

# **From Rockets to the Final Frontier: A Kid's Adventure on the International Space Station**

David H. Lehman, NASA / Jet Propulsion Laboratory,  
Project Manager (Retired)



# Outline

- Overview of the International Space Station (ISS)
- How to rockets work?
- Vehicles at the ISS
- Living at the ISS
- Research Facilities
- Crew at the ISS now
- What research are we doing on ISS today?
- What's next including ARTEMIS
- Criteria to become a NASA astronaut
- Plan of action for a kid to work for NASA
- Summary



# The International Space Station



# By the Numbers...

**November 2, 2000**

**17,500 mph**

**200+ people**

**52 computers**

**17 countries**

**100 racks**

**1 acre of solar panels**

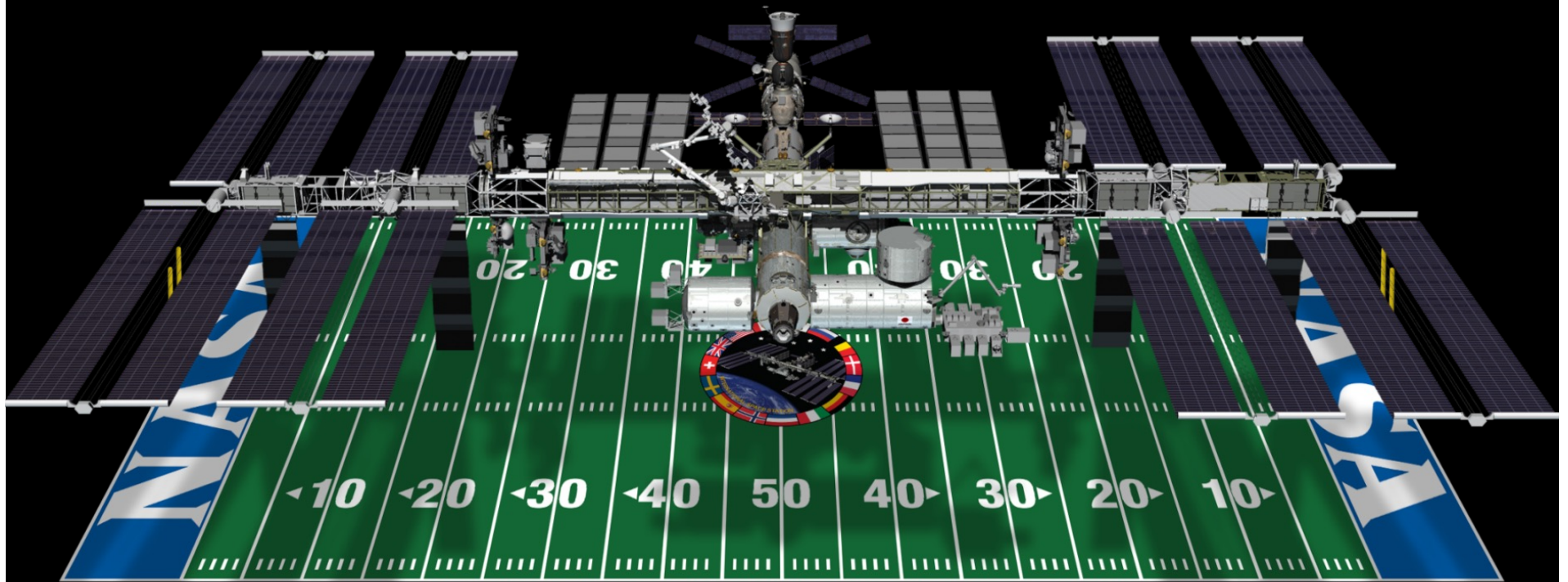
**1900+ experiments**

**4x Mir and 5x Skylab**





# That's One Big Space Station



# Expedition 71

● CTIVE MISSION

**Crew Members** ● Oleg Kononenko, **Commander and Flight Engineer** Nikolai Chub, Tracy C. Dyson, Matthew Dominick, Jeanette Epps, and Alexander Grebenkin.



How do Rockets Work?



# Visiting Vehicles



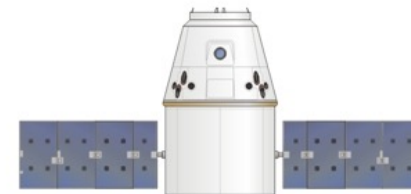
Soyuz-TMA



Progress-M



HTV

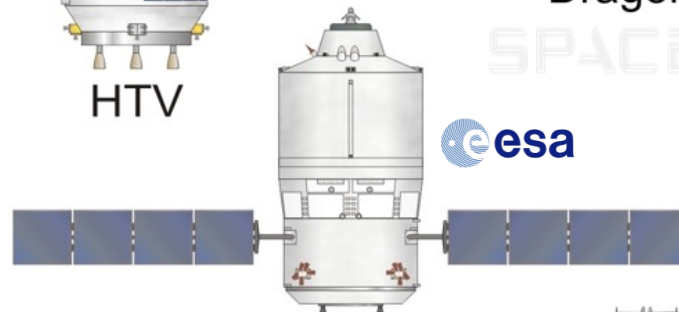


Dragon



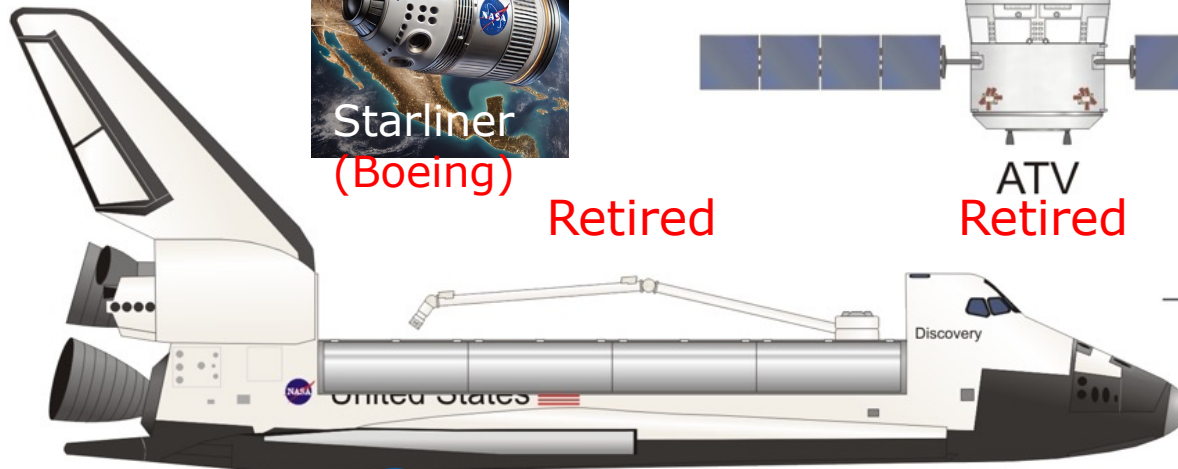
Starliner  
(Boeing)

Retired



ATV

Retired



Space Shuttle



Cygnus

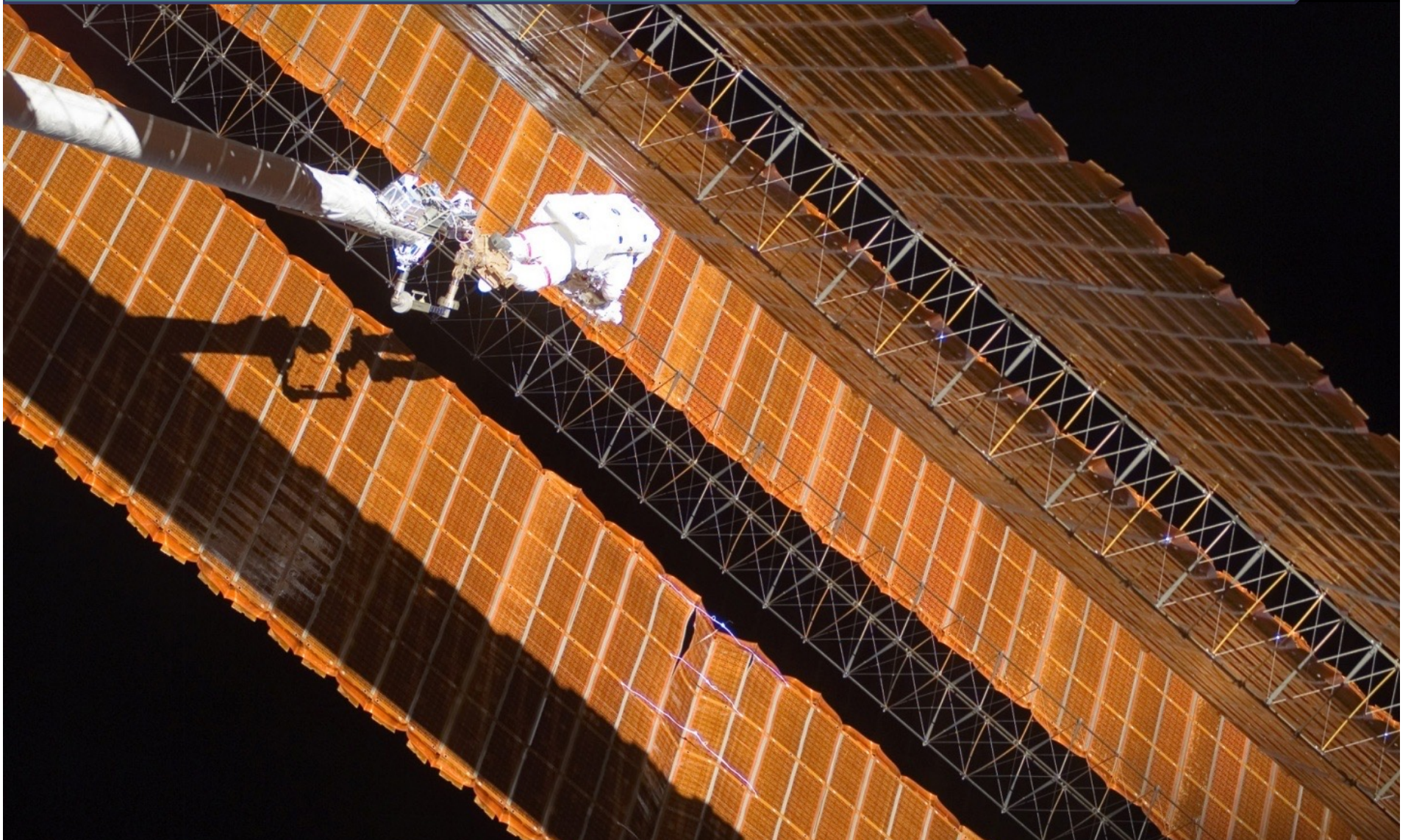


Which vehicle(s) can currently  
be used at the ISS?

- A. Space Shuttle
- B. Starship Rocket
- C. Tesla 3
- D. The cruise ship Titanic
- E. Space X Dragon

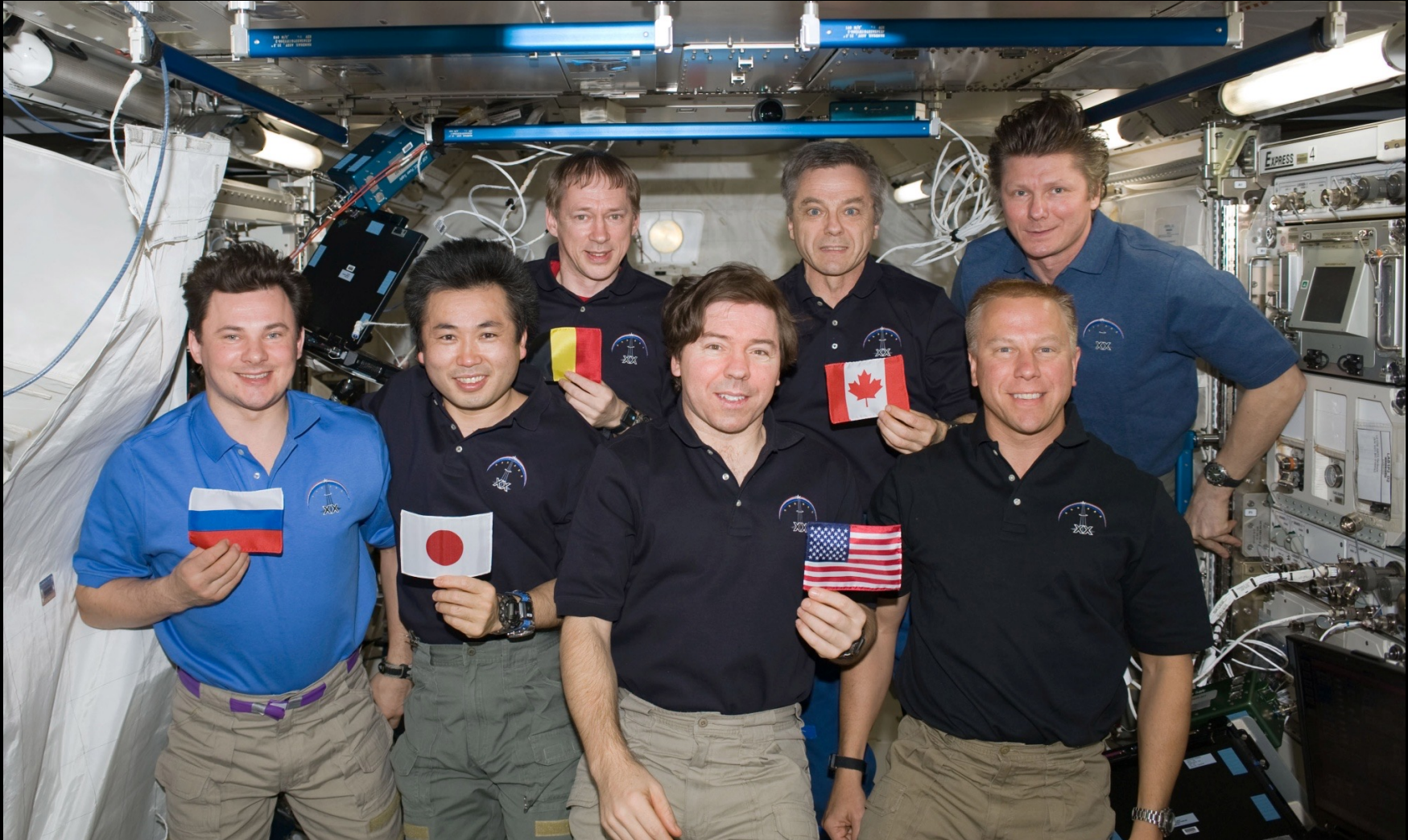


# Engineering Achievement





# International Achievement





# New Knowledge and Benefits



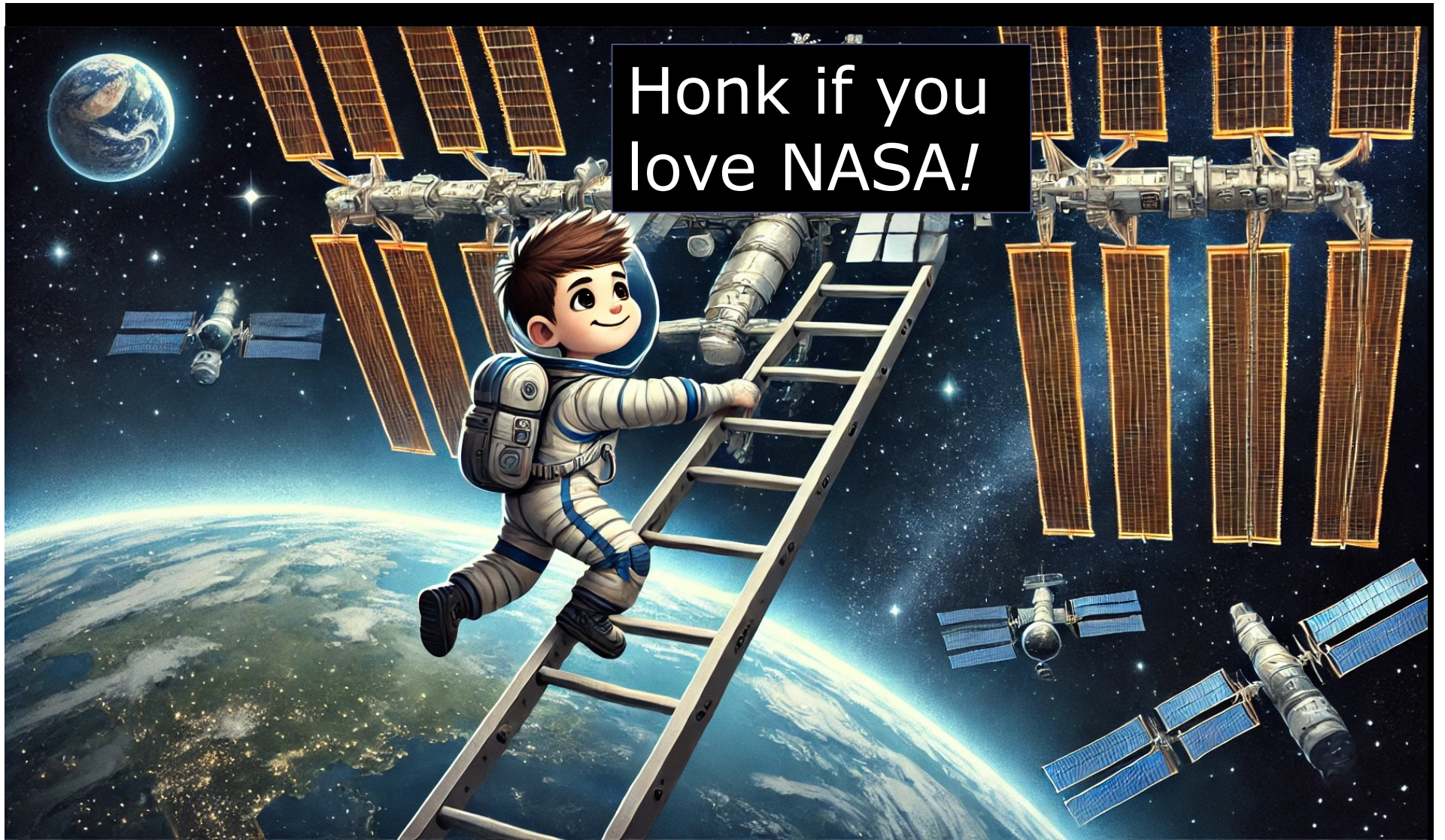




Why did the kid buy himself a 260-mile long ladder?

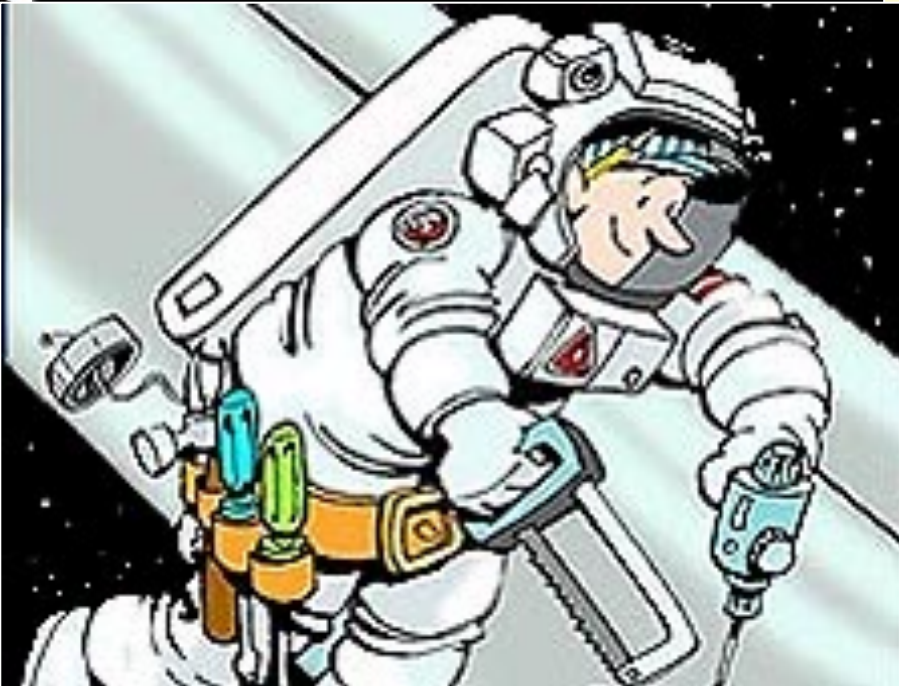


Honk if you  
love NASA!

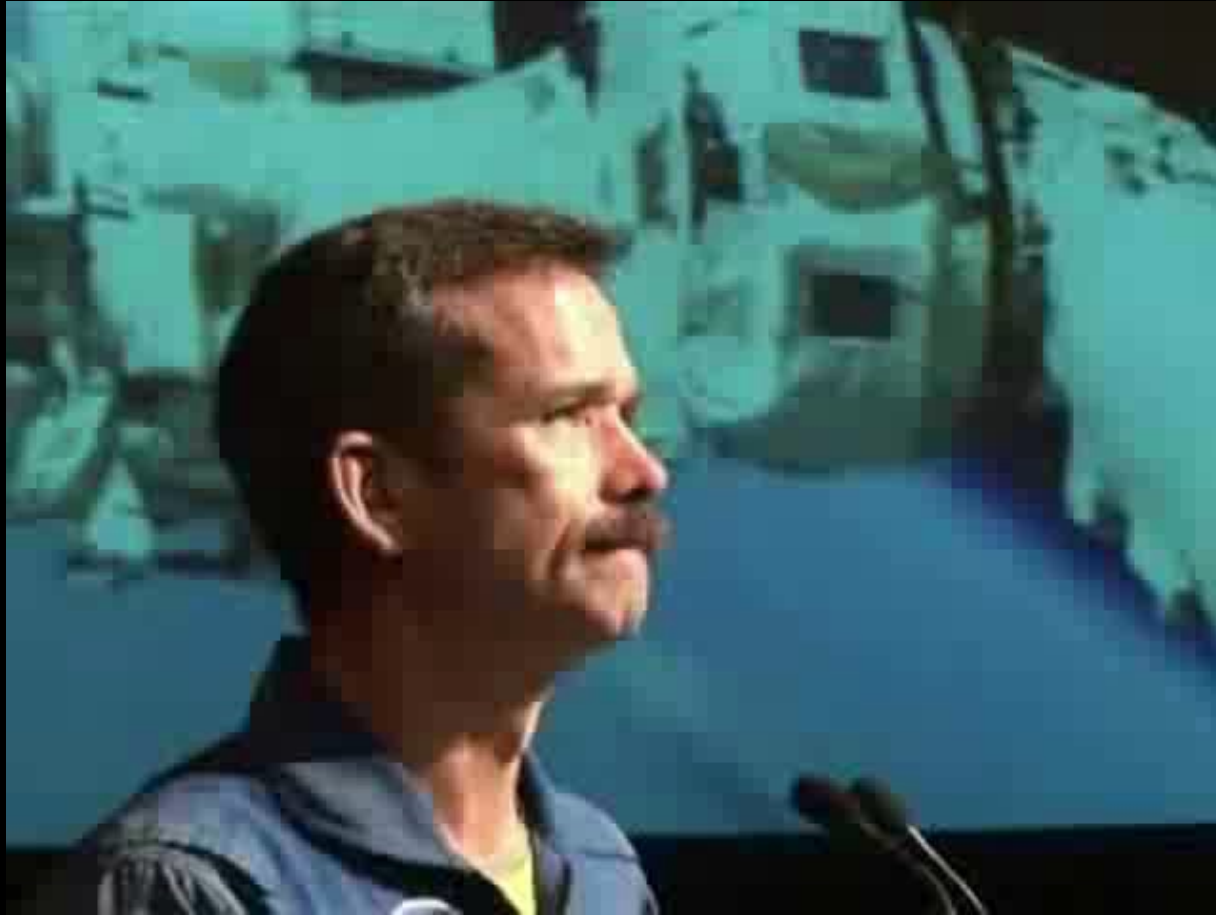




# Living on the Space Station



# Space Potty





# Eating in Space







**What do kids on the ISS use to clean up messes?**





**Space  
Brooms!**



# Exercising in Space



CEVIS  
Cycle Ergometer  
With Vibration  
Isolation System



COLBERT  
Combined Operational  
Load Bearing  
Resistance Exercise  
Treadmill

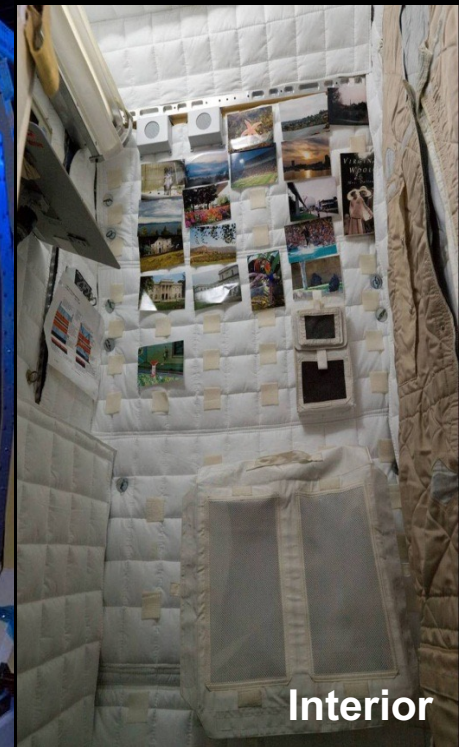


Russian  
Cycle Ergometer



ARED  
Advanced Resistance  
Exercise Device

# Sleeping in Space



Interior



# Working in Space



SPACE STATION



RESEARCH



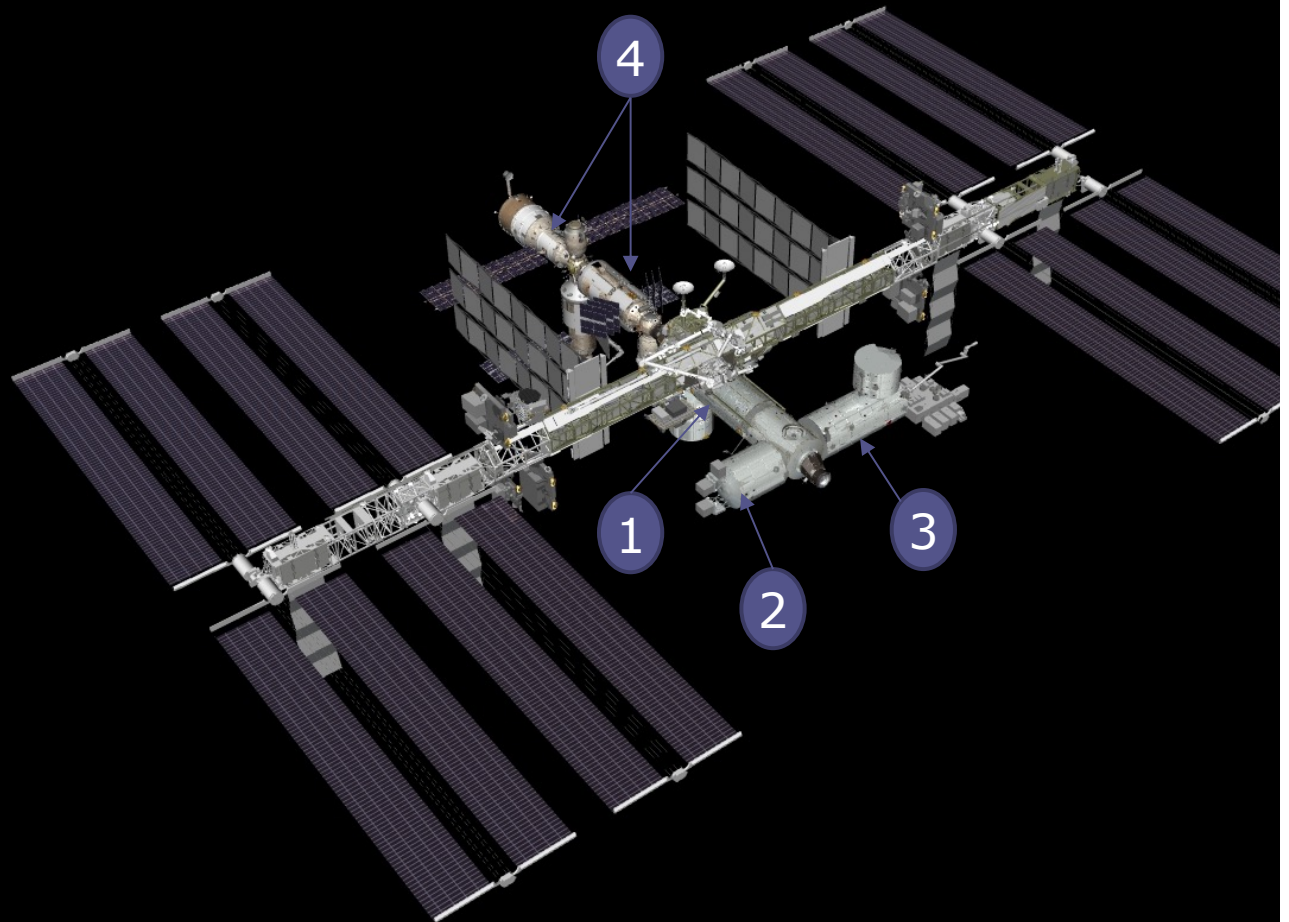


# Research Facilities

ISS Contains 4

Research Facilities:

1. US Destiny Laboratory Module (NASA)
2. Columbus Research Laboratory (ESA)
3. Japanese Experiment Module or KIBO (JAXA)
4. Russian Research Facilities (RSA)





**Why do kids on the ISS always do their homework?**





Because they don't want to be grounded... back on Earth!



# What research are we doing on ISS today?

**Biology and Biotechnology**

**Human Research**

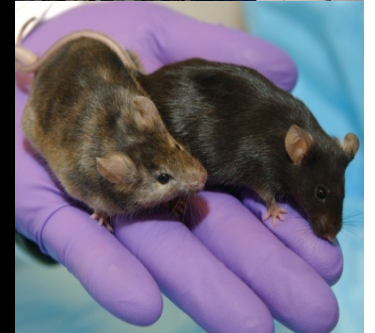
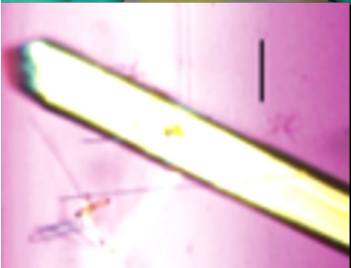
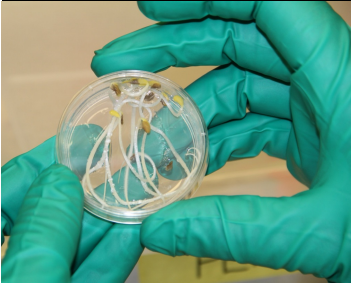
**Physical Sciences**

**Tech Demos**

**Earth Science**

**Astrophysics**

**Education**





# Why Microgravity Research?

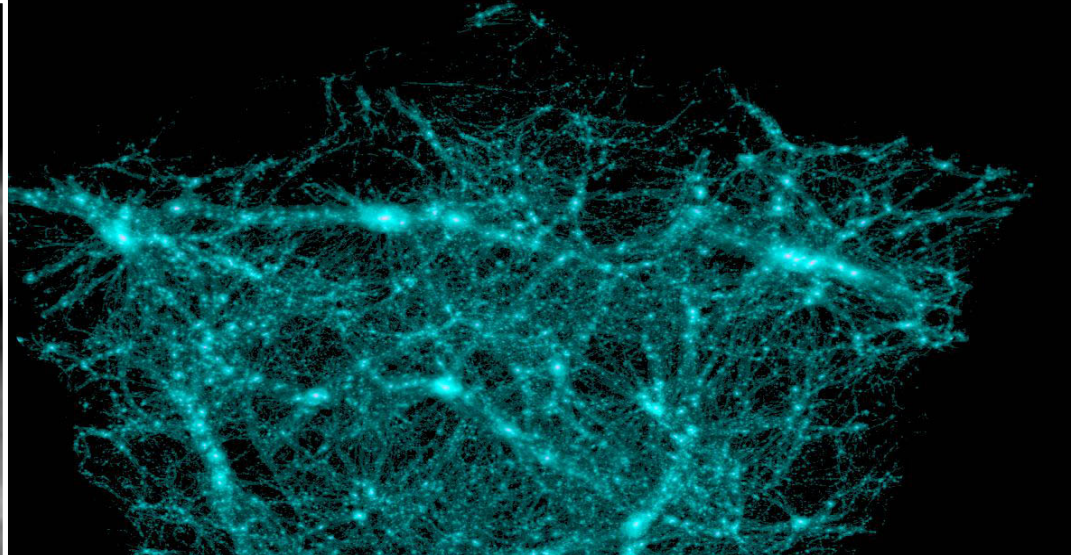
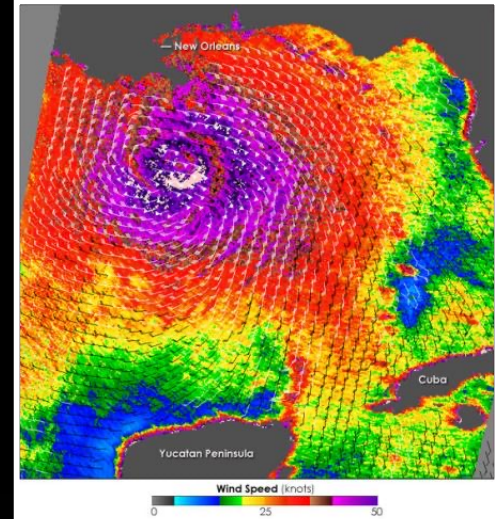
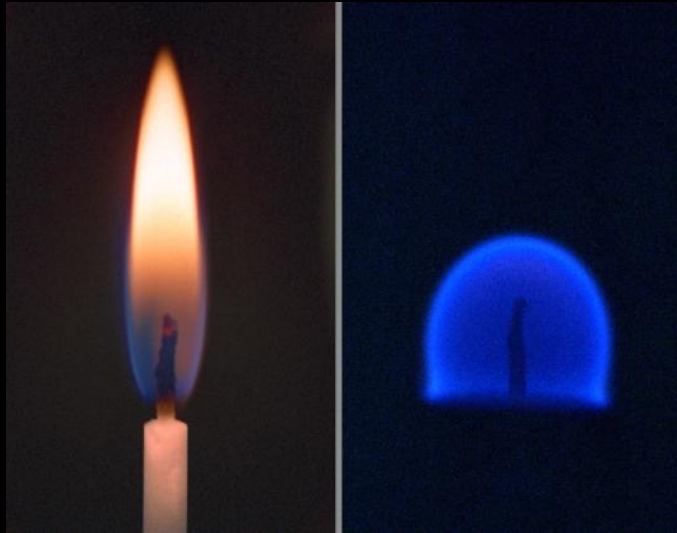


**1g (Earth)**



**Micro-g (space)**

# Research Examples

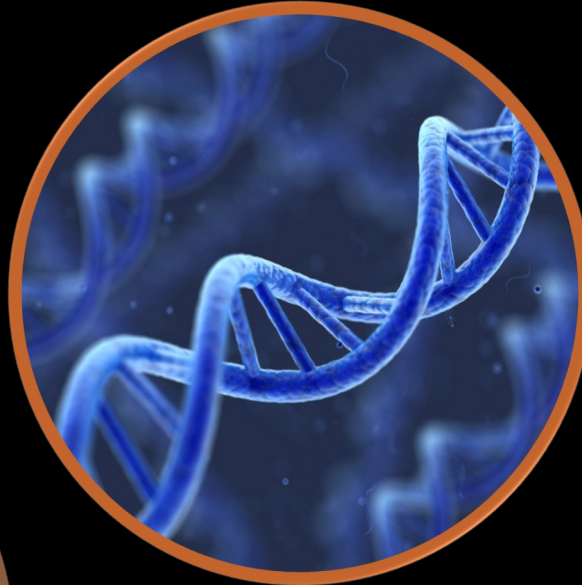




# What are the benefits?



Benefits for Humanity

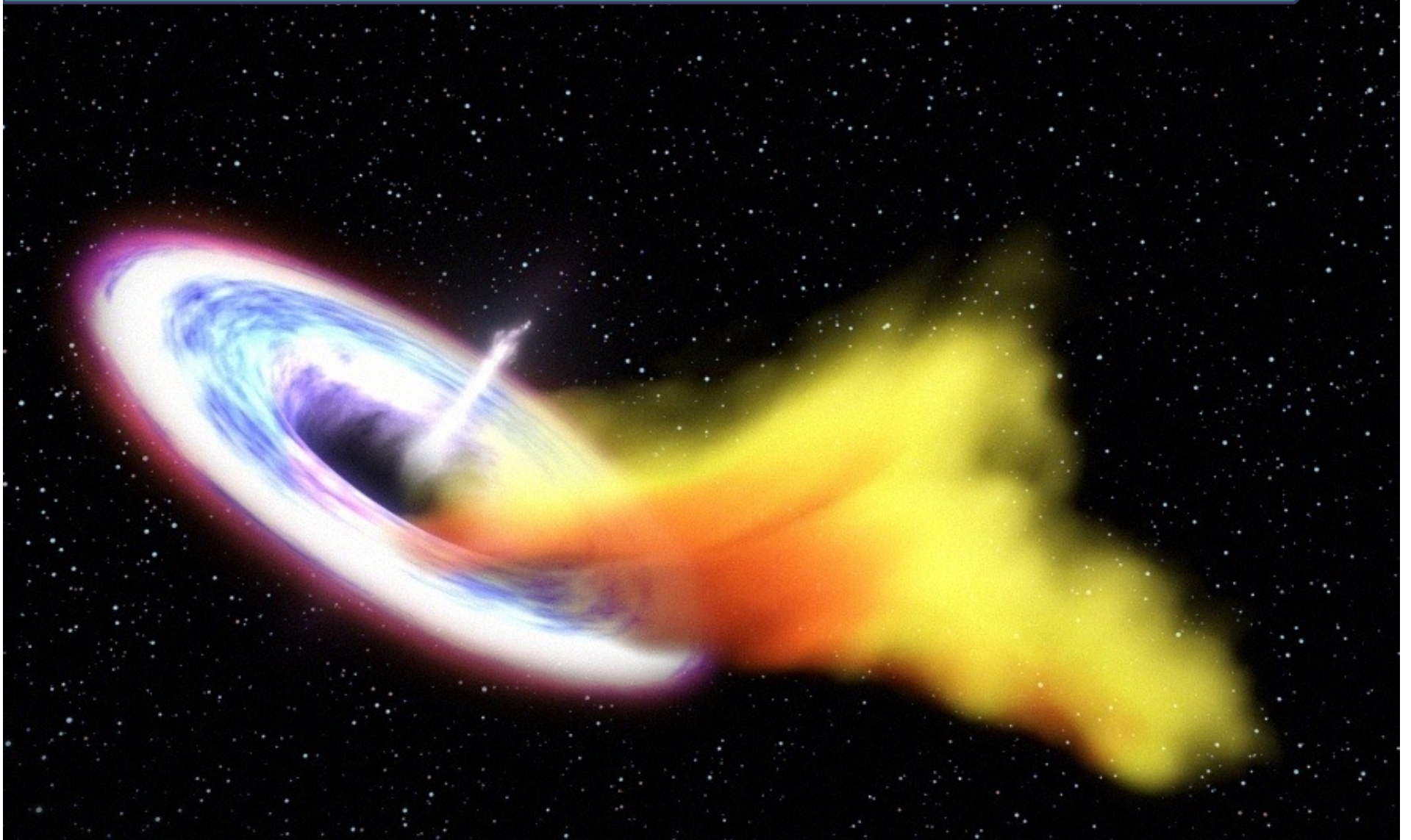


Scientific Discovery



Enabling Future  
Exploration

# Scientific Discovery





I weigh 180  
pounds on Earth.  
How much would I  
weigh on the ISS?

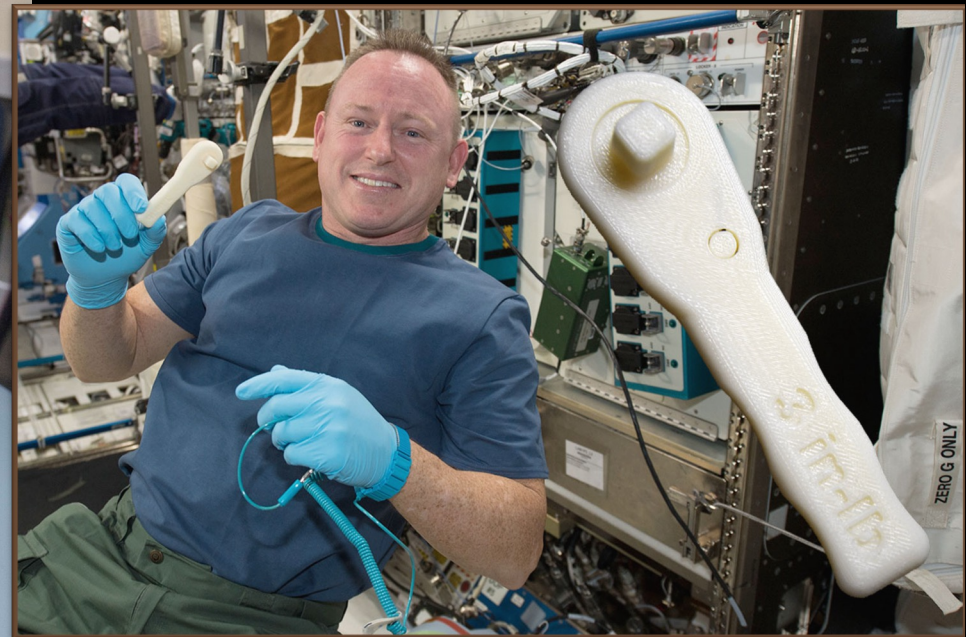
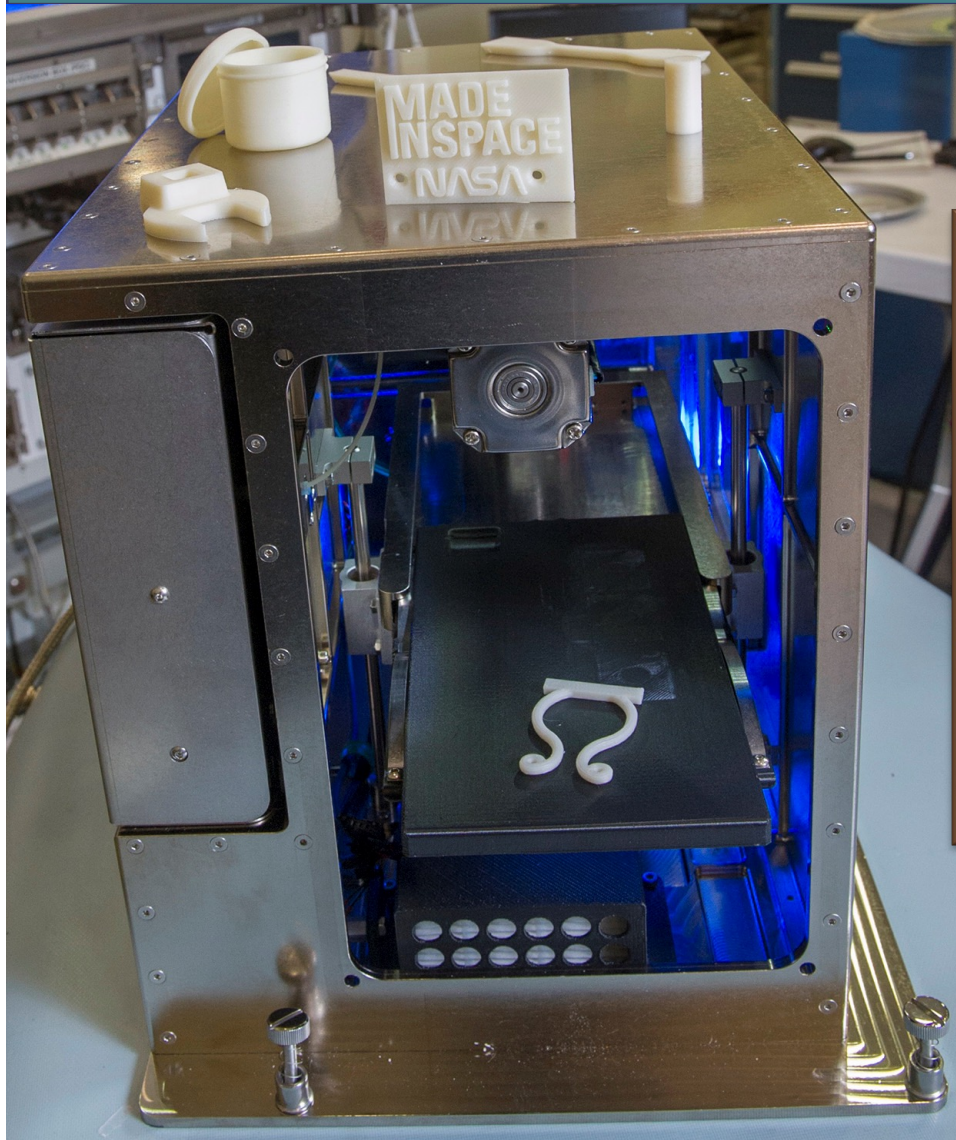
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- A. 180 pounds.
- B. 18 pounds.
- C. 1087 pounds
- D. 90 pounds.
- E. 0 pounds.





# Enabling Future Exploration





# Benefits for Humanity



Human Health



Earth Observation  
and  
Disaster Response



Innovative  
Technology

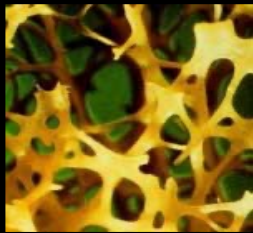


Global Education



Economic  
Development of  
Space

# Human Health



Normal Bone

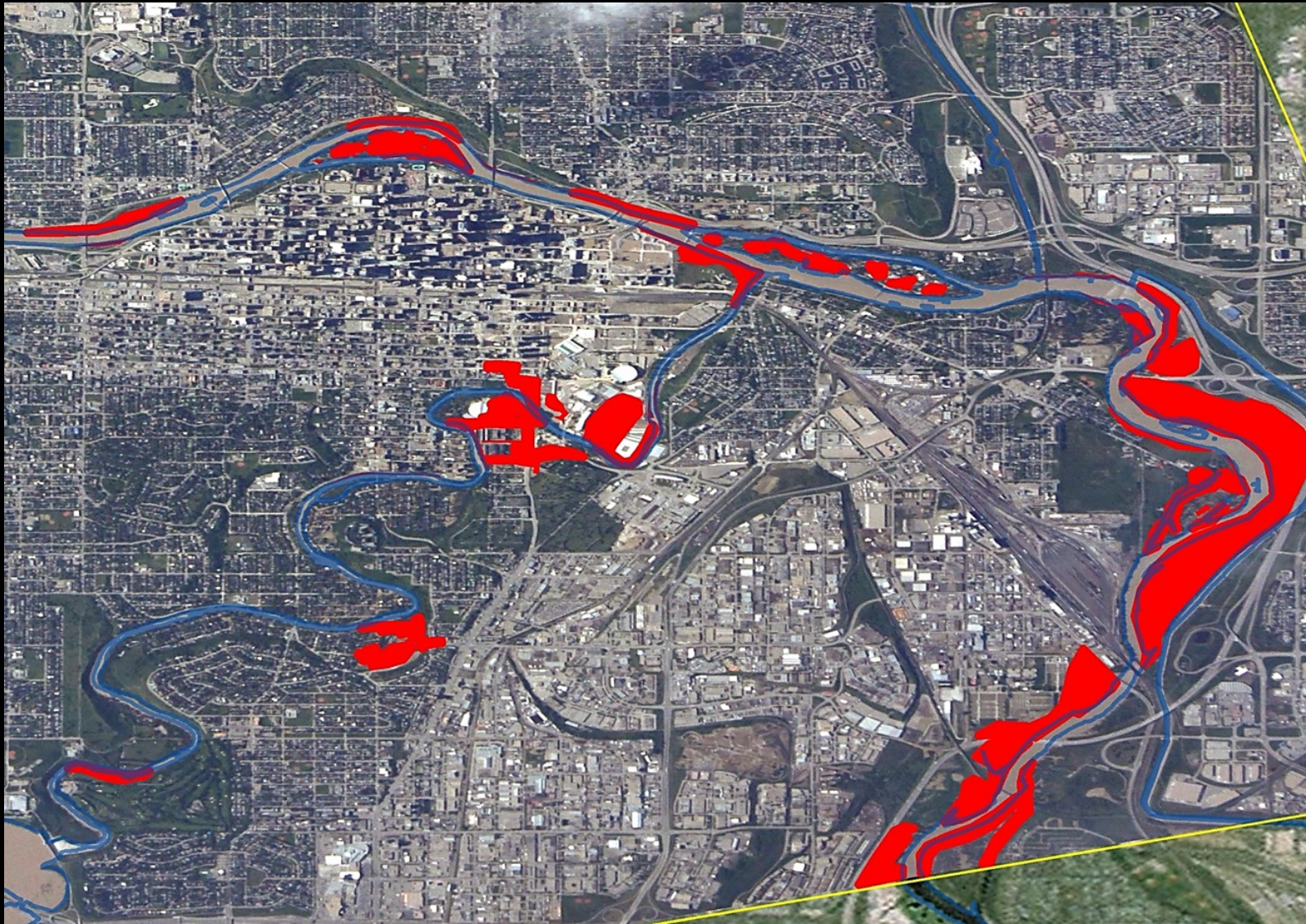


Osteoporotic Bone





# Earth Observations and Disaster Response





# Innovative Tech

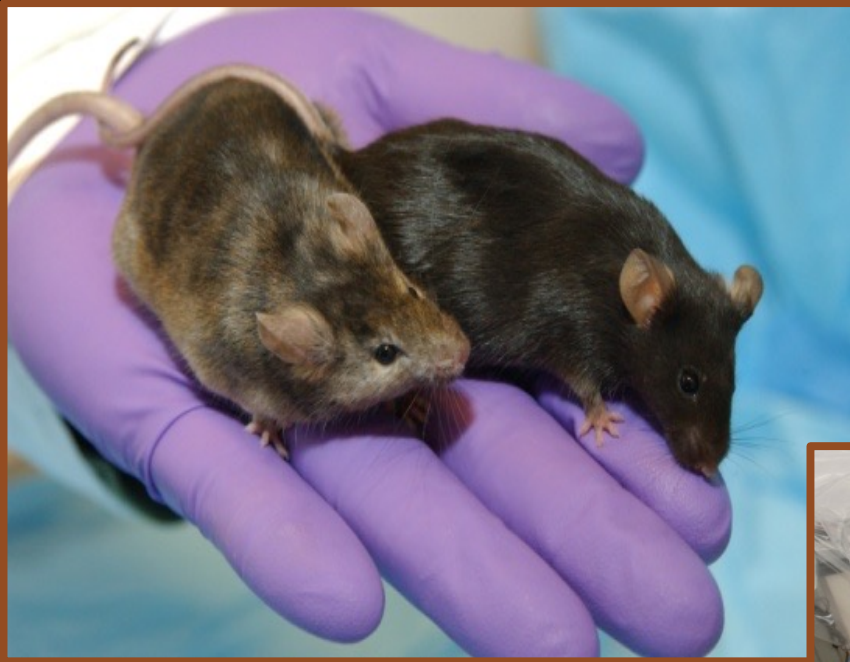




# Global Education

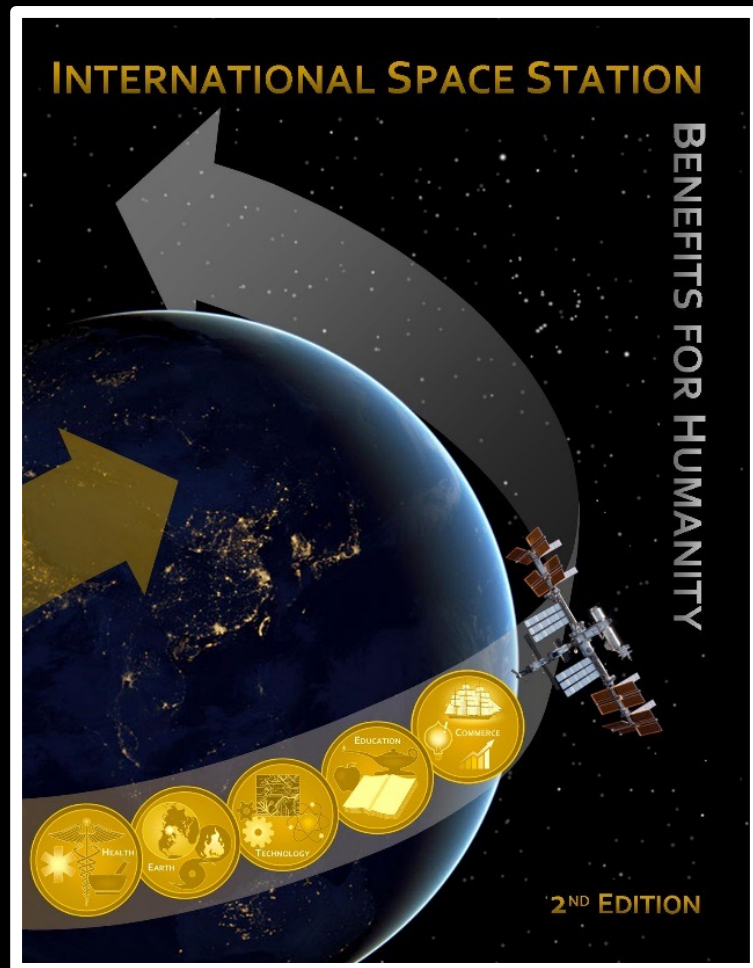


# Economic Development of Space





# Benefits for Humanity

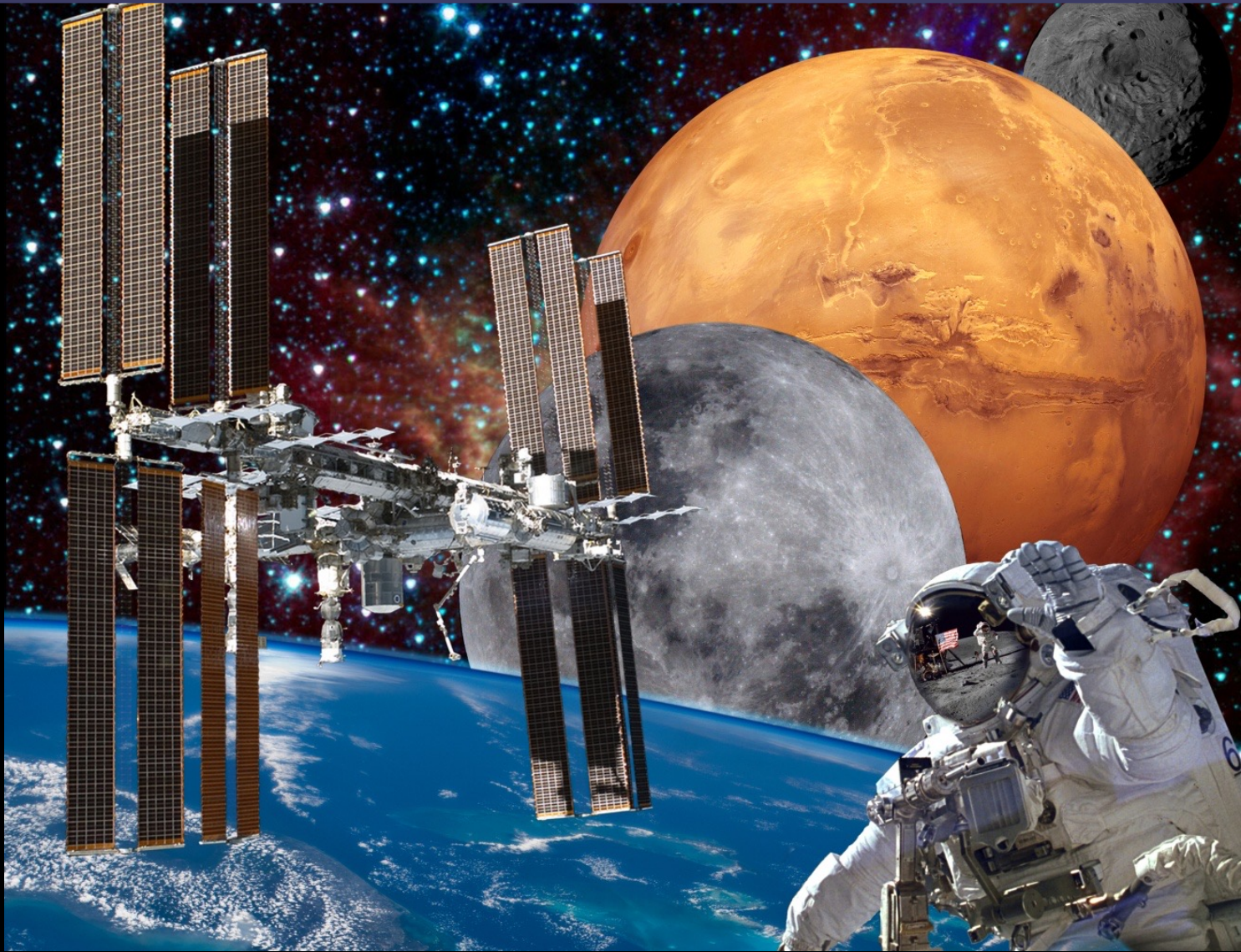


# Spot the Station





# What's Next?







# ARTEMIS

Twin sister of Apollo and goddess of the Moon in Greek mythology. With Artemis missions, NASA will:

- Collaborate with international and commercial partners to establish the first long-term presence on the Moon,
- Land the first woman and first person of color on the Moon, and
- Use what we learn on and around the Moon to take the next giant leap: sending the first astronauts to Mars.

This slide is adapted from slides by NASA  
Oct. 21, 2021.

ARTEMIS Chief Nujoud Merancy,



**The Artemis II Lunar Flyby Mission Crew Members announced on April 3, 2023**  
Include (from left): NASA astronauts Christina Koch, Victor Glover, Reid Wiseman (foreground)  
and Canadian Space Agency astronaut Jeremy Hansen.



# Can Astronauts Dance?



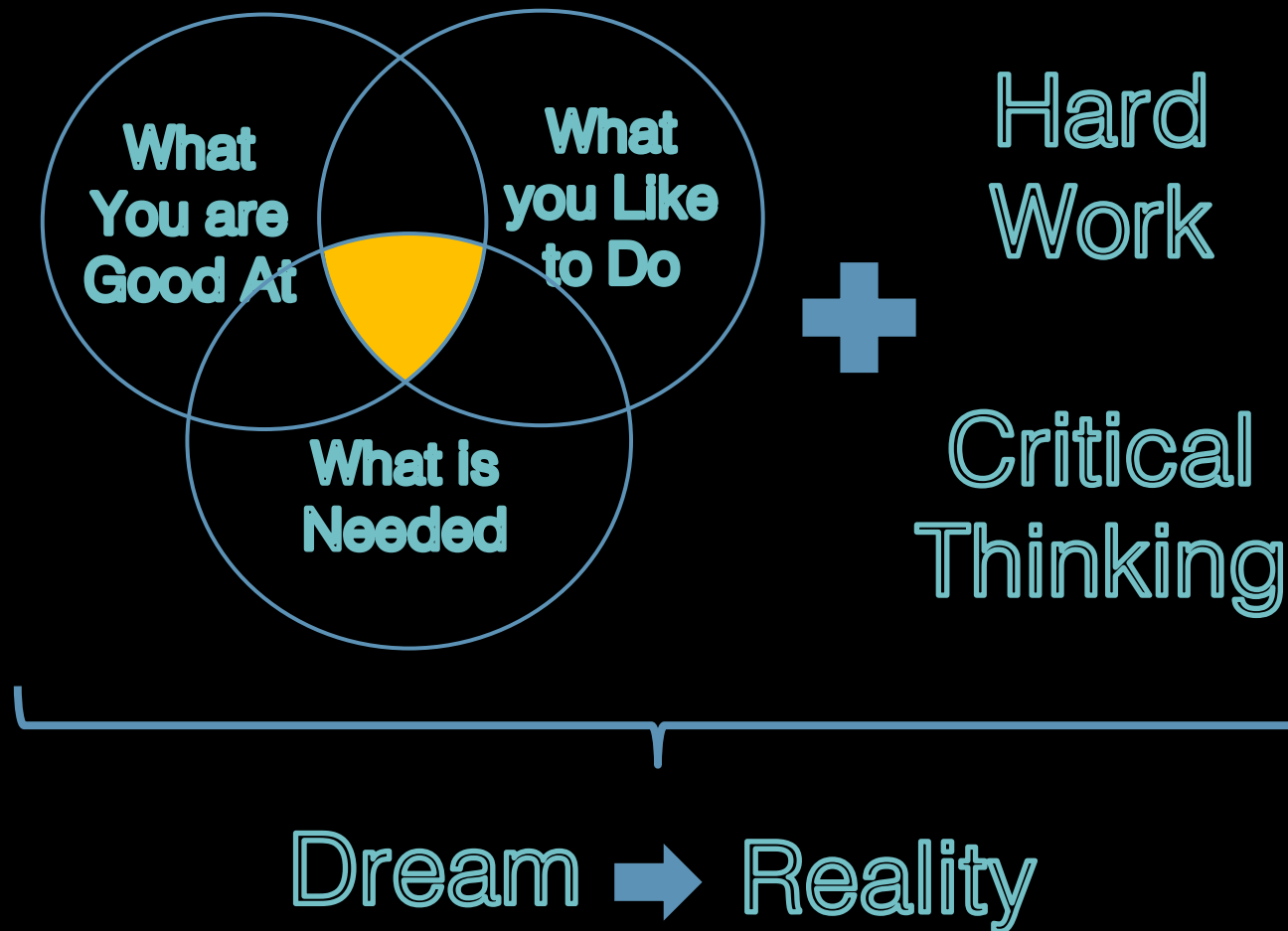


## **DO YOU HAVE WHAT IT TAKES TO #BeAnAstronaut?**



- ✓ U.S. citizen
- ✓ Master's degree in STEM field
- ✓ Two years related, professional experience
- ✓ Pass NASA astronaut physical

**Idea to “How to Reach for the Stars!”  
Based on Graphic from MiMi Aung\***



\* Former Mars Helicopter Project Manager





# Back Up Charts

- Main Reference
- MiMi Aung



MAIN REFERENCE: ISS Livingood 20151118 Station and One Year Crew



INTERNATIONAL  
**SPACE  
STATION**

OFF THE EARTH, FOR THE EARTH


...and in the Classroom!

zoom.us Meeting View Edit Window Help 01:15:33 Mon Apr 24 12:56 PM

Zoom Webinar

Recording


Live Transcription (Closed Captioning) has been enabled Who can see this transcript? Recording On X



# The Sky's Not the Limit: My Journey into Space Exploration and STEM

Kim and Judy Davis Dean's Lecture  
in the Sciences

The program will begin momentarily.



Harvard  
Radcliffe  
Institute

macOS dock with various application icons including Safari, Chrome, Mail, and Zoom.