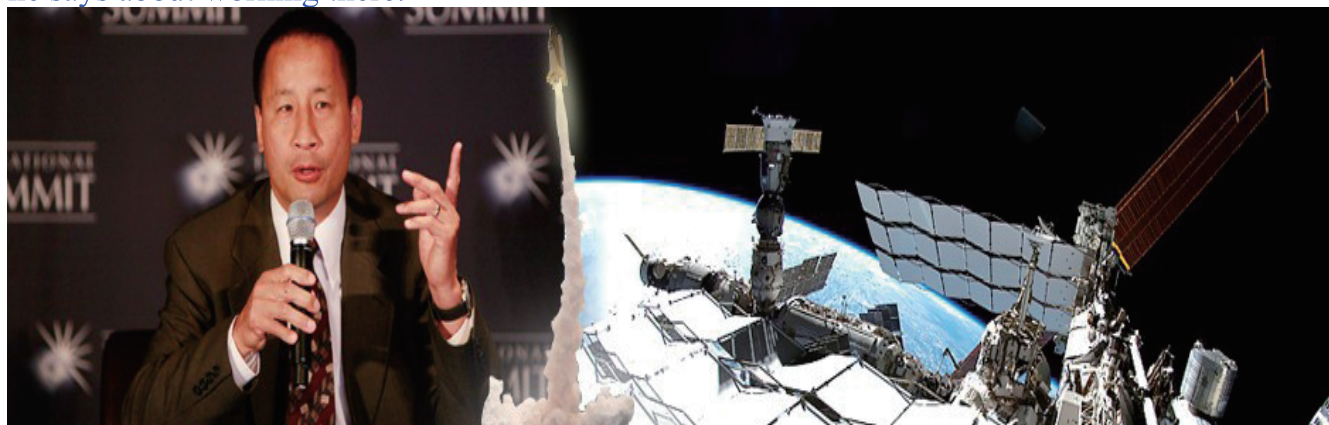


A Job Among the Stars

Edward Lu is an astronaut who spent six months on the International Space Station. Read what he says about working there.



Working on the ISS (International Space Station) is every astronaut's dream. Life on board may sound glamorous to some people, but conditions can be uncomfortable and we have a demanding schedule – we work ten-hour days and have one a half days off – although when you live in your office, it's hard to separate on – duty and off – duty.

Our tasks are quite varied – we do a range of different scientific experiments – but we also have to perform routine maintenance and regular safety checks, like cleaning the air filter and inspecting our emergency equipment. We exercise twice a day – if you don't, your muscles just disappear in the weightless conditions.

Life is never dull, but you can feel lonely up here, away from friends and family. The work can also be stressful, so in my free time I relax by writing and answering emails. I also love taking photos of the views from up here. It's fun to watch stars as they rise through the atmosphere.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。