1 Answer the questions in your own words.

1. At which altitude does the ISS orbit the Earth?_____
2. How many times dies the ISS go around the Earth every day? _____
3. When was the ISS completed and how long is it scheduled to function ? _____
   _____
4. What is the ISS used for ? _____
   _____
   _____
5. Who owns the ISS?_____
   _____
6. Which countries deliver modules to the ISS?_____
7. How does working in zero gravity help scientists? _____
   _____
8. What kind of food do astronauts eat? _____
   _____
9. How do they get rid of waste? _____
   _____
10. How do astronauts on the ISS get oxygen? _____
    _____
11. How is electricity produced on board the ISS? _____
    _____
12. Describe the typical workday of an ISS scientist or astronaut? _____
    _____
    _____
13. Describe some health risks when travelling in space for a longer period of time ?__
    _____
    _____
    _____
14. How do astronauts exercise on board the ISS? _____
    _____
15. What is microgravity? _____

2 TRUE or FALSE?

Mark the statements TRUE or FALSE. If the statement is FALSE write a correct statement into the box. The first TWO have been done for you.

		T	F	Correct Statement
1	The ISS is operated by the United States		✓	**The ISS is operated by several space agencies.**
2	The space station orbits the Earth 15 times a day.	✓		
3	The first crew was sent to the ISS 25 years ago.			
4	The ISS will operate for at least another 25 years.			
5	The first part of the ISS was launched in 1998 by an American spacecraft.			
6	An American businessman was the first private citizen to travel to the ISS.			
7	Sometimes you can see the ISS with the naked eye.			
8	Waste that is produced on the ISS is brought back to Earth.			
9	The atmosphere on board the ISS is almost the same as on Earth.			
10	Carbon dioxide is a waste material that cannot be used.			
11	On a typical workday the astronauts have conferences with the ground controllers.			
12	Astronauts are exposed to less radiation than on Earth.			
13	Blood circulation slows down when you are weightless.			
14	Crew members must exercise because muscles become weaker in space.			
15	The immune system becomes stronger in weightlessness.			

3 Match the words on the left with the definitions on the right.

A	altitude
B	zero gravity
C	satellite
D	weightlessness
E	monitor
F	air stream
G	canned
H	exercise
I	equipment
J	muscle
K	oxygen
L	waste
M	stationary
N	radiation
O	treadmill
P	ground controller
Q	conduct
R	fluid
S	panel
T	space agency

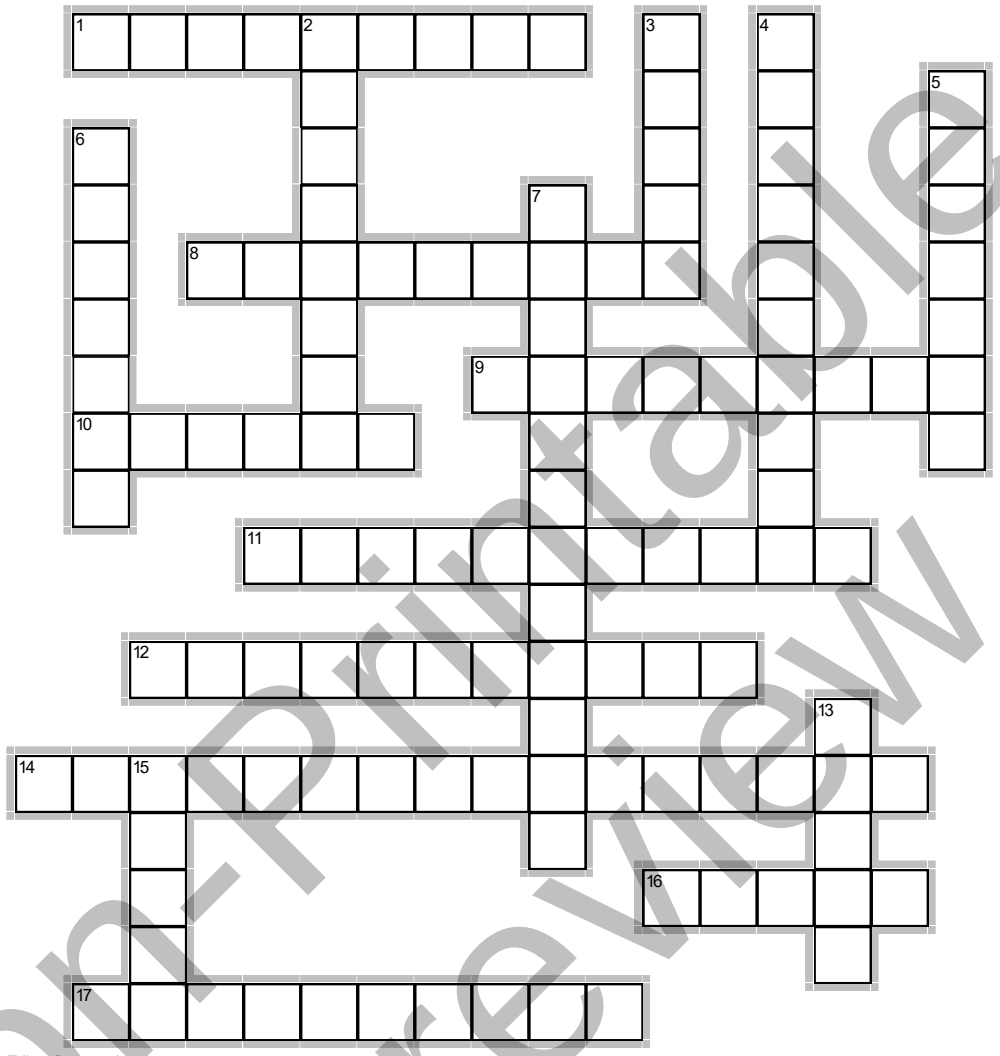
	something that seems to float and have no weight
	gas in the air that we need to breathe
	in a round metal container
	fixed; something that cannot be moved
	when there is no force that pulls you down
	machines or tools that you need to do a certain job
	piece of flesh inside your body that helps you move
	energy in the form of light or heat waves
	height above the surface of the Earth
	materials that are left over; which we do not need any more
	liquid like water
	to do sports or other activities in order to stay healthy
	machine on which you run on a belt and stay at the same place
	man-made object that goes around the Earth, moon or another planet
	to carry out
	flow of air
	a flat piece of metal
	control, watch
	organization that controls space research
	person who watches the space station from Earth

4 Match the beginnings of the sentences with the endings. There are TWO endings you will not need.

A	The space station gives scientists an understanding
B	During the past 25 years American and Russian spacecraft
C	Experiments done in a zero-gravity environment
D	Breathable air can be delivered to the ISS from Earth
E	Astronauts on board the ISS
F	Regular exercise is necessary
G	The ISS gets its energy from solar panels
H	Pupils and students from around the world
I	There are a number of health risks
J	In 2001, Dennis Tito

	cannot be done on Earth
	connected with long-term space travel
	are exposed to high levels of radiation
	to prevent muscles and bones from weakening
	of how the human body reacts during a longer space trip
	are more efficient than those on Earth
	can take part in some of the experiments on board
	or recycled from the air that astronauts breathe out
	became the first tourist to visit the ISS
	is a test for future missions to Mars
	have been delivering modules to the space station
	that turn the sun's power into electricity

5 Crossword



Across

1. energy in the form of light and heat waves
8. object that moves around a planet
9. machine with which you can run on a moving belt
10. gas that is in the air and which we need to breathe
11. power we use to make light and heat
12. when there is no force that pulls you down (2 words)
14. person who monitors the ISS from earth (2 words)
16. Russian spacecraft that has been delivering modules to the ISS
17. air and gases that surround the Earth

Down

2. height above the Earth's surface
3. materials that are left over and which you don't need any more
4. scientific test that is done to find out how something reacts
5. to use over and over again
6. expedition, trip
7. situation of feeling completely without weight
13. planet in our solar system that shines brightly
15. to go around an object in a circle

6 Fill in the missing words from the box ! There are THREE words you will not need.

The International Space Station (ISS) is a **(1)** _____ object that goes around the Earth about 15 times every day. It orbits the Earth at an **(2)** _____ of about about 450 km. The ISS is a project **(3)** _____ by many countries, including the United States, Russia, Japan, Canada, and European nations. Since 1998, astronauts from 26 countries have lived and worked there.

The ISS is like a science lab in **(4)** _____. Scientists carry out **(5)** _____ there that are not possible on Earth, like studying how plants, animals, and people **(6)** _____ to living without **(7)** _____. This helps us learn what might happen on long trips to places like Mars.

Astronauts on the ISS eat mostly frozen or **(8)** _____ food, and they **(9)** _____ water and air as much as possible. Solar **(10)** _____ give the station power. The crew's normal day starts at around 6 a.m. and includes work, exercise, **(11)** _____ experiments and taking part in conferences with ground controllers.

Living in space is not easy task. Astronauts face more **(12)** _____ than on Earth, and their muscles and bones can get **(13)** _____. That's why they have to **(14)** _____ every day. Studying these changes helps scientists understand **(15)** _____ and how to keep astronauts healthy on long missions.

aging
altitude
canned
conducting
exercise
experiments
gravity
man-made
mission
orbit
panels
possible
radiation
react
recycle
shared
space
weaker