Julieta Fierro

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The Universe in my pocket



Which of these photos wasn't taken on the Space Station and how do you know?







QUIZ



Individually packaged foods.



eattortillas That's why astronaute damage the instrumente crumbs could fly off and dangerous because the Space Station would be





also fresh fruit. as Pesquet arrived at the Space Station



+

8 peartart. that included beef he brought a menu with mushrooms and

astronaut's meals. a special touch of freshness to the lettuce or chili peppers. This gives Nowadays, it is possible to grow military rations was invented. Still later, food similar to that of dehydrated food was invented. porridge and sugar pills. Later, travelers drank only water, tubed different nations. The first space the tastes of astronauts from Station there is different food for On the International Space fresh produce in space, such as

space banquet in history. 9 France lives, as a gift to his Space Station, he brought dishes When Thomas Pesquet went to the companions. This was the best the palace where the president of prepared by the chef of the Elysée

Answers on the back

Still others take pictures of our planet gastronomy and robotics ... In short, in The benefits of space missions are for share their experiences with us on Earth. or of activities on the Space Station. Such images are a way that they can brought new knowledge in navigation, all mankind. Space exploration has electronics, communications, health, materials, agronomy, almost all disciplines.

free time looking out the windows of the clouds, the expanse of the seas. Others maintaining mental health is having fun. beauty of the Earth; they observe the A fundamental part of spending long Some astronauts like to spend their Space Station, contemplating the make music, watch television, play continents, the movement of the months on a space station and chess or read.



Severalastronautsare musicians and take their instruments to the Space



to read quietly. ome astronauts like



games of their free time following the Others spend their avorite sports tean

attached with magnete the board, they are chesspieces to stay on chess. In order for th

Astronaut placing samples in the cryogenic outside the shuttle. spacewalk" mission stronautona

neals

vegetables for their ettuce and peppe Astronauts grow olants such as to have fresh

test how shape experiment to Anastronaut veightlessness perceptionis works on an altered by

for months at a time. unexpected problems, and live only concentrate on the job, solve space. They must be able to with what they have on the station different skills before going into Astronauts need to master many

provide oxygen. In case of emergency meteors, cold and heat, and of course must offer protection from small robotic arms, the fine movements of repairs on the outside are done with the station. Although most of the equipment both inside and outside experiments, and to maintain operate dozens of space science himself back to the station. the astronaut must be able to propel The spacesuits are like small ships, they human hands are sometimes needed They are trained to be pilots, to

due to lack of water. 10 clothing, which cannot be Astronauts accumulate significant amounts of garbage, including washed on board,



lf you have ever seen a shooting star, it could have been space junk, either from the Space Station or from defunct

toothpaste sing with water.

edible

satellites.

0

10 danger of hurting anyone.



of energy, the Space Station recycles all

astronauts' urine is collected, purified

nto water, and drunk again. The

astronauts soon get used to this

process.

the material it can. For example,

naterial, to the Space Station, requires

Fransporting water, or any other

Water and waste

Washing one's hair requires

combing it "up" and using a no-rinse shampoo without

water.

Tosleep astronaute mustbe strapped down, otherwise they

an enormous amount of fuel. To avoid as

much as possible this huge expenditure

The astronauts urinate into a funnel that carries the liquid to where it is recycled into drinking water.

catches fire and disintegrates. If some land in the Pacific Ocean where there is

small fragments survive, they usually

Astronauts

orush their teeth with

Earth, and when it falls, it gets so hot

trouble sleeping if they are

Some astronauts have

would float

about

bothered by odors, light, or

due to atmospheric friction that it

The debris that accumulates on the

Space Station is ejected towards







delicate instruments. Some astronauts To sleep in space the astronauts must find it hard to adapt to sleeping with bodies would float freely around the light or people snoring next to them. be strapped down, otherwise their station and might collide with the

water would float everywhere. Instead, water does not fall, nor tubs, since the astronauts use a thick shampoo that There are no space showers, since the necessary to rinse it, just wipe off the does not produce foam. It is rubbed all over the body and hair and it is not residue with a towel.

This is similar to the disinfecting gel we rinsed. The space station's air filtration used on our hands during the COVID system removes the residues that pandemic, that did not need to be evaporate from the shampoo.

Water for the

This photo was taken on the The Universe in my pocket No. 35

Sleeping and washing

can later be used on the of novel materials that permits the fabrication Weightlessness

Earth.







The loose hairs

Answers

of this astro-

because she is nautare floating

weightless on

the Space

Station.

straps that keep the

astronautfrom treadmill has elastic

floating away.

N

Christmas on the Space Station

in space. The strong while they are keep their muscles

Astronauts must

The challenge of

floating inside the

Space Station

This astronaut is

Chaak, Arsen, Côme and Sacha. Observatory, wrote this booklet in 2022. Mexico, and Grażyna Stasińska, of the Parie They dedicate it to their grandchildren Uli, Julieta Fierro, of the National University of

If you were chosen to spend several Something to think about

lmagine what you would do during your would like to eat. how you would like to sleep, and what you months on a space station, think about

to do it in a weightless environment. free time and check it would be possible



To learn more about the please visit presented in this booklet, TUIMP series and the topics

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Daily life in space

and communication techniques types of food, better computers more comfortable clothing, new Space Station, new medical tests, numerous trips to the International trips to the Moon. Thanks to Space expeditions are not just have been developed.

them to have some fun! in top shape. So it's also important for their physical and mental condition be quarters and having to exercise a lot. T*o ac*hieve all this, it is important that weightlessness, living in cramped feel strange because of the do they have to work hard, but they live in space, which is not easy. Not only periods of time, people must learn to To stay on the Space Station for long

physical, technical and mental T*o be an astronaut requires arduous*

