“When I was a boy, I saw a lot of Space Shuttle launches on TV and every single time I was glued, with my nose up to the glass, watching the astronauts flying up there and doing science experiments. That ultimately inspired me to go into science. For me, it is really important to give some of that inspiration back to the next generation.”

“With the Horizons mission, I want to make people realise that there is always a chance to go beyond their personal horizons, doing something that they have never done before. For me, becoming the Space Station commander for the first time was a learning experience and something that I had to work hard for. It might be scary at the beginning, but then you grow into that position. And at the end, you realise that it was much easier than you thought.”

“We have a lot of educational experiments on board. We want to reach a wider audience of youngsters. We also want to inspire more young girls to become the scientists, engineers and astronauts of the next generation.”

“The International Space Station is the most complex machine ever built by humankind. This amazing place has been built by more than a 100 000 people in 500 production sites all over the planet, and then assembled in orbit to millimetre precision. Even during our expedition alone, we have over 200 experiments and items of hardware going up and down.”

“Spaceflight can only be done if you work as a big team. I am not alone in training for my spaceflight – there are hundreds of people at the five centres on Earth preparing astronauts for missions to the International Space Station.”

Alexander Gerst