

# LIFE IN SPACE

What's that light in the sky? Is it a star? Is it a planet? No. It's the International Space Station, 400 km **above** Earth! I'm here on the space station for six months with five other astronauts from Russia, the USA, Holland and Japan. We travel around Earth sixteen times every day, at a **speed** of 27,724 km per hour.

I get up at six o'clock **in** the morning and I wash. Everything **floats** in space because of zero gravity, including water! We have a special shampoo to **wash** our hair without water!

I get dressed in a T-shirt and shorts. We only use the space suits outside the space station. Outside, the temperature **changes** a lot. It's 100°C in the sun, but it's -100°C in the dark. It's 23°C **inside** the space station, **in** winter and **in** summer. 😊



We have breakfast **at** quarter to seven. All our food comes in **tins** and special **bags** and it isn't very nice. We don't have pizza on the space station. 😞

**After** breakfast, we do exercise for an hour. Our arms and legs don't do a lot of work on the space station because we float. Exercise is very important. We watch films in the gym. My favourites are Russian **comedies**! They're funny. 😊



Then we start work. We do experiments and work on the computers. We have lunch at one o'clock. **In** the afternoon I make videos for science lessons in schools. I answer questions from students about life in space. **Before** dinner we do **another** hour of exercise. 😞 40

**In** the evening and **at** the weekend, we play games, chat or use the internet. Yes, we've got the internet in space! **On** Sunday, we have a video chat with our families and friends. 😊 45



We go to bed early. We sleep in sleeping bags, so we don't float around the space station **at** night! 😊 50

## STRATEGY

### Guessing the meaning of unknown words 1

To guess the meaning of a word:

- read the sentence carefully. The words before and after it help you understand the meaning.
- think of similar words in your language.
- look for other examples of the word in the text.
- pictures and photos can show the meaning.

**6** Read the strategy. Guess the meaning of the words in bold in the diary.

**7** Read the diary again. Are the sentences true (T) or false (F)? Correct the false ones.

- 1 The astronauts are different nationalities.
- 2 The food they eat in space is popular.
- 3 The writer likes Russian films.
- 4 They do one hour of exercise every day.
- 5 They have a video chat every evening.
- 6 They go to bed late.

## V insight Prepositions of time

**8** Study the highlighted prepositions in the blog. Write them in the table.

Preposition	Time
1 .....	the weekend, night, six o'clock, Christmas
2 .....	Sunday
3 .....	the morning, the afternoon, the evening, summer, winter, December
4 ..... / 5 .....	breakfast, lunch, dinner
—	every day / night, all the time, early, late

**9** Complete the text with the correct prepositions or no preposition.

I'm an astronaut, but I don't work in space. I work in the USA. I start work <sup>1</sup> ..... nine o'clock  
<sup>2</sup> ..... every day. <sup>3</sup> .....  
autumn, winter and spring, I design space vehicles, but  
<sup>4</sup> ..... June, July and August I work at  
Space Camp. Teenagers from a lot of different countries  
come <sup>5</sup> ..... Monday and stay  
<sup>6</sup> ..... all week. <sup>7</sup> ..... the  
morning and afternoon, they learn about space.  
<sup>8</sup> ..... night, they look at the stars with  
telescopes. I finish work <sup>9</sup> ..... late, but I  
don't work <sup>10</sup> ..... the weekend.

**10 SPEAKING** Work in pairs. Tell your partner about your daily routine and the times when you do things. Use the phrases in exercise 8 to help you.

get up at seven o'clock.