

Tim Peake's Space Diary

17th December 2015

Dear Diary,

I am settling into my new life on the International Space Station. My first full day was spent checking everything was safe and getting used to being weightless. It is a very strange feeling and takes a while to get used to!

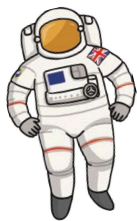
I start every day with a meeting with the other astronauts. We all talk about what we are doing that day. We often spend the day exercising, doing experiments and fixing things on the spacecraft. At the end of the day, we have another meeting and then sit down together for a meal of freeze-dried food. It tastes very different to the food back on Earth but I'll have to get used to it!



The only day I don't like is Sunday, because it's cleaning day! The whole crew help to give the spacecraft a Hoover and wipe. Dust floats around in space so it's really important to keep things clean and tidy!

14th January 2016

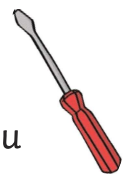
Dear Diary,



Tomorrow, I am going on my first ever spacewalk outside of the spacecraft. We have been getting ready for the spacewalk for weeks in space, and months before that on Earth. Before that, I did years of training; it takes a long time to prepare for a spacewalk! But I guess nothing can prepare us for the feeling of being outside of a spacecraft, floating in space!

I am very excited but I have no time to think about how I feel. The six hours and thirty minutes we will work on the outside of the spacecraft are planned in detail. The plans for what we will do are almost 40 pages long! You have to be good at reading to be an astronaut.

Our tools and spacesuits are ready and we've completed all our training and preparations. It's finally time to go for a walk. See you on the other side!



Questions

1. Fill in the missing word.

On his first full day Tim checked everything was _____.

2. On his first day Tim also said he got used to being weightless. What do you think this word might mean?

being heavy

being small

having no weight or gravity

3. Number the events below to show the order in which they happen on a normal day on the space station.

Astronauts exercise, do experiments and fix things.	
Astronauts have a meeting.	
Astronauts have a meal of freeze-dried food.	
Astronauts have another meeting.	

4. Find and copy one word that shows how Tim is feeling about the spacewalk.

5. Fill in the missing word.

Tim says you must be good at _____ to be an astronaut.

6. How do you think Tim feels about freeze-dried food? Give two reasons for why you think this.
