pilot and test pilot and

68

00:03:30,070 --> 00:03:27,519

for me

69

00:03:32,710 --> 00:03:30,080

flying in space seemed like the logical

70

00:03:35,670 --> 00:03:32,720

uh you know next step as far as you know

71

00:03:37,589 --> 00:03:35,680

things that would challenge me

72

00:03:39,670 --> 00:03:37,599

but you know what i've come to root to

73

00:03:41,110 --> 00:03:39,680

find uh that

74

00:03:43,830 --> 00:03:41,120

makes this a very

75

00:03:45,589 --> 00:03:43,840

satisfying experience and satisfying

76

00:03:47,670 --> 00:03:45,599

profession for me

77

00:03:49,589 --> 00:03:47,680

is doing something that's extremely

78

00:03:51,350 --> 00:03:49,599

extremely difficult having you know

79

00:03:52,949 --> 00:03:51,360

people live in space here and do the

80

00:03:55,990 --> 00:03:52,959

type of work we do

81

00:03:59,190 --> 00:03:56,000

for the last 15 years is you know

82

00:04:00,869 --> 00:03:59,200

could arguably be more difficult

83

00:04:03,030 --> 00:04:00,879

than than when we went to the moon

84

00:04:05,429 --> 00:04:03,040

building a space station space station

85

00:04:07,750 --> 00:04:05,439

and operating it for so long and you

86

00:04:09,509 --> 00:04:07,760

know for me having the privilege to work

87

00:04:12,149 --> 00:04:09,519

in this program and being a part of

88

00:04:17,110 --> 00:04:12,159

something so hard is uh you know what

89

00:04:20,550 --> 00:04:18,870

nasa has put a call out for those who

90

00:04:22,150 --> 00:04:20,560

might want to be astronauts what would

91

00:04:25,909 --> 00:04:22,160

you look for if you were on the hiring

92

00:04:31,270 --> 00:04:28,230

so i was on the hiring committee last

93

00:04:34,310 --> 00:04:31,280

time and uh we picked a great group

94

00:04:37,030 --> 00:04:34,320

and you know what we look for are people

95

00:04:37,909 --> 00:04:37,040

that are technically uh competent you

96

00:04:41,830 --> 00:04:37,919

need a

97

00:04:44,230 --> 00:04:41,840

a background in uh you know in the

98

00:04:46,070 --> 00:04:44,240

field whether it's as a scientist an

99

00:04:48,550 --> 00:04:46,080

engineer medical doctor

100

00:04:50,230 --> 00:04:48,560

or you know a person that's in the

101
00:04:51,270 --> 00:04:50,240
military with some kind of technical

102
00:04:53,030 --> 00:04:51,280
background

103
00:04:54,870 --> 00:04:53,040
and we want those people to have proven

104
00:04:56,790 --> 00:04:54,880
themselves in their current profession

105
00:04:58,629 --> 00:04:56,800
being very high performers but also

106
00:05:00,870 --> 00:04:58,639
people that get along

107
00:05:02,710 --> 00:05:00,880
well as part of a team because this is a

108
00:05:04,870 --> 00:05:02,720
huge team effort not just your crew

109
00:05:06,550 --> 00:05:04,880
members here on board but also with all

110
00:05:09,830 --> 00:05:06,560
the folks you have to work with on the

111
00:05:13,270 --> 00:05:09,840
ground and you know just a really a

112
00:05:15,830 --> 00:05:13,280
diverse uh group of people with uh

113
00:05:17,909 --> 00:05:15,840

you know skills that are very broad

114

00:05:19,350 --> 00:05:17,919

um we have a lot of systems here on

115

00:05:21,749 --> 00:05:19,360

board the space station and we can't

116

00:05:24,150 --> 00:05:21,759

call a repairman when one of them breaks

117

00:05:27,510 --> 00:05:24,160

so we have to be uh kind of generalists

118

00:05:30,710 --> 00:05:29,189

you're you've done hundreds of

119

00:05:32,070 --> 00:05:30,720

experiments or you're doing hundreds of

120

00:05:37,590 --> 00:05:32,080

experiments what's the coolest thing

121

00:05:42,230 --> 00:05:40,629

you know i it's kind of hard to say um

122

00:05:44,629 --> 00:05:42,240

if we're talking about

123

00:05:45,510 --> 00:05:44,639

uh this flight i would i would have to

124

00:05:48,150 --> 00:05:45,520

say

125

00:05:50,550 --> 00:05:48,160

you know the two space walks i i got to

126
00:05:52,790 --> 00:05:50,560
do because i had never done those before

127
00:05:55,189 --> 00:05:52,800
and uh you know that's a very

128
00:05:57,270 --> 00:05:55,199
challenging experience i think in

129
00:05:59,670 --> 00:05:57,280
general uh you know the launch the

130
00:06:02,710 --> 00:05:59,680
landing are are pretty exciting as far

131
00:06:05,830 --> 00:06:02,720
as specific kind of research experiments

132
00:06:08,230 --> 00:06:05,840
um the stuff we've done with rodents are

133
00:06:10,710 --> 00:06:08,240
is pretty interesting as well as the

134
00:06:13,830 --> 00:06:10,720
human research that we're doing with uh

135
00:06:15,990 --> 00:06:13,840
misha and i as part of this one-year

136
00:06:17,590 --> 00:06:16,000
research experiment uh you know the

137
00:06:21,189 --> 00:06:17,600
reason why we're here in space for a

138
00:06:22,710 --> 00:06:21,199

year has been pretty interesting stuff

139

00:06:25,830 --> 00:06:22,720

have you noticed any of the effects on

140

00:06:31,029 --> 00:06:25,840

space that you're there to uh to

141

00:06:35,590 --> 00:06:33,590

you know a lot of the data we collect is

142

00:06:37,670 --> 00:06:35,600

is stuff that has to be analyzed on the

143

00:06:41,670 --> 00:06:37,680

ground for instance we can't see

144

00:06:43,590 --> 00:06:41,680

uh you know bone loss uh

145

00:06:46,070 --> 00:06:43,600

ourselves you know that's something that

146

00:06:48,629 --> 00:06:46,080

uh you know we'll have to notice with uh

147

00:06:50,469 --> 00:06:48,639

with imaging technology when i get back

148

00:06:52,150 --> 00:06:50,479

but you know there are certain things we

149

00:06:53,830 --> 00:06:52,160

could see with regards to muscle mass

150

00:06:55,350 --> 00:06:53,840

like the amount of muscle i've lost in

151
00:06:57,430 --> 00:06:55,360
my calf muscle

152
00:06:59,510 --> 00:06:57,440
uh because we don't walk up here is

153
00:07:01,189 --> 00:06:59,520
pretty significant

154
00:07:03,110 --> 00:07:01,199
you know some effects on my vision

155
00:07:04,469 --> 00:07:03,120
initially although those have kind of

156
00:07:07,350 --> 00:07:04,479
leveled off and have been pretty

157
00:07:09,350 --> 00:07:07,360
consistent with what i had on my last

158
00:07:11,430 --> 00:07:09,360
flight but we're also looking at you

159
00:07:12,950 --> 00:07:11,440
know the effects of this environment um

160
00:07:15,909 --> 00:07:12,960
the microgravity environment and the

161
00:07:17,270 --> 00:07:15,919
radiation environment on

162
00:07:18,550 --> 00:07:17,280
on myself

163
00:07:23,510 --> 00:07:18,560

on a

164

00:07:24,710 --> 00:07:23,520

affected and that's using my brother as

165

00:07:26,390 --> 00:07:24,720

a control

166

00:07:28,230 --> 00:07:26,400

subject on the ground so some of the

167

00:07:30,230 --> 00:07:28,240

things we can see you know i've seen

168

00:07:32,070 --> 00:07:30,240

some muscle loss i've seen some muscle

169

00:07:33,510 --> 00:07:32,080

gain because the amount of exercise we

170

00:07:35,430 --> 00:07:33,520

do

171

00:07:37,270 --> 00:07:35,440

but some of it's it's stuff that we'll

172

00:07:39,830 --> 00:07:37,280

have to analyze once i get back on the

173

00:07:45,029 --> 00:07:41,350

is it still a thrill to look out the

174

00:07:48,869 --> 00:07:46,790

yeah it's uh you know the earth is a

175

00:07:50,390 --> 00:07:48,879

very beautiful place it's uh you know

176

00:07:51,830 --> 00:07:50,400

thrilling to look at

177

00:07:54,150 --> 00:07:51,840

you know but like a lot of things you

178

00:07:56,070 --> 00:07:54,160

know if you see it often it's not as

179

00:07:57,749 --> 00:07:56,080

thrilling as the first time you've seen

180

00:08:02,629 --> 00:07:57,759

it but it's still uh

181

00:08:06,550 --> 00:08:04,950

have you been following the news from uh

182

00:08:07,990 --> 00:08:06,560

up there i mean if you watch what do you

183

00:08:09,350 --> 00:08:08,000

think of the presidential campaign

184

00:08:13,110 --> 00:08:09,360

that's going on

185

00:08:18,390 --> 00:08:16,869

yeah so we have uh have the news on um

186

00:08:20,309 --> 00:08:18,400

pretty much all the time unless we're

187

00:08:23,270 --> 00:08:20,319

watching something specific and we have

188

00:08:25,510 --> 00:08:23,280

coverage about you know 50

189

00:08:27,830 --> 00:08:25,520

you know about 50 minutes every hour so

190

00:08:29,670 --> 00:08:27,840

i do follow it very closely and i have

191

00:08:34,230 --> 00:08:29,680

to say it's uh it's been very

192

00:08:38,469 --> 00:08:36,709

i also heard you watched game of thrones

193

00:08:41,190 --> 00:08:38,479

while you were up there how long do you

194

00:08:42,550 --> 00:08:41,200

think you'd uh last up there if you

195

00:08:47,590 --> 00:08:42,560

worked with your colleagues the way they

196

00:08:50,870 --> 00:08:49,190

um

197

00:08:51,829 --> 00:08:50,880

you know i i'd like to think i would

198

00:08:54,230 --> 00:08:51,839

last

199

00:08:56,550 --> 00:08:54,240

a long time but you never know but the

200

00:08:58,870 --> 00:08:56,560

good news is we don't we don't work that

201
00:09:00,470 --> 00:08:58,880
way we actually get along very well you

202
00:09:03,269 --> 00:09:00,480
know it's an international space station

203
00:09:06,790 --> 00:09:03,279
we have crew members from both the u.s

204
00:09:09,670 --> 00:09:06,800
and russia and now the united kingdom

205
00:09:12,230 --> 00:09:09,680
with uh tim peake uh from the uk tim

206
00:09:14,550 --> 00:09:12,240
copper and yuri malenchenko arriving

207
00:09:16,150 --> 00:09:14,560
just yesterday and uh you know it's

208
00:09:18,710 --> 00:09:16,160
great to see that

209
00:09:20,230 --> 00:09:18,720
on this space station we can

210
00:09:22,070 --> 00:09:20,240
work

211
00:09:25,670 --> 00:09:22,080
you know across cultures in a very very

212
00:09:31,990 --> 00:09:27,350
all right commander scott kelly we thank

213
00:09:32,000 --> 00:09:36,389

my pleasure thank you

214

00:09:41,590 --> 00:09:38,630

this is houston acr that concludes the

215

00:09:43,430 --> 00:09:41,600

cbs face the nation portion of the event

216

00:09:50,470 --> 00:09:43,440

please stand by for a voice check from

217

00:09:50,480 --> 00:09:56,550

station this is cnn how do you hear me

218

00:10:02,389 --> 00:09:58,070

we hear you loud and clear welcome

219

00:10:07,750 --> 00:10:05,350

well it is a huge thrill for us to

220

00:10:09,590 --> 00:10:07,760

welcome you to our program and for me to

221

00:10:12,069 --> 00:10:09,600

be able to talk to you all the way out

222

00:10:13,750 --> 00:10:12,079

there in space it's really exciting but

223

00:10:16,790 --> 00:10:13,760

you're halfway through nearly a

224

00:10:19,350 --> 00:10:16,800

year-long mission is it ho hum for you

225

00:10:23,509 --> 00:10:19,360

at this point or is it still gee whiz

226

00:10:26,710 --> 00:10:25,269

yeah christian um

227

00:10:29,509 --> 00:10:26,720

you know there are certain parts about

228

00:10:31,670 --> 00:10:29,519

of about it that at certain times i do

229

00:10:32,630 --> 00:10:31,680

kind of you know take a step back and i

230

00:10:34,710 --> 00:10:32,640

realize

231

00:10:37,269 --> 00:10:34,720

you know i'm living in space and doing

232

00:10:38,389 --> 00:10:37,279

uh you know this work that i consider a

233

00:10:42,310 --> 00:10:38,399

privilege

234

00:10:43,269 --> 00:10:42,320

um but we've been up here now over 260

235

00:10:46,069 --> 00:10:43,279

days

236

00:10:48,710 --> 00:10:46,079

so you know sometimes it um you know the

237

00:10:51,350 --> 00:10:48,720

daily routine is is somewhat of a

238

00:10:54,150 --> 00:10:51,360

routine but there are those moments that

239

00:10:59,269 --> 00:10:54,160

uh you know impress me and i'm sure meet

240

00:11:05,430 --> 00:11:02,230

let me ask you mikhail konyenko how does

241

00:11:25,190 --> 00:11:05,440

it feel to be up there so long nearly

242

00:11:30,069 --> 00:11:28,470

actually it's not six it's nine months

243

00:11:31,829 --> 00:11:30,079

so

244

00:11:35,509 --> 00:11:31,839

i i'm feeling fine

245

00:11:37,269 --> 00:11:35,519

besides my crew is just great wonderful

246

00:11:39,430 --> 00:11:37,279

all the crews that

247

00:11:41,030 --> 00:11:39,440

worked on board with me are great

248

00:11:44,870 --> 00:11:41,040

professionals

249

00:11:47,269 --> 00:11:44,880

of course as any of us i miss my family

250

00:11:50,790 --> 00:11:47,279

my home

251

00:11:53,269 --> 00:11:50,800

but i can say that i am happy

252

00:11:57,190 --> 00:11:53,279

excited and very proud to be entrusted

253

00:12:01,430 --> 00:11:59,269

let me ask you both as i love watching

254

00:12:04,150 --> 00:12:01,440

you float that microphone back and forth

255

00:12:07,590 --> 00:12:04,160

to each other you are watching our

256

00:12:09,670 --> 00:12:07,600

planet with a view unlike anyone else in

257

00:12:11,910 --> 00:12:09,680

this universe right now

258

00:12:14,949 --> 00:12:11,920

and you've just seen a climate deal

259

00:12:16,389 --> 00:12:14,959

reached in paris about 200 nations

260

00:12:18,069 --> 00:12:16,399

signing on

261

00:12:20,470 --> 00:12:18,079

were you surprised that it would happen

262

00:12:22,790 --> 00:12:20,480

i know you lobbied for it and what is

263

00:12:28,470 --> 00:12:22,800

you know your take on the survival of

264

00:12:32,470 --> 00:12:30,550

well you know a couple of things you

265

00:12:34,230 --> 00:12:32,480

know i was surprised on the agreement

266

00:12:36,389 --> 00:12:34,240

because just to get that many people to

267

00:12:37,750 --> 00:12:36,399

agree to anything is uh is pretty

268

00:12:39,750 --> 00:12:37,760

difficult so

269

00:12:42,470 --> 00:12:39,760

you know in that regard it was uh you

270

00:12:44,550 --> 00:12:42,480

know a historic event and uh you know

271

00:12:46,629 --> 00:12:44,560

hopefully it'll continue to be supported

272

00:12:48,230 --> 00:12:46,639

it i i think it has to go back to you

273

00:12:49,829 --> 00:12:48,240

know all the individual countries and

274

00:12:51,509 --> 00:12:49,839

and still gain

275

00:12:53,910 --> 00:12:51,519

you know their support

276

00:12:54,790 --> 00:12:53,920

um you know with regards to the planet

277

00:12:57,590 --> 00:12:54,800

um

278

00:13:00,230 --> 00:12:57,600

you know having this uh vantage point

279

00:13:03,110 --> 00:13:00,240

from space you do see things

280

00:13:05,269 --> 00:13:03,120

uh like the thinness of the atmosphere

281

00:13:07,590 --> 00:13:05,279

that are alarming i mean it just looks

282

00:13:08,790 --> 00:13:07,600

very fragile

283

00:13:11,190 --> 00:13:08,800

we can

284

00:13:13,190 --> 00:13:11,200

you know see the effects of

285

00:13:14,710 --> 00:13:13,200

you know our presence on earth by

286

00:13:17,269 --> 00:13:14,720

looking out the window there's certain

287

00:13:19,990 --> 00:13:17,279

areas of of the globe that

288

00:13:22,389 --> 00:13:20,000

are almost constantly covered with uh

289

00:13:25,190 --> 00:13:22,399

with pollution we can see weather

290

00:13:27,269 --> 00:13:25,200

weather systems that uh you know don't

291

00:13:29,670 --> 00:13:27,279

normally occur in certain areas that we

292

00:13:31,190 --> 00:13:29,680

now see more commonly so

293

00:13:33,350 --> 00:13:31,200

you know i think it's uh you know

294

00:13:35,670 --> 00:13:33,360

something that's very important for you

295

00:13:39,350 --> 00:13:35,680

know the collective group of people that

296

00:13:41,350 --> 00:13:39,360

require this planet for them to survive

297

00:13:42,790 --> 00:13:41,360

you know it's kind of funny people say

298

00:13:45,430 --> 00:13:42,800

you know we need to save the earth i

299

00:13:47,189 --> 00:13:45,440

think what we need to save is us because

300

00:13:49,350 --> 00:13:47,199

you know the earth is probably going to

301
00:13:52,310 --> 00:13:49,360
last a long time but you know we need

302
00:13:57,670 --> 00:13:52,320
the environment of the earth to be able

303
00:14:02,069 --> 00:13:59,829
good point let me ask you both

304
00:14:04,069 --> 00:14:02,079
obviously your two nations russia and

305
00:14:06,230 --> 00:14:04,079
the united states and many others

306
00:14:08,949 --> 00:14:06,240
cooperated on this agreement but they

307
00:14:10,710 --> 00:14:08,959
are at loggerheads on so many other big

308
00:14:13,670 --> 00:14:10,720
big issues today

309
00:14:16,230 --> 00:14:13,680
whether it's ukraine whether it's syria

310
00:14:19,350 --> 00:14:16,240
whatever it might be i'm just curious

311
00:14:28,310 --> 00:14:19,360
does politics play any role up there all

312
00:14:28,320 --> 00:14:55,750
tomorrow

313
00:14:55,760 --> 00:14:59,350

me

314

00:15:03,590 --> 00:15:01,509

well christian you know so clearly it's

315

00:15:05,350 --> 00:15:03,600

something where we're obviously aware of

316

00:15:06,710 --> 00:15:05,360

i mean we follow the news it's not

317

00:15:09,670 --> 00:15:06,720

something we

318

00:15:12,710 --> 00:15:09,680

generally uh discuss between each other

319

00:15:14,550 --> 00:15:12,720

although sometimes we do um

320

00:15:16,870 --> 00:15:14,560

you know what's most important to you

321

00:15:18,870 --> 00:15:16,880

know misha and i and our you know

322

00:15:21,110 --> 00:15:18,880

russian colleagues and then with us is

323

00:15:23,910 --> 00:15:21,120

that we have to rely on each other

324

00:15:25,910 --> 00:15:23,920

literally for our lives and uh you know

325

00:15:27,110 --> 00:15:25,920

not only are we great friends but we are

326

00:15:29,509 --> 00:15:27,120

completely

327

00:15:31,430 --> 00:15:29,519

reliant on each other

328

00:15:32,310 --> 00:15:31,440

you know if there's an emergency up here

329

00:15:34,069 --> 00:15:32,320

you know

330

00:15:35,350 --> 00:15:34,079

that we have to take care of one another

331

00:15:36,949 --> 00:15:35,360

and that's

332

00:15:39,269 --> 00:15:36,959

for us the most

333

00:15:41,430 --> 00:15:39,279

you know important thing and you know we

334

00:15:44,389 --> 00:15:41,440

understand that there can be conflict at

335

00:15:45,910 --> 00:15:44,399

times between nations and you know i

336

00:15:48,710 --> 00:15:45,920

think one of the great things about this

337

00:15:50,710 --> 00:15:48,720

space station is we have demonstrated

338

00:15:52,629 --> 00:15:50,720

that you know two cultures that are you

339

00:15:54,230 --> 00:15:52,639

know somewhat different and then someone

340

00:15:56,389 --> 00:15:54,240

sometimes can be at odds with one

341

00:15:58,230 --> 00:15:56,399

another over certain things have

342

00:16:00,069 --> 00:15:58,240

demonstrated that they can work together

343

00:16:02,069 --> 00:16:00,079

in a very cooperative way it's something

344

00:16:12,470 --> 00:16:02,079

very very difficult for a long period of

345

00:16:17,350 --> 00:16:15,269

say that the international station is

346

00:16:20,150 --> 00:16:17,360

free of any politics

347

00:16:22,069 --> 00:16:20,160

we are very polite and always very

348

00:16:24,069 --> 00:16:22,079

considerate of

349

00:16:25,269 --> 00:16:24,079

each other in such discussions

350

00:16:28,069 --> 00:16:25,279

furthermore

351

00:16:30,870 --> 00:16:28,079

i would say that our work here and our

352

00:16:33,030 --> 00:16:30,880

cooperation on board the iss is a great

353

00:16:35,910 --> 00:16:33,040

example for

354

00:16:38,550 --> 00:16:35,920

all politicians because if they spent at

355

00:16:40,790 --> 00:16:38,560

least one month on board together it

356

00:16:41,670 --> 00:16:40,800

would have probably resolved most of

357

00:16:43,990 --> 00:16:41,680

their

358

00:16:47,509 --> 00:16:44,000

uh problems and discussions on the

359

00:16:52,150 --> 00:16:49,670

well you've given me uh and the whole

360

00:16:54,310 --> 00:16:52,160

world now a whole great program maybe we

361

00:16:56,629 --> 00:16:54,320

should send them all up to space and and

362

00:16:59,110 --> 00:16:56,639

they can solve all the world's problems

363

00:17:00,150 --> 00:16:59,120

up there like you're working so hard

364

00:17:01,269 --> 00:17:00,160

what are

365

00:17:03,670 --> 00:17:01,279

some of the

366

00:17:05,510 --> 00:17:03,680

real kind of hardships for instance

367

00:17:07,429 --> 00:17:05,520

physically i understand you have to

368

00:17:09,909 --> 00:17:07,439

really work out

369

00:17:15,350 --> 00:17:09,919

hard in order not to atrophy for your

370

00:17:18,949 --> 00:17:17,110

yeah our bodies are pretty smart you

371

00:17:20,710 --> 00:17:18,959

know they recognize in this enviro

372

00:17:23,429 --> 00:17:20,720

microgravity environment that you don't

373

00:17:26,390 --> 00:17:23,439

need your skeleton to uh you know hold

374

00:17:27,270 --> 00:17:26,400

all your stuff together so we lose bone

375

00:17:30,390 --> 00:17:27,280

mass

376

00:17:32,150 --> 00:17:30,400

because we don't need it and

377

00:17:33,990 --> 00:17:32,160

likewise with your muscles so we have to

378

00:17:36,870 --> 00:17:34,000

do exercise to prevent

379

00:17:38,789 --> 00:17:36,880

uh to prevent that from from happening

380

00:17:40,870 --> 00:17:38,799

but you know there are other hardships

381

00:17:43,270 --> 00:17:40,880

too up here that that we you know we

382

00:17:45,190 --> 00:17:43,280

deal with them we understand it and uh

383

00:17:47,110 --> 00:17:45,200

but the fact that you can't go outside i

384

00:17:48,870 --> 00:17:47,120

mean you can occasionally do a space

385

00:17:49,750 --> 00:17:48,880

walk but that's not like walking outside

386

00:17:54,549 --> 00:17:49,760

in the

387

00:17:57,190 --> 00:17:54,559

uh the kind of air that you experience

388

00:17:58,950 --> 00:17:57,200

on a on a daily basis the space station

389

00:18:00,870 --> 00:17:58,960

is nice but um

390

00:18:02,549 --> 00:18:00,880

you know there there's no running water

391

00:18:06,470 --> 00:18:02,559

you can't take a shower

392

00:18:09,190 --> 00:18:06,480

the diet is uh gets pretty routine so

393

00:18:10,950 --> 00:18:09,200

um you know all that is is something

394

00:18:13,029 --> 00:18:10,960

that we've learned to live with but we

395

00:18:15,029 --> 00:18:13,039

still understand that it's a it's a big

396

00:18:18,870 --> 00:18:15,039

privilege to represent our countries up

397

00:18:22,470 --> 00:18:20,950

scott and mikhail i know we don't have a

398

00:18:24,789 --> 00:18:22,480

huge amount of time i can see one of

399

00:18:26,710 --> 00:18:24,799

your colleagues behind you who's sort of

400

00:18:28,710 --> 00:18:26,720

dancing and floating around in zero

401
00:18:31,669 --> 00:18:28,720
gravity doing whatever he's doing there

402
00:18:33,669 --> 00:18:31,679
can you do something for us can you flip

403
00:18:36,070 --> 00:18:33,679
can you dance what do you like to do for

404
00:18:40,710 --> 00:18:36,080
exercise up there

405
00:18:48,230 --> 00:18:43,430
oh my goodness so that's that's not much

406
00:18:52,870 --> 00:18:50,870
well scott kelly mikhail kornienko thank

407
00:18:53,830 --> 00:18:52,880
you so much for joining us from space

408
00:18:58,470 --> 00:18:53,840
today

409
00:19:03,750 --> 00:19:00,549
our pleasure christian thanks for

410
00:19:05,990 --> 00:19:03,760
allowing us to be on your program

411
00:19:11,110 --> 00:19:06,000
station this is houston acr that

412
00:19:15,190 --> 00:19:13,270
thank you cbs face the nation and cnn