



**#AskNASA**

**WHAT'S IT LIKE TO LIVE  
IN SPACE FOR A YEAR?**

1

00:00:00,410 --> 00:00:04,000

Station this is Houston are you ready for the event?

2

00:00:04,900 --> 00:00:07,060

Houston this is station. I'm ready.

3

00:00:13,000 --> 00:00:18,600

Hi I'm Christina Koch this is Ask  
NASA where we answer your questions

4

00:00:18,600 --> 00:00:21,320

even in space

5

00:00:26,869 --> 00:00:31,160

what personal space achievement are you  
most proud of?

6

00:00:31,160 --> 00:00:32,579

well having been here for

7

00:00:32,579 --> 00:00:36,390

over 300 days I have to say there are a  
lot of things I've had the opportunity

8

00:00:36,390 --> 00:00:41,460

and privilege to do that have been  
something to feel proud of for me but

9

00:00:41,460 --> 00:00:46,020

most of all I would say it's giving back  
and contributing to this program that

10

00:00:46,020 --> 00:00:49,920

I've held in such high regard my entire  
life giving back to the teams that have

11

00:00:49,920 --> 00:00:53,600

made it possible for me to be here  
training teams engineering teams

12  
00:00:53,600 --> 00:00:59,260  
real-time operations teams on the ground  
and of course my team up here my crew mates.

13  
00:00:59,260 --> 00:01:02,340  
if you could pick where in space would

14  
00:01:02,340 --> 00:01:06,680  
you go now  
station again. Moon. Mars?

15  
00:01:06,680 --> 00:01:07,830  
I'd have to say

16  
00:01:07,830 --> 00:01:14,520  
that I would go to Mars and the reason I  
say that is because I think going deeper

17  
00:01:14,520 --> 00:01:18,479  
into space and answering some of the  
most fundamental questions that we have

18  
00:01:18,479 --> 00:01:22,920  
is one of the most important things we  
can do at NASA I think that going back

19  
00:01:22,920 --> 00:01:26,159  
to the moon first to prove out the  
technologies needed for that deeper

20  
00:01:26,159 --> 00:01:29,759  
space mission is really important and  
that's why I'm so excited that's what's

21  
00:01:29,759 --> 00:01:33,060  
on the horizon for us in the 2020s with  
the Artemis mission

22

00:01:33,060 --> 00:01:38,280

after nearly a year in space are you ready to come home or would you stay longer?

23

00:01:38,280 --> 00:01:39,420

I would say it's a

24

00:01:39,420 --> 00:01:42,720

little bit of both I am ready to come home and see my friends and loved ones

25

00:01:42,720 --> 00:01:46,409

but I have to say if they could visit here I'd probably stay forever I

26

00:01:46,409 --> 00:01:51,210

absolutely love my job here I love the ability to contribute and I love the

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00:01:51,210 --> 00:01:52,536

work and I love the people

28

00:01:52,536 --> 00:01:55,290

do you have a favorite photo you've taken since you've

29

00:01:55,290 --> 00:01:56,480

been on station?

30

00:01:56,480 --> 00:01:59,490

well I'd have to say that photography is one of my favorite things and

31

00:01:59,490 --> 00:02:04,190

is my favorite thing to use in my

32

00:02:04,190 --> 00:02:08,980

free time to capture the earth and also the universe around the space station

33

00:02:08,980 --> 00:02:14,390

if I had to pick just one picture I would  
say it was a picture that I took of the

34

00:02:14,390 --> 00:02:18,390

launch of Jessica Meir, Oleg Skripochka  
and Ali Almansoori

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00:02:18,390 --> 00:02:25,610

and it was a picture of them actually in the rocket  
where the rocket almost looked like a

36

00:02:25,610 --> 00:02:31,220

star and you could see a halo around it  
of the actual second stage as it started

37

00:02:31,220 --> 00:02:37,220

and firing and it was just such a symbol  
to me of achieving your dream it was a

38

00:02:37,220 --> 00:02:42,050

beautiful thing that you could never see  
anywhere else other than here and it

39

00:02:42,050 --> 00:02:47,840

just sort of put a punctuation mark on  
the idea of a rocket launch and how

40

00:02:47,840 --> 00:02:51,650

awesome of a thing that is to be a part  
of and to be able to actually witness

41

00:02:51,650 --> 00:02:53,426

with your own eyes

42

00:02:56,100 --> 00:02:59,150

what a great question  
something that we call expeditionary

43

00:02:59,150 --> 00:03:04,250

skills behaviors and what that means is  
it's a set of skills that is important

44

00:03:04,250 --> 00:03:08,900

for being productive and doing your best  
in a close environment that is not

45

00:03:08,900 --> 00:03:12,049

something you're accustomed to on the  
earth such as the space station

46

00:03:12,049 --> 00:03:19,430

leadership followership group living  
team care self care communication things

47

00:03:19,430 --> 00:03:24,049

that allow you and your crewmates to  
basically work at your best every single

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00:03:24,049 --> 00:03:30,480

day and still get the mission done

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00:03:30,480 --> 00:03:32,120

there is so much out-of-this-world science

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00:03:32,120 --> 00:03:37,970

going on up here it's really exciting if  
you can imagine anything that happens to

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00:03:37,970 --> 00:03:43,340

just be better served as a scientific  
question in microgravity than it does on

52

00:03:43,340 --> 00:03:47,360

the earth we can do that up here so that  
covers all kinds of realms of science

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00:03:47,360 --> 00:03:52,120

including biology biotechnology physical

science Earth and space science

54  
00:03:52,120 --> 00:03:52,620  
technology demonstrations and even human  
research on our own bodies

55  
00:03:52,620 --> 00:04:01,010  
one of the most exciting pieces of science that  
I've had the opportunity to be involved

56  
00:04:01,010 --> 00:04:04,730  
in is directed towards developing  
medicines for fighting some of the

57  
00:04:04,730 --> 00:04:06,412  
diseases that we all face

58  
00:04:08,400 --> 00:04:09,709  
you know I think that's a question that we're all

59  
00:04:09,709 --> 00:04:12,840  
looking to answer right now there's so  
many different factors

60  
00:04:12,840 --> 00:04:16,459  
go into that question and the real  
answer is I think we're not necessarily

61  
00:04:16,459 --> 00:04:21,359  
limited fundamentally by any one thing  
it's really just a question of where can

62  
00:04:21,359 --> 00:04:23,500  
our technology and our innovation take  
us

63  
00:04:23,500 --> 00:04:25,380  
one of the reasons I'm so happy that

64

00:04:25,380 --> 00:04:28,290

I've had the opportunity to do an  
extended mission is that that

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00:04:28,290 --> 00:04:32,780

contributes to that understanding

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00:04:32,780 --> 00:04:34,470

definitely the best thing is that you

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00:04:34,470 --> 00:04:40,139

get a chance to contribute to the  
coolest work being done in my opinion by

68

00:04:40,139 --> 00:04:45,300

all of humanity I have held this you  
know human spaceflight in such high

69

00:04:45,300 --> 00:04:49,680

regard my entire life and so to get the  
opportunity to actually contribute to it

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00:04:49,680 --> 00:04:54,419

day in and day out is by far the best  
part about being up here now second I

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00:04:54,419 --> 00:04:57,480

would say is definitely being able to  
float

72

00:04:59,400 --> 00:05:00,840

microgravity sure makes it fun to

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00:05:00,840 --> 00:05:05,580

get around here on the space station we  
have to work in every orientation we

74

00:05:05,580 --> 00:05:09,000

have stowage on the ceiling we have  
science experiments on the ceiling and

75

00:05:09,000 --> 00:05:16,000

so it's pretty fun to be able to float  
around to flip around just to get around