

Some astronauts like to read quietly.

Sleeping and washing

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

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

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

7



Water for the inhabitants of the Space Station is recycled, which helps minimize the supply of products brought from Earth.



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



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

10

Water and waste

Transporting water, or any other material, to the Space Station, requires an enormous amount of fuel. To avoid as much as possible this huge expenditure of energy, the Space Station recycles all the material it can. For example, astronauts' urine is collected, purified into water, and drunk again. The astronauts soon get used to this process.

The debris that accumulates on the Space Station is ejected towards Earth, and when it falls, it gets so hot due to atmospheric friction that it catches fire and disintegrates. If some small fragments survive, they usually land in the Pacific Ocean where there is no danger of hurting anyone.

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

11



Washing one's hair requires combing it "up" and using a no-rinse shampoo without water.

To sleep, astronauts must be strapped down, otherwise they would float about.



Some astronauts have trouble sleeping if they are bothered by odors, lights, or noise.



Astronauts brush their teeth with edible toothpaste to avoid rinsing with water.

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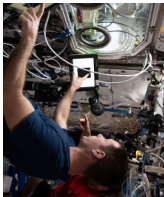
Daily life in space

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

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

To be an astronaut requires arduous physical, technical and mental preparation.

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

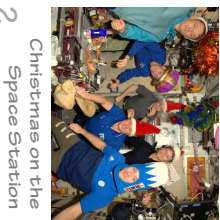


The challenge of eating



Astronauts must keep their muscles strong while they are in space. The treadmill has elastic straps that keep the astronaut from floating away.

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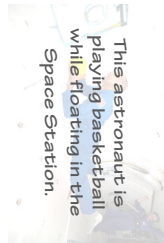


Christmas on the Space Station

Answers



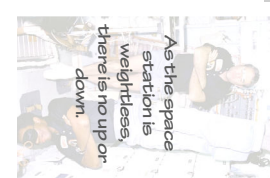
This astronaut is floating inside the Space Station



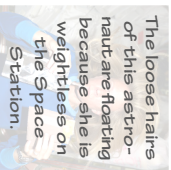
This astronaut is playing basketball while floating in the Space Station.



This photo was taken on the Earth. The loose hairs of the astronaut aren't floating!



As the space station is weightless, there is no up or down.



The loose hairs of this astronaut are floating because she is weightless on the Space Station.



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Translation: Stan Kuntz
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