



LIFE IN THE INTERNATIONAL SPACE STATION

WE'VE LEARNED ABOUT GRAVITY, THAT PULLS US BACK DOWN, AND THAT IN SPACE IT GETS WEAKER, THE FURTHER AWAY YOU ARE FROM TOWN.

TODAY WE'LL TELL YOU ABOUT LIFE IN THE SPACECRAFT WHICH IS, WELL... SO VERY DIFFERENT FROM WHAT WE KNOW HERE IN ISRAEL.

THE SPACECRAFT IS THE PLACE WHERE ASTRONAUTS LIVE AWAY FROM EARTH.

IT'S WHERE THEY SLEEP, WORK OUT, AND DO TONS OF RESEARCH.

LIFE ON A SPACECRAFT IS QUITE A CHALLENGE, EXCITING.

ANYONE WANTING TO BE AN ASTRONAUT KNOWS THERE'LL BE SOME NAIL-BITING.

AND BECAUSE THEY FLOAT WEIGHTLESS AND DON'T STAND ON THEIR FEET,

THEY'VE GOT TO DOUBLE THEIR WORK OUTS TO KEEP STRONG AND FIT. THEY STRENGTHEN THEIR BACK MUSCLES, THEIR ARMS AND THEIR LEGS - THEY DRINK LOTS OF WATER EAT ALL THAT'S HEALTHY. INCLUDING DRIED EGGS!

LIKE US THEY BRUSH THEIR TEETH AND THEY SHOWER, BUT WITHOUT GRAVITY ALL THIS TAKES A LOT OF WILL POWER.

IN SPACE, WATER DOESN'T JUST FLOW DOWN THE DRAIN, IT FLOATS FREELY ALL OVER - OH MY, WHAT A PAIN! SO THEY USE SPECIAL SOAPS, OILS AND CREAMS - AND WIPE THEMSELVES DRY, TO BE ALL SQUEAKY CLEAN.

THEY KEEP THEIR SPACECRAFT ALL SPICK AND SPAN - EVERYONE PITCHES IN, THEY ALL DO WHAT THEY CAN.

THEY HAVE TO CLEAN CEILINGS, FLOORS, EVERY WALL -

HOW IN THE WORLD HAVE THEY TIME FOR IT ALL? WHAT HELPS THEM TO DO THIS, CAN GUESS ARE YOU CANNY?

THEY'VE GOT SPECIAL WIPES FOR EACH NOOK AND CRANNY,

THEY'VE GOT SPECIAL VACUUM CLEANERS THAT ARE REALLY VERY HELPFUL,

SO WE'VE NOW TALKED ABOUT WHAT THEY DO IN THEIR SPACECRAFT - QUITE A HANDFUL.

BUT LET'S NOT FORGET WHAT THEIR PRIME TASK REALLY IS -

THE ASTRONAUTS DO PLENTY OF RESEARCH, IT'S NOT ALL FUN AND MERRIMENT - THEY SAMPLE, WRITE DOWN, AND DO MANY AN EXPERIMENT.

AND WE USE THEIR RESULTS ON EARTH, BACK DOWN HERE -

THEIR DISCOVERIES MAKE OUR LIVES BETTER, IMPROVE THE ATMOSPHERE.

