



1  
00:00:10,470 --> 00:00:03,270  
station this is houston on two for tomah

2  
00:00:17,430 --> 00:00:14,910  
yes i'm ready well i think i'm ready go

3  
00:00:19,029 --> 00:00:17,440  
ahead european space agency this is

4  
00:00:22,630 --> 00:00:19,039  
mission control houston please call

5  
00:00:22,640 --> 00:00:25,509  
question

6  
00:00:29,669 --> 00:00:27,509  
station this is jews at the european

7  
00:00:35,270 --> 00:00:29,679  
astronaut center in cologne how do you

8  
00:00:39,270 --> 00:00:36,709  
this is tomorrow on board the space

9  
00:00:41,450 --> 00:00:39,280  
station read you loud and clear how do

10  
00:00:50,790 --> 00:00:41,460  
you read me

11  
00:00:54,630 --> 00:00:52,389  
we hear you very clearly we have some

12  
00:00:56,069 --> 00:00:54,640  
journalists here and

13  
00:01:07,109 --> 00:00:56,079

who are prepared to ask you some

14

00:01:18,550 --> 00:01:08,390

we'll start right away with the first

15

00:01:22,710 --> 00:01:20,469

you've been here for several months

16

00:01:24,469 --> 00:01:22,720

what is your first

17

00:01:30,630 --> 00:01:24,479

question is how do you feel how is your

18

00:01:30,640 --> 00:01:34,069

please switch on your mic

19

00:01:34,079 --> 00:01:38,830

on your mic

20

00:01:43,030 --> 00:01:40,950

apartment apart from the fact that i

21

00:01:43,990 --> 00:01:43,040

forgot my microphone was adapted very

22

00:01:45,670 --> 00:01:44,000

quickly

23

00:01:48,550 --> 00:01:45,680

we were not ill at all

24

00:01:50,550 --> 00:01:48,560

everybody feels extremely well

25

00:01:53,510 --> 00:01:50,560

finally working

26

00:01:55,350 --> 00:01:53,520

it seems extremely natural after a few

27

00:01:57,510 --> 00:01:55,360

hours we get orientated

28

00:02:00,870 --> 00:01:57,520

oriented and the three-dimensional

29

00:02:03,350 --> 00:02:00,880

effects worked very well

30

00:02:04,709 --> 00:02:03,360

a little bit swollen perhaps because

31

00:02:05,990 --> 00:02:04,719

we have a

32

00:02:08,550 --> 00:02:06,000

flight of

33

00:02:10,790 --> 00:02:08,560

blood and body fluids toward the skin

34

00:02:12,790 --> 00:02:10,800

but this is normal after a few weeks or

35

00:02:16,309 --> 00:02:12,800

months this will resolve itself

36

00:02:18,470 --> 00:02:16,319

we are adapting slowly to the iss which

37

00:02:20,470 --> 00:02:18,480

is immense

38

00:02:24,710 --> 00:02:20,480

we have to orient ourselves a little bit

39

00:02:29,350 --> 00:02:26,550

but all of the people here on this

40

00:02:30,630 --> 00:02:29,360

mission are veterans who know everything

41

00:02:32,150 --> 00:02:30,640

by heart

42

00:02:33,350 --> 00:02:32,160

memorized

43

00:02:36,630 --> 00:02:33,360

since monday i've been working pretty

44

00:02:36,640 --> 00:02:53,910

very good

45

00:02:56,710 --> 00:02:55,270

i don't know if you heard me i asked you

46

00:02:59,430 --> 00:02:56,720

whether you sleep while up there in the

47

00:03:02,949 --> 00:03:01,350

i beg your pardon no i hadn't hurt i

48

00:03:06,070 --> 00:03:02,959

sleep very well

49

00:03:10,070 --> 00:03:06,080

i sleep but like a baby it's very uh

50

00:03:12,229 --> 00:03:10,080

agreeable here we sleep by floating

51

00:03:14,070 --> 00:03:12,239

attached to the wall our little uh

52

00:03:15,990 --> 00:03:14,080

individual cabinets or cubicles are just

53

00:03:17,190 --> 00:03:16,000

around the side of the

54

00:03:19,589 --> 00:03:17,200

camera you can't see it so we're

55

00:03:22,309 --> 00:03:19,599

attached to the wall our arms float a

56

00:03:24,789 --> 00:03:22,319

little bit it's extremely restful

57

00:03:27,110 --> 00:03:24,799

i find this to be once again rather

58

00:03:28,630 --> 00:03:27,120

natural i feel extremely well

59

00:03:29,990 --> 00:03:28,640

and uh

60

00:03:31,110 --> 00:03:30,000

for the better well

61

00:03:36,630 --> 00:03:31,120

might as well we're going to be doing

62

00:03:36,640 --> 00:03:40,869

hello thomas

63

00:03:43,990 --> 00:03:42,470

i would like to know whether the space

64

00:03:51,190 --> 00:03:44,000

station

65

00:03:54,070 --> 00:03:52,789

now listen it's much better than i'd

66

00:03:55,589 --> 00:03:54,080

imagined

67

00:03:58,070 --> 00:03:55,599

it's true that

68

00:04:00,390 --> 00:03:58,080

we were very familiar with

69

00:04:01,750 --> 00:04:00,400

the distribution of the modules of the

70

00:04:03,990 --> 00:04:01,760

equipment because we've trained for it

71

00:04:06,470 --> 00:04:04,000

for seven years i've been working for

72

00:04:07,509 --> 00:04:06,480

seven years on this so we know every

73

00:04:09,270 --> 00:04:07,519

last

74

00:04:11,910 --> 00:04:09,280

nut and bolt

75

00:04:13,830 --> 00:04:11,920

but what's striking here is the freedom

76

00:04:15,990 --> 00:04:13,840

the feeling of freedom we can do pretty

77

00:04:18,150 --> 00:04:16,000

much what we want here

78

00:04:19,590 --> 00:04:18,160

also the manner of working

79

00:04:21,670 --> 00:04:19,600

we cannot let

80

00:04:23,830 --> 00:04:21,680

our tools escape for example or the

81

00:04:26,150 --> 00:04:23,840

microfiber phone escape otherwise we'll

82

00:04:27,670 --> 00:04:26,160

find it in a very different place from

83

00:04:30,070 --> 00:04:27,680

where we left it which happened to me 30

84

00:04:31,350 --> 00:04:30,080

years ago or 30 seconds ago after i

85

00:04:33,270 --> 00:04:31,360

arrived

86

00:04:35,420 --> 00:04:33,280

but it's a new way of working which is

87

00:04:36,629 --> 00:04:35,430

much more comfortable than on land

88

00:04:38,469 --> 00:04:36,639

[Music]

89

00:04:40,710 --> 00:04:38,479

i'm not even talking about the view

90

00:04:42,469 --> 00:04:40,720

unfortunately the view

91

00:04:43,670 --> 00:04:42,479

i've not been able to see much of the

92

00:04:45,909 --> 00:04:43,680

view

93

00:04:47,990 --> 00:04:45,919

but this weekend i plan to spend a good

94

00:04:49,590 --> 00:04:48,000

part of my time in the cupola

95

00:04:51,670 --> 00:04:49,600

and to take some nice photographs and

96

00:04:54,940 --> 00:04:51,680

then look around a little bit

97

00:04:54,950 --> 00:05:05,990

[Music]

98

00:05:08,710 --> 00:05:07,670

so we start about six o'clock in the

99

00:05:10,230 --> 00:05:08,720

morning

100

00:05:12,150 --> 00:05:10,240

and then we have an hour or an hour and

101  
00:05:13,110 --> 00:05:12,160  
a half to prepare ourselves to take a

102  
00:05:15,430 --> 00:05:13,120  
shower

103  
00:05:18,310 --> 00:05:15,440  
to have breakfast etc the way you would

104  
00:05:20,790 --> 00:05:18,320  
on land and then at 7 30 we begin with a

105  
00:05:22,790 --> 00:05:20,800  
major conference with all of the control

106  
00:05:24,870 --> 00:05:22,800  
center folks

107  
00:05:26,469 --> 00:05:24,880  
in munich in germany

108  
00:05:28,710 --> 00:05:26,479  
and so we go over the program for the

109  
00:05:29,990 --> 00:05:28,720  
day we ask questions they respond to the

110  
00:05:30,870 --> 00:05:30,000  
questions we've

111  
00:05:32,629 --> 00:05:30,880  
posed

112  
00:05:34,790 --> 00:05:32,639  
and then we start pretty much for the

113  
00:05:37,670 --> 00:05:34,800

daily marathon

114

00:05:39,270 --> 00:05:37,680

we are helped and uh framed by the

115

00:05:40,390 --> 00:05:39,280

control center which responds to our

116

00:05:42,629 --> 00:05:40,400

questions

117

00:05:43,909 --> 00:05:42,639

we make a lot of exchanges by radio with

118

00:05:46,629 --> 00:05:43,919

the control center

119

00:05:48,469 --> 00:05:46,639

and so the nominal plan has to do with

120

00:05:49,510 --> 00:05:48,479

activities to maintain the station for

121

00:05:52,070 --> 00:05:49,520

example

122

00:05:53,990 --> 00:05:52,080

uh check the entire water system to be

123

00:05:55,270 --> 00:05:54,000

sure that no undesirable bacteria are in

124

00:05:56,950 --> 00:05:55,280

the water system

125

00:05:58,629 --> 00:05:56,960

i've already engaged in certain

126

00:06:01,990 --> 00:05:58,639

experiences

127

00:06:12,309 --> 00:06:02,000

planned for my mission have already

128

00:06:15,909 --> 00:06:13,830

another experiment having to do with the

129

00:06:17,510 --> 00:06:15,919

water treatment

130

00:06:19,110 --> 00:06:17,520

there's right here between my feet there

131

00:06:21,110 --> 00:06:19,120

is a part of the equipment

132

00:06:22,469 --> 00:06:21,120

all of this scientific equipment is

133

00:06:24,550 --> 00:06:22,479

scattered pretty much all around that's

134

00:06:27,189 --> 00:06:24,560

what we spend most of the day on also we

135

00:06:29,510 --> 00:06:27,199

take care of repairs

136

00:06:31,909 --> 00:06:29,520

we know for example uh we hadn't planned

137

00:06:37,350 --> 00:06:31,919

on it but uh we came actually prepared

138

00:06:41,990 --> 00:06:40,390

our uh repair equipment so we think that

139

00:06:44,469 --> 00:06:42,000

it should the toilet should work very

140

00:06:46,469 --> 00:06:44,479

well from now on uh so i hope petra from

141

00:06:48,070 --> 00:06:46,479

reuters television i have a question in

142

00:06:49,909 --> 00:06:48,080

english

143

00:06:52,870 --> 00:06:49,919

have you spoken to your family and

144

00:06:57,670 --> 00:06:52,880

friends yet and how is it for them to

145

00:07:02,070 --> 00:07:00,550

so yes i did i did speak to them

146

00:07:03,990 --> 00:07:02,080

actually we're very lucky because here

147

00:07:07,589 --> 00:07:04,000

we have the the iphone so you can call

148

00:07:10,469 --> 00:07:07,599

pretty much any number on the ground um

149

00:07:11,830 --> 00:07:10,479

and it was it was great for them because

150

00:07:13,909 --> 00:07:11,840

you know seeing the rocket launch is

151

00:07:16,230 --> 00:07:13,919

very impressive so it was it was hard

152

00:07:17,749 --> 00:07:16,240

emotionally for everybody maybe more for

153

00:07:19,670 --> 00:07:17,759

them than for me because from inside the

154

00:07:21,350 --> 00:07:19,680

rocket is just like in the simulator it

155

00:07:23,029 --> 00:07:21,360

shakes a little bit more and you feel

156

00:07:24,550 --> 00:07:23,039

the g's but other than that you're

157

00:07:25,670 --> 00:07:24,560

pretty much used to it

158

00:07:27,670 --> 00:07:25,680

um

159

00:07:30,309 --> 00:07:27,680

but after this so i kind of disappear in

160

00:07:32,469 --> 00:07:30,319

the sky so it's good for them to finally

161

00:07:34,230 --> 00:07:32,479

see me and talk to me and it makes it

162

00:07:36,230 --> 00:07:34,240

makes the the whole thing a little bit

163

00:07:38,790 --> 00:07:36,240

more normal so that was very reassuring

164

00:07:40,629 --> 00:07:38,800

for them uh that we're able to talk and

165

00:07:42,629 --> 00:07:40,639

that's good for me because uh it's just

166

00:07:44,230 --> 00:07:42,639

like being on a business trip

167

00:07:46,629 --> 00:07:44,240

actually it's just a six months

168

00:07:48,150 --> 00:07:46,639

absolutely unbelievable business trip uh

169

00:07:51,270 --> 00:07:48,160

but that's what it is and i get to talk

170

00:07:52,710 --> 00:07:51,280

to them as often as i can and um this

171

00:07:54,629 --> 00:07:52,720

weekend we'll have our first video

172

00:08:15,110 --> 00:07:54,639

conference so i'm hoping to show them

173

00:08:18,950 --> 00:08:16,869

i often talk to my family members that's

174

00:08:20,950 --> 00:08:18,960

close to me i can call them every day

175

00:08:23,589 --> 00:08:20,960

which reassures them

176

00:08:25,270 --> 00:08:23,599

uh they saw me disappear on a rocket out

177

00:08:27,589 --> 00:08:25,280

into space it was

178

00:08:29,830 --> 00:08:27,599

important after that that we can see and

179

00:08:31,350 --> 00:08:29,840

speak to each other so i almost every

180

00:08:33,110 --> 00:08:31,360

day i speak for a few minutes to my

181

00:08:35,190 --> 00:08:33,120

family and friends and sometimes during

182

00:08:37,430 --> 00:08:35,200

the week weekend we have a video

183

00:08:39,909 --> 00:08:37,440

conference and i hope next week i'll

184

00:08:41,190 --> 00:08:39,919

have them visit the iss a little bit

185

00:08:52,949 --> 00:08:41,200

just as i'm showing it to you in a

186

00:08:56,870 --> 00:08:55,110

well this of course was the most

187

00:08:57,670 --> 00:08:56,880

incredible adventure of your life can

188

00:08:59,509 --> 00:08:57,680

you

189

00:09:01,110 --> 00:08:59,519

tell us a little bit about the few hours

190

00:09:04,070 --> 00:09:01,120

that proceeded to take off how did they

191

00:09:08,389 --> 00:09:06,389

special well it was rather special

192

00:09:09,590 --> 00:09:08,399

there's a lot of ritual and things steps

193

00:09:11,590 --> 00:09:09,600

you have to follow

194

00:09:13,190 --> 00:09:11,600

our russian partners are accustomed to

195

00:09:14,710 --> 00:09:13,200

have been accustomed to launching mental

196

00:09:17,190 --> 00:09:14,720

space for many years

197

00:09:18,710 --> 00:09:17,200

and it's pretty much the same since the

198

00:09:20,790 --> 00:09:18,720

beginning which is rather interesting we

199

00:09:22,949 --> 00:09:20,800

take our last uh dinner

200

00:09:25,990 --> 00:09:22,959

on land and we're

201  
00:09:27,430 --> 00:09:26,000  
checked out by the doctors we're fully

202  
00:09:29,750 --> 00:09:27,440  
disinfected from head to foot so we

203  
00:09:31,030 --> 00:09:29,760  
don't bring any viruses into the station

204  
00:09:33,350 --> 00:09:31,040  
we then

205  
00:09:35,829 --> 00:09:33,360  
find ourselves at the soyuz assembly

206  
00:09:38,470 --> 00:09:35,839  
building we test our spacesuits speak to

207  
00:09:39,430 --> 00:09:38,480  
our family through the glass

208  
00:09:43,190 --> 00:09:39,440  
and then

209  
00:09:45,190 --> 00:09:43,200  
we have a greeting with the

210  
00:09:47,829 --> 00:09:45,200  
russian leaders of the program and then

211  
00:09:51,110 --> 00:09:47,839  
we say goodbye to our families we then

212  
00:09:53,509 --> 00:09:51,120  
take off toward the rocket it's a long

213  
00:09:55,590 --> 00:09:53,519

long climb it seems like interpretable

214

00:09:58,470 --> 00:09:55,600

in fact i've never climbed into the

215

00:10:00,230 --> 00:09:58,480

actual soyuz and then we're helped to

216

00:10:02,470 --> 00:10:00,240

descend into the capsule by russian

217

00:10:04,310 --> 00:10:02,480

technicians we set ourselves

218

00:10:06,790 --> 00:10:04,320

and install ourselves in and then we

219

00:10:09,110 --> 00:10:06,800

check all the procedures uh pre uh take

220

00:10:11,350 --> 00:10:09,120

out procedures we listen to a little bit

221

00:10:13,990 --> 00:10:11,360

of music

222

00:10:15,030 --> 00:10:14,000

special pianist that uh by the way which

223

00:10:16,790 --> 00:10:15,040

i've

224

00:10:18,790 --> 00:10:16,800

shared on

225

00:10:20,389 --> 00:10:18,800

facebook and the social media media for

226

00:10:22,630 --> 00:10:20,399

those who are interested in the pianist

227

00:10:25,110 --> 00:10:22,640

that plays the music we listen to

228

00:10:27,829 --> 00:10:25,120

and then of course we uh take off uh

229

00:10:29,030 --> 00:10:27,839

something we've uh done ten times before

230

00:10:29,990 --> 00:10:29,040

we then shake the hands of our

231

00:10:33,269 --> 00:10:30,000

colleagues

232

00:10:35,269 --> 00:10:33,279

and uh the acceleration g-forces

233

00:10:36,790 --> 00:10:35,279

continue to increase and increase and

234

00:10:38,310 --> 00:10:36,800

increase and by the end of the first

235

00:10:40,710 --> 00:10:38,320

stage we'll really crush down into the

236

00:10:43,430 --> 00:10:40,720

soyuz and then when the first stage

237

00:10:44,949 --> 00:10:43,440

drops off there's a feeling of uh

238

00:10:47,670 --> 00:10:44,959

slowing down a little bit and then we

239

00:10:49,350 --> 00:10:47,680

begin to accelerate again with the uh

240

00:10:51,590 --> 00:10:49,360

second stage the third stage for about a

241

00:10:54,069 --> 00:10:51,600

minute and 48 seconds of acceleration

242

00:10:55,509 --> 00:10:54,079

and then finally we're shoved off after

243

00:10:58,069 --> 00:10:55,519

the third station it's like a kick in

244

00:11:00,389 --> 00:10:58,079

the pants and we begin to float off and

245

00:11:02,870 --> 00:11:00,399

then by that time we've arrived in space

246

00:11:04,230 --> 00:11:02,880

and immediately we begin to do our work

247

00:11:05,509 --> 00:11:04,240

because there are materials that we have

248

00:11:06,630 --> 00:11:05,519

to do to be sure that we're in the right

249

00:11:08,389 --> 00:11:06,640

orbit

250

00:11:12,310 --> 00:11:08,399

after about six or seven hours after

251  
00:11:14,790 --> 00:11:12,320  
takeoff we were able to sleep and there

252  
00:11:17,190 --> 00:11:14,800  
we all collapsed because we had had a

253  
00:11:18,870 --> 00:11:17,200  
lot good day for the second day of war

254  
00:11:20,710 --> 00:11:18,880  
maneuvers the third day we had the

255  
00:11:22,949 --> 00:11:20,720  
rendezvous with a space session

256  
00:11:24,069 --> 00:11:22,959  
and after that there's a considerable

257  
00:11:25,750 --> 00:11:24,079  
emotion

258  
00:11:27,990 --> 00:11:25,760  
associated with

259  
00:11:29,269 --> 00:11:28,000  
reaching this space station at the space

260  
00:11:30,389 --> 00:11:29,279  
which is floating the first time we see

261  
00:11:33,829 --> 00:11:30,399  
it

262  
00:11:35,670 --> 00:11:33,839  
across the face this is not like

263  
00:11:37,910 --> 00:11:35,680

television or photographs we're actually

264

00:11:40,069 --> 00:11:37,920

there and then we find our colleagues or

265

00:11:45,090 --> 00:11:40,079

friends and so that was been quite an

266

00:11:45,100 --> 00:11:49,110

[Music]

267

00:11:52,870 --> 00:11:50,790

uh even though you knew the space

268

00:11:55,670 --> 00:11:52,880

station by uh

269

00:11:56,949 --> 00:11:55,680

by my heart or had memorized it this is

270

00:11:59,430 --> 00:11:56,959

just

271

00:12:01,670 --> 00:11:59,440

chaotically uh arranged as it seems to

272

00:12:03,350 --> 00:12:01,680

be no but it isn't no the truth is it's

273

00:12:04,870 --> 00:12:03,360

very well arranged we have this

274

00:12:07,269 --> 00:12:04,880

impression because of course we see

275

00:12:08,230 --> 00:12:07,279

cables and equipment in every direction

276

00:12:10,150 --> 00:12:08,240

but

277

00:12:12,230 --> 00:12:10,160

the performance is that uh there are

278

00:12:13,030 --> 00:12:12,240

people in the control center who follow

279

00:12:14,870 --> 00:12:13,040

this

280

00:12:17,190 --> 00:12:14,880

there's tremendous database that we

281

00:12:19,590 --> 00:12:17,200

every time i uh look for a little object

282

00:12:21,430 --> 00:12:19,600

in particular for example the

283

00:12:22,949 --> 00:12:21,440

flag behind me

284

00:12:25,190 --> 00:12:22,959

yes i flag

285

00:12:26,629 --> 00:12:25,200

i asked them where or can i find that

286

00:12:28,470 --> 00:12:26,639

there are millions of places to look

287

00:12:29,829 --> 00:12:28,480

with millions of objects behind panels

288

00:12:33,350 --> 00:12:29,839

and

289

00:12:35,110 --> 00:12:33,360

there's no use

290

00:12:37,190 --> 00:12:35,120

looking around for those things and i

291

00:12:39,590 --> 00:12:37,200

call control center they tell me well

292

00:12:41,990 --> 00:12:39,600

you find it exactly in that particular

293

00:12:44,470 --> 00:12:42,000

spot and so i open that drawer and i

294

00:12:46,790 --> 00:12:44,480

find uh exactly what i need

295

00:12:48,629 --> 00:12:46,800

it's amazing to be able to find that we

296

00:12:50,710 --> 00:12:48,639

arrive very precisely what we're looking

297

00:12:52,470 --> 00:12:50,720

for and every day begins with searching

298

00:12:54,470 --> 00:12:52,480

out the equipment they sent us pretty

299

00:12:56,550 --> 00:12:54,480

much all around the stations by

300

00:12:57,910 --> 00:12:56,560

following the various procedures they

301  
00:12:59,430 --> 00:12:57,920  
tell us to see look to the left to the

302  
00:13:00,230 --> 00:12:59,440  
right you'll see your equipment here and

303  
00:13:02,230 --> 00:13:00,240  
there

304  
00:13:04,389 --> 00:13:02,240  
it's very important to put them right

305  
00:13:05,190 --> 00:13:04,399  
back to where they belong

306  
00:13:07,190 --> 00:13:05,200  
and

307  
00:13:08,790 --> 00:13:07,200  
that's part of what the uh

308  
00:13:11,350 --> 00:13:08,800  
equipment the

309  
00:13:12,470 --> 00:13:11,360  
the teams or the crew's responsibilities

310  
00:13:15,030 --> 00:13:12,480  
to put everything right back where it

311  
00:13:17,509 --> 00:13:15,040  
goes if you put something into the wrong

312  
00:13:20,629 --> 00:13:17,519  
box as we did yesterday for example when

313  
00:13:22,710 --> 00:13:20,639

we're trying to repair the toilets

314

00:13:24,069 --> 00:13:22,720

i had to be very careful to put

315

00:13:25,829 --> 00:13:24,079

everything right back where it goes

316

00:13:27,110 --> 00:13:25,839

after which if we don't do that things

317

00:13:28,870 --> 00:13:27,120

get lost

318

00:13:31,190 --> 00:13:28,880

so it's a challenge but it's a challenge

319

00:13:32,710 --> 00:13:31,200

that i think uh happens every day by the

320

00:13:35,030 --> 00:13:32,720

by the crews and especially by the

321

00:13:38,230 --> 00:13:35,040

control center

322

00:13:41,350 --> 00:13:38,240

to be sure everything's in this place

323

00:13:43,829 --> 00:13:41,360

hello thomas um how if at all could i

324

00:13:46,550 --> 00:13:43,839

ask you has your sporting

325

00:13:49,030 --> 00:13:46,560

background your rugby and your judo your

326

00:13:51,430 --> 00:13:49,040

enthusiasm for those two sports how has

327

00:13:54,230 --> 00:13:51,440

that in any way helped you as an

328

00:13:58,870 --> 00:13:54,240

astronaut in both in physical terms and

329

00:14:03,030 --> 00:14:01,509

but it's a it's a great question i think

330

00:14:06,550 --> 00:14:03,040

i think um

331

00:14:08,470 --> 00:14:06,560

i think there's really two factors um

332

00:14:10,069 --> 00:14:08,480

so i like team sports because they

333

00:14:11,590 --> 00:14:10,079

taught me how to be a team player and

334

00:14:13,750 --> 00:14:11,600

that's that's something we we have to

335

00:14:15,509 --> 00:14:13,760

use every day in our job as an astronaut

336

00:14:17,509 --> 00:14:15,519

it's not the only job obviously lots of

337

00:14:19,509 --> 00:14:17,519

jobs require

338

00:14:20,949 --> 00:14:19,519

good communication leadership

339

00:14:22,870 --> 00:14:20,959

followership

340

00:14:24,310 --> 00:14:22,880

and things like that so so you learn

341

00:14:26,389 --> 00:14:24,320

this

342

00:14:27,670 --> 00:14:26,399

not at school most of the time but in

343

00:14:31,030 --> 00:14:27,680

all the activities that you're going to

344

00:14:33,670 --> 00:14:31,040

do after 5 pm um so that's one thing for

345

00:14:36,310 --> 00:14:33,680

me and then he gave me the taste for for

346

00:14:38,389 --> 00:14:36,320

trying the test for challenging myself

347

00:14:40,629 --> 00:14:38,399

um a taste for i don't want to say

348

00:14:42,790 --> 00:14:40,639

competition because it has a negative

349

00:14:45,350 --> 00:14:42,800

connotation but a taste for for

350

00:14:47,990 --> 00:14:45,360

overcoming my my um

351

00:14:50,470 --> 00:14:48,000

my limitations let's say so judo in

352

00:14:53,430 --> 00:14:50,480

particular was huge for me because uh he

353

00:14:56,949 --> 00:14:53,440

teaches you respect as a kid it teaches

354

00:14:59,910 --> 00:14:56,959

you patience uh it teaches you uh that

355

00:15:02,069 --> 00:14:59,920

effort is valued and it's it's not about

356

00:15:03,590 --> 00:15:02,079

talents it's about how much how many

357

00:15:05,430 --> 00:15:03,600

times you're going to repeat this or

358

00:15:08,150 --> 00:15:05,440

that move and you're going to finally

359

00:15:10,790 --> 00:15:08,160

master it it's how much you train so

360

00:15:13,750 --> 00:15:10,800

hard work patience

361

00:15:16,310 --> 00:15:13,760

respect that all those values i got from

362

00:15:18,230 --> 00:15:16,320

from judo and rugby so it's been huge

363

00:15:19,590 --> 00:15:18,240

for me i'll try to talk about it a

364

00:15:22,069 --> 00:15:19,600

little bit more along the mission i

365

00:15:23,030 --> 00:15:22,079

think we have a few events um on the

366

00:15:24,710 --> 00:15:23,040

plan

367

00:15:27,030 --> 00:15:24,720

in uh in

368

00:15:29,189 --> 00:15:27,040

in coordination with that so uh

369

00:15:31,030 --> 00:15:29,199

so yeah it's been huge for me i hope to

370

00:15:33,590 --> 00:15:31,040

talk about it more i hope to inspire

371

00:15:35,590 --> 00:15:33,600

maybe kids to to do their best uh not

372

00:15:42,310 --> 00:15:35,600

only at school but also in their after

373

00:15:45,430 --> 00:15:43,910

thomas the question has having to do

374

00:15:47,829 --> 00:15:45,440

with sport

375

00:15:50,230 --> 00:15:47,839

you've played rugby and judo the

376

00:15:52,870 --> 00:15:50,240

question is how sport has contributed to

377

00:15:54,230 --> 00:15:52,880

the values that uh the abilities and

378

00:15:56,069 --> 00:15:54,240

qualities that you have been able to

379

00:15:59,350 --> 00:15:56,079

develop through sport and how does this

380

00:16:01,749 --> 00:15:59,360

help you in your current work

381

00:16:04,629 --> 00:16:01,759

well in fact sports have been uh

382

00:16:05,910 --> 00:16:04,639

very uh for me they've been a major part

383

00:16:09,829 --> 00:16:05,920

of my youth

384

00:16:11,749 --> 00:16:09,839

activity even today you have to stay in

385

00:16:13,030 --> 00:16:11,759

good physical shape to be an astronaut

386

00:16:15,269 --> 00:16:13,040

but that's not the most important thing

387

00:16:17,110 --> 00:16:15,279

the most important thing is that it's a

388

00:16:18,870 --> 00:16:17,120

team sport like rugby that teaches you

389

00:16:20,629 --> 00:16:18,880

how to play together how to be a team

390

00:16:22,790 --> 00:16:20,639

player how to communicate

391

00:16:25,030 --> 00:16:22,800

it teaches you how to

392

00:16:26,230 --> 00:16:25,040

well to manage your frustrations how to

393

00:16:28,629 --> 00:16:26,240

be a leader

394

00:16:30,150 --> 00:16:28,639

and sometimes how to be a follower as a

395

00:16:32,150 --> 00:16:30,160

american friend say you can't always be

396

00:16:34,870 --> 00:16:32,160

the leader but you do your best and this

397

00:16:39,590 --> 00:16:36,150

these are the kinds of things that i

398

00:16:43,749 --> 00:16:41,910

and also to set myself a challenge and

399

00:16:45,670 --> 00:16:43,759

to meet it this is all very important to

400

00:16:47,189 --> 00:16:45,680

the professional life as well

401  
00:16:49,509 --> 00:16:47,199  
because

402  
00:16:51,269 --> 00:16:49,519  
you need to apply determination i've

403  
00:16:53,189 --> 00:16:51,279  
learned that and judo in particular has

404  
00:16:54,550 --> 00:16:53,199  
taught me such things as respect and

405  
00:16:56,790 --> 00:16:54,560  
patience

406  
00:16:57,910 --> 00:16:56,800  
a taste for work

407  
00:16:59,910 --> 00:16:57,920  
like

408  
00:17:02,150 --> 00:16:59,920  
certain ethical values

409  
00:17:03,990 --> 00:17:02,160  
certain movements also that we repeat a

410  
00:17:06,150 --> 00:17:04,000  
million times before we master them you

411  
00:17:08,069 --> 00:17:06,160  
cannot expect to master the first time

412  
00:17:10,630 --> 00:17:08,079  
you must not become frustrated you have

413  
00:17:12,309 --> 00:17:10,640

to accept defeat you have to work hard

414

00:17:14,150 --> 00:17:12,319

in all these ways you learn that in

415

00:17:16,829 --> 00:17:14,160

school yes but i think you also learn a

416

00:17:19,510 --> 00:17:16,839

lot of that in sports in

417

00:17:22,069 --> 00:17:19,520

activities which are part of teamwork's

418

00:17:23,590 --> 00:17:22,079

associative after school

419

00:17:24,549 --> 00:17:23,600

we'll talk a lot about that during the

420

00:17:27,510 --> 00:17:24,559

mission

421

00:17:28,870 --> 00:17:27,520

about school because it's very important

422

00:17:30,789 --> 00:17:28,880

it's important that

423

00:17:32,950 --> 00:17:30,799

kids that youth do the best in school

424

00:17:34,549 --> 00:17:32,960

that's sure but also i believe

425

00:17:36,950 --> 00:17:34,559

to be interested in everything to be

426  
00:17:38,870 --> 00:17:36,960  
open because that is uh the model that

427  
00:17:40,789 --> 00:17:38,880  
makes you succeed in life

428  
00:17:46,470 --> 00:17:40,799  
thomas have you brought any sporting

429  
00:17:50,710 --> 00:17:48,630  
yes there's a few so first of all we do

430  
00:17:52,870 --> 00:17:50,720  
um two hours and a half of exercise so

431  
00:17:54,630 --> 00:17:52,880  
have uh we do running on the treadmill

432  
00:17:56,390 --> 00:17:54,640  
the tram is actually horizontal so we

433  
00:17:58,630 --> 00:17:56,400  
run on a we run on the wall like this

434  
00:18:01,350 --> 00:17:58,640  
not here in columbus but uh you know in

435  
00:18:02,789 --> 00:18:01,360  
another module we have a fantastic

436  
00:18:05,510 --> 00:18:02,799  
weight machine so obviously it's not

437  
00:18:08,390 --> 00:18:05,520  
weight it's uh it's air pressure but uh

438  
00:18:10,870 --> 00:18:08,400

every day we we lift on board the iss so

439

00:18:12,789 --> 00:18:10,880

it's not the most fun sports but we have

440

00:18:15,990 --> 00:18:12,799

to do it to stay in good shape otherwise

441

00:18:18,310 --> 00:18:16,000

you lose muscle mass you lose bone mass

442

00:18:20,310 --> 00:18:18,320

and you're simply too weak when you come

443

00:18:21,909 --> 00:18:20,320

back to space so thanks to all these uh

444

00:18:24,390 --> 00:18:21,919

these these new machines that we have on

445

00:18:26,390 --> 00:18:24,400

the iss we come back you know in a good

446

00:18:28,549 --> 00:18:26,400

shape um

447

00:18:31,430 --> 00:18:28,559

but also i brought a couple more fun

448

00:18:32,950 --> 00:18:31,440

items there's a there's a rugby ball uh

449

00:18:35,270 --> 00:18:32,960

there's some other things that that i

450

00:18:36,870 --> 00:18:35,280

cannot disclose right now because

451  
00:18:38,630 --> 00:18:36,880  
because i'm hoping there'll be some

452  
00:18:40,310 --> 00:18:38,640  
other opportunities to talk about them

453  
00:18:41,590 --> 00:18:40,320  
but even here on the iss i just happened

454  
00:18:43,430 --> 00:18:41,600  
to open a bag

455  
00:18:46,950 --> 00:18:43,440  
before this activity and i found a

456  
00:18:48,470 --> 00:18:46,960  
variety of balls there was a basketball

457  
00:18:51,669 --> 00:18:48,480  
small basketball

458  
00:18:54,070 --> 00:18:51,679  
u.s football a small soccer

459  
00:18:56,310 --> 00:18:54,080  
european football ball so so i think on

460  
00:18:57,830 --> 00:18:56,320  
the on the weekends on the sundays and

461  
00:19:00,230 --> 00:18:57,840  
when we'll be relaxing a little bit

462  
00:19:17,990 --> 00:19:00,240  
there's a there's a good fun in in

463  
00:19:22,150 --> 00:19:19,909

do you think that 48 hours spent on the

464

00:19:24,310 --> 00:19:22,160

soyuz help you to

465

00:19:25,350 --> 00:19:24,320

acclimate to the iss even though it is a

466

00:19:27,029 --> 00:19:25,360

smaller

467

00:19:30,150 --> 00:19:27,039

space hello

468

00:19:33,590 --> 00:19:32,150

i'm not really able to give you a good

469

00:19:36,789 --> 00:19:33,600

answer because i haven't been able to

470

00:19:38,950 --> 00:19:36,799

make a comparison but maybe in the soyuz

471

00:19:41,270 --> 00:19:38,960

we're a little bit uh sort of

472

00:19:43,270 --> 00:19:41,280

on the ceiling on one side the soyuz is

473

00:19:45,909 --> 00:19:43,280

so small that you have to

474

00:19:47,830 --> 00:19:45,919

really use every available space and so

475

00:19:50,950 --> 00:19:47,840

we spent a lot of time to do a little

476  
00:19:55,510 --> 00:19:53,110  
become accustomed to a deal under three

477  
00:19:57,430 --> 00:19:55,520  
volume in a three-dimensional space we

478  
00:19:59,909 --> 00:19:57,440  
had to eat we had to live and there was

479  
00:20:02,070 --> 00:19:59,919  
three of us in that small soyuz space

480  
00:20:04,390 --> 00:20:02,080  
it's like driving in a small car for a

481  
00:20:06,310 --> 00:20:04,400  
long very long road trip but maybe that

482  
00:20:08,070 --> 00:20:06,320  
helped us i don't know

483  
00:20:09,830 --> 00:20:08,080  
regarding your question all i can say is

484  
00:20:11,669 --> 00:20:09,840  
that i'm lucky with my colleagues that

485  
00:20:13,669 --> 00:20:11,679  
everything has worked out well

486  
00:20:15,750 --> 00:20:13,679  
about 30 of the people are a little bit

487  
00:20:18,950 --> 00:20:15,760  
ill it doesn't matter it disappears

488  
00:20:20,549 --> 00:20:18,960

after a few days but we didn't get

489

00:20:23,830 --> 00:20:20,559

space sickness

490

00:20:25,350 --> 00:20:23,840

in the small soyuz volume uh it wasn't

491

00:20:26,470 --> 00:20:25,360

the most comfortable quarters but we're

492

00:20:27,669 --> 00:20:26,480

fine

493

00:20:29,029 --> 00:20:27,679

i don't know how michelle would answer

494

00:20:36,789 --> 00:20:29,039

to this question but i'm glad that i

495

00:20:40,340 --> 00:20:39,029

we wish you a very nice day in orbit and

496

00:20:43,350 --> 00:20:40,350

we'll see you soon

497

00:20:45,909 --> 00:20:43,360

[Applause]

498

00:20:47,510 --> 00:20:45,919

thanks thank you everybody

499

00:20:52,950 --> 00:20:47,520

and thank you on behalf of all the

500

00:21:00,470 --> 00:20:55,350

station this is houston acr

501

00:21:00,480 --> 00:21:04,789

thank all of you that was great

502

00:21:08,870 --> 00:21:06,870

the european space agency station we are