



1
00:00:07,909 --> 00:00:03,669
station this is houston are you ready

2
00:00:11,950 --> 00:00:10,870
we are ready for the event

3
00:00:14,150 --> 00:00:11,960
okay

4
00:00:15,829 --> 00:00:14,160
k-o-k-h-t-v this is mission control

5
00:00:24,390 --> 00:00:15,839
houston please call station for a voice

6
00:00:30,550 --> 00:00:26,870
station this is koat kh tv how do you

7
00:00:30,560 --> 00:00:35,910
i hear you loud and clear how me

8
00:00:39,750 --> 00:00:37,750
we hear you we do hear you a little

9
00:00:41,750 --> 00:00:39,760
delay of course

10
00:00:44,310 --> 00:00:41,760
we are now up to the international space

11
00:00:46,549 --> 00:00:44,320
station traveling more than 17 000 miles

12
00:00:48,630 --> 00:00:46,559
per hour per hour rather commander tim

13
00:00:52,549 --> 00:00:48,640

copper joins us live good morning

14

00:00:52,559 --> 00:00:56,790

good morning how are you all today

15

00:01:00,069 --> 00:00:58,389

we're great here in oklahoma city a

16

00:01:02,389 --> 00:01:00,079

little cloudy here well above those

17

00:01:03,990 --> 00:01:02,399

clouds we want to know what life is like

18

00:01:07,350 --> 00:01:04,000

right above

19

00:01:13,350 --> 00:01:07,360

17 000 miles first what's day to day

20

00:01:17,749 --> 00:01:15,910

you know life here is really good we

21

00:01:19,830 --> 00:01:17,759

have a very busy day we get up about 6

22

00:01:22,070 --> 00:01:19,840

30 in the morning and then our days are

23

00:01:24,070 --> 00:01:22,080

really filled with science and and

24

00:01:25,510 --> 00:01:24,080

maintenance on board but uh you know

25

00:01:27,270 --> 00:01:25,520

whenever we have a free moment we're

26

00:01:31,030 --> 00:01:27,280

looking out the window at our beautiful

27

00:01:34,789 --> 00:01:33,350

now i think a lot of kids sometimes say

28

00:01:40,149 --> 00:01:34,799

they want to be an astronaut what

29

00:01:44,230 --> 00:01:42,149

we know when i was a little boy we were

30

00:01:46,149 --> 00:01:44,240

landing men on the moon and i think

31

00:01:48,630 --> 00:01:46,159

every little boy at the time thought

32

00:01:50,550 --> 00:01:48,640

about being an astronaut and i think it

33

00:01:52,710 --> 00:01:50,560

was a motivation that stayed with me

34

00:01:55,350 --> 00:01:52,720

from that very young age and motivated

35

00:01:57,830 --> 00:01:55,360

me to study hard in school study math

36

00:01:59,670 --> 00:01:57,840

and science and and select a career in

37

00:02:01,190 --> 00:01:59,680

the military and

38

00:02:03,510 --> 00:02:01,200

even though it almost seems like an

39

00:02:05,830 --> 00:02:03,520

impossible goal it was a great motivator

40

00:02:11,029 --> 00:02:05,840

for me and thankfully things worked out

41

00:02:13,750 --> 00:02:12,550

now as students are watching what do

42

00:02:15,830 --> 00:02:13,760

they need to know if they want to get

43

00:02:21,190 --> 00:02:15,840

involved in the space program

44

00:02:25,750 --> 00:02:23,750

you know um my recommendation to any

45

00:02:28,229 --> 00:02:25,760

young person who is interested in the

46

00:02:30,869 --> 00:02:28,239

space program but really in

47

00:02:32,470 --> 00:02:30,879

in being ambitious and whatever they do

48

00:02:34,309 --> 00:02:32,480

the best thing that any young student

49

00:02:36,470 --> 00:02:34,319

can do is to study hard in school

50

00:02:38,710 --> 00:02:36,480

because it's like money in the bank and

51
00:02:40,229 --> 00:02:38,720
it provides opportunities when uh when

52
00:02:43,990 --> 00:02:40,239
you learn more it's something you can

53
00:02:47,589 --> 00:02:45,910
all right uh commander besides floating

54
00:02:53,110 --> 00:02:47,599
microphones what other experiments are

55
00:02:58,630 --> 00:02:55,750
you know we are really actively involved

56
00:03:00,790 --> 00:02:58,640
in several kinds of experiments um

57
00:03:02,710 --> 00:03:00,800
many of those are related to what it

58
00:03:04,550 --> 00:03:02,720
takes to counteract the effects of zero

59
00:03:06,470 --> 00:03:04,560
gravity in the human body i mean it uh

60
00:03:08,470 --> 00:03:06,480
it's a lot of fun up here we work really

61
00:03:10,869 --> 00:03:08,480
hard but it actually is pretty hard on

62
00:03:13,110 --> 00:03:10,879
your body on your bones your muscles

63
00:03:14,869 --> 00:03:13,120

your eyesight and a lot of experiments

64

00:03:17,190 --> 00:03:14,879

we have will help us learn what it takes

65

00:03:19,190 --> 00:03:17,200

to counteract that we also have lots of

66

00:03:21,589 --> 00:03:19,200

basic science research i've been

67

00:03:23,430 --> 00:03:21,599

involved in in an experiment with uh

68

00:03:25,670 --> 00:03:23,440

with fire here on space station which

69

00:03:28,390 --> 00:03:25,680

was pretty fascinating and uh liquid

70

00:03:30,630 --> 00:03:28,400

crystals starts tomorrow so uh we have a

71

00:03:34,470 --> 00:03:30,640

huge complement of experiments here on

72

00:03:43,030 --> 00:03:35,830

what would you say is the greatest

73

00:03:48,789 --> 00:03:45,190

you mean what's the the greatest uh

74

00:03:52,789 --> 00:03:48,799

accomplishment of our space program

75

00:03:56,390 --> 00:03:54,309

well you know um

76

00:03:58,949 --> 00:03:56,400

i think one of the things that we derive

77

00:04:02,070 --> 00:03:58,959

from from human space flight is the fact

78

00:04:02,869 --> 00:04:02,080

that uh it inspires people to do more

79

00:04:05,030 --> 00:04:02,879

and

80

00:04:07,509 --> 00:04:05,040

uh there are so many things that we can

81

00:04:10,630 --> 00:04:07,519

do here in zero gravity that we can't do

82

00:04:12,710 --> 00:04:10,640

on earth but also just the aspect of us

83

00:04:15,830 --> 00:04:12,720

exploring and reaching out is a great

84

00:04:17,670 --> 00:04:15,840

motivator to the population at large but

85

00:04:19,909 --> 00:04:17,680

especially to young people who who need

86

00:04:22,069 --> 00:04:19,919

a motivation to to work harder in school

87

00:04:25,270 --> 00:04:22,079

in those hard subjects like math and

88

00:04:28,230 --> 00:04:26,550

all right we'll keep those pictures

89

00:04:29,430 --> 00:04:28,240

floating on true uh twitter i've been

90

00:04:30,710 --> 00:04:29,440

following you you have some very

91

00:04:32,629 --> 00:04:30,720

fascinating pictures already and

92

00:04:33,990 --> 00:04:32,639

including your experiments on fire thank

93

00:04:35,830 --> 00:04:34,000

you for taking the time to speak with us

94

00:04:37,189 --> 00:04:35,840

this morning and if people want to find

95

00:04:39,510 --> 00:04:37,199

out more i imagine they can follow you

96

00:04:42,870 --> 00:04:39,520

on twitter as well the twitter address

97

00:04:44,629 --> 00:04:42,880

you do is at astro underscore tim and

98

00:04:46,870 --> 00:04:44,639

the fascinating pictures it's really

99

00:04:51,270 --> 00:04:46,880

gets you uh what life is like aboard the

100

00:04:55,350 --> 00:04:53,110

well it's my pleasure i enjoy taking

101
00:04:57,430 --> 00:04:55,360
photographs my favorite hobby here and

102
00:04:59,430 --> 00:04:57,440
it's especially fun to be able to share

103
00:05:04,469 --> 00:04:59,440
that experience through those photos

104
00:05:09,189 --> 00:05:06,469
station this is houston acr that

105
00:05:11,590 --> 00:05:09,199
concludes the kokh tv portion of the

106
00:05:31,909 --> 00:05:11,600
event please stand by for a voice check

107
00:05:31,919 --> 00:05:40,310
it's

108
00:05:45,830 --> 00:05:42,710
uh station this is uh phillip schofield

109
00:05:47,909 --> 00:05:45,840
and uh holly willoughby uh

110
00:05:51,350 --> 00:05:47,919
with uh itv this morning how do you hear

111
00:05:54,070 --> 00:05:52,550
hello holly this is tim on the

112
00:06:01,830 --> 00:05:54,080
international space station i hear you

113
00:06:07,110 --> 00:06:05,189

well if you are happy station or i'll

114

00:06:10,150 --> 00:06:07,120

start to call you uh tim now if that's

115

00:06:12,070 --> 00:06:10,160

okay um if we're all ready our links are

116

00:06:20,550 --> 00:06:12,080

working perfectly um

117

00:06:25,350 --> 00:06:22,550

jim it's uh it's philip schofield here

118

00:06:27,670 --> 00:06:25,360

on earth with uh with holly willoughby

119

00:06:29,029 --> 00:06:27,680

uh what uh what a thrill to be talking

120

00:06:30,550 --> 00:06:29,039

to you um

121

00:06:35,909 --> 00:06:30,560

we've got to ask you straight away

122

00:06:40,070 --> 00:06:38,230

hello philip and holly yes well the

123

00:06:42,550 --> 00:06:40,080

window is right below me here actually

124

00:06:44,390 --> 00:06:42,560

in the the u.s laboratory and at the

125

00:06:46,710 --> 00:06:44,400

moment it looks like we're going over

126

00:06:49,189 --> 00:06:46,720

the northern northern canada and the

127

00:06:55,670 --> 00:06:49,199

hudson bay james bay area is beautiful

128

00:06:59,909 --> 00:06:57,589

and how are you getting used to life in

129

00:07:01,749 --> 00:06:59,919

space we hear the first 24 hours are

130

00:07:05,990 --> 00:07:01,759

particularly tough just getting adjusted

131

00:07:09,990 --> 00:07:07,749

that's right yes when you first come

132

00:07:11,830 --> 00:07:10,000

into space your body has to kind of

133

00:07:13,430 --> 00:07:11,840

switch off the vestibular system it's

134

00:07:14,870 --> 00:07:13,440

getting all these weird signals from the

135

00:07:16,390 --> 00:07:14,880

inner ear with all the fluid in

136

00:07:18,150 --> 00:07:16,400

microgravity

137

00:07:20,469 --> 00:07:18,160

and once your body works that out and it

138

00:07:23,029 --> 00:07:20,479

takes about 24 hours you feel absolutely

139

00:07:24,790 --> 00:07:23,039

fine and you get better and better as

140

00:07:27,350 --> 00:07:24,800

the mission goes on of course of of

141

00:07:29,189 --> 00:07:27,360

operating a microgravity but really you

142

00:07:37,110 --> 00:07:29,199

only feel rougher about the first 24

143

00:07:41,430 --> 00:07:38,870

tim what is your

144

00:07:45,830 --> 00:07:41,440

day what what do you do how do you know

145

00:07:51,029 --> 00:07:48,629

well our days monday through friday are

146

00:07:53,830 --> 00:07:51,039

very uh well organized and well planned

147

00:07:55,990 --> 00:07:53,840

we normally work about 12-hour days get

148

00:07:57,510 --> 00:07:56,000

up about 6 30 in the morning and 7

149

00:07:59,830 --> 00:07:57,520

o'clock we start with a morning

150

00:08:02,390 --> 00:07:59,840

conference a tag up with all the control

151
00:08:04,230 --> 00:08:02,400
centers around the world that support us

152
00:08:06,309 --> 00:08:04,240
and then we really get on with our work

153
00:08:07,990 --> 00:08:06,319
which can be a mixture of scientific

154
00:08:09,909 --> 00:08:08,000
activities that's the main purpose of

155
00:08:12,070 --> 00:08:09,919
this research laboratory in space so we

156
00:08:13,749 --> 00:08:12,080
perform as much science as we can but we

157
00:08:15,270 --> 00:08:13,759
also have to maintain the space station

158
00:08:17,589 --> 00:08:15,280
so there's a degree of maintenance as

159
00:08:19,830 --> 00:08:17,599
well and then if we get any spare time

160
00:08:21,909 --> 00:08:19,840
we'll nip to the window maybe and take a

161
00:08:23,749 --> 00:08:21,919
few photographs during the day as well

162
00:08:26,150 --> 00:08:23,759
and then at the weekends we clean the

163
00:08:27,990 --> 00:08:26,160

station we do some kind of fun voluntary

164

00:08:35,990 --> 00:08:28,000

science activities and we have a bit of

165

00:08:43,509 --> 00:08:37,589

and whilst you're up there what sort of

166

00:08:48,870 --> 00:08:45,990

well the science is really mixed we will

167

00:08:51,030 --> 00:08:48,880

be doing about 250 experiments during

168

00:08:52,550 --> 00:08:51,040

this six month stay in space

169

00:08:55,430 --> 00:08:52,560

to give you an example a couple of weeks

170

00:08:57,030 --> 00:08:55,440

ago tim copra my nasa counterpart myself

171

00:08:59,110 --> 00:08:57,040

we were in the airlock and we were using

172

00:09:01,110 --> 00:08:59,120

the airlock as a hyperbaric chamber

173

00:09:03,509 --> 00:09:01,120

taking it to a reduced pressure so that

174

00:09:05,670 --> 00:09:03,519

we could investigate the lungs and

175

00:09:07,509 --> 00:09:05,680

nitric oxide as an indicator of airway

176

00:09:09,350 --> 00:09:07,519

inflammation and this is going to have

177

00:09:11,350 --> 00:09:09,360

benefit for people who suffer from

178

00:09:13,110 --> 00:09:11,360

asthma for example on earth

179

00:09:15,030 --> 00:09:13,120

last week we were looking at combustion

180

00:09:16,630 --> 00:09:15,040

techniques and actually uh lighting

181

00:09:18,150 --> 00:09:16,640

fires on board the space station which

182

00:09:20,150 --> 00:09:18,160

sounds a bit remarkable but all in a

183

00:09:21,670 --> 00:09:20,160

very controlled environment

184

00:09:23,750 --> 00:09:21,680

but the serious side of that is to try

185

00:09:25,350 --> 00:09:23,760

and find better combustion techniques

186

00:09:28,150 --> 00:09:25,360

for back on earth again for cleaner

187

00:09:30,230 --> 00:09:28,160

engines and more efficient um uh

188

00:09:31,509 --> 00:09:30,240

uh sort of engine systems and then this

189

00:09:33,430 --> 00:09:31,519

week as well we're doing some

190

00:09:41,509 --> 00:09:33,440

investigations into liquid crystal

191

00:09:47,990 --> 00:09:44,870

so a lot of work that you do up there on

192

00:09:54,389 --> 00:09:48,000

a daily basis is going to eventually

193

00:09:57,670 --> 00:09:55,990

absolutely we've been doing scientific

194

00:09:59,590 --> 00:09:57,680

research on board the space station and

195

00:10:01,750 --> 00:09:59,600

just generally in space during of course

196

00:10:04,630 --> 00:10:01,760

uh the the mirror and the shuttle era as

197

00:10:06,790 --> 00:10:04,640

well um and all of these research

198

00:10:08,550 --> 00:10:06,800

experiments we do have knock-on

199

00:10:10,870 --> 00:10:08,560

impacts and benefits for people back on

200

00:10:12,949 --> 00:10:10,880

earth as well as helping us to progress

201
00:10:20,230 --> 00:10:12,959
further in our exploration of the solar

202
00:10:24,230 --> 00:10:21,990
i'm holding here this very beautiful

203
00:10:27,110 --> 00:10:24,240
book called good night spaceman this is

204
00:10:29,190 --> 00:10:27,120
released on the 7th of april and the

205
00:10:31,269 --> 00:10:29,200
forward in it it's from you yourself

206
00:10:33,190 --> 00:10:31,279
it's actually inspired by your mission

207
00:10:35,190 --> 00:10:33,200
and your two little boys at home looking

208
00:10:37,269 --> 00:10:35,200
up at the moon and thinking of their

209
00:10:39,509 --> 00:10:37,279
father up there in space the stories of

210
00:10:41,990 --> 00:10:39,519
two little boys who go to bed and then

211
00:10:44,150 --> 00:10:42,000
they get taken on this huge adventure

212
00:10:50,230 --> 00:10:44,160
and this is something that you want to

213
00:10:53,990 --> 00:10:51,990

yes that's absolutely right i mean

214

00:10:56,069 --> 00:10:54,000

flying into space is a huge privilege

215

00:10:58,150 --> 00:10:56,079

it's also a wonderful opportunity and a

216

00:11:00,069 --> 00:10:58,160

very valuable opportunity and one of the

217

00:11:02,150 --> 00:11:00,079

main objectives of my mission was to try

218

00:11:04,069 --> 00:11:02,160

and share that opportunity with as many

219

00:11:06,069 --> 00:11:04,079

people as possible and in particular

220

00:11:08,230 --> 00:11:06,079

with our young generation to use it as

221

00:11:10,150 --> 00:11:08,240

inspiration for children to be to get

222

00:11:12,470 --> 00:11:10,160

interested in space and more importantly

223

00:11:14,470 --> 00:11:12,480

to get interested in science

224

00:11:16,630 --> 00:11:14,480

and this book really reaches out to the

225

00:11:18,550 --> 00:11:16,640

very youngest of our generation and of

226

00:11:21,030 --> 00:11:18,560

course i have a a four-year-old and a

227

00:11:23,350 --> 00:11:21,040

seven-year-old so uh it has a particular

228

00:11:25,190 --> 00:11:23,360

closeness to my heart to be able to um

229

00:11:27,030 --> 00:11:25,200

be part of this this book which is

230

00:11:36,790 --> 00:11:27,040

designed to get children excited about

231

00:11:40,630 --> 00:11:37,829

there's no

232

00:11:42,870 --> 00:11:40,640

question that you being there a brit

233

00:11:45,670 --> 00:11:42,880

in space is

234

00:11:47,670 --> 00:11:45,680

literally inspiring a nation of

235

00:11:49,590 --> 00:11:47,680

young minds um

236

00:11:51,829 --> 00:11:49,600

for you that must weigh quite heavy on

237

00:11:53,750 --> 00:11:51,839

your shoulders you talk to schools a lot

238

00:11:56,710 --> 00:11:53,760

we know that you do conferences with

239

00:12:02,870 --> 00:11:56,720

schools and what would be your dream

240

00:12:07,110 --> 00:12:05,190

gosh well i mean really i have so many

241

00:12:08,790 --> 00:12:07,120

aims for the mission but

242

00:12:11,990 --> 00:12:08,800

since being selected by the european

243

00:12:14,949 --> 00:12:12,000

space agency about seven years ago now

244

00:12:17,110 --> 00:12:14,959

i really wanted the uk to become part of

245

00:12:19,590 --> 00:12:17,120

the human space flight program i think

246

00:12:21,829 --> 00:12:19,600

that's extremely important for us it's

247

00:12:24,470 --> 00:12:21,839

important for our scientific community

248

00:12:26,389 --> 00:12:24,480

it's important for our economy and our

249

00:12:28,310 --> 00:12:26,399

um our engineering and science

250

00:12:30,470 --> 00:12:28,320

businesses we're we have a huge space

251
00:12:32,069 --> 00:12:30,480
industry a huge space sector in the uk

252
00:12:33,910 --> 00:12:32,079
and being part of the human space flight

253
00:12:36,389 --> 00:12:33,920
program is only only going to help to

254
00:12:38,470 --> 00:12:36,399
grow that that sector but more

255
00:12:40,230 --> 00:12:38,480
importantly it is about the kids it is

256
00:12:43,430 --> 00:12:40,240
about the children and it is about the

257
00:12:45,110 --> 00:12:43,440
inspiration and uh trying to encourage

258
00:12:46,629 --> 00:12:45,120
our kids to get involved in science i

259
00:12:49,269 --> 00:12:46,639
think science is going to be the answer

260
00:12:51,350 --> 00:12:49,279
to so many of the problems that we have

261
00:12:53,110 --> 00:12:51,360
today and will have in the future and

262
00:13:01,190 --> 00:12:53,120
the better prepared for that we are then

263
00:13:06,710 --> 00:13:04,069

we saw you present an award to adele at

264

00:13:09,110 --> 00:13:06,720

the brits did you take that tuxedo

265

00:13:13,509 --> 00:13:09,120

t-shirt with you knowing that was going

266

00:13:16,790 --> 00:13:15,030

do you know the funny thing was when i

267

00:13:18,629 --> 00:13:16,800

was packing my bag and it's not a very

268

00:13:21,269 --> 00:13:18,639

big bag it really is kind of just it's

269

00:13:22,790 --> 00:13:21,279

about the size of two shoe boxes maybe

270

00:13:25,430 --> 00:13:22,800

so i had to think carefully about what

271

00:13:27,910 --> 00:13:25,440

to take and when i packed that i didn't

272

00:13:29,670 --> 00:13:27,920

actually have a specific purpose for it

273

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

but i thought to myself i'm sure

274

00:13:32,949 --> 00:13:31,200

there'll be at least one occasion where

275

00:13:42,150 --> 00:13:32,959

i can think i'll need to wear a tuxedo

276

00:13:47,350 --> 00:13:45,110

i've got to i've got to ask you the

277

00:13:50,470 --> 00:13:47,360

the space walk

278

00:13:52,790 --> 00:13:50,480

to achieve something like that to uh to

279

00:13:54,790 --> 00:13:52,800

experience something that so few people

280

00:13:56,949 --> 00:13:54,800

would be able to to achieve when you

281

00:13:59,509 --> 00:13:56,959

walk out and you're in the vastness of

282

00:14:01,350 --> 00:13:59,519

space and you look down at our planet

283

00:14:06,389 --> 00:14:01,360

that's got to be quite a humbling

284

00:14:10,629 --> 00:14:09,110

it is hugely humbling um and you know

285

00:14:12,790 --> 00:14:10,639

we're we're just approaching kind of

286

00:14:14,069 --> 00:14:12,800

halfway through my mission now so i

287

00:14:15,189 --> 00:14:14,079

don't really want to say at the moment

288

00:14:16,470 --> 00:14:15,199

it's the highlight of the mission

289

00:14:18,230 --> 00:14:16,480

because there's still a long way to go

290

00:14:20,629 --> 00:14:18,240

but it's going to be pretty hard to beat

291

00:14:22,710 --> 00:14:20,639

that experience the moment the hatch

292

00:14:23,829 --> 00:14:22,720

opened and the airlock flooded with

293

00:14:25,829 --> 00:14:23,839

sunlight

294

00:14:27,509 --> 00:14:25,839

and we went outside it just felt

295

00:14:29,350 --> 00:14:27,519

incredible to be in the vacuum of space

296

00:14:31,350 --> 00:14:29,360

and just to have that thin visor

297

00:14:33,750 --> 00:14:31,360

separating from you you and this

298

00:14:35,910 --> 00:14:33,760

wonderful incredible view looking down

299

00:14:37,509 --> 00:14:35,920

on planet earth

300

00:14:39,670 --> 00:14:37,519

and in particular during the space walk

301

00:14:41,269 --> 00:14:39,680

we actually had about 10 minutes to

302

00:14:42,870 --> 00:14:41,279

enjoy that view whilst we were waiting

303

00:14:44,470 --> 00:14:42,880

for the sun to go down before we could

304

00:14:46,310 --> 00:14:44,480

actually start working on this

305

00:14:48,069 --> 00:14:46,320

electrical component and that's very

306

00:14:49,910 --> 00:14:48,079

rare to have that much time to actually

307

00:14:51,990 --> 00:14:49,920

kind of soak up that environment and

308

00:14:59,110 --> 00:14:52,000

really enjoy being out in space very

309

00:15:03,990 --> 00:15:00,949

and when you went on that space walk you

310

00:15:06,790 --> 00:15:04,000

took a picture of your boys with you has

311

00:15:11,509 --> 00:15:06,800

that been quite tough being so far away

312

00:15:15,030 --> 00:15:13,430

it has been tough being away from home

313

00:15:17,030 --> 00:15:15,040

you know in the in the six years i've

314

00:15:18,710 --> 00:15:17,040

been doing this job i've i've also spent

315

00:15:20,949 --> 00:15:18,720

a lot of time at home traveling around

316

00:15:23,030 --> 00:15:20,959

the world and training in russia and in

317

00:15:25,350 --> 00:15:23,040

germany as well as of course the us

318

00:15:27,670 --> 00:15:25,360

canada and japan but actually being up

319

00:15:30,150 --> 00:15:27,680

here um for this long stint being much

320

00:15:31,829 --> 00:15:30,160

more isolated from my family is tough i

321

00:15:33,430 --> 00:15:31,839

do get to speak to them quite regularly

322

00:15:35,110 --> 00:15:33,440

though and i have a video conference

323

00:15:37,110 --> 00:15:35,120

once a week so that helps me connect

324

00:15:39,509 --> 00:15:37,120

keep very well connected with my family

325

00:15:40,790 --> 00:15:39,519

but of course i'm missing birthdays and

326

00:15:42,310 --> 00:15:40,800

anniversaries and that that's

327

00:15:50,550 --> 00:15:42,320

particularly tough and christmas as well

328

00:15:55,430 --> 00:15:52,710

and how adept are you now at the uh the

329

00:15:59,829 --> 00:15:55,440

tricks in space you must be pretty good

330

00:16:03,189 --> 00:16:01,350

well the funny thing is we don't spend

331

00:16:04,870 --> 00:16:03,199

our day doing backflips but yeah i'm

332

00:16:06,790 --> 00:16:04,880

pretty good at moving around the station

333

00:16:09,350 --> 00:16:06,800

fairly quickly now and just working in

334

00:16:11,509 --> 00:16:09,360

in microgravity and we use our feet an

335

00:16:13,269 --> 00:16:11,519

awful lot not not not the bottoms of our

336

00:16:15,350 --> 00:16:13,279

feet but the tops of our feet an awful

337

00:16:16,949 --> 00:16:15,360

lot sort of grabbing under handrails

338

00:16:18,710 --> 00:16:16,959

we're also almost sort of like monkeys

339

00:16:26,550 --> 00:16:18,720

jumping from handrail to handrail just

340

00:16:30,470 --> 00:16:28,629

i'm imagining you're not really having

341

00:16:31,910 --> 00:16:30,480

to hold that microphone as opposed to

342

00:16:39,269 --> 00:16:31,920

just having to hold it down if you were

343

00:16:39,279 --> 00:16:42,790

absolutely yes

344

00:16:47,670 --> 00:16:46,230

that's the strange thing of course is uh

345

00:16:49,350 --> 00:16:47,680

is in space you don't have to put

346

00:16:51,350 --> 00:16:49,360

anything down that can be a double-edged

347

00:16:53,110 --> 00:16:51,360

sword sometimes it's nice to be able to

348

00:16:54,470 --> 00:16:53,120

put things down and sometimes it's great

349

00:16:55,990 --> 00:16:54,480

to be able to just let things hang in

350

00:16:57,350 --> 00:16:56,000

the air especially if you're eating food

351
00:16:58,710 --> 00:16:57,360
and drinking a drink of course it's

352
00:17:06,949 --> 00:16:58,720
great you can just have these things

353
00:17:11,590 --> 00:17:10,069
what's the rest of the day for you

354
00:17:12,949 --> 00:17:11,600
for the rest of the day for your show

355
00:17:17,669 --> 00:17:12,959
off

356
00:17:21,029 --> 00:17:19,110
well we've got some maintenance

357
00:17:23,110 --> 00:17:21,039
activities to do up here this afternoon

358
00:17:24,549 --> 00:17:23,120
um also physical training we have to do

359
00:17:26,470 --> 00:17:24,559
about two hours of physical training

360
00:17:28,230 --> 00:17:26,480
each day to try and prevent as much as

361
00:17:30,310 --> 00:17:28,240
that bone density loss and that muscle

362
00:17:32,070 --> 00:17:30,320
mass loss and make sure we're in good

363
00:17:34,150 --> 00:17:32,080

shape for coming back to earth and

364

00:17:36,310 --> 00:17:34,160

preparing for a big experiment a

365

00:17:38,230 --> 00:17:36,320

scientific experiment tomorrow on liquid

366

00:17:44,630 --> 00:17:38,240

crystals so quite a busy afternoon for

367

00:17:48,630 --> 00:17:46,870

and i imagine past that training is for

368

00:17:53,029 --> 00:17:48,640

the marathon that you're going to be

369

00:17:57,029 --> 00:17:55,110

that's right yes i'm starting to regret

370

00:17:58,710 --> 00:17:57,039

that decision now no but in all

371

00:18:01,590 --> 00:17:58,720

seriousness it's going to be a wonderful

372

00:18:03,190 --> 00:18:01,600

event but um running up here in space is

373

00:18:05,669 --> 00:18:03,200

is really quite hard work we have to

374

00:18:06,870 --> 00:18:05,679

wear a harness that keeps us strapped to

375

00:18:08,630 --> 00:18:06,880

the ground it's like running with a

376

00:18:09,510 --> 00:18:08,640

rucksack really with your body weight on

377

00:18:11,270 --> 00:18:09,520

it

378

00:18:12,950 --> 00:18:11,280

so i'm training every day on the

379

00:18:14,549 --> 00:18:12,960

treadmill up here and just gradually

380

00:18:16,630 --> 00:18:14,559

increasing the the number of hours and

381

00:18:18,230 --> 00:18:16,640

the number of miles i run but i'm

382

00:18:20,150 --> 00:18:18,240

running for the prince's trust which i

383

00:18:22,230 --> 00:18:20,160

think is a wonderful charity that does

384

00:18:25,029 --> 00:18:22,240

amazing work for disadvantaged young

385

00:18:26,390 --> 00:18:25,039

children and young people in the uk

386

00:18:28,390 --> 00:18:26,400

and of course also using it as

387

00:18:30,230 --> 00:18:28,400

inspiration for a number of fitness

388

00:18:32,950 --> 00:18:30,240

challenges we have to try and get young

389

00:18:34,630 --> 00:18:32,960

kids engaged in nutrition and healthy

390

00:18:42,070 --> 00:18:34,640

eating and just staying fit and healthy

391

00:18:48,150 --> 00:18:45,990

just finally tim um the the moment you

392

00:18:50,710 --> 00:18:48,160

looked out the window and thought i

393

00:18:52,230 --> 00:18:50,720

can't believe i'm seeing this what's

394

00:18:56,390 --> 00:18:52,240

impressed you the most out of that

395

00:19:00,150 --> 00:18:58,549

well the first time i saw earth from

396

00:19:01,669 --> 00:19:00,160

space was in the small sawyers

397

00:19:04,230 --> 00:19:01,679

spacecraft just uh you know a few

398

00:19:06,230 --> 00:19:04,240

moments after we'd launched into orbit

399

00:19:08,070 --> 00:19:06,240

and it was just spectacular and

400

00:19:09,990 --> 00:19:08,080

incredible but since then of course i've

401
00:19:12,390 --> 00:19:10,000
come on the station and really got to

402
00:19:14,549 --> 00:19:12,400
enjoy planet earth all times the day and

403
00:19:16,070 --> 00:19:14,559
night from the cupola windows

404
00:19:18,070 --> 00:19:16,080
and some of the places that have amazed

405
00:19:20,470 --> 00:19:18,080
me are for example africa i never

406
00:19:22,870 --> 00:19:20,480
imagined the sahara desert for example

407
00:19:24,710 --> 00:19:22,880
would just be so stunning from space but

408
00:19:26,789 --> 00:19:24,720
it really is magnificent all sorts of

409
00:19:28,710 --> 00:19:26,799
wonderful colors and you know sculpted

410
00:19:30,710 --> 00:19:28,720
by the the wind and the elements back on

411
00:19:32,789 --> 00:19:30,720
planet earth and it's just amazing to be

412
00:19:41,190 --> 00:19:32,799
able to see all of these things as we

413
00:19:45,590 --> 00:19:43,750

well it's been a real treat to talk to

414

00:19:47,350 --> 00:19:45,600

you thank you so very much indeed

415

00:19:49,190 --> 00:19:47,360

hopefully when you get your feet planted

416

00:19:51,590 --> 00:19:49,200

firmly back on the planet you'll come in

417

00:19:54,549 --> 00:19:51,600

and have a chat with us but we'll get

418

00:19:59,430 --> 00:19:54,559

formal now and uh and station uh that

419

00:20:05,029 --> 00:20:00,789

many thanks it's been lovely talking to

420

00:20:10,390 --> 00:20:06,549

station this is houston acr that

421

00:20:15,350 --> 00:20:13,350

thank you kokh tv esa and itv news