

LIVING IN THE SPACE



Life on the Space Station is very different, at least until the astronauts get used to it. The Space Station goes round the entire Earth in just 1 hour and a half. So the crew sees the Sun rise and set 16 times every day! The most different thing is that there is no gravity. Astronauts float wherever they want to go. If you leave something lying around on the Space Station, it will float away. So you have to be tidy! This makes astronauts' everyday routines a little bit different from ours.



EATING

Eating is tricky. Astronauts eat food from plastic bags with a spoon, and drink from squeeze bottles with a straw. If they are not careful, globs of food and blobs of water will wander away until they stick to a wall or an astronaut catches them.

SLEEPING

Sleeping is much easier than on Earth, you don't need beds or bunks or any kind of mattress. Simply attach your sleeping bag to a good point, and get yourself in. Cover the little windows, put out the lights and, quite literally, float into sleep. Don't be too surprised if you are awakened by strange shapes floating next to your face, they are only your own arms.



GOING TO THE TOILET

When astronauts go to the toilet, the first thing they have to do is to tie themselves to it, if not they would float around. Instead of using water, the toilet has a suction tube that takes the waste away. The solid waste then gets compressed and stored for later disposal, while urine is collected in a separate container to be recycled.

WASHING YOURSELF

As water can't fall from the shower but floats around in spheres and sticks to surfaces, most astronauts find it not as relaxing to have a shower in the Space Station as on Earth. As they cannot fill a sink when they would like to wash themselves, they take sponge baths and use wet tissues (with soap) instead.



1. Read the text again and complete these sentences.

1. Water floats around in _____.
2. In the Space Station you have to be _____ if you don't want that your things float away.
3. The toilet has a suction tube that _____ the waste away.
4. The crew sees the Sun rise and set _____ times everyday.
5. Attach your sleeping bag and get _____ in.
6. Globbs and blobs will float away until they _____ to a wall.

2. Mark if these sentences belong to "eating", "sleeping", "going to the toilet" or "washing yourself".

1. It is much easier in the space than on Earth. _____
2. If they are not careful, globbs and blobs will float away. _____
3. The first thing they have to do is strap themselves to it. _____
4. Is not as relaxing as in Earth. _____
5. They use wet tissues with soap. _____
6. They recycle the pee. _____
7. They use plastics bags and squeeze bottles. _____
8. They can wake up with a strange shape next to your face. _____

3. Look at these words from the text and match them with their definitions.

Sink

Waste

Entire

Squeeze

Tricky

Bunks

Complete, whole, full

Something with trick or difficult

To apply pressure to (something) in order to force out juice, sap ...

A bed built into the wall, as on a ship, with one on top of another.

Something that you can't use, that is unusable to a living thing

A container for washing