



20 Years on the International Space Station

# 20 Continuous YEARS



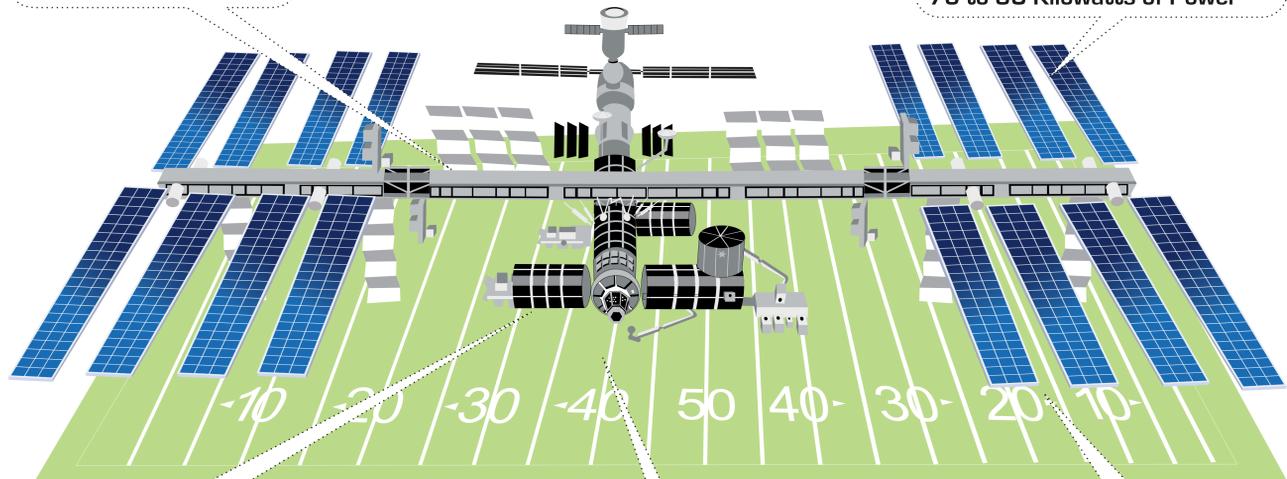
## of Life on the Space Station

### Celebrating the People and Scientific and Engineering Accomplishments of the International Space Station

The **SPACE STATION** is **357 FEET** end to end, one yard shy of the full length of an American football field including the end zones

**WINGSPAN:**  
357 Feet (109 Meters)

**POWER GENERATION:**  
4 Pairs of Solar Arrays Provide  
75 to 90 Kilowatts of Power



**HABITABLE VOLUME:**  
13,696 Cubic Feet  
(388 Cubic Meters)  
not including visiting vehicles

**MASS:**  
925,335 pounds  
(419,725 kilograms)

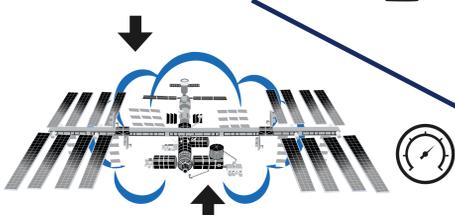
**SPACE STATION SPEED:**  
Moves at 17,500 mph  
(28,000 km/h)

**240 INDIVIDUALS** from **19 countries** have visited the International Space Station.



An international crew of **6 PEOPLE** live and work while traveling at a speed of five miles per second, orbiting Earth about every **90 minutes**.

The solar arrays are (**240 FEET**) long, about the same length as the **world's largest passenger aircraft**, the Airbus A380.

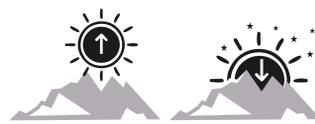


The space station has an **internal pressurized volume** equal to that of a **Boeing 747**.

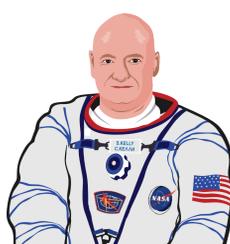
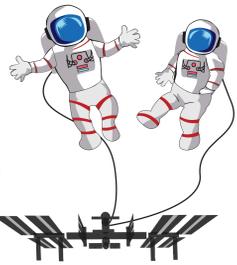


**16 ORBITS** SUNRISE SUNSET

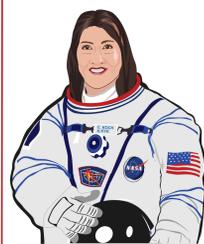
In **24 hours**, the space station makes **16 orbits of Earth**, traveling through **16 sunrises and sunsets**.



Astronauts and cosmonauts have conducted more than **227 SPACEWALKS** (and counting!) for space station construction, **maintenance and upgrades since December 1998**.



**NASA astronaut SCOTT KELLY** currently holds the record for the longest single spaceflight by an American, with **340 consecutive days** in space completed on **March 1, 2016**.



**NASA astronaut CHRISTINA KOCH** currently holds the record for the longest single spaceflight by a woman, with **328 consecutive days** in space completed on **February 6, 2020**.



The station's orbital path takes it over **90 percent of the Earth's population**, with astronauts taking millions of images of the planet below. Check them out at <https://eol.jsc.nasa.gov>



**8 SPACESHIPS** can be connected to the **space station** at once.

### Science investigations that take place on the space station:

The Space Station has hosted almost **3,000 research investigations** from researchers in more than **100 countries** and counting. [nasa.gov/iss-science](https://nasa.gov/iss-science)

Biology & Biotechnology



Earth & Space Science



Educational Activities



Human Research



Physical Science



Technology Development



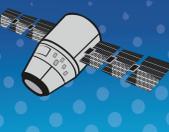
To mitigate the loss of muscle and bone mass in the human body in microgravity, the astronauts work out at least **2 HOURS A DAY**.

**4 Different CARGO SPACECRAFT** deliver science, cargo and supplies:

Northrop Grumman's Cygnus



SpaceX's Dragon



JAXA's HTV



Russia's Progress



The **Water Recovery System** recycles **93%** of space station waste water.

