National Aeronautics and Space Administration

INTERNATIONAL SPACE STATION
2026 CALENDAR

REFLECTIONS ON 25 YEARS AS WE EXPLORE FARTHER THAN BEFORE

We recently hit a truly historic milestone: 25 years of continuous human presence in space.

Think about that for a moment. For anyone under the age of 25, a world where humans aren't continuously living in space simply doesn't exist. The International Space Station has been a constant in their lives, quietly orbiting above, and for more than a quarter century, it has remained the premier proving ground and a world-class laboratory.

The space station has been a research laboratory like no other, leveraging microgravity and the unique environment of space to conduct experiments and investigations that push boundaries and challenge the lens we view things through.

Leveraging the orbital outpost has led to groundbreaking discoveries like cool flames in space, which opened new frontiers in combustion science and engine design, the creation of the fifth state of matter, the bioprinting of the first human knee meniscus and heart tissues, and advancements in drug developments to help cancer patients.

The decades of research conducted on the space station has profound impacts on each of our lives here on Earth. I'm incredibly proud of everything we've accomplished and excited for what comes next. The space station isn't just a place where we live and work in space, it's a launchpad for the future of humanity in low Earth orbit, in our return to the Moon, and beyond.

The space station is a critical steppingstone that has paved the way for our return to the Moon and our journey to Mars by serving as a testbed for the technologies we'll need for long-duration spaceflight. From recycling 98% of our water to growing over 50 species of plants, from 3D printing tools with recycled materials to testing new radiation tools and laser communications systems, the space station provides the foundational knowledge and technology that will enable our next giant leaps.

The success of the space station is not just a result of the astronauts working on orbit, but from the dedicated teams at NASA, across the United States, and around the world. The space station is a testament to decades of innovation, collaboration, and dedication of people who are part of something bigger than themselves to benefit life here on Earth and to take us further than we've ever gone before. This global endeavor, with five international partners, nearly 300 visitors from 26 countries, and over 4,000 experiments conducted by almost 5,000 researchers across more than 110 countries, proves what we can achieve when we work together.

I wish you a wonderful 2026 and thank you for following the ongoing journey of the International Space Station.

Best wishes,

Dana J. Weigel

DANA WEIGEL
International Space Station Program Manager

Dina Contella
International Space Station Deputy Program Manager

I can't believe the space station has been crewed for 25 years! I was living and working in Russia before the Expedition 1 crew arrival on orbit, spending months at a time on rotations over there. I was incredibly lucky to be able to see most of the station elements while they were on the ground, and I have many fond memories of creating procedures for spacewalks and then testing and training crewmembers on them in order to assemble them in space. We've encountered significant challenges over the years on station too, and our team's innovation and expertise never shined more brightly than in those moments.

Bill Spetch
International Space Station Program Operations Integration Manager

Over the last 25 years, the biggest thing that stands out to me is the collaboration between so many disciplines, people, and countries over the course of the program that has enabled a continuous presence in space for more than two decades. Human spaceflight has its challenges, but we've picked each other up when needed and applauded each other's successes. It is a testament to what we can accomplish when we work together. With a million pounds flying at 17,500 miles per hour, 250 miles above the Earth, it is incredible that we are able to maintain everything, with crew aboard for a quarter century.

Kristi Duplichen
International Space Station Program Chief of Staff

As we mark 25 years of continuous human presence, I find myself in awe of what we've accomplished together. The space station was assembled in orbit – never fully mated on Earth – by teams from around the world, speaking different languages, united by a shared mission. That's not just engineering – it's a testament to international collaboration and human ingenuity. I am grateful to have been part of this journey from the beginning. It has been extraordinary to watch it grow from a few modules to a fully operational laboratory. The innovation and momentum we are seeing now will pave the way to the Moon and Mars.

Robyn Gatens
International Space Station Director and Commercial Spaceflight Division Acting Director, NASA Headquarters

Reflecting on my 40-year career at NASA, I'm filled with immense pride and gratitude to have been a part of this program for most of my career through the development, assembly completion, and 25 years of continuous crew and research. Two standout moments from this journey were witnessing the 2008 launch of the water recovery system and, in 2021, presenting the case for extending to 2030 to the White House. The space station continues to play a vital role in NASA's exploration goals, from human research to technological innovation and international collaboration. After 25 years, we've only just begun to uncover what is possible.

INTERNATIONAL PARTNER PROGRAM MANAGERS

Frank De Winne
International Space Station Program Manager
European Space Agency (ESA)

Frank De Winne became head of ESA's European Astronaut Center in Cologne, Germany, in August 2012. Since 2017, he has been in charge of International Space Station operations at ESA. In 2020, he became ESA's space station program manager and heads the LEO Exploration Group in the Directorate of Human and Robotic Exploration.

Luc Dubé
Space Exploration Operations & Infrastructure
Canadian Space Agency (CSA)

Luc Dubé is director of Space Exploration Operations & Infrastructure at the CSA. In this role, he serves as program manager for Canada's space station program, and he leads the teams and activities relating to CSA's Space Exploration systems (including the Mobile Service System – Canadarm2, Dextre, and the Mobile Base).

Sergei Krikalev
Director General for Manned Programs
State Space Corporation "Roscosmos" (ROSCOSMOS)

Sergei Krikalev is responsible for the implementation of the Russian Human Spaceflight program, particularly for the operation of the International Space Station Russian segment, the development and creation of new Russian segment modules, and prospective manned transport systems. He coordinates interaction with international partners in the frame of the space station program and oversees international cooperation in the field of human space exploration.

NAOKI Nagai
International Space Station Program Manager
Japan Aerospace Exploration Agency (JAXA)

The JAXA International Space Station program manager oversees the Japanese Experiment Module, Kibo's operation, utilization, Japanese astronauts' activities, and cargo resupply by Japanese transfer vehicles, HTV-X, since April 2025. In addition, he is responsible for center initiatives relating to JAXA's Human Spaceflight Technology for the Low Earth Orbit and Moon to Mars activities.

MARKING A MOMENTOUS ACHIEVEMENT FOR HUMANITY

Surpassing 25 Years of Continuous Human Presence in Space

NASA has created a dedicated identifier to symbolize this historic achievement. The central astronaut figure is representative of all those who have lived and worked aboard the International Space Station during the 25 years of continuous human presence. In the dark sky of space surrounding the astronaut are 15 stars, which symbolize the 15 partner nations that support the orbiting laboratory. There is a visual representation of the space station toward the edge of the design, where humans have had a continuous presence for the past 25 years. The Earth represents the planet which the station orbits, as well as the fact that the science conducted aboard the orbiting laboratory is ultimately for the benefit of all. Integrated into the border of the design is the number "25" to further represent the 25 years of human presence aboard the space station. After 25 years of continuous human presence, the space station remains the sole space-based proving ground and steppingstone as we look to explore the Moon, Mars, and beyond.

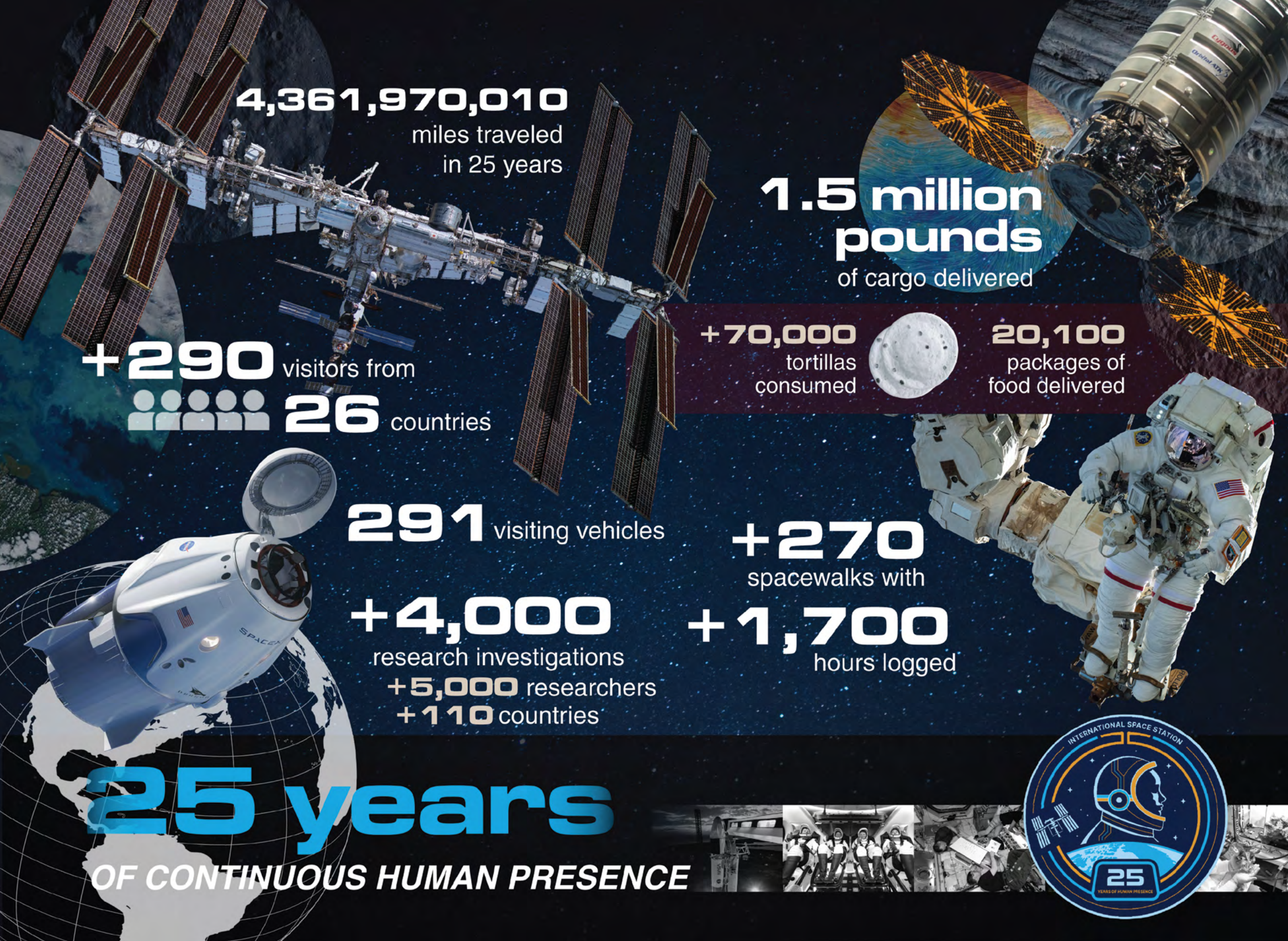
Twenty-five years ago, humanity launched a bold endeavor: to live and work together in space, not for a fleeting time, but continuously. What began as a fragile framework of modules has since grown into the most enduring platform for international cooperation in orbit — the International Space Station.

For a quarter of a century, the space station has been our classroom, laboratory, and proving ground. Orbiting 250 miles above Earth at 17,500 miles per hour, it has hosted nearly 300 astronauts from across the globe. Together, they have carried out thousands of experiments, yielding advances in medicine, materials science, and climate research. But beyond discovery, the space station has been preparing us for the next great leap.

Living aboard the space station has taught us invaluable lessons in how to endure the physical and psychological demands of long-duration spaceflight. Every exercise routine, meal, and spacewalk has provided data to help us understand how the human body adapts to microgravity — knowledge that will be essential for deep space missions that last months or even years. The station has been a testbed for new technologies: life support systems, solar arrays, and robotics that will one day sustain crews traveling far beyond Earth.

Most importantly, the space station has proven that great exploration is possible only through great collaboration. Nations join together to share air, water, and purpose aboard a single orbiting outpost. That spirit of partnership will be vital as we continue to use decades of testing and learning to prepare for the future of exploration.

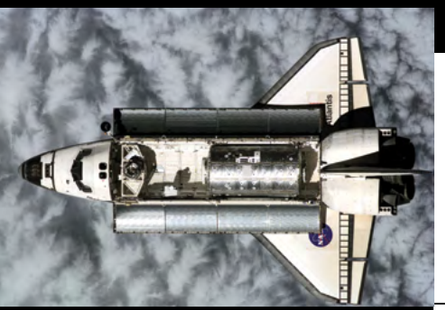
As the space station marks 25 years of continuous human presence, it stands as the foundation for the next chapter. The orbiting laboratory has given humanity more than a vantage point on Earth — it has given us the confidence and the capability to look farther, to dream bigger, and to further our journey into deep space.


4,361,970,010
miles traveled
in 25 years
1.5 million
pounds
of cargo delivered
+70,000
tortillas
consumed
20,100
packages of
food delivered
+290 visitors from
26 countries
291 visiting vehicles
+270
spacewalks with
+4,000
research investigations
+1,700
hours logged
+5,000 researchers
+110 countries
25 years
OF CONTINUOUS HUMAN PRESENCE
INTERNATIONAL SPACE STATION
25
YEARS OF HUMAN PRESENCE

JANUARY 2026

DAWN OF A NEW YEAR | For more than 25 years, NASA has maintained a continuous human presence in space – this means that anyone under the age of 25 has never lived a single day without a human in space. In more than two decades, over 290 individuals representing 26 countries and five international partners have launched to the International Space Station.

Pictured above: After 220 days in space, NASA astronaut Don Pettit and Roscosmos cosmonauts Alexey Ovchinin and Ivan Vagner returned to Earth aboard Soyuz MS-26, landing near Zhezkazgan, Kazakhstan, on April 20, 2025.



Pictured above, a historic moment with the delivery and installation of the Destiny module. The open cargo bay of space shuttle Atlantis on approach to the station on February 9, 2001, while traveling over the Western Pacific northeast of New Guinea. NASA astronauts Kenneth Cockrell, Mark Polansky, Robert Curbeam, Marsha Ivins, and Thomas Jones joined NASA astronaut William Shepherd and Roscosmos cosmonauts Sergei Krikalev and Yuri Gidzenko (Expedition 1) aboard the station to transfer gear and prepare for spacewalks.

NASA astronaut Matthew Dominick commanded the Canadarm2 robotic arm to capture Northrop Grumman's Cygnus spacecraft, carrying 8,200 pounds of supplies. This marked the 50th free-flying capture in space station history.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases *U.S. Central Time Zone*				1 **New Year's Day (NASA, CSA, ESA, JAXA)**	2	3
4	5	6	7	8	9	10
11	12 **Coming of Age Day (JAXA)**	13	14	15	16	17
18	19 **Martin Luther King Jr. Day (NASA)**	20	21	22	23	24
25 **1984**: President Ronald Reagan directs NASA to build an international space station "within a decade" in his State of the Union address	26	27 **1967**: Apollo 1 fire	28 **1986**: Space shuttle Challenger accident	29 **1998**: Fifteen countries met to sign an agreement to establish the framework for cooperation among the partners on the design, development, operation, and utilization of the space station	30	31 For the latest information on the International Space Station, visit:

FEBRUARY 2026

HOW WE ROLL | Getting to the International Space Station begins long before liftoff. In the days leading up to the launch, the fully assembled rocket and spacecraft make the journey to the launch pad using a massive transporter. The transporter moves the vehicle across a dedicated path, at a slow speed of about one mile per hour, to the launch pad.

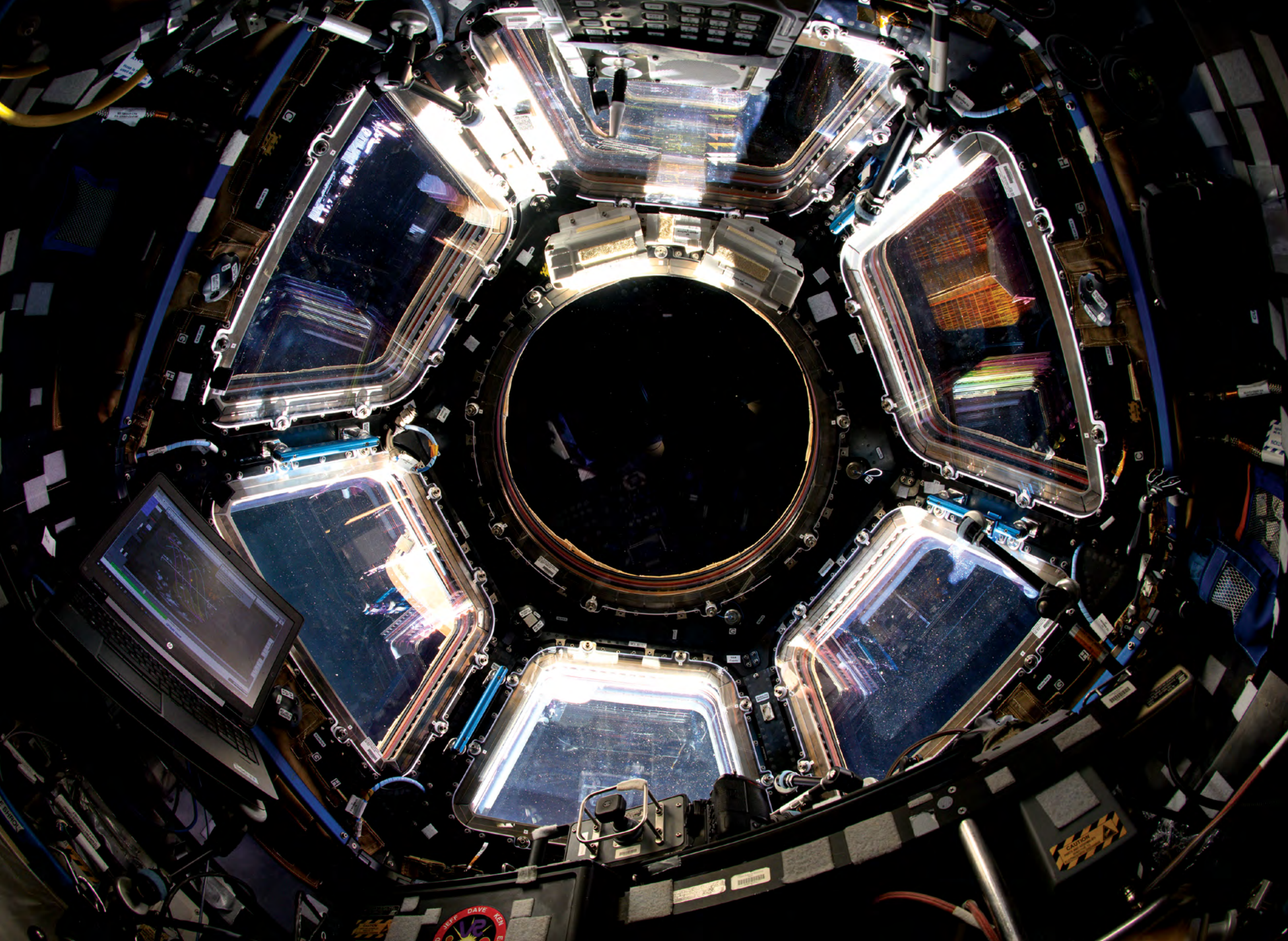
Above, a SpaceX Falcon 9 carrying the company's Dragon Endurance spacecraft launches NASA astronauts Anne McClain and Nichole Ayers, JAXA astronaut Takuya Onishi, and Roscosmos cosmonaut Kirill Peskov to the space station on March 14, 2025. Crew-10 would then spend five months aboard the space station.

A throwback to when space shuttle Atlantis moved through the doors of the Vehicle Assembly Building at Kennedy Space Center on its rollout to Launch Pad 39A for STS-98 in January 2001. This launch was the seventh construction flight to the International Space Station and carried the U.S. Laboratory, Destiny, in its cargo bay.

Pictured above, the SpaceX Dragon Endeavour spacecraft atop the company's Falcon 9 rocket is rolled out for NASA's Crew-8 mission. NASA astronauts Matthew Dominick, Michael Barratt, Jeanette Epps, and Roscosmos cosmonaut Alexander Grebenkin launched to the space station a few days later.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases *U.S. Central Time Zone* 1 **2003**: Space shuttle Columbia accident	2	3	4	5	6	7 **2001**: The U.S. Destiny Laboratory launches to the space station on STS-98; **2008**: ESA's Columbus module launches to the space station on STS-122
8 **2010**: Tranquility and Cupola launch to the space station on STS-130	9	10	11 **National Foundation Day (JAXA)**	12 **2001**: First major laboratory module, the U.S. Destiny Laboratory, added to the space station	13	14
15	16 **Washington's Birthday (NASA)**	17	18	19 **1986**: The Russian Space Station Mir's first module launches from Baikonur	20	21
22	23 **Emperor's Birthday (JAXA)**	24	25	26 **2004**: Expedition 8 crew members Michael Foale and Alexander Kaleri performed the first-ever two-person spacewalk without someone inside.	27	28

Did you know eight spacecraft can be connected to the space station at one time? A spacecraft can arrive at the space station as soon as four hours after launching from Earth. Keep up with the latest visiting vehicles to the station:


CAUTION

MARCH 2026

VIEWS FROM THE STATION | The International Space Station provides a spectacular vantage point of our planet. The cupola, pictured above, provides the crew a way to observe activity outside of the space station and is often referred to as the "window to the world." Through its seven windows, crew members can monitor the Earth's climate, natural disasters, and the environment, and they regularly take photographs of features such as volcanic eruptions, urban areas, bodies of water, and meteorological phenomena.

The Cleveland Volcano in Alaska is one of the most active volcanoes in the Aleutian Islands. In 2006, NASA astronaut Jeffrey Williams captured this historic eruption and was able to report to the Alaska Volcano Observatory that the volcano had produced a plume of ash with real-time observations. The ash plume drifted west before detaching from the summit two hours later. It was reported that the ash cloud height could have been as high as 20,000 feet above sea level.

NASA astronaut Don Pettit captured the site of the Coachella music festival and the Salton Sea off the coast of California in this near-infrared photo from the International Space Station. The pattern is reminiscent of a semiconductor chip in this wavelength.

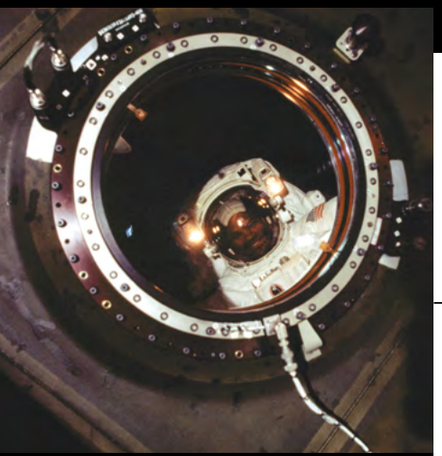
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** 1 **2013**: SpaceX Dragon cargo spacecraft is the first commercial vehicle to carry externally mounted cargo to the space station; **2016:** NASA astronaut Scott Kelly and Russian cosmonaut Mikhail Kornienko return to Earth after their one-year mission	2 **2019**: NASA's SpaceX Demo-1 launches to the space station; **2023**: NASA's SpaceX Crew-6 launches to the space station	3 **2024**: NASA's SpaceX Crew-8 launches to the space station	4	5	6	7
8	9 **2008**: First European Automated Transfer Vehicle launches to the space station	10	11 **2008**: The Canadian Space Agency's robotic system, Dextre, launches on STS-123	12	13	14 **2025**: NASA's SpaceX Crew-10 launches to the space station
15	16	17	18	19	20 **Vernal Equinox Day (JAXA)**	21 **2001**: Expedition 1 landing (25th anniversary)
22	23	24	25	26	27	28
29	30	31				

With each expedition to the International Space Station, the crew takes images of Earth views, the orbiting station, their daily lives aboard and the experiments they conducted during their stay, plus so much more. Check out some of our galleries here:

APRIL 2026

LIFE ON STATION | With arguably the coolest office in the solar system, an international crew of about seven people live and work while traveling at a speed of five miles per second, orbiting Earth about every 90 minutes. In 24 hours, the space station sees 16 orbits of Earth, traveling through 16 sunrises and sunsets. The crew spends six to eight months on orbit, and come together to celebrate various holidays, birthdays, and special occasions.

Pictured above, the Expedition 72 crew takes a moment to share a photo of special socks during a celebratory occasion.



One of the first "station selfies" by NASA astronaut Robert L. Curbeam as he works outside the newly installed Destiny module during STS-98 in 2001. On this spacewalk, the crew connected cables, unveiled the lab's window, and adjusted hardware ahead of schedule.

260 miles (418 kilometers) above the Indian Ocean, NASA astronaut Suni Williams peers at the Earth below from inside the International Space Station's cupola.

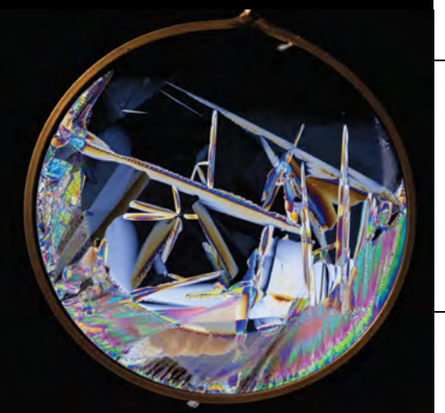
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** For more than two decades, people have lived and worked continuously aboard the International Space Station. Learn more about life aboard the space station:			1	2	3 **Good Friday (CSA, ESA)**	4
5	6 **Easter Monday (CSA, ESA)**	7 **2010**: The joining of the space station and STS-131 crews marks the first time four women are in space at the same time	8 **2016**: A Bigelow inflatable Expandable Activity Module becomes the first commercially designed, manufactured, and owned space station structure in orbit; **2022**: NASA's first private astronaut mission to the space station, Axiom Mission 1 launches	9	10	11
12 **1961**: Roscosmos cosmonaut Yuri Gagarin becomes the first human to launch to space (65th anniversary); **1981**: First mission of the Space Shuttle Program, STS-1, launches	13	14	15	16	17	18
19 **1971**: Salyut 1 launches from Baikonur; **2001**: Canadarm2 Space Station Remote Manipulator System launches to the space station on STS-100 (25th anniversary)	20	21	22 Earth Day	23 **2021**: NASA's SpaceX Crew-2 launches to the space station	24 **1990**: NASA's Hubble Space Telescope launches	25
26	27 **2022**: NASA's SpaceX Crew-4 launches to the space station	28	29 **Shōwa Day (JAXA)**	30		


YAW

MAY 2026

WORKING 9-TO-5 | NASA astronaut Suni Williams is pictured during a five hour, 26-minute spacewalk to conduct maintenance on the International Space Station. Maneuvered by the Canadarm2, Williams removed and stowed a radio antenna 264 miles (425 kilometers) above the South Pacific. Station crew members regularly conduct spacewalks for maintenance and upgrades that need to take place outside of the orbiting laboratory.

JAXA astronaut Akihiko Hoshide stores samples in the Minus Eight-Degree Laboratory Freezer (MELFI). MELFI provides the space station with refrigerated storage and freezing of biological and life science samples. It can hold up to 300 liters of samples ranging in temperature from 50 degrees Fahrenheit to a low of -146 degrees Fahrenheit (10 degrees Celsius to a low of -99 degrees Celsius).



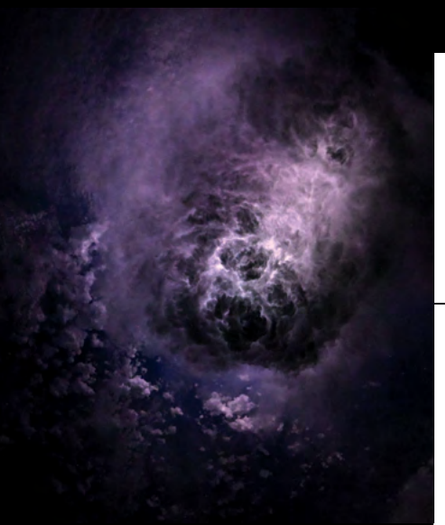
NASA astronaut Don Pettit captured colorful ice crystal wafers in microgravity using a simple laptop light, filter, and a space station freezer at -140 degrees Fahrenheit (-95 degrees Celsius).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** There have been more than 270 spacewalks at the International Space Station since December 1998. Learn more about spacewalks and when to tune in for coverage of the next one:					1	2
3 **Constitution Memorial Day (JAXA)**	4 **Greenery Day (JAXA)**	5 **1961**: Alan Shepard Jr. becomes the first American in space; **Children's Day (JAXA)**	6 **Holiday Under the Law (JAXA)**	7	8	9
10	11	12	13	14 **1973**: Skylab 1 space station launches on the Saturn V rocket **Ascension Day (ESA)**	15	16
17	18 **Victoria Day (CSA)**	19 **2022**: NASA's Boeing Orbital Flight Test 2 launches to the space station	20	21	22 **2012**: First SpaceX Dragon cargo space-craft launches to the space station	23
24/31 **2008**: The Japanese Kibo module launches to the space station on STS-124	25 **Memorial Day (NASA)** **Whit Monday (ESA)**	26	27	28	29 **2009**: The first time the space station hosts a long-term crew of six crew members	30 **2020**: NASA's SpaceX Demo-2 launches to the space station

JUNE 2026

ENVIRONMENTAL OCCURRENCES | Even after more than two decades, the information obtained by crew photographs supports global-scale investigations related to the composition, health, and future of Earth. Maintaining a continuous human presence aboard the International Space Station has been critical to supporting not only NASA's science and research priorities, but also preparing the agency to lead the next generation of human presence in low Earth orbit to advance microgravity science, technology, and exploration.

Pictured above, an aurora shimmers above Earth's horizon as the space station orbits 266 miles (428 kilometers) over southeast Australia. Solar arrays and a docked SpaceX Dragon Endurance spacecraft are visible from the Harmony module's cupola.



260 miles (418 kilometers) above the Atlantic Ocean, lightning flashes through storm clouds off the coast of North Carolina.

261 miles (420 kilometers) above Paraguay and Argentina, sunlight glints off winding rivers across the Pampas grasslands of South America.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone***	1	2	3 **1965**: First U.S. space-walk by Edward White on Gemini IV	4 **Corpus Christi (ESA)**	5 **2024**: NASA's Boeing Crew Flight Test launches to the space station	6
7	8	9	10	11	12	13
14	15	16	17	18 **1983**: Sally Ride becomes the first U.S. woman in space	19 **Juneteenth National Independence Day (NASA)**	20
21	22	23	24 **Saint-Jean-Baptiste Day (CSA, Quebec only)**	25	26	27
28	29 **1995**: First docking of a space shuttle (STS-71, space shuttle Atlantis) with Mir.	30				

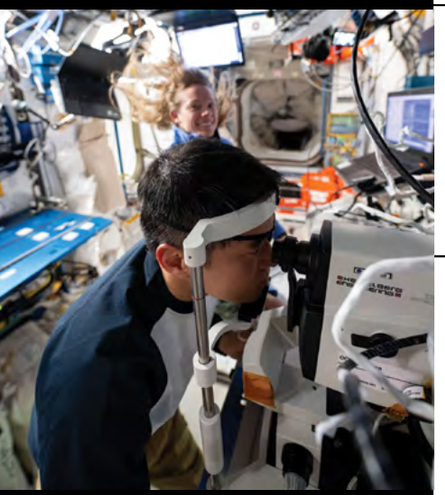
Over the years, station crew members have produced hundreds of thousands of images, including recording natural phenomena such as storms in real time. Several exterior instruments collect data about the global climate, environmental change, and natural hazards. These data are shared through existing international partnerships to benefit people worldwide and promote international collaboration on other Earth-observation activities. Learn more:

JULY 2026

STEPPINGSTONE TO DEEP SPACE | As we look to the future of space exploration, the International Space Station is the sole space-based proving ground that enables long-duration research on how living in microgravity affects living organisms, especially humans, as well as testing of technologies that will allow people to work on the Moon. The station is the foundation for complex operations in space, research in a microgravity environment, a growing space economy, and international partnerships dedicated to a common goal – returning to the Moon and eventually journeying to Mars and beyond.

Above, the last quarter Moon rises above Earth's atmosphere, viewed from the space station as it orbits 260 miles (418 kilometers) over the Pacific Ocean southwest of Panama.

Mizuna mustard greens grow under red-blue lights inside the VEGGIE facility. Astronauts harvest the crops for fresh meals and scientific study to demonstrate the feasibility of space agriculture to provide fresh food for crews on deep space missions.



JAXA astronaut Takuya Onishi, assisted by NASA astronaut Nichole Ayers, performs an eye exam aboard the space station to monitor the eye health of crew members during long missions. Understanding the effects of spaceflight on humans is essential as astronauts move from the space station in low Earth orbit to deep space destinations on and around the Moon, and beyond.

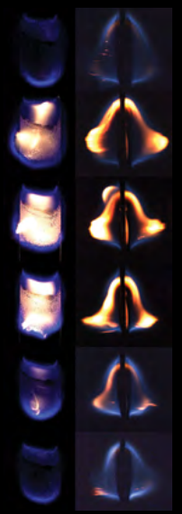
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** The International Space Station has been continuously occupied by crew members for more than 25 years and is a fundamental testbed for NASA's return to the Moon and exploring Mars and beyond in deep space. Learn more about humans living and working in space:			1 **Canada Day (CSA)**	2	3	4 **Independence Day (NASA)**
5	6	7	8 **2011**: STS-135 space shuttle Atlantis launches to the space station on the final mission of the Space Shuttle Program	9	10	11
12 **2000**: Russian Zvezda service module launches to the space station **2001**: U.S. Quest Airlock launches to the space station on STS-104	13	14	15 **1975**: Launch of Apollo-Soyuz mission	16 **1969**: Apollo 11 mission launches to land first humans on the Moon	17	18
19	20 **1969**: Apollo 11 mission lands first humans on the Moon **Marine Day (JAXA)**	21	22	23	24	25
26	27	28	29 **2021**: Russia's Nauka multipurpose laboratory module docks to the space station	30	31	


YAW

AUGUST 2026

SPOTTABLE SCIENTIFIC MARVEL | The International Space Station is a marvel of cooperative engineering, science, and research. Maintaining a 925,335-pound orbiting laboratory in space requires precision and coordination — both by the astronauts aboard the space station and between the crew and the teams on the ground. With an acre of solar arrays powering the orbiting laboratory and adding to the wingspan, on a clear night, even in the city, you can look up in the sky at dawn or dusk and see the station when it is flying over your home.

Pictured above, NASA astronaut Anne McClain conducts a spacewalk near one of the solar arrays to upgrade power systems and relocate a communications antenna.



On the space station, this combustion experiment studies how thin plastic sheets burn in microgravity under different oxygen and pressure levels, helping improve fire safety for future missions. Even after more than two decades, scientific investigations conducted aboard the space station continue to push the frontiers of knowledge in every major discipline of science.

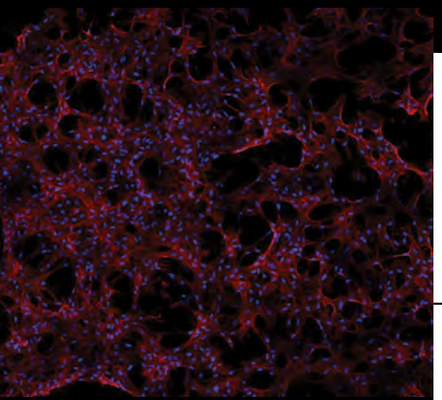
Expedition 73 crew members gather for dinner in the Unity module: JAXA astronaut Takuya Onishi, NASA astronauts Anne McClain and Nichole Ayers, and Roscosmos cosmonauts Sergey Ryzhikov, Kirill Peskov, and Alexey Zubritsky.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** Did you know you that the International Space Station is the third-brightest object in the sky and easy to spot if you know when to look up? Download NASA's Spot the Station mobile application for opportunities to #SpotTheStation no matter where you are.						1 **2025**: NASA's SpaceX Crew-11 launches to the space station
2	3 **Civic Holiday (CSA)**	4	5	6	7	8
9	10	11 **Mountain Day (JAXA)**	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26 **2023**: NASA's SpaceX Crew-7 launches to the space station	27	28	29 **2016**: First DNA sequencing in space performed by astronaut Kate Rubins aboard the space station


PORT
STBD

SEPTEMBER 2026

SCIENCE IS EVERYWHERE | Some of the greatest discoveries have come from tinkering and toying with new concepts and ideas, and NASA astronaut Don Pettit is no stranger to doing so. While on orbit, he conducted "science of opportunity" experiments during his off-duty time with materials readily available to the crew or included in his personal kit. Pictured above, he is preparing the freezer with a polarizing filter to create colorful ice crystal wafers. This experiment examined the differences in how water freezes in microgravity compared to on Earth.



Stem cells grown on nanomaterial scaffolds aboard the International Space Station showed that structural improvements were obtained through in-space manufacturing and translated directly into biological improvements. The space-grown stem cells could help advance regenerative medicine research for vaccines and cartilage repair. *Image courtesy of the University of Connecticut.*

NASA astronaut Nichole Ayers captured a rare form of a transient luminous event – a gigantic jet during a storm that made its way across the United States and Mexico. Gigantic jets, typically observed by chance, are a powerful type of electrical discharge that extends from the top of a thunderstorm into the upper atmosphere. Gigantic jets appear when the turbulent conditions at towering thunderstorm tops allow for lightning to escape the thunderstorm, propagating upward toward space.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** From DNA sequencing to 3D printing, studies on the space station can test a variety of technologies, systems, and materials that will benefit life on Earth and be needed for future long-duration exploration missions. Learn more about technology demonstrations:		1	2	3	4	5
6	7 **Labor Day (NASA, CSA)**	8	9	10 **2009**: First JAXA H-II Transfer Vehicle launches to the space station	11 **2023**: NASA astronaut Frank Rubio breaks the record for the most consecutive days in space by an American explorer. He holds the record for 371 days	12 **2024**: JAXA astronaut Kimiya Yui surpassed the Japanese record for most consecutive days spent on orbit
13	14	15 **Respect for the Aged Day (JAXA)**	16	17	18 **2013**: First Northrop Grumman Cygnus spacecraft launches to the space station	19
20	21	22 **Holiday Under the Law (JAXA)**	23 **Autumnal Equinox Day (JAXA)**	24	25	26
27	28 **2024**: NASA's SpaceX Crew-9 launches to the space station	29	30 **National Day for Truth and Reconciliation (CSA)**			


EXIT
CLOSING HATCH
FIRE PORT
FIRE PORT
FRIDGE
FRIDGE
BioSERVE
HUGGIES

OCTOBER 2026

INTERNATIONAL CREW CAMARADERIE | An international partnership of space agencies provides and operates the elements of the International Space Station, making it one of the world's most ambitious collaborations. The international partnership, created through the space station and its accomplishments, exemplifies how countries can work together to overcome complex challenges and achieve collaborative goals.

Pictured above, a crew member from Expedition 72 can be seen showing off a homemade Halloween headpiece while seated in Node 1.

An iconic moment in station history, NASA astronaut Mark Kelly sent his brother NASA astronaut Scott Kelly a little surprise during his year-long stay on the space station: a gorilla suit. Why? Because, according to Mark, there's never been a gorilla in space before. As the story goes, Scott dressed up in the gorilla suit and then hid for the ultimate surprise.

NASA astronauts Butch Wilmore, Don Pettit, Nick Hague, and Suni Williams, and Roscosmos cosmonauts Aleksandr Gorbunov and Alexey Ovchinin play cards together in Node 1.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** The International Space Station's greatest accomplishment is as much a human achievement as it is a technological one. Learn more about the international partnership:				1 **1958**: First day of NASA operations	2	3
4 **1957**: The world's first artificial satellite, Sputnik 1, launches from the Soviet Union	5 **2022**: NASA's SpaceX Crew-5 launches to the space station	6	7	8	9	10 **2007**: Peggy Whitson becomes the first female astronaut to command the space station
11	12 **Columbus Day (NASA); Sports Day (JAXA); Thanksgiving Day (CSA)**	13	14 **1947**: Charles "Chuck" Yeager becomes the first human to attain supersonic flight	15	16	17
18	19	20	21	22	23 **2007**: U.S. Harmony module launches to the space station on STS-120	24 **1946**: First motion pictures taken of Earth from space by a U.S.-launched V-2 rocket
25	26	27	28	29	30	31

NOVEMBER 2026

MOMENTS ON STATION | On the International Space Station, a typical day unfolds in an extraordinary way. The mundane acts of life, eating, sleeping, working, are transformed by the absence of gravity. A spoonful of soup becomes a floating orb, a misplaced pen a miniature satellite. Our home is a high-tech marvel of human ingenuity, hurtling through the vacuum of space. The view from our window is a constantly shifting masterpiece of Earth's vibrant blue, swirling clouds, and breathtaking auroras.

Pictured above, a long-exposure photo captured by NASA astronaut Don Pettit on orbit shows the Moon's bright trail, seen in the thick white path, as well as various Starlink satellites flashing, golden city lights, and arcs of stars across Earth's horizon.

Holiday traditions: Thanksgiving dinner aboard the space station's Unity module with NASA astronaut Christina Koch, Roscosmos cosmonaut Alexander Skvortsov, NASA astronaut Jessica Meir, Roscosmos cosmonaut Oleg Skripochka, NASA astronaut Drew Morgan, and ESA astronaut Luca Parmitano.

Lightning storms illuminate clouds over Singapore and Johor Bahru, Malaysia, captured from the space station 259 miles (416 kilometers) above the South China Sea.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases *U.S. Central Time Zone*						
1 **All Saints' Day (CSA; ESA)**	2 **2000**: Expedition 1 arrives at the space station, beginning an era of continuous human presence in space that remains unbroken to this day	3 **Culture Day (JAXA)**	4	5	6	7
8	9	10 **2021**: NASA's SpaceX Crew-3 launches to the space station	11 **Veterans Day (NASA) Remembrance Day (CSA)**	12	13	14
15 **2020**: NASA's SpaceX Crew-1 launches to the space station	16	17	18	19	20 **1998**: Russia's Zarya module, the first component of the space station, launches from Baikonur on a Proton K rocket	21
22	23 **Labor Thanksgiving Day (JAXA)**	24	25	26 **Thanksgiving Day (NASA)**	27	28
29	30					

Since the first crew's arrival more than 25 years ago, the International Space Station has evolved into a state-of-the-art scientific lab that has hosted over 4,000 experiments from more than 5,000 researchers spanning over 110 countries, resulting in more than 4,000 scientific journal publications, including more than 500 papers in top-tier journals. Learn more about the latest station research and technology:

DECEMBER 2026

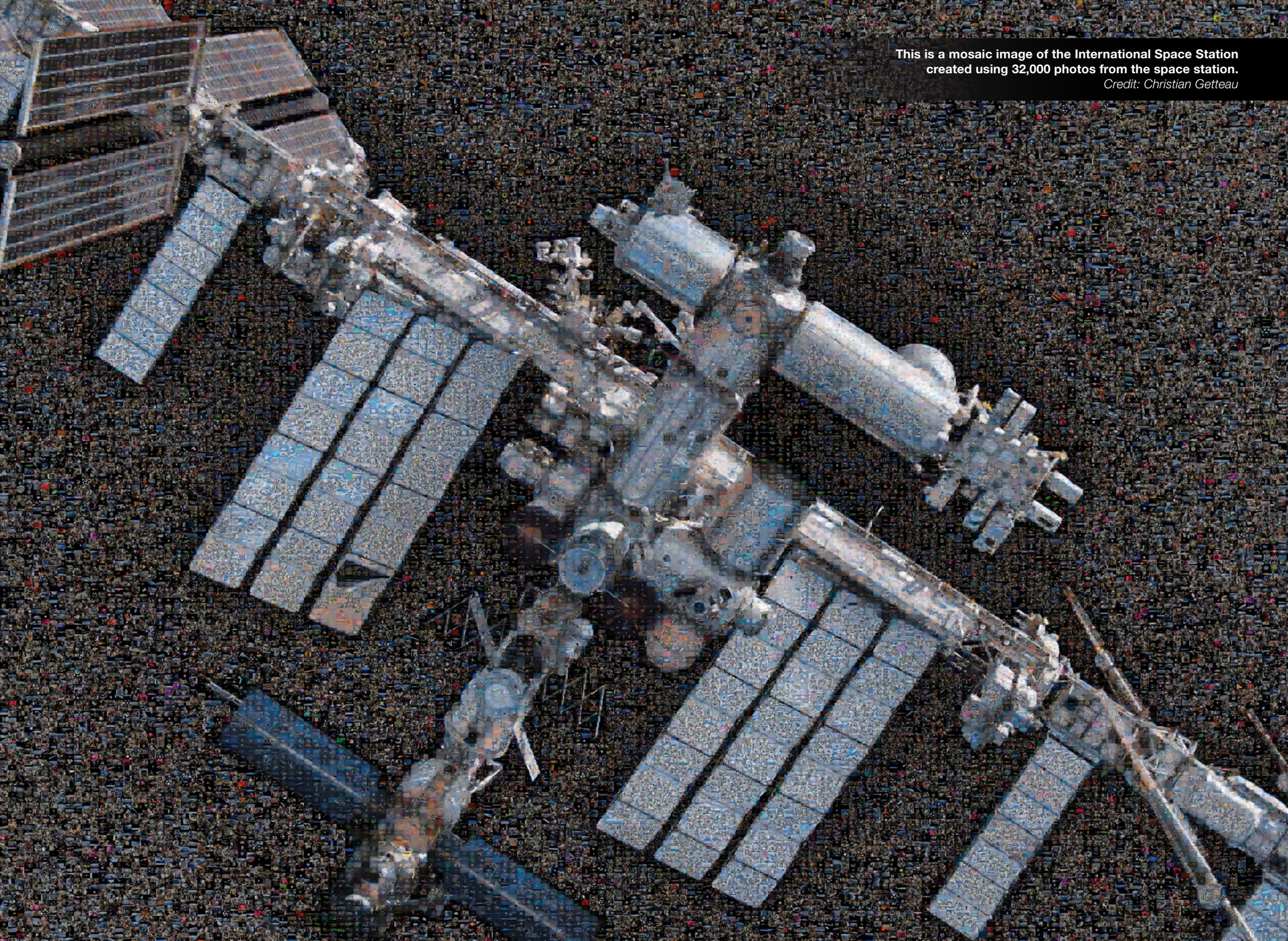
ENDLESS JOURNEY | Since Nov. 2, 2000, the International Space Station has been occupied continuously by astronauts from NASA and its international partners. More than two decades later, the space station continues to serve as a world-class laboratory, still experiencing many firsts, scientific breakthroughs, and improving life on our home planet.

In the photo above, NASA astronaut Don Pettit demonstrates electrostatic forces using charged water droplets and a knitting needle made of Teflon. This series of overlapping frames displays the unique attraction-repulsion properties of Teflon and charged droplets, similar to how charged particles from the Sun behave when they come in contact with Earth's magnetic field.

The Roscosmos Progress 77 resupply spacecraft leaves a glowing plasma trail as it reenters Earth's atmosphere 270 miles (435 kilometers) above the Southern Pacific Ocean.

SpaceX's Dragon Freedom spacecraft splashes down near Tallahassee, Florida, on March 18, 2025, carrying NASA astronauts Nick Hague, Suni Williams, Butch Wilmore, and Roscosmos cosmonaut Aleksandr Gorbunov home from the space station.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases ***U.S. Central Time Zone*** Learn about how station benefits humanity:		1	2	3	4 **1998**: Launch of the first space station assembly mission, includes delivery of the first U.S. element of the station, Unity	5
6	7 **1998**: First U.S. spacewalk from the space station	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 **Christmas Eve (ESA)**	25 **2021**: The James Webb Space Telescope launches on an Ariane 5 launch vehicle **Christmas Day (NASA, CSA, ESA)**	26 **Boxing Day (CSA, ESA)**
27	28	29	30	31 **New Year's Eve (ESA)**		



This is a mosaic image of the International Space Station created using 32,000 photos from the space station.
Credit: Christian Getteau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DD:HH:MM:SS
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AR VIEW
TRACKER
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INTERNATIONAL SPACE STATION RESOURCES

The space station is a convergence of science, technology, and human innovation that demonstrates new technologies and enables research not possible on Earth. The space station serves as the springboard to NASA's human exploration of deep space, including future missions to the Moon and Mars.

Mission Information:

International Space Station
www.nasa.gov/station

Station Expeditions
www.nasa.gov/international-space-station/expedition-missions/

Station Daily Blog Update
blogs.nasa.gov/spacestation

Humans in Space
www.nasa.gov/humansinspace

Commercial Crew Program
www.nasa.gov/commercialcrew

Launches and Landings
www.nasa.gov/events

International Cooperation
www.nasa.gov/international-space-station/space-station-international-cooperation/

Space Exploration References:

Your Orbiting Laboratory (Station Research Overview)
www.nasa.gov/iss-science

Station for Students and Educators
www.nasa.gov/stemonstation

International Space Station National Laboratory
www.nasa.gov/stationnationallab

Ciencia en la estación
(Station research information in Spanish)
www.nasa.gov/ciencia-en-la-estacion

Low Earth Orbit Economy
www.nasa.gov/leo-economy

Digital Resources:

Space Station Research Explorer (Experiments, Facilities, Publications)
www.nasa.gov/stationexperiments

Space Station Research Xplorer (Mobile App)
www.nasa.gov/stationresearchapp

Spot the Station Soaring Over the Sky Near You
spotthestation.nasa.gov/

Houston We Have a Podcast
www.nasa.gov/podcasts/houston-we-have-a-podcast/

Station Research & Technology Playlist
www.youtube.com/playlist?list=PLTXQuaxXBKKwxMhA1Cd9WZvGsT06_j-q_

www.nasa.gov/station

Find these International Space Station resources and more at the QR code above.

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