



ASTRONAUT FOR A DAY

A whole day with the stars

PROGRAMME OF ACTIVITIES

Astronaut for a day – ARIANE MISSION

Timing

9:30 am: Start of space activities
Noon: Lunch
1:00 pm: Space activities
5:30 pm: End

Space activities programme (subject to change)

Guided tour of "A Space Odyssey" (indoors)	1 hour
Moonwalk chair: Moon gravity simulator	1 hour
Multi-axis chair: disorientation simulator	1 hour
Rotating chair: disorientation and vertigo simulator	1 hour
Rocket workshop: microrocket	2 hours
Live in space	0:30 hour

TOTAL activity time

6:30 hours



Simulator description

- **Moonwalk:** a chair on springs that makes a person feel like their weight is 1/6th of what it is on Earth to simulate a moonwalk.
- **Multi-axis chair:** the chair is mounted to spin on three different axes to reproduce the feeling of disorientation felt inside the spaceship where the rotational axes are not controlled.
- **Rotating chair:** the chair spins on a single axis to reproduce feelings of disorientation and vertigo. An explanation of the balance coordination centre. Measurement of recovery abilities.
- **Rocket workshop:** a workshop to build (body, nose cone, fins, parachute and motor) and launch microrockets. The basics of propulsion theory and of the stability of rockets in flight.
- **Life in space:** a movie about life in space.