TRAIN LIKE A COSMONAUT

At the Yuri Gagarin Cosmonaut Training Centre in Star City, Russia

29th Feb - 6th Mar, 2020

WWW.ISSET.ORG
Accommodation

During the week, we will check-in to the world-famous Star City’s High Security Complex... the only place on Earth where humans are trained to launch into space. This is a rare chance to stay in the same Space Centre as astronauts and cosmonauts, while they are in training. You will spend your week learning from the same instructors who train the current astronauts and cosmonauts and be accompanied throughout by astronaut Steve Swanson.

For the first and last days of the visit we will be staying in a central Moscow hotel, with a chance to soak in the sights of this beautiful city.
Your programme will be led by Astronaut & ISS Commander Steve Swanson (left). Steve will be with you for the duration of the Star City programme.

Accommodation, travel, meals and activities in Russia are included (Flights and visa are not).

Get exclusive access to the world’s best space training facilities for both NASA and the Russian human space programme.

Train on the many of the same facilities as the cosmonauts and astronauts as they prepare for space travel.

Work with some of Russia’s best trainers and instructors

Visit one of the most picturesque cities in the world.

Leave Russia with the ‘you can do it’ NASA attitude, which landed humans on the Moon.
Your Astronaut Leader

Steve Swanson is a NASA astronaut and an engineer.

Steve has flown on two Space Shuttle flights, STS-117 and STS-119, and has been the Commander of the International Space Station, which involved launch and landing in the Russian Soyuz capsule.

Steve has also served as a CAPCOM for ISS and Space Shuttle missions. He has logged over 6 months in space, travelled 83 million miles and completed 4 spacewalks.

Steve has been awarded the NASA Exceptional Achievement Medal.
Feedback

“This experience has been life-changing and will stay with us for the rest of our lives.”

David Casson, participant

“ISSET have done a brilliant job on an amazing and unique programme.”

Greg Smye Rumsby, participant
Astronomer, Journalist & Author

“It was a pleasure to be part of something so historically significant and to be a part of the Star City Experience.”

Ekunaxc Aubopa, participant
Draft Activities & Itinerary

► Day 1
- Check into Hotel
- VIP tour of the Buran, the Russian Space Shuttle

► Day 2
- Guided tour of the Moscows’ most iconic attractions, Red Square, Kremlin and Lenin Mausoleum
- Shopping at the GUM, a former palace
- Check into Star City’s high security complex accommodation

► Day 3
- Arrive at the Gagarin Cosmonaut Training Centre (GCTC) in Star City
- GCTC Grand Tour (ISS, “Soyuz” and “Mir” training centers)
- Space Knowledge Multimedia Activity
- Gagarin Museum tour
- Mir Station overview in a virtual Mission Control Centre
Day 4
- Mir training: Learn how to operate the Mir Space Station
- Presentation in the GCTC virtual Mission Control Centre
- Soyuz Docking Simulation
- Cosmonaut Emergency Training Practical

Day 5
- Wilderness Survival introduction
- Hands-on training, wearing the “Sokol” space suits
- Mir Scavenger Hunt

Day 6
- Arrive back in Moscow
- Reflect on your last few days at the Museum of Cosmonautics and see images, artefacts and stories about the people you have worked with in Star City
- See Moscow’s sights by night while enjoying the comfort of a Moscow River Boat Excursion

Day 7
- Check-out and depart Moscow for home
I found Star City to be a truly unique and inspirational experience.

- Andy Beddoe, Member of the Senior Leadership Team at Cyfartha High School