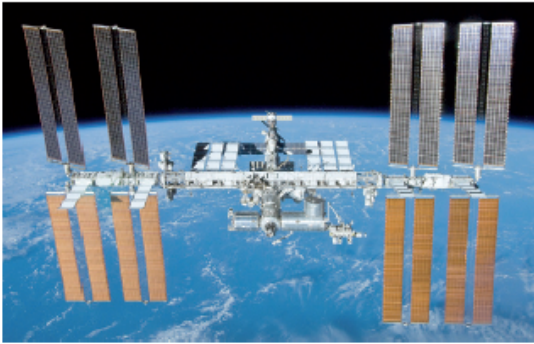


THE ISS



The International Space Station (ISS) is a satellite orbiting over 300 km above the Earth. Its construction began in 1998 and the first astronauts arrived there in 2000.

The ISS is a laboratory where gravity is almost* eliminated. Without gravity, the astronauts and scientists can do very important science and medical experiments in biology, physics, astronomy, meteorology, etc.

Astronauts live and work in space and they do the same routines that we do on Earth: they wash their hair, they brush their teeth and they go to the toilet, but in a different way. They use a special shampoo, they have a special hygiene kit (with toothpaste, toothbrush...) and they go to a very special toilet. This toilet works like a vacuum cleaner** that sucks air and waste*** into a tank.

Astronauts eat three meals a day: breakfast, lunch and dinner. They can eat different types of food: cheese, macaroni, spaghetti, fruit, chicken... and they can drink coffee, tea, orange juice or lemonade. All the food comes in special packages. They have an oven but no fridge.

To sleep, astronauts use sleeping bags situated in small cabins for one person. The sleeping bags are fixed to the wall so they will not float away in the middle of a nice dream.

During their free time, astronauts exercise two hours per day. They can also read books, watch films, play music, play cards and talk to their families. They love looking out the window and watching the spectacular and wonderful views.

VOCABULARY:

* almost: gairebé.

** vacuum cleaner: aspiradora.

*** waste: residus.