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ASTRONAUT RESILIENCE TRAINING FOR THE FUTURE MANNED SPACE MISSION

Abstract

Astronauts have been expected to basically follow the procedures while receiving the ground support of the International Space Station. In the future manned space mission, it is difficult to support the Moon and Mars astronauts from the ground in a timely manner, and the maximum communication time lag is 44 minutes. Also, astronauts are required to respond flexibly to difficult situations and unexpected events in the unknown world. So, "resilience" is an important keyword to challenge something unknown to humans. We defined the "resilience" of astronauts in future manned space missions and developed resilience training to respond flexibly to difficult situations and unexpected events. This training not only supports astronauts and our missions, but also contributes to those who face difficulties on the Earth. In this paper, I will introduce our resilience definition, training contents, and its techniques.