



20 Years on the International Space Station

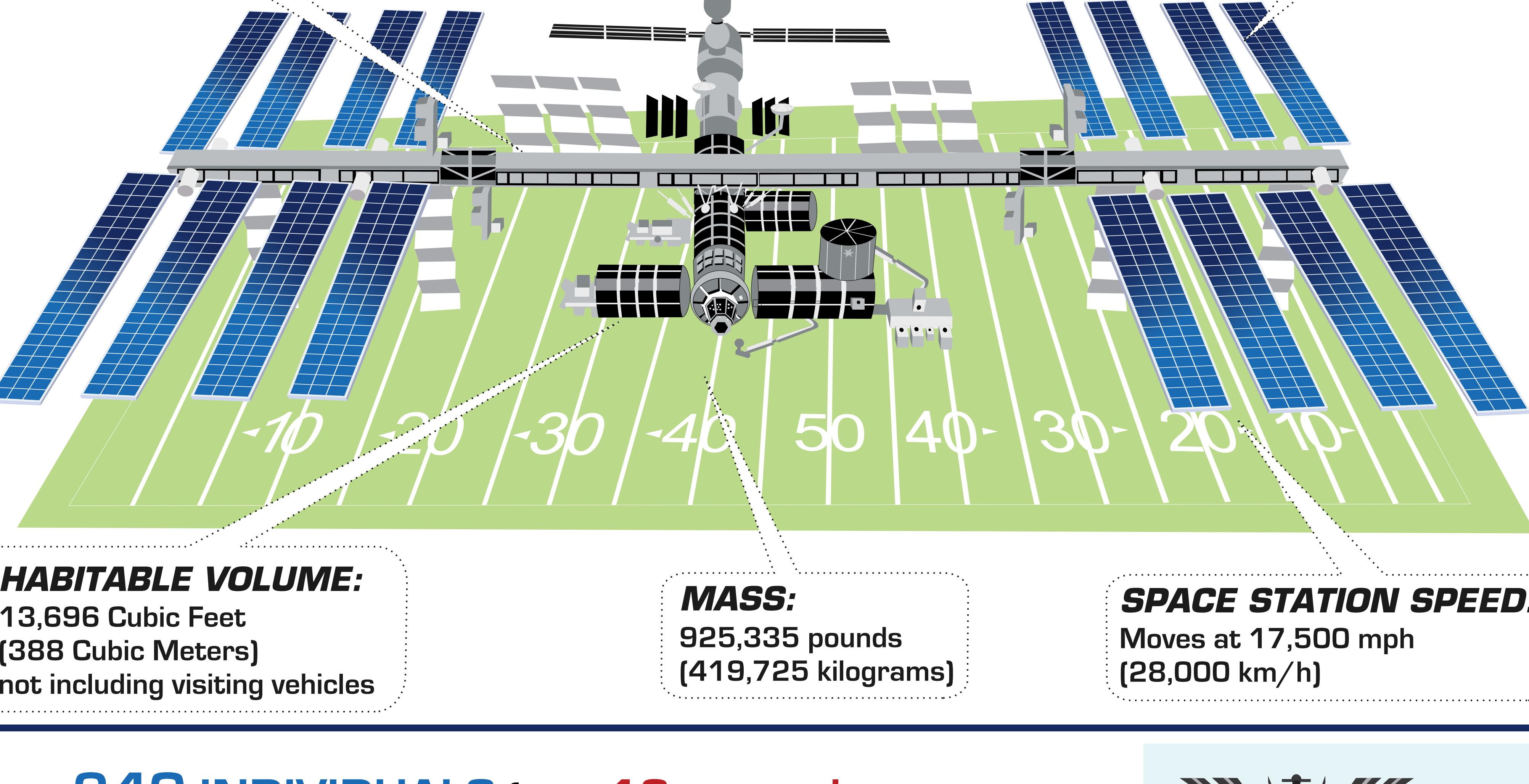
# 20 Continuous YEARS

## of Life on the Space Station



### Celebrating the People and Scientific and Engineering Accomplishments of the International Space Station

The SPACE STATION is **357 FEET end to end**, one yard shy of the full length of an American football field including the end zones



**WINGSPAN:**  
357 Feet (109 Meters)

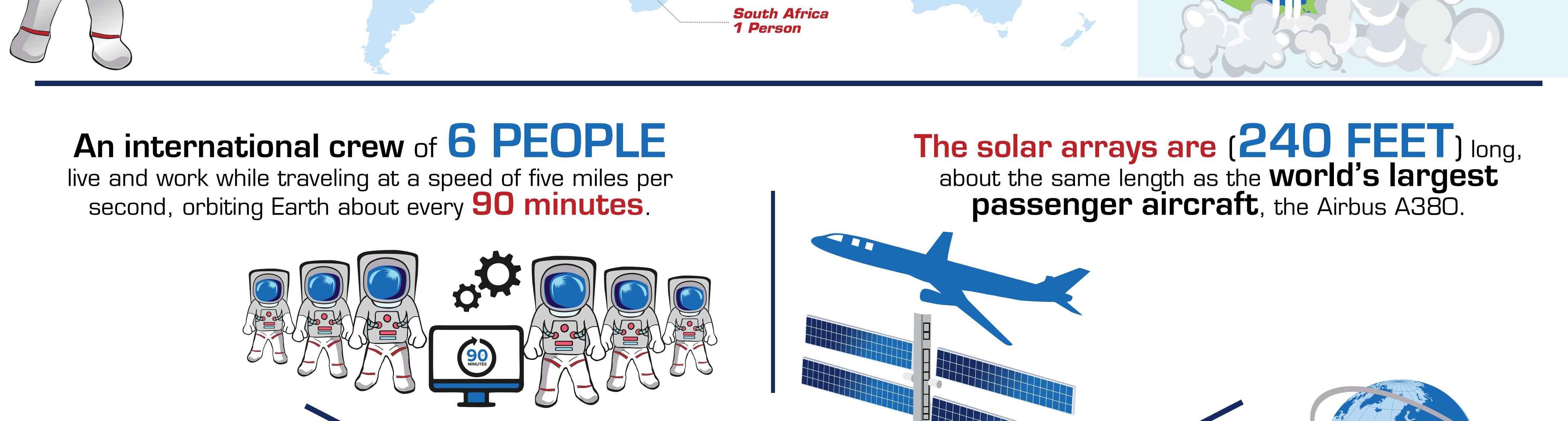
**POWER GENERATION:**  
4 Pairs of Solar Arrays Provide  
75 to 90 Kilowatts of Power

**HABITABLE VOLUME:**  
13,696 Cubic Feet  
(388 Cubic Meters)  
not including visiting vehicles

**MASS:**  
925,335 pounds  
(419,725 kilograms)

**SPACE STATION SPEED:**  
Moves at 17,500 mph  
(28,000 km/h)

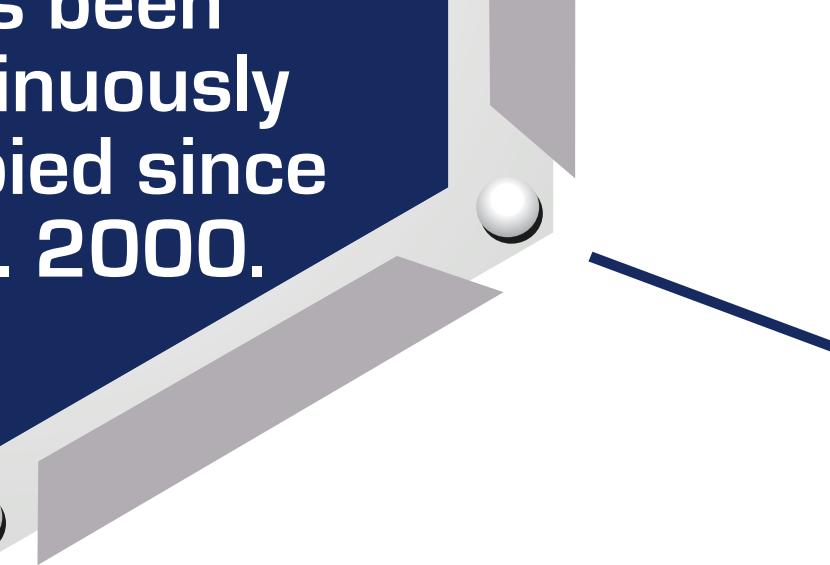
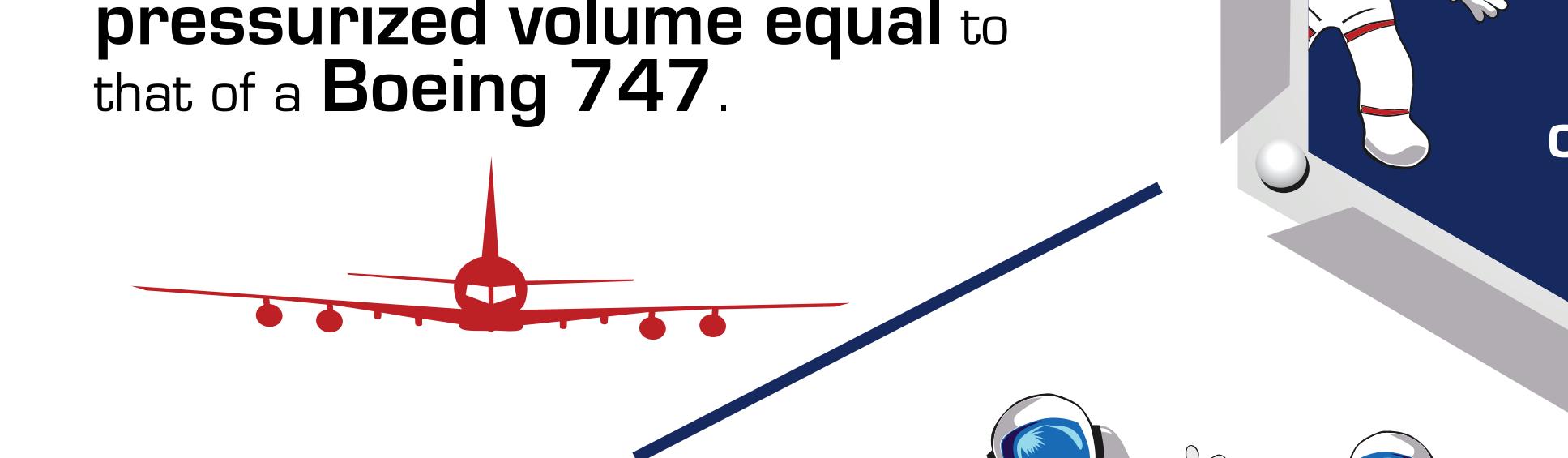
**240 INDIVIDUALS** from **19 countries**  
have visited the International Space Station.



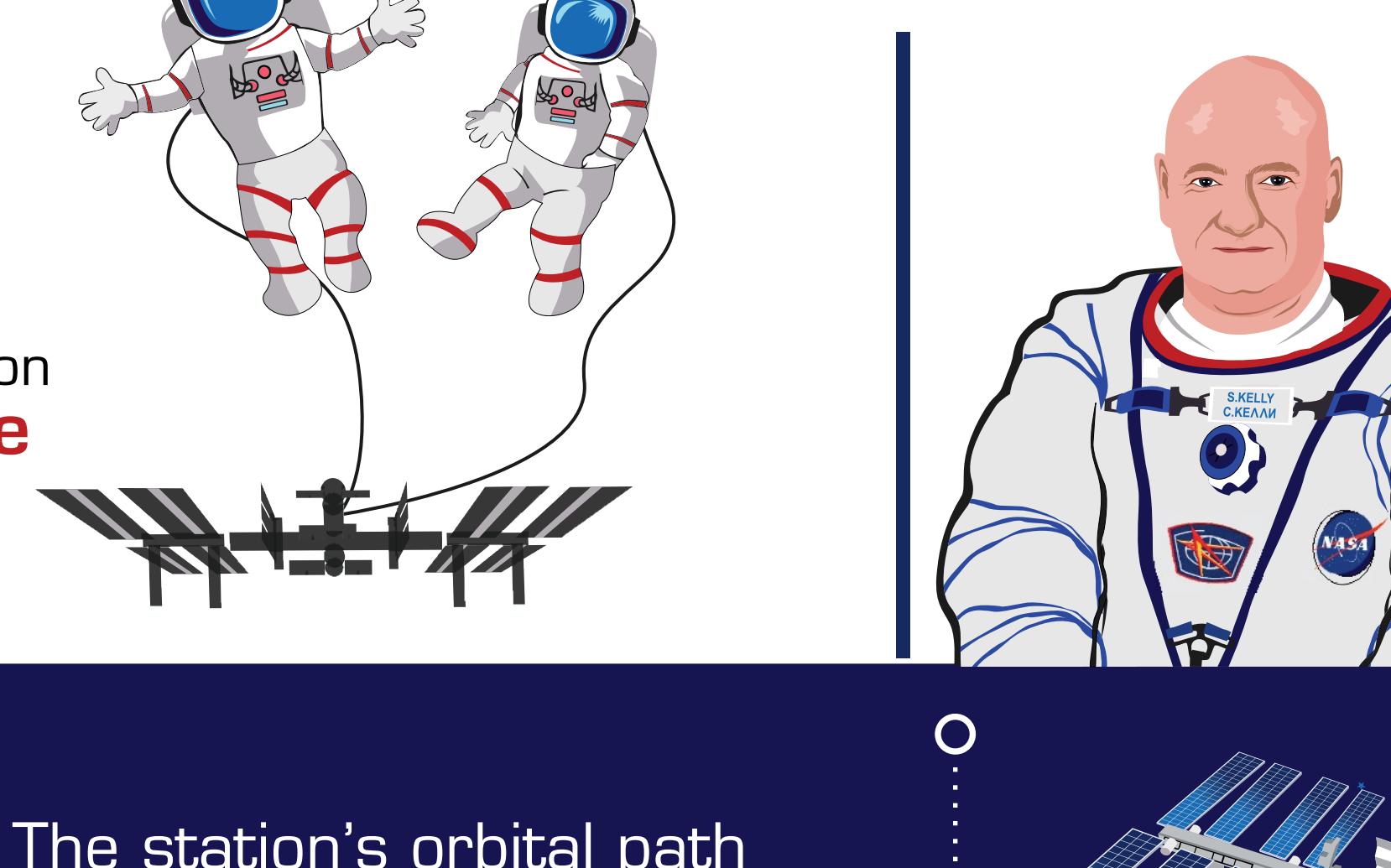
Most  
SPACECRAFT  
CAN ARRIVE  
at the  
space station  
anywhere from  
**6 hours to**  
**5 days**  
after launch.

An international crew of **6 PEOPLE**  
live and work while traveling at a speed of five miles per second, orbiting Earth about every **90 minutes**.

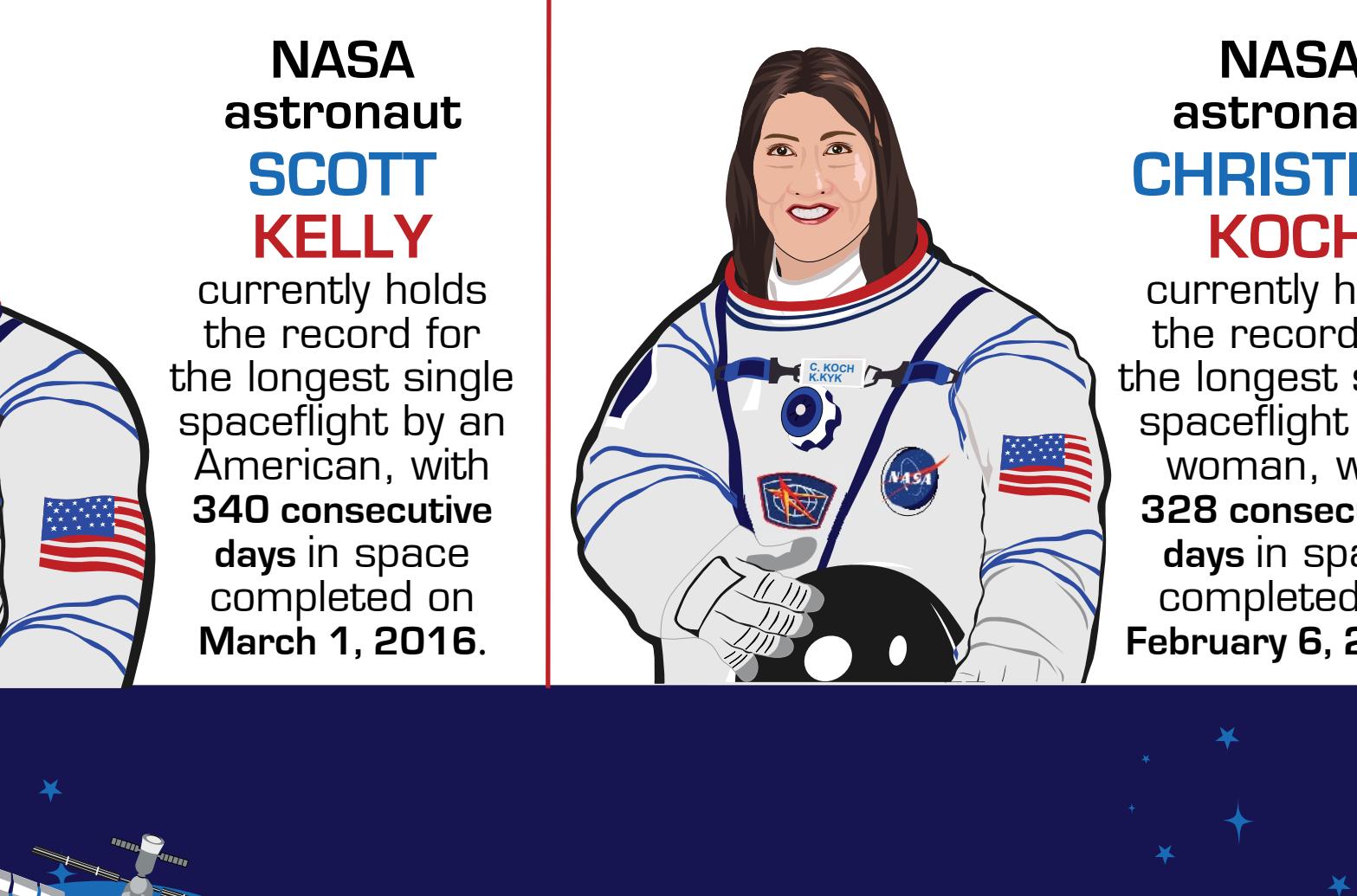
The solar arrays are **240 FEET** long,  
about the same length as the **world's largest passenger aircraft**, the Airbus A380.



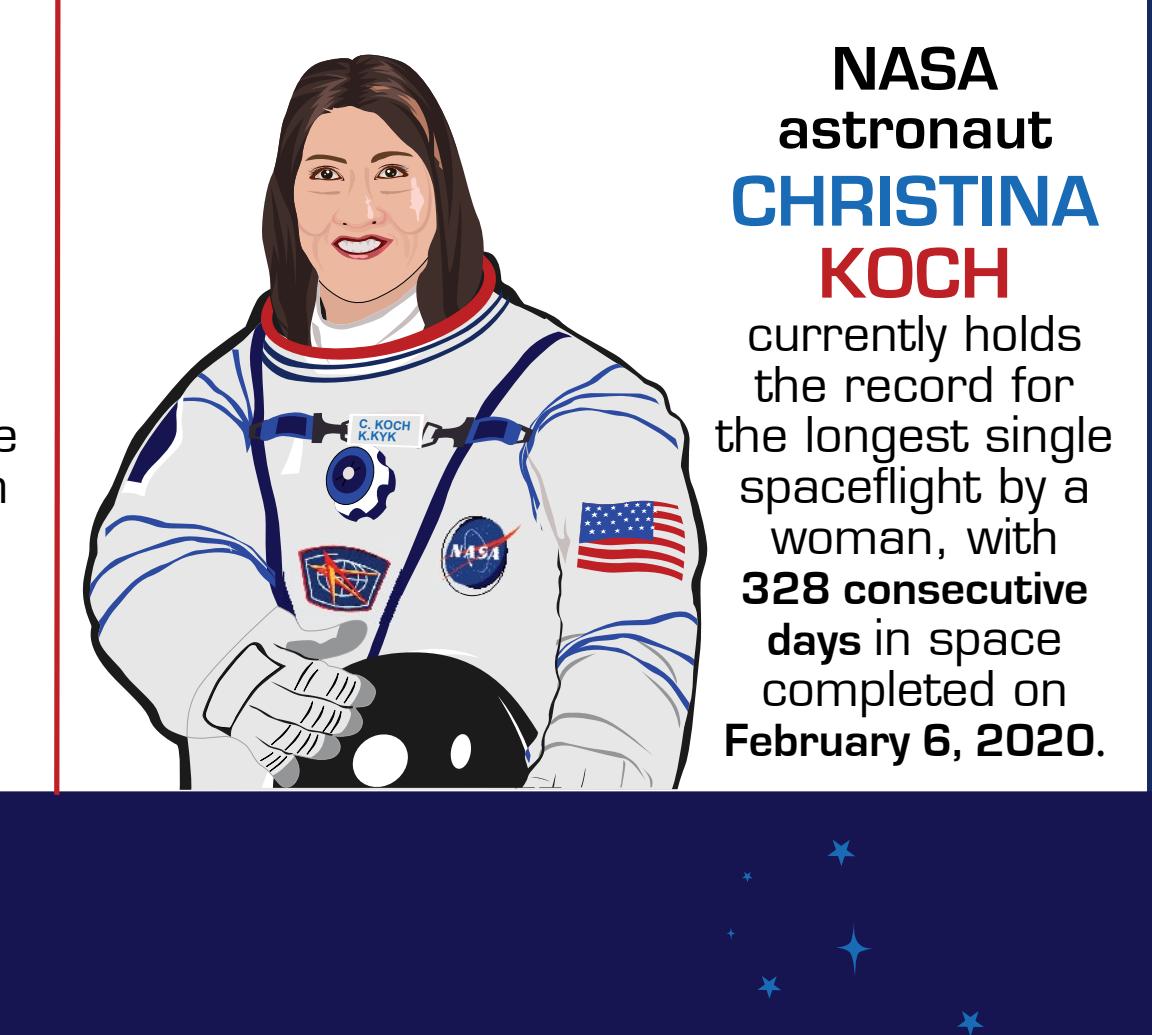
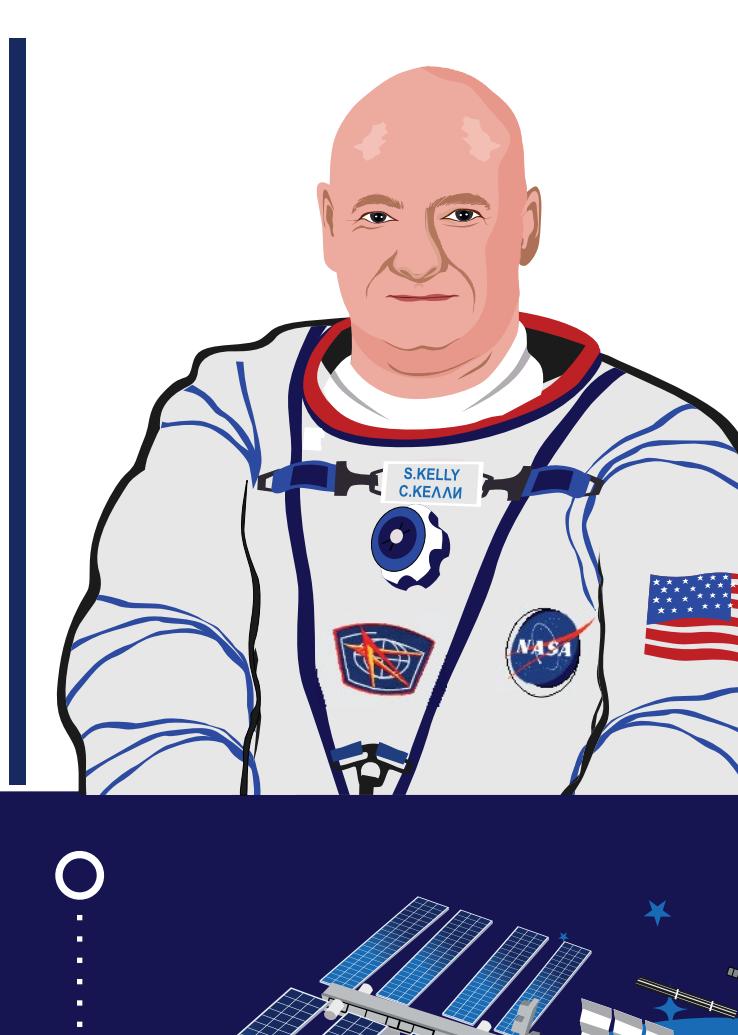
The space station has an **internal pressurized volume equal to** that of a **Boeing 747**.  
Astronauts and cosmonauts have conducted more than **227 SPACEWALKS** (and counting!) for space station construction, **maintenance** and **upgrades** since December 1998.



**16 ORBITS**  
**SUNRISE SUNSET**  
In 24 hours, the space station makes **16 orbits of Earth**, traveling through **16 sunrises and sunsets**.



**20 YEARS**  
The space station has been continuously occupied since Nov. 2000.



NASA astronaut **SCOTT KELLY** currently holds the record for the longest single spaceflight by an American, with 340 consecutive days in space completed on March 1, 2016.

NASA astronaut **CHRISTINA KOCH** currently holds the record for the longest single spaceflight by a woman, with 328 consecutive days in space completed on February 6, 2020.

The station's orbital path takes it over

**90 percent of the Earth's population**, with astronauts taking millions of images of the planet below. Check them out at

<https://eol.jsc.nasa.gov>



**8 SPACESHIPS** can be connected to the **space station** at once.

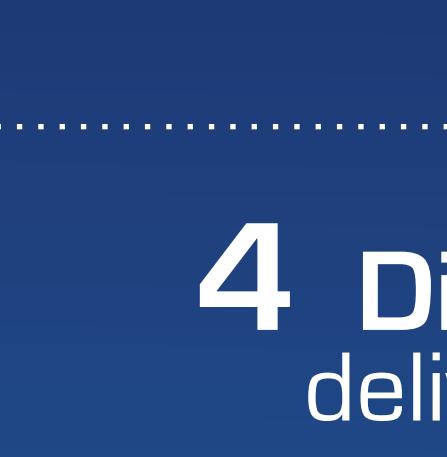


### Science investigations that take place on the space station:

The Space Station has hosted almost **3,000 research investigations** from researchers in more than **100 countries** and counting.

[nasa.gov/iss-science](http://nasa.gov/iss-science)

Biology & Biotechnology



Earth & Space Science



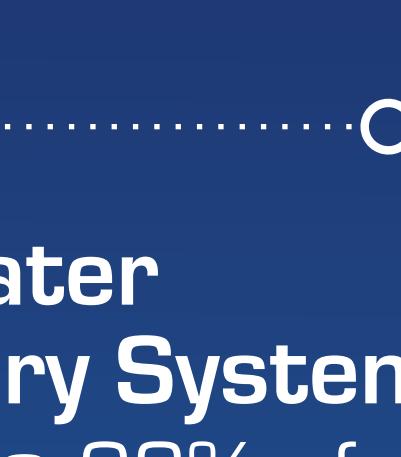
Educational Activities



Human Research



Physical Science

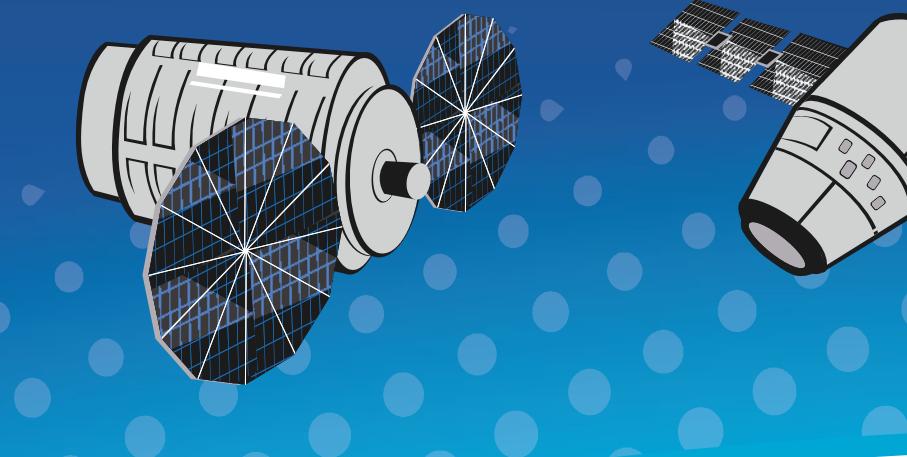


Technology Development

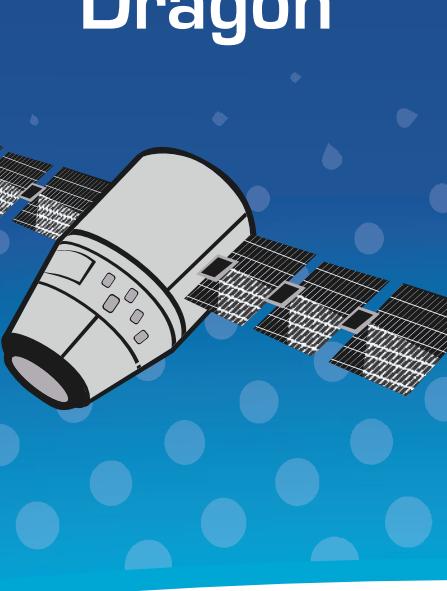
To mitigate the loss of muscle and bone mass in the human body in microgravity, the astronauts work **out at least 2 HOURS A DAY**.



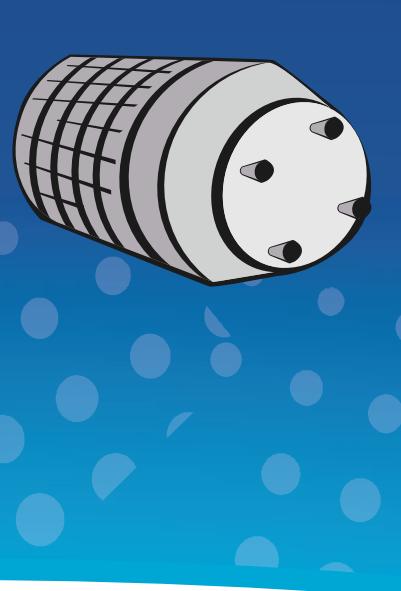
Northrop Grumman's Cygnus



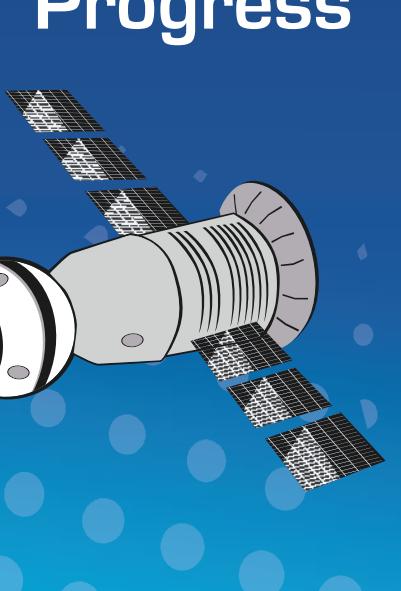
SpaceX's Dragon



JAXA's HTV



Russia's Progress



4 Different CARGO SPACECRAFT deliver science, cargo and supplies:

The Water Recovery System recycles 93% of space station waste water.

