



1
00:00:07,680 --> 00:00:44,150
go back

2
00:00:44,160 --> 00:01:08,070
yes

3
00:01:08,080 --> 00:01:29,190
six

4
00:01:29,200 --> 00:01:54,149
oh

5
00:01:54,159 --> 00:02:40,150
programs

6
00:02:40,160 --> 00:02:56,390
oh

7
00:02:56,400 --> 00:03:12,229
oops

8
00:03:12,239 --> 00:03:29,270
right

9
00:03:29,280 --> 00:04:08,869
i don't know

10
00:04:08,879 --> 00:04:39,350
okay

11
00:04:39,360 --> 00:04:52,150
you showed us

12
00:04:55,909 --> 00:04:53,830
how does it feel to be away from your

13
00:04:57,510 --> 00:04:55,919

launch less than a month from now we're

14

00:04:58,950 --> 00:04:57,520

pretty excited i have to say it feels a

15

00:05:01,110 --> 00:04:58,960

little bit different as prime crew than

16

00:05:02,710 --> 00:05:01,120

it did at backup we know that launch is

17

00:05:04,390 --> 00:05:02,720

coming very soon

18

00:05:06,710 --> 00:05:04,400

but i'm extremely confident that our

19

00:05:09,990 --> 00:05:06,720

crew is well prepared we've had years of

20

00:05:12,550 --> 00:05:10,000

training by instructors at both nasa jsc

21

00:05:14,469 --> 00:05:12,560

as well as gctc here

22

00:05:16,550 --> 00:05:14,479

in russia and

23

00:05:19,670 --> 00:05:16,560

our international partners at jackson

24

00:05:20,950 --> 00:05:19,680

esa as well and csa

25

00:05:23,270 --> 00:05:20,960

you just finished your final

26
00:05:25,670 --> 00:05:23,280
qualification exams and your you trained

27
00:05:27,590 --> 00:05:25,680
in both the soyuz tma series and of

28
00:05:29,590 --> 00:05:27,600
course your own ms series vehicle that

29
00:05:31,270 --> 00:05:29,600
you'll be flying what were some of the

30
00:05:33,110 --> 00:05:31,280
challenges that you faced during your

31
00:05:34,390 --> 00:05:33,120
qual exams and during your overall

32
00:05:37,909 --> 00:05:34,400
training

33
00:05:40,310 --> 00:05:37,919
we've switched vehicles between the

34
00:05:41,909 --> 00:05:40,320
backup and the prime launches but it's

35
00:05:43,909 --> 00:05:41,919
actually been really a great chance to

36
00:05:46,390 --> 00:05:43,919
see the teams pull together put the

37
00:05:48,390 --> 00:05:46,400
procedures together and watch everybody

38
00:05:50,390 --> 00:05:48,400

really quickly transition to this new

39

00:05:52,950 --> 00:05:50,400

vehicle so it's been a great process

40

00:05:55,189 --> 00:05:52,960

going through final exams and and seeing

41

00:05:56,790 --> 00:05:55,199

our trainers the ground personnel and

42

00:05:58,309 --> 00:05:56,800

our crew really work together on all of

43

00:06:00,309 --> 00:05:58,319

this

44

00:06:02,309 --> 00:06:00,319

and finally you have a lot of friends

45

00:06:03,990 --> 00:06:02,319

and fans around the world and for people

46

00:06:06,309 --> 00:06:04,000

who want to follow you and your mission

47

00:06:08,550 --> 00:06:06,319

how can the public follow you on social

48

00:06:11,029 --> 00:06:08,560

media yeah well i hope i'll be posting

49

00:06:12,629 --> 00:06:11,039

to nasa astronauts when i'm on board so

50

00:06:15,110 --> 00:06:12,639

that's the twitter handle you can look

51
00:06:17,270 --> 00:06:15,120
that up there as well as iss research

52
00:06:19,110 --> 00:06:17,280
and if you go to the nasa.gov home page

53
00:06:21,510 --> 00:06:19,120
there's a variety of different ways to

54
00:06:23,990 --> 00:06:21,520
follow both our expedition web page as

55
00:06:25,909 --> 00:06:24,000
well as social media resources

56
00:06:28,629 --> 00:06:25,919
kate rubins international space station

57
00:06:30,870 --> 00:06:28,639
expedition 48 and florida 49 flight

58
00:06:33,110 --> 00:06:30,880
engineer and peggy whitson veteran

59
00:06:35,590 --> 00:06:33,120
astronaut flight engineer of expedition

60
00:06:37,110 --> 00:06:35,600
50 and commander of expedition 51 in a

61
00:06:38,790 --> 00:06:37,120
few months from now

62
00:06:40,710 --> 00:06:38,800
peggy you've been to the international

63
00:06:42,390 --> 00:06:40,720

space station two times do you have any

64

00:06:44,469 --> 00:06:42,400

advice for kate rubens will be going up

65

00:06:45,909 --> 00:06:44,479

for her first time i've got a lot of

66

00:06:47,510 --> 00:06:45,919

advice for king

67

00:06:50,150 --> 00:06:47,520

we've been sharing a lot of stories

68

00:06:51,830 --> 00:06:50,160

lately to try and make sure she has

69

00:06:54,710 --> 00:06:51,840

everything i know which isn't

70

00:06:56,550 --> 00:06:54,720

necessarily the whole story but at least

71

00:06:58,390 --> 00:06:56,560

i'll try and give her as much insight

72

00:06:59,909 --> 00:06:58,400

information as i can

73

00:07:02,070 --> 00:06:59,919

the one thing i know for sure is she's

74

00:07:03,909 --> 00:07:02,080

going to love it on board station and

75

00:07:05,589 --> 00:07:03,919

she's gonna love doing all the science

76
00:07:07,029 --> 00:07:05,599
it's gonna be a great i know she's gonna

77
00:07:09,830 --> 00:07:07,039
enjoy it

78
00:07:11,430 --> 00:07:09,840
and for for peggy you flew on a two-day

79
00:07:13,430 --> 00:07:11,440
rendezvous to the international space

80
00:07:15,270 --> 00:07:13,440
station and kate rubens will be doing

81
00:07:16,710 --> 00:07:15,280
the same thing as well so

82
00:07:18,150 --> 00:07:16,720
what thoughts do you have for her as

83
00:07:19,589 --> 00:07:18,160
she's making that two-day journey

84
00:07:21,430 --> 00:07:19,599
through space to make things a little

85
00:07:26,550 --> 00:07:21,440
bit easier or help it go by before she

86
00:07:31,909 --> 00:07:29,589
that's my best advice

87
00:07:34,230 --> 00:07:31,919
and lastly do you have any thoughts for

88
00:07:36,070 --> 00:07:34,240

the the next generation of explorers and

89

00:07:38,309 --> 00:07:36,080

particularly young women who might be

90

00:07:40,550 --> 00:07:38,319

thinking of getting into careers in

91

00:07:41,749 --> 00:07:40,560

science technology education arts and

92

00:07:43,909 --> 00:07:41,759

math

93

00:07:46,390 --> 00:07:43,919

well obviously both kate and i are big

94

00:07:47,830 --> 00:07:46,400

believers in the scientific route

95

00:07:49,830 --> 00:07:47,840

there's lots of different ways to become

96

00:07:51,350 --> 00:07:49,840

an astronaut whether as a scientist an

97

00:07:55,029 --> 00:07:51,360

engineer

98

00:07:56,309 --> 00:07:55,039

there's lots of different ways to become

99

00:07:58,150 --> 00:07:56,319

an astronaut

100

00:08:00,070 --> 00:07:58,160

probably the most important thing uh is

101
00:08:02,070 --> 00:08:00,080
to pick something in one of those fields

102
00:08:04,390 --> 00:08:02,080
that you really really enjoy and be

103
00:08:06,469 --> 00:08:04,400
excellent at it

104
00:08:08,710 --> 00:08:06,479
okay how about you yeah when i'm out

105
00:08:10,390 --> 00:08:08,720
talking to school kids i i say basically

106
00:08:12,550 --> 00:08:10,400
the same thing which is that you have to

107
00:08:13,909 --> 00:08:12,560
be passionate and interested in what

108
00:08:15,830 --> 00:08:13,919
you're doing every day and that's the

109
00:08:17,990 --> 00:08:15,840
most important thing wherever your

110
00:08:19,430 --> 00:08:18,000
career goals and dreams take you if you

111
00:08:21,029 --> 00:08:19,440
are excited about what you're doing

112
00:08:22,550 --> 00:08:21,039
every single day and you want to wake up

113
00:08:24,550 --> 00:08:22,560

and do that more than anything in the