



1  
00:00:05,590 --> 00:00:02,790  
and now we're going

2  
00:00:07,269 --> 00:00:05,600  
right up 400 kilometers uh into space to

3  
00:00:09,190 --> 00:00:07,279  
meet with tim peake good evening thank

4  
00:00:10,470 --> 00:00:09,200  
you for being with us for almost two

5  
00:00:12,310 --> 00:00:10,480  
months now you've been at the

6  
00:00:14,709 --> 00:00:12,320  
international space station first

7  
00:00:17,029 --> 00:00:14,719  
question do you spend a lot of time

8  
00:00:25,109 --> 00:00:17,039  
looking out the window looking at the

9  
00:00:28,630 --> 00:00:26,790  
international

10  
00:00:31,349 --> 00:00:28,640  
yes the answer to your question is of

11  
00:00:33,190 --> 00:00:31,359  
course we spend almost every free moment

12  
00:00:35,510 --> 00:00:33,200  
that we have looking out the window and

13  
00:00:36,870 --> 00:00:35,520

taking photographs we're kept very busy

14

00:00:39,110 --> 00:00:36,880

during the day of course but in the

15

00:00:42,069 --> 00:00:39,120

evenings we get some free time and the

16

00:00:44,950 --> 00:00:42,079

view of planet earth is just spectacular

17

00:00:56,229 --> 00:00:44,960

day night auroras thunderstorms it's

18

00:00:59,990 --> 00:00:57,110

what

19

00:01:02,709 --> 00:01:00,000

has amazed you the most struck you the

20

00:01:07,429 --> 00:01:02,719

most in this show you see from of the

21

00:01:12,870 --> 00:01:09,190

there are a couple of things that have

22

00:01:15,749 --> 00:01:12,880

really struck me first is just how thin

23

00:01:17,590 --> 00:01:15,759

our atmosphere is and i kind of knew

24

00:01:19,510 --> 00:01:17,600

that from seeing photographs of other

25

00:01:22,230 --> 00:01:19,520

astronauts but to actually see it

26  
00:01:23,590 --> 00:01:22,240  
yourself and especially at sunrise and

27  
00:01:25,270 --> 00:01:23,600  
at sunset

28  
00:01:27,510 --> 00:01:25,280  
and of course we orbit the earth 16

29  
00:01:29,990 --> 00:01:27,520  
times a day so we get plenty of sunrises

30  
00:01:32,550 --> 00:01:30,000  
and sunsets and you can see that tiny

31  
00:01:34,550 --> 00:01:32,560  
tiny band of which our atmosphere is

32  
00:01:36,069 --> 00:01:34,560  
contained in and how fragile our

33  
00:01:37,830 --> 00:01:36,079  
atmosphere is

34  
00:01:48,310 --> 00:01:37,840  
that was really quite incredible to see

35  
00:01:52,710 --> 00:01:50,710  
talk briefly about your daily life i

36  
00:01:55,590 --> 00:01:52,720  
think you've put aside for us one of

37  
00:02:01,270 --> 00:01:55,600  
your meals one of the meals you'll be uh

38  
00:02:05,109 --> 00:02:03,030

yes well actually just i just got a

39

00:02:07,830 --> 00:02:05,119

drink to show you but this is an example

40

00:02:09,910 --> 00:02:07,840

of how we eat and drink our food it's

41

00:02:12,070 --> 00:02:09,920

all contained in pouches of course to

42

00:02:14,150 --> 00:02:12,080

stop it from floating away

43

00:02:16,790 --> 00:02:14,160

and we simply drink our food through

44

00:02:18,630 --> 00:02:16,800

straws and also we can have soup for

45

00:02:21,270 --> 00:02:18,640

example through that as well

46

00:02:23,670 --> 00:02:21,280

everything else comes up in cans of food

47

00:02:26,470 --> 00:02:23,680

or we rehydrate it just add hot water

48

00:02:28,790 --> 00:02:26,480

and eat it out of packets but our daily

49

00:02:31,030 --> 00:02:28,800

routine is really working from about

50

00:02:33,190 --> 00:02:31,040

seven in the morning till seven at night

51  
00:02:44,869 --> 00:02:33,200  
and it's mainly scientific activities

52  
00:02:50,150 --> 00:02:47,750  
you sleep in a sleeping bag we saw this

53  
00:02:53,030 --> 00:02:50,160  
but you're not strapped in anyhow

54  
00:02:57,910 --> 00:02:53,040  
tethered is it easy to sleep floating

55  
00:03:02,710 --> 00:03:00,070  
it takes a little bit of getting used to

56  
00:03:04,790 --> 00:03:02,720  
at first it felt quite strange and it's

57  
00:03:06,550 --> 00:03:04,800  
hard to switch off at the end of the day

58  
00:03:08,630 --> 00:03:06,560  
and kind of tell your body to go to

59  
00:03:10,790 --> 00:03:08,640  
sleep because you don't rest your head

60  
00:03:12,470 --> 00:03:10,800  
on a pillow and lie in a bed you're kind

61  
00:03:14,070 --> 00:03:12,480  
of floating all day long and then at

62  
00:03:16,470 --> 00:03:14,080  
night time you're still floating but you

63  
00:03:18,550 --> 00:03:16,480

have to tell your body to go to sleep

64

00:03:20,390 --> 00:03:18,560

but it only takes a couple of weeks and

65

00:03:30,470 --> 00:03:20,400

then you end up sleeping quite well up

66

00:03:33,589 --> 00:03:31,430

tim

67

00:03:38,630 --> 00:03:33,599

have you already done a space walk have

68

00:03:43,830 --> 00:03:41,190

yes i was very fortunate to do a space

69

00:03:46,630 --> 00:03:43,840

walk about uh three weeks ago with my

70

00:03:49,030 --> 00:03:46,640

crewmate tim copra from nasa and we had

71

00:03:50,710 --> 00:03:49,040

to go and repair an electrical component

72

00:03:52,710 --> 00:03:50,720

right at the very edge of the space

73

00:03:54,470 --> 00:03:52,720

station the furthest part of the space

74

00:03:57,030 --> 00:03:54,480

station and that was absolutely

75

00:03:59,190 --> 00:03:57,040

incredible we had to repair it during

76

00:04:01,350 --> 00:03:59,200

the eclipse because the power from the

77

00:04:03,030 --> 00:04:01,360

uh from the sun obviously coming through

78

00:04:04,550 --> 00:04:03,040

the solar panels we had to make sure we

79

00:04:06,309 --> 00:04:04,560

were in the shadow before we could

80

00:04:08,070 --> 00:04:06,319

repair that component

81

00:04:09,830 --> 00:04:08,080

and we got an opportunity to wait for

82

00:04:11,830 --> 00:04:09,840

the sun to go down and to take some

83

00:04:14,390 --> 00:04:11,840

photographs and enjoy the view of planet

84

00:04:16,550 --> 00:04:14,400

earth the most incredible experience of

85

00:04:28,629 --> 00:04:16,560

my life being outside the space station

86

00:04:32,950 --> 00:04:30,390

was it scary

87

00:04:37,590 --> 00:04:32,960

was it just scary to be out in that void

88

00:04:41,830 --> 00:04:39,670

you know before i went on the space walk

89

00:04:44,150 --> 00:04:41,840

i was i was probably more apprehensive

90

00:04:45,990 --> 00:04:44,160

because i did not know what to expect

91

00:04:47,749 --> 00:04:46,000

but as soon as the hatch opened and i

92

00:04:50,550 --> 00:04:47,759

saw the sunlight flooding into the

93

00:04:52,629 --> 00:04:50,560

airlock i was just very happy very happy

94

00:04:55,350 --> 00:04:52,639

to get outside the space station very

95

00:04:57,749 --> 00:04:55,360

comfortable outside and and it also it

96

00:04:59,830 --> 00:04:57,759

felt quite peaceful it felt quite calm

97

00:05:09,670 --> 00:04:59,840

working out there it was really a great

98

00:05:13,029 --> 00:05:11,350

tim lastly

99

00:05:16,790 --> 00:05:13,039

would you have a message

100

00:05:19,990 --> 00:05:16,800

that you'd like to give us to us

101  
00:05:25,029 --> 00:05:20,000  
7 billion earthlings watching you so far

102  
00:05:29,270 --> 00:05:27,029  
do you know i've been trying to share

103  
00:05:30,870 --> 00:05:29,280  
this mission as much as much as possible

104  
00:05:32,790 --> 00:05:30,880  
with everybody back on earth i think

105  
00:05:35,510 --> 00:05:32,800  
it's our responsibility as astronauts to

106  
00:05:38,150 --> 00:05:35,520  
do that i just wish that i could bring

107  
00:05:40,310 --> 00:05:38,160  
everybody up on board here to look at

108  
00:05:41,270 --> 00:05:40,320  
planet earth and to see it through our

109  
00:05:43,749 --> 00:05:41,280  
eyes

110  
00:05:44,629 --> 00:05:43,759  
and really it's just the most beautiful

111  
00:05:46,870 --> 00:05:44,639  
place

112  
00:05:49,189 --> 00:05:46,880  
i can imagine and it really brings it

113  
00:05:50,870 --> 00:05:49,199

home how we need to look after each

114

00:06:01,830 --> 00:05:50,880

other and how we need to look after our

115

00:06:05,029 --> 00:06:03,670

thank you very much tim peake for

116

00:06:07,270 --> 00:06:05,039

spending time with us thank you for

117

00:06:12,309 --> 00:06:07,280

giving this time together with us

118

00:06:24,309 --> 00:06:13,510

thank you very much it's been great

119

00:06:30,710 --> 00:06:26,070

station this is houston acr that

120

00:06:34,710 --> 00:06:32,469

thank you european space agency and

121

00:06:36,790 --> 00:06:34,720

france to television network station