

Track 19

LECTURER **The next** question relates to what we are going to be doing up there. Well, we'll have teams of astronaut-scientists working in the labs and research will include, **for example**, tissue culture, **though** that won't include plants as such; observations of the Earth from space with a view to improving our maps, and the development of new commercial products. And of course everything we do involves studying life in low gravity, as we're in a state of weightlessness. **And then, in addition to this**, we'll be keeping a very close watch on the mental state of our astronauts, **because** we are interested in finding out what the long-term effects on the human psyche will be.

Track 20

LECTURER **Another thing** people always ask us is about our daily routine on board the space station.

Well – you need to be real good friends with the others **because** it's a small place! The **first** chore of the day is to ensure all is well with the many systems. **Then** this is followed by breakfast, which is timed to take precisely 45 minutes. Experts have decided that togetherness around the dining table is psychologically important, **so** meals of pre-packed food are eaten together. Mail, which is received overnight, is read around the breakfast table, **followed by a daily conference**. So getting together is inescapable, even in space!

Recreational time's pretty minimal! Some astronauts read, others listen to CDs. One guy I knew just used to stare out the window. **Then** each day, **in order to** offset the ill effects of being cooped up in such a small space, we have two hours set aside for compulsory physical movement. Work rosters occupy six 12-hour days each week. Sundays are for rest and communication, via emails and video conferencing, with family back home on Earth.