**SHOTLIST SCRIPT: MEMORIES OF AN ASTRONAUT**

10 00 00

Generic and title

10 00 10

TEXT

Imagine waking up and seeing a perfect picture of the Earth through the window.. What most of us can only dream about, a few privileged astronauts have actually experienced. Amongst them, Belgian ESA astronaut, Frank De Winne.

*Images from: Euronews story Living in Space, May 2013, ESA story Preview 2013, ESA story Earth Explorers to safeguard our planet from June 2010 and ESA story PROMISSe Mission wrap-up from 06/12/2012*

10 00 24

Frank De Winne, Head of European Astronaut Centre, ESA

Looking out of the window is really one of the most fantastic experiences that you can have from the international space station. Our Earth is so beautiful, you see this blue ball and then above, nothing, just black, and this immense universe.

*Extract from interview in Euronews story Living in Space, May 2013*

10 00 41

TEXT

But to get there, there's many years of hard work and often difficult personal choices, specially when they prepare for long duration missions. Having successfully flewn the Odissea mission, a support flight to the International Space Station, Frank De Winne embarked in 2009 on the OasISS mission, a long-duration flight to the ISS, and became its first European commander. Since 2012, he shares his knowledge and experience with future astronauts here in Cologne.

*Images from: ESA story The OasISS Mission, from May 2009, Euronews story Living in Space, May 2013 and ESA story Highlights 2009 (1001-101-AR)*

10 01 08

Frank De Winne, Head of European Astronaut Centre, ESA

When you are sitting on top of the rocket, you lay on your back, you have nothing to do anymore for half an hour, and then you think what am I about to do here, you're going to fly to space, there is no way back for 6 months, you will be in a tin can with 6 other people for six months, and there you have half an hour to think about it, and this is quite a special moment I would say.

*Extract from interview in Euronews story Living in Space, May 2013*

10 01 25

TEXT

The ISS is the frontier outpost of human exploration. It's a home and workplace like nothing on Earth. But life aboard the ISS is hardly the glamorous picture of life in space that Hollywood has fabricated. With a long list of tasks and experiments to perform in the most challenging environment anyone can imagine, astronauts have to abide to a strict work-rest-exercise programme to make sure they will make it through the six months, as there's no easy going back..

*Images from: Euronews story Living in Space, May 2013 and ESA story Highlights 2009 (1001-101-AR)*

10 01 54

Frank De Winne, Head of European Astronaut Centre, ESA

Of course in the beginning you're very excited, you want to do everything very quickly, but it doesn't work, you can't maintain this rhythm for six months, you have to pace yourself, and you have to try to maintain a stable kind of mood, a stable type of working rhythm.

*Extract from interview in Euronews story Living in Space, May 2013*

10 02 10

TEXT

The ISS crew's main job is to carry out science research, but they also have to spend a great deal of time maintaining the station. And that means doing some pretty mundane tasks...

*Images from: Euronews story Living in Space, May 2013*

10 02 23

Frank De Winne, Head of European Astronaut Centre, ESA

Vacuum cleaning is not something that you might say is a preferred activity of the astronauts, nevertheless if you want to maintain the space station in a good state, if you want to make sure that it's a healthy environment to live in but also for the crew mates that will follow you, every Saturday morning you have to vacuum the space station.

*Extract from interview in Euronews story Living in Space, May 2013*

10 02 41

TEXT

Cleaning, sleeping or even going to the toilett.. these minutiae of daily life present serious technological challenges when living 400 kilometres up in space.

*Images from: Euronews story Living in Space, May 2013*

10 02 55

Frank De Winne, Head of European Astronaut Centre, ESA

Water recycling is a big part of the maintenance of the station, so 70% of the water is recycled, and also our urine is recycled, so in the space station we can basically say that the coffee that we drank yesterday is the same coffee that we drink today, and is the same coffee that we will drink tomorrow, and we also drink the coffee of our crewmates.

*Extract from interview in Euronews story Living in Space, May 2013*

10 03 10

TEXT

After 6 months in this challenging environment, it's not surprising astronauts agree there's nothing like coming back home..

*Images from: ESA story Kuipers landing highlights 1207\_003\_AR*

10 03 20

Frank De Winne, Head of European Astronaut Centre, ESA

The moment they open up the hatch and you feel this fresh cold air coming in to your capsule, this is really something. And then they get you out of the capsule and the first thing that you want to do is to contact your family, your friends, say I'm alright, we will see each other tonight, it's really feeling fantastic.

*Extract from interview in Euronews story Living in Space, May 2013 and images to end from the B-roll of ESA story Highlights 2009*

**END of A-roll and begining of B-roll**

10 03 39

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

A room with a view

“Looking out of the window is really one of the most fantastic experiences that you can have from the international space station. Our Earth is so beautiful, and yet when you look outside you see that the atmosphere that surrounds our Earth is so thin, it's merely like an eggshell, it's so fragile, so the vulnerability, the fragility of our planet is very visible from up there, you see this blue ball and then above, nothing, just black, and this immense universe.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 04 38

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

Last thoughts before take-off

“On the real day you go to the rocket well in time, you don't want to be late to fly to space, so you go to the rocket well in time, and then of course there is spare time, and this is actually the moment when you are sitting on top of the rocket, you lay on your back, you have nothing to do anymore for half an hour, and then you think what am I about to do here, you're going to fly to space, there is no way back for 6 months, you will be in a tin can with 6 other people for six months, and there you have half an hour to think about it, and this is quite a special moment I would say.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 05 31

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

Pacing life in space

“Spending six months in space, the biggest challenge you have is to be able to pace yourself. Of course in the beginning you're very excited, you want to do everything very quickly, but it doesn't work, you can't maintain this rhythm for six months, you have to pace yourself, and you have to try to maintain a stable kind of mood, a stable type of working rhythm.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 06 04

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

Keeping the ISS clean

“Vacuum cleaning is not something that you might say is a preferred activity of the astronauts, nevertheless if you want to maintain the space station in a good state, if you want to make sure that it's a healthy environment to live in but also for the crew mates that will follow you, every Saturday morning you have to vacuum the space station.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 06 42

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

Water recycling

“We recycle a lot of our urine, water recycling is a big part of the maintenance of the station, so 70% of the water is recycled, and also our urine is recycled, so in the space station we can basically say that the coffee that we drank yesterday is the same coffee that we drink today, and is the same coffee that we will drink tomorrow, and we also drink the coffee of our crewmates.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 07 17

SOUNDBITE Frank De Winne, Head of European Astronaut Centre, ESA, in ENGLISH:

Coming back home

“The moment they open up the hatch and you feel this fresh cold air coming in to your capsule, this is really something. And then they get you out of the capsule and the first thing that you want to do is to contact your family, your friends, say I'm alright, we will see each other tonight, it's really feeling fantastic.”

*Extract from interview in Euronews story Living in Space, May 2013*

10 08 31

**Frank de Winne, OasISS Mission**

10 08 41

Views of Frank de Winne training for the OasISS Mission (18 shots)

10 11 04

View of Frank de Winne inside the ISS

10 11 16

View of Frank de Winne arriving back in Earth and being taken out of the capsule

10 12 19 END of B-roll