



1
00:00:04,950 --> 00:00:01,510
tim now can you hear me it's right here

2
00:00:06,550 --> 00:00:04,960
am i in the itv news studio

3
00:00:10,870 --> 00:00:06,560
good afternoon yes i can hear you loud

4
00:00:14,950 --> 00:00:13,749
great very very good to have you with us

5
00:00:16,710 --> 00:00:14,960
tim um

6
00:00:18,870 --> 00:00:16,720
it's been an extraordinary time for you

7
00:00:21,109 --> 00:00:18,880
uh up there i'm just wondering has the

8
00:00:25,509 --> 00:00:21,119
whole experience of being up in space

9
00:00:28,870 --> 00:00:26,870
you know the whole experience has been

10
00:00:31,830 --> 00:00:28,880
everything i hope for and even more and

11
00:00:34,549 --> 00:00:31,840
there no words can really uh describe

12
00:00:37,430 --> 00:00:34,559
what it's like to uh to experience a

13
00:00:40,069 --> 00:00:37,440

rocket launch uh to to go into space and

14

00:00:41,990 --> 00:00:40,079

to see that first sunrise

15

00:00:43,430 --> 00:00:42,000

as you orbit the planet and everything

16

00:00:45,110 --> 00:00:43,440

that i've managed to achieve in this six

17

00:00:46,869 --> 00:00:45,120

month mission has just been incredible i

18

00:00:49,270 --> 00:00:46,879

was very fortunate to get a spacewalk

19

00:00:51,189 --> 00:00:49,280

early on we've had a hugely dynamic

20

00:00:53,750 --> 00:00:51,199

visiting vehicle schedule lots of uh

21

00:00:56,470 --> 00:00:53,760

resupply vehicles coming uh we've done

22

00:00:58,869 --> 00:00:56,480

over 250 science experiments in the six

23

00:01:01,349 --> 00:00:58,879

months i've been up here so it's been a

24

00:01:03,029 --> 00:01:01,359

remarkable mission i'm hugely grateful

25

00:01:05,030 --> 00:01:03,039

for all the help and the support that

26

00:01:11,350 --> 00:01:05,040

i've had from everybody to make this

27

00:01:15,429 --> 00:01:13,429

well obviously a huge amount of activity

28

00:01:17,910 --> 00:01:15,439

as you were just describing and uh

29

00:01:19,990 --> 00:01:17,920

testings and and many other sort of

30

00:01:22,390 --> 00:01:20,000

things in that time have you been able

31

00:01:24,310 --> 00:01:22,400

to reflect on the fact that your

32

00:01:26,710 --> 00:01:24,320

presence there the british astronaut has

33

00:01:27,830 --> 00:01:26,720

really caught the public imagination and

34

00:01:32,550 --> 00:01:27,840

what you make of it what do you think

35

00:01:36,550 --> 00:01:34,149

yes you know we're actually quite

36

00:01:38,069 --> 00:01:36,560

isolated up here and so i have felt a

37

00:01:39,990 --> 00:01:38,079

bit distant from everything that's going

38

00:01:42,310 --> 00:01:40,000

on back on planet earth which is not

39

00:01:44,230 --> 00:01:42,320

surprising i guess but it was something

40

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

i always wanted to do before the mission

41

00:01:48,550 --> 00:01:46,159

was to share this as much as possible

42

00:01:49,990 --> 00:01:48,560

possible with everybody uh it's such a

43

00:01:52,389 --> 00:01:50,000

privilege to be able to go into space

44

00:01:55,109 --> 00:01:52,399

and such a unique opportunity and so

45

00:01:57,749 --> 00:01:55,119

i've tried to reach out to encourage

46

00:01:59,590 --> 00:01:57,759

school kids of all ages in all sorts of

47

00:02:01,749 --> 00:01:59,600

areas and i think we've really managed

48

00:02:03,749 --> 00:02:01,759

to achieve that with a very ambitious

49

00:02:06,389 --> 00:02:03,759

education outreach program so i'm just

50

00:02:08,550 --> 00:02:06,399

delighted that so many people um you

51
00:02:10,869 --> 00:02:08,560
know in uk in europe have joined in with

52
00:02:13,430 --> 00:02:10,879
this mission and that uh hopefully i've

53
00:02:15,510 --> 00:02:13,440
been able to try and inspire some uh

54
00:02:17,030 --> 00:02:15,520
some kids of our next generation of

55
00:02:23,830 --> 00:02:17,040
young scientists and engineers to look

56
00:02:28,070 --> 00:02:25,670
this whole mission and your involvement

57
00:02:29,830 --> 00:02:28,080
with it was a real seen as a real shot

58
00:02:31,190 --> 00:02:29,840
in the arm for uk science is that

59
00:02:36,390 --> 00:02:31,200
something you're really going to persist

60
00:02:41,270 --> 00:02:38,949
absolutely i think it's hugely important

61
00:02:43,670 --> 00:02:41,280
um you know that we do continue to

62
00:02:46,150 --> 00:02:43,680
encourage uh a younger generation to

63
00:02:48,229 --> 00:02:46,160

take up science and engineering subjects

64

00:02:50,150 --> 00:02:48,239

i think science is incredibly important

65

00:02:52,309 --> 00:02:50,160

for our future we face a number of

66

00:02:54,229 --> 00:02:52,319

different problems and science and

67

00:02:56,229 --> 00:02:54,239

engineering is going to be vital for us

68

00:02:57,910 --> 00:02:56,239

in the future for solving these

69

00:03:04,149 --> 00:02:57,920

and so it's certainly something i intend

70

00:03:07,830 --> 00:03:05,830

well speaking of inspiring the young

71

00:03:09,830 --> 00:03:07,840

we've had some questions coming in on on

72

00:03:11,509 --> 00:03:09,840

facebook one from dan savage from

73

00:03:13,509 --> 00:03:11,519

northampton who's nine years old and he

74

00:03:15,589 --> 00:03:13,519

asked if you had a choice would you stay

75

00:03:19,910 --> 00:03:15,599

in space for the rest of your life or

76

00:03:24,070 --> 00:03:22,149

it's actually a difficult choice uh no

77

00:03:25,670 --> 00:03:24,080

of course i've got family back home and

78

00:03:27,830 --> 00:03:25,680

friends and so i'm looking forward to

79

00:03:29,750 --> 00:03:27,840

seeing them again and with a young

80

00:03:32,149 --> 00:03:29,760

family as well being away for over six

81

00:03:34,630 --> 00:03:32,159

months is is particularly difficult but

82

00:03:36,630 --> 00:03:34,640

uh quite frankly you know being in space

83

00:03:39,190 --> 00:03:36,640

is is wonderful and it's a great

84

00:03:41,750 --> 00:03:39,200

experience and i can i can see how um

85

00:03:43,670 --> 00:03:41,760

scott uh kelly and mikhail konyenko who

86

00:03:45,030 --> 00:03:43,680

were up here for a year whilst i was on

87

00:03:46,949 --> 00:03:45,040

board the space station as well i can

88

00:03:48,789 --> 00:03:46,959

see how they enjoyed themselves for the

89

00:03:50,710 --> 00:03:48,799

whole time and i can see how we're going

90

00:03:52,470 --> 00:03:50,720

to do these longer missions in the

91

00:03:57,750 --> 00:03:52,480

future that take us to mars and

92

00:04:02,229 --> 00:03:59,670

as you say i mean being away from so

93

00:04:03,990 --> 00:04:02,239

long having a young family is very tough

94

00:04:06,550 --> 00:04:04,000

for them um

95

00:04:07,830 --> 00:04:06,560

are you prepared for the enormous amount

96

00:04:09,429 --> 00:04:07,840

of tension you're going to get tim as

97

00:04:11,509 --> 00:04:09,439

you say you've been isolated up there

98

00:04:12,949 --> 00:04:11,519

working away in the space station but

99

00:04:14,470 --> 00:04:12,959

you left relatively unknown you're going

100

00:04:15,589 --> 00:04:14,480

to come back as someone really in the

101

00:04:17,270 --> 00:04:15,599

public eye do you think you and your

102

00:04:18,629 --> 00:04:17,280

family are going to be prepared for that

103

00:04:22,790 --> 00:04:18,639

being recognized every time you walk up

104

00:04:26,230 --> 00:04:24,390

well it's certainly something that will

105

00:04:27,909 --> 00:04:26,240

uh you know have changed for me and will

106

00:04:30,230 --> 00:04:27,919

take some getting used to i think i'm

107

00:04:32,150 --> 00:04:30,240

probably fortunate in the fact that um

108

00:04:34,870 --> 00:04:32,160

i'll actually be living and traveling

109

00:04:36,390 --> 00:04:34,880

still away from the uk quite a lot so i

110

00:04:37,990 --> 00:04:36,400

don't get recognized in houston of

111

00:04:39,430 --> 00:04:38,000

course i'm just one of many astronauts

112

00:04:44,710 --> 00:04:39,440

there which is quite nice to have an

113

00:04:50,629 --> 00:04:45,830

um

114

00:04:52,310 --> 00:04:50,639

mean looking around you with all those

115

00:04:57,270 --> 00:04:52,320

wires and bits of sort of technical

116

00:05:00,710 --> 00:04:59,270

yeah absolutely i mean it's one of those

117

00:05:02,310 --> 00:05:00,720

funny things that people say when you're

118

00:05:03,670 --> 00:05:02,320

up in space you always long to be on

119

00:05:05,830 --> 00:05:03,680

earth and when you're on earth you long

120

00:05:07,590 --> 00:05:05,840

to be in space uh there are you know

121

00:05:09,350 --> 00:05:07,600

there are definitely i'm gonna miss this

122

00:05:11,510 --> 00:05:09,360

place there are some things i won't miss

123

00:05:13,990 --> 00:05:11,520

i mean we live in a very artificial

124

00:05:16,950 --> 00:05:14,000

environment artificial lighting constant

125

00:05:18,310 --> 00:05:16,960

hum of air conditioning systems

126

00:05:20,390 --> 00:05:18,320

and so that kind of thing it's going to

127

00:05:22,070 --> 00:05:20,400

be nice to just be out in the fresh air

128

00:05:27,110 --> 00:05:22,080

and be back home on planet earth and

129

00:05:30,790 --> 00:05:28,469

only got a couple of more minutes of

130

00:05:32,790 --> 00:05:30,800

time with you tim um just quickly i mean

131

00:05:34,629 --> 00:05:32,800

in you're the first official brit to be

132

00:05:36,870 --> 00:05:34,639

sent to space in a few months time

133

00:05:38,629 --> 00:05:36,880

ministers will be having to decide as to

134

00:05:40,710 --> 00:05:38,639

whether the uk government continues or

135

00:05:44,629 --> 00:05:40,720

will fund another mission like this how

136

00:05:47,830 --> 00:05:45,670

you know it was uh you know

137

00:05:50,550 --> 00:05:47,840

groundbreaking for the uk to join the

138

00:05:52,390 --> 00:05:50,560

the human spaceflight program in 2012

139

00:05:55,270 --> 00:05:52,400

that the european space agency

140

00:05:57,110 --> 00:05:55,280

agency ministerial and uh i certainly

141

00:05:59,670 --> 00:05:57,120

hope that this will pave the way for the

142

00:06:01,749 --> 00:05:59,680

uk's continued involvement in hugh and

143

00:06:03,189 --> 00:06:01,759

human space flight i think it's vitally

144

00:06:04,710 --> 00:06:03,199

important what we're doing now we're

145

00:06:06,309 --> 00:06:04,720

looking ahead to the not just the

146

00:06:08,710 --> 00:06:06,319

international space station which has a

147

00:06:10,390 --> 00:06:08,720

life out till about 2024 maybe slightly

148

00:06:12,469 --> 00:06:10,400

longer but we're looking at lunar

149

00:06:15,510 --> 00:06:12,479

exploration missions and as i mentioned

150

00:06:17,350 --> 00:06:15,520

before going to mars as well and the uk

151

00:06:20,070 --> 00:06:17,360

needs to be involved right now if it

152

00:06:22,309 --> 00:06:20,080

wants to play a serious role in in human

153

00:06:28,870 --> 00:06:22,319

spaceflight missions into the future so

154

00:06:32,870 --> 00:06:30,629

and in all of that tim um there's this

155

00:06:35,029 --> 00:06:32,880

whole debate here as you may or may not

156

00:06:37,110 --> 00:06:35,039

be aware about our involvement and role

157

00:06:38,550 --> 00:06:37,120

in in europe but talk about your career

158

00:06:41,110 --> 00:06:38,560

talk about the whole mission of the

159

00:06:42,950 --> 00:06:41,120

european space agency how important has

160

00:06:44,790 --> 00:06:42,960

cooperation with europe been for these

161

00:06:49,270 --> 00:06:44,800

kinds of projects and britain's role to

162

00:06:54,550 --> 00:06:51,670

well you know cooperation is absolutely

163

00:06:56,390 --> 00:06:54,560

vital uh we couldn't do what we do uh if

164

00:06:58,230 --> 00:06:56,400

we weren't all cooperating and that goes

165

00:07:00,309 --> 00:06:58,240

not just within the european space

166

00:07:01,909 --> 00:07:00,319

agency but here on the international

167

00:07:03,909 --> 00:07:01,919

space station when we bring in all of

168

00:07:05,990 --> 00:07:03,919

our partners around the world

169

00:07:07,830 --> 00:07:06,000

and this this facility simply wouldn't

170

00:07:10,150 --> 00:07:07,840

be here if it wasn't for everybody

171

00:07:12,309 --> 00:07:10,160

working together and that's certainly

172

00:07:14,230 --> 00:07:12,319

the case as well in many of the other

173

00:07:16,870 --> 00:07:14,240

areas of the european space agency where

174

00:07:18,870 --> 00:07:16,880

the uk plays a very predominant role in

175

00:07:20,309 --> 00:07:18,880

in areas such as telecommunications and

176

00:07:21,990 --> 00:07:20,319

navigation

177

00:07:23,749 --> 00:07:22,000

and so i think it's vitally important

178

00:07:24,950 --> 00:07:23,759

that we continue to cooperate in order

179

00:07:30,870 --> 00:07:24,960

that we can achieve these things that

180

00:07:35,110 --> 00:07:33,110

and you're preparing to come back and uh

181

00:07:36,309 --> 00:07:35,120

in a couple of weeks time easier said

182

00:07:38,469 --> 00:07:36,319

than done i understand it's actually

183

00:07:43,270 --> 00:07:38,479

quite a difficult and uh tricky

184

00:07:46,629 --> 00:07:44,950

yes i think you know there are probably

185

00:07:49,029 --> 00:07:46,639

three areas which are high risk the

186

00:07:50,550 --> 00:07:49,039

launch the landing and doing space walks

187

00:07:53,110 --> 00:07:50,560

and so the landing is definitely not a

188

00:07:55,350 --> 00:07:53,120

trivial event we have to decelerate from

189

00:07:57,589 --> 00:07:55,360

17 and a half thousand miles per hour

190

00:07:59,110 --> 00:07:57,599

come into the earth's atmosphere

191

00:08:00,950 --> 00:07:59,120

and of course that takes a lot of

192

00:08:02,629 --> 00:08:00,960

punishment on both the spacecraft and it

193

00:08:03,430 --> 00:08:02,639

takes a lot of punishment on the body as

194

00:08:06,070 --> 00:08:03,440

well

195

00:08:07,589 --> 00:08:06,080

so but most astronauts describe it as a

196

00:08:12,629 --> 00:08:07,599

really good ride so i'm just looking

197

00:08:15,589 --> 00:08:14,070

well have a really good ride and thanks

198

00:08:17,990 --> 00:08:15,599

so much for taking the time to talk to

199

00:08:19,589 --> 00:08:18,000

us here at itv news tim that's much

200

00:08:23,110 --> 00:08:19,599

appreciated thank you very much indeed

201
00:08:38,230 --> 00:08:24,790
many thanks indeed great great talking

202
00:08:45,110 --> 00:08:40,389
then this is dan walker with bbc

203
00:08:45,120 --> 00:08:51,509
hello dan i can hear you loud and clear

204
00:08:54,790 --> 00:08:53,269
great stuff if you're ready tim we're

205
00:09:04,870 --> 00:08:54,800
ready to go so i'll start asking the

206
00:09:08,870 --> 00:09:06,710
tim thank you so much for joining us on

207
00:09:11,350 --> 00:09:08,880
bbc breakfast this morning so under

208
00:09:12,790 --> 00:09:11,360
three weeks to go until you return home

209
00:09:14,550 --> 00:09:12,800
from the international space station

210
00:09:20,630 --> 00:09:14,560
what are your overriding emotions is it

211
00:09:25,110 --> 00:09:23,110
you know actually we we kind of uh work

212
00:09:26,630 --> 00:09:25,120
on a day-to-day basis so although i'm

213
00:09:28,790 --> 00:09:26,640

very conscious of the fact that i do

214

00:09:30,630 --> 00:09:28,800

return in less than three weeks we've

215

00:09:33,190 --> 00:09:30,640

still got an awful lot of work to do up

216

00:09:34,790 --> 00:09:33,200

here uh we've still got one of our cargo

217

00:09:36,870 --> 00:09:34,800

vessels cygnus is still docked to the

218

00:09:38,389 --> 00:09:36,880

space station we're busy loading that

219

00:09:40,630 --> 00:09:38,399

and that will actually depart before i

220

00:09:42,550 --> 00:09:40,640

depart so there's still a lot of things

221

00:09:44,790 --> 00:09:42,560

to happen and so i take each day at a

222

00:09:47,110 --> 00:09:44,800

time lots of still science going on on a

223

00:09:48,630 --> 00:09:47,120

daily basis but of course i am looking

224

00:09:51,030 --> 00:09:48,640

forward to seeing friends and family

225

00:09:57,190 --> 00:09:51,040

again and i am looking forward to coming

226

00:10:00,790 --> 00:09:59,509

tim what's the highlight of your time in

227

00:10:03,030 --> 00:10:00,800

space being if we were to have this

228

00:10:04,949 --> 00:10:03,040

conversation let's say 20 25 years down

229

00:10:06,310 --> 00:10:04,959

the line what would be the one thing do

230

00:10:10,230 --> 00:10:06,320

you think they'll really shine out at

231

00:10:13,590 --> 00:10:11,509

do you know the whole experience has

232

00:10:15,269 --> 00:10:13,600

been absolutely incredible and so much

233

00:10:17,990 --> 00:10:15,279

more than i imagined but if i did have

234

00:10:19,910 --> 00:10:18,000

to pick one thing it would be doing the

235

00:10:22,069 --> 00:10:19,920

space walk and it would be the first

236

00:10:25,590 --> 00:10:22,079

moment that i kind of came out of the

237

00:10:27,750 --> 00:10:25,600

the airlock and uh tim copra my nasa

238

00:10:29,430 --> 00:10:27,760

colleague and myself we went outside and

239

00:10:34,550 --> 00:10:29,440

did that space walk it was an amazing

240

00:10:38,949 --> 00:10:36,550

and we've seen you be involved in so

241

00:10:40,710 --> 00:10:38,959

much from down here that's the tuxedo

242

00:10:42,310 --> 00:10:40,720

for the bricks i can see the lovely ball

243

00:10:44,470 --> 00:10:42,320

behind you for the launch of the six

244

00:10:46,230 --> 00:10:44,480

nations you ran the london marathon

245

00:10:48,230 --> 00:10:46,240

there must have been just on that side

246

00:10:50,150 --> 00:10:48,240

of things so much practical planning

247

00:10:52,389 --> 00:10:50,160

that went into not only getting the

248

00:10:57,350 --> 00:10:52,399

things there with you but also all that

249

00:11:01,269 --> 00:10:58,949

that's absolutely right and you know

250

00:11:02,949 --> 00:11:01,279

coming to space is a huge privilege and

251
00:11:04,550 --> 00:11:02,959
it's so it was one of my ambitions was

252
00:11:07,110 --> 00:11:04,560
to share this mission as much as

253
00:11:08,870 --> 00:11:07,120
possible with as many people as possible

254
00:11:10,310 --> 00:11:08,880
um i'm the lucky one who gets to go to

255
00:11:12,550 --> 00:11:10,320
space but i really wanted to try and

256
00:11:14,389 --> 00:11:12,560
reach out to all ages to enjoy this

257
00:11:16,949 --> 00:11:14,399
mission as well and that involved an

258
00:11:18,949 --> 00:11:16,959
enormous amount of people on you know in

259
00:11:20,949 --> 00:11:18,959
both the uk space agency the european

260
00:11:22,310 --> 00:11:20,959
space agency in helping to plan this

261
00:11:23,990 --> 00:11:22,320
mission out all of those events that

262
00:11:25,829 --> 00:11:24,000
you've mentioned and so many of the

263
00:11:27,670 --> 00:11:25,839

educational programs that we've had

264

00:11:29,509 --> 00:11:27,680

running uh we've engaged with over a

265

00:11:31,030 --> 00:11:29,519

million school children during this

266

00:11:33,030 --> 00:11:31,040

mission which is just absolutely

267

00:11:34,470 --> 00:11:33,040

phenomenal and we couldn't have done

268

00:11:40,069 --> 00:11:34,480

that without a great team of of

269

00:11:43,030 --> 00:11:41,670

that has been an amazing part of it and

270

00:11:45,430 --> 00:11:43,040

we feel that we've had a very strong

271

00:11:47,430 --> 00:11:45,440

connection with you as well listening to

272

00:11:49,350 --> 00:11:47,440

you watching you and most of the time we

273

00:11:51,350 --> 00:11:49,360

see you tim you've been smiling but i

274

00:11:53,269 --> 00:11:51,360

would imagine six months away from your

275

00:11:54,790 --> 00:11:53,279

family there must have been some dark

276

00:11:56,550 --> 00:11:54,800

times up there as well sometimes when

277

00:11:57,829 --> 00:11:56,560

you even though you're busy and you're

278

00:12:02,550 --> 00:11:57,839

trying to keep yourself busy it must

279

00:12:06,790 --> 00:12:04,949

you know actually we all keep a very

280

00:12:08,310 --> 00:12:06,800

positive attitude up here and that's

281

00:12:10,150 --> 00:12:08,320

something that we're very conscious of

282

00:12:12,069 --> 00:12:10,160

of doing as a crew but also mission

283

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

control are very conscious of and they

284

00:12:15,430 --> 00:12:13,760

help us with that as well so there

285

00:12:17,030 --> 00:12:15,440

haven't really been those those moments

286

00:12:18,310 --> 00:12:17,040

you describe of course i've missed my

287

00:12:20,150 --> 00:12:18,320

friends and family but the

288

00:12:21,590 --> 00:12:20,160

communications up here are so good these

289

00:12:23,350 --> 00:12:21,600

days that i have the ability to phone

290

00:12:25,670 --> 00:12:23,360

them and once a week we get to do a

291

00:12:27,590 --> 00:12:25,680

video conference as well uh so even from

292

00:12:30,230 --> 00:12:27,600

that perspective it's not not been too

293

00:12:32,069 --> 00:12:30,240

bad uh so and the workload you know they

294

00:12:33,750 --> 00:12:32,079

keep us busy up here and we're too too

295

00:12:38,790 --> 00:12:33,760

busy to really to let emotions get in

296

00:12:41,670 --> 00:12:40,230

well you say busy you've been involved

297

00:12:43,350 --> 00:12:41,680

in a whole series of experiments while

298

00:12:43,990 --> 00:12:43,360

you've been up there and you yourself

299

00:12:46,310 --> 00:12:44,000

are

300

00:12:47,509 --> 00:12:46,320

the focus of those experiments as well

301
00:12:49,990 --> 00:12:47,519
lots of people have been sending

302
00:12:51,829 --> 00:12:50,000
questions in about how you how your body

303
00:12:53,590 --> 00:12:51,839
has been affected because people who

304
00:12:55,910 --> 00:12:53,600
spend a lot of time in microgravity they

305
00:12:58,069 --> 00:12:55,920
say often get what they refer to as bird

306
00:12:59,350 --> 00:12:58,079
legs and a puffy face how has your body

307
00:13:03,269 --> 00:12:59,360
been holding up with all the time you've

308
00:13:06,310 --> 00:13:04,949
it has been interesting really you know

309
00:13:08,069 --> 00:13:06,320
you mentioned the puffy face i

310
00:13:10,069 --> 00:13:08,079
definitely felt that in the first month

311
00:13:12,389 --> 00:13:10,079
up here this kind of pressure in my head

312
00:13:13,990 --> 00:13:12,399
puffy face but that's disappeared and

313
00:13:16,470 --> 00:13:14,000

i've actually kind of lost all of that

314

00:13:18,629 --> 00:13:16,480

excess body fluid which i'm going to

315

00:13:21,190 --> 00:13:18,639

need when i get back to earth so in the

316

00:13:22,310 --> 00:13:21,200

last few weeks we've been myself and my

317

00:13:24,310 --> 00:13:22,320

crewmates are returning we've been

318

00:13:26,069 --> 00:13:24,320

working hard on the exercise devices

319

00:13:28,069 --> 00:13:26,079

getting ourselves into physical shape

320

00:13:29,670 --> 00:13:28,079

for coming back to earth but you're

321

00:13:31,990 --> 00:13:29,680

right there will definitely be a period

322

00:13:34,230 --> 00:13:32,000

of rehabilitation and readjusting to

323

00:13:35,590 --> 00:13:34,240

living in earth's gravity and probably a

324

00:13:40,949 --> 00:13:35,600

first couple of days will be quite

325

00:13:45,189 --> 00:13:42,949

i wanted to ask you about that i suppose

326

00:13:47,910 --> 00:13:45,199

you could call it a re-climatization

327

00:13:49,030 --> 00:13:47,920

program not just being back on earth but

328

00:13:52,389 --> 00:13:49,040

the attention

329

00:13:59,110 --> 00:13:52,399

are

330

00:14:02,629 --> 00:14:00,550

that's that's going to take some getting

331

00:14:04,310 --> 00:14:02,639

used to and uh you know

332

00:14:05,750 --> 00:14:04,320

you say that but actually you do feel

333

00:14:07,430 --> 00:14:05,760

quite isolated up here on the space

334

00:14:09,269 --> 00:14:07,440

station and uh although we have access

335

00:14:11,750 --> 00:14:09,279

to the news and uh occasionally on the

336

00:14:13,189 --> 00:14:11,760

internet as well um you know we don't

337

00:14:14,550 --> 00:14:13,199

really get the the feeling of things

338

00:14:16,389 --> 00:14:14,560

that are going on back on earth that

339

00:14:21,910 --> 00:14:16,399

much so that will certainly get some uh

340

00:14:25,910 --> 00:14:23,670

tim what do you think is next for you we

341

00:14:28,150 --> 00:14:25,920

were speaking to helen sharman um who

342

00:14:30,550 --> 00:14:28,160

was a trailblazer of course in your line

343

00:14:32,870 --> 00:14:30,560

of work many years ago we spoke to her

344

00:14:34,550 --> 00:14:32,880

just last week and she said the hope is

345

00:14:36,629 --> 00:14:34,560

the great hope is that tin isn't the

346

00:14:39,030 --> 00:14:36,639

last that we continue to do this and

347

00:14:44,629 --> 00:14:39,040

there's a really bright future for for

348

00:14:48,389 --> 00:14:46,949

absolutely and i can i you know i fully

349

00:14:50,629 --> 00:14:48,399

intend to continue my work with the

350

00:14:53,509 --> 00:14:50,639

european space agency representing the

351
00:14:54,870 --> 00:14:53,519
uk uh within human space flight and i

352
00:14:56,550 --> 00:14:54,880
hope that the uk continues to

353
00:14:58,550 --> 00:14:56,560
participate in human space flight as

354
00:15:00,230 --> 00:14:58,560
well into the future we've got such an

355
00:15:01,350 --> 00:15:00,240
exciting times coming up we've got

356
00:15:03,269 --> 00:15:01,360
plenty more missions to the

357
00:15:06,150 --> 00:15:03,279
international space station with its

358
00:15:08,389 --> 00:15:06,160
life out until at least 2024 and then

359
00:15:10,230 --> 00:15:08,399
we're looking uh very strongly towards

360
00:15:12,629 --> 00:15:10,240
lunar missions in the mid 20s mid to

361
00:15:14,870 --> 00:15:12,639
late 20s as a stepping stone onto

362
00:15:17,189 --> 00:15:14,880
missions to mars as well so i want the

363
00:15:18,710 --> 00:15:17,199

uk to be a firm player in those human

364

00:15:20,310 --> 00:15:18,720

spaceflight missions and exploration

365

00:15:21,750 --> 00:15:20,320

missions of the future and there's no

366

00:15:24,069 --> 00:15:21,760

reason why we shouldn't be and i

367

00:15:25,910 --> 00:15:24,079

certainly hope that i'm not the last uk

368

00:15:28,230 --> 00:15:25,920

astronaut to fly in space i hope there's

369

00:15:30,150 --> 00:15:28,240

many uk school kids today who can

370

00:15:34,949 --> 00:15:30,160

fulfill an ambition one day of becoming

371

00:15:38,470 --> 00:15:36,949

some quick fire ones to finish off with

372

00:15:40,150 --> 00:15:38,480

um lots of people sending their

373

00:15:42,310 --> 00:15:40,160

questions in for you tim steph would

374

00:15:48,230 --> 00:15:42,320

like to know what is the first meal you

375

00:15:51,269 --> 00:15:49,030

uh

376

00:15:53,189 --> 00:15:51,279

well the unhealthy version would be

377

00:15:55,509 --> 00:15:53,199

pizza the healthy version would be a

378

00:16:02,550 --> 00:15:55,519

nice fresh salad with some fresh fruit

379

00:16:07,749 --> 00:16:04,870

go for the pizza and julie would like to

380

00:16:10,389 --> 00:16:07,759

know i'm sorry diane would like to know

381

00:16:12,470 --> 00:16:10,399

um what is your greatest concern about

382

00:16:17,990 --> 00:16:12,480

returning to earth is it the celebrity

383

00:16:21,509 --> 00:16:19,910

um you know that is a concern as well i

384

00:16:23,749 --> 00:16:21,519

mean my main focus when i get back of

385

00:16:25,829 --> 00:16:23,759

course is spending time with the family

386

00:16:28,470 --> 00:16:25,839

and uh and and seeing my friends and my

387

00:16:30,230 --> 00:16:28,480

family again uh and there will be a very

388

00:16:32,230 --> 00:16:30,240

busy travel schedule of course there'll

389

00:16:33,590 --> 00:16:32,240

be lots of medical experiments all this

390

00:16:35,269 --> 00:16:33,600

data that i've been collecting up here

391

00:16:37,509 --> 00:16:35,279

in space carries on for at least six

392

00:16:39,430 --> 00:16:37,519

months up to a year in some cases after

393

00:16:41,910 --> 00:16:39,440

the mission so there's going to be an

394

00:16:43,430 --> 00:16:41,920

awful lot of work to do but uh my first

395

00:16:48,550 --> 00:16:43,440

priority is to spend some time with

396

00:16:51,509 --> 00:16:50,150

sounds very wide and one more from

397

00:16:53,110 --> 00:16:51,519

adrian he says

398

00:16:54,629 --> 00:16:53,120

you've seen some remarkable things from

399

00:16:57,189 --> 00:16:54,639

space we've seen some of your wonderful

400

00:16:59,189 --> 00:16:57,199

photographs as well having seen all that

401
00:17:00,790 --> 00:16:59,199
is there a place or maybe some places on

402
00:17:03,590 --> 00:17:00,800
earth you would now like to go and see

403
00:17:07,189 --> 00:17:03,600
in person having seen them from 70 miles

404
00:17:11,270 --> 00:17:08,630
that's a great question there are so

405
00:17:13,189 --> 00:17:11,280
many places i'd love to go and see um

406
00:17:14,789 --> 00:17:13,199
and everything has just been incredible

407
00:17:16,710 --> 00:17:14,799
it's been wonderful to actually watch

408
00:17:18,789 --> 00:17:16,720
the planet changing seasons you know

409
00:17:20,630 --> 00:17:18,799
seeing the northern hemisphere uh going

410
00:17:21,829 --> 00:17:20,640
from snow and ice into through spring

411
00:17:23,510 --> 00:17:21,839
into summer

412
00:17:25,750 --> 00:17:23,520
and in the southern hemisphere watching

413
00:17:27,990 --> 00:17:25,760

places like patagonia you know

414

00:17:29,669 --> 00:17:28,000

absolutely stunning uh countries and

415

00:17:30,710 --> 00:17:29,679

areas of the world that i hadn't seen

416

00:17:32,470 --> 00:17:30,720

before

417

00:17:33,990 --> 00:17:32,480

so there there are plenty of places i'd

418

00:17:39,270 --> 00:17:34,000

like to go and visit probably too many

419

00:17:42,390 --> 00:17:40,630

tim it's been wonderful to talk to you

420

00:17:44,390 --> 00:17:42,400

on bbc breakfast we hope to see you back

421

00:17:49,110 --> 00:17:44,400

on terra firma very soon and we'll sort

422

00:17:56,310 --> 00:17:50,710

that'd be much appreciated great talking