

Mars-500: The Ultimate Challenge

Voice-over 1:

The twenty-minute communication lag between Earth and a space rocket will be recreated for the Mars-500 crew to add to the psychological effect of isolation, a factor that it's hoped will be alleviated by the crew's intense workload.

Voice-over 2:

When they talk about psychological stress, they mean it's very difficult to stay there in relative isolation from society, seeing nobody except your crew, facing sensory deprivation, lack of stimuli, and so on and so forth. But you have to keep in mind that you're conducting two to three experiments every day; and sometimes, by the evening, your eyes can't see anymore because of the microscope, and suddenly you remember that you didn't shave, didn't have breakfast, lunch or supper. And just imagine: if such work keeps you busy every day, you won't have any time for depression. That's the importance of workload; and on the flight to Mars, there will be enough vessel servicing and research programmes to occupy the crew.

Voice-over 1:

An isolation experiment on this unprecedented scale is an exciting opportunity for researchers; international groups of them competed to study the effects of being in such an enclosed environment for such a long time.

Voice-over 3:

Lots of specialists are taking part in this study: experts in medicine, physiology, microbiology, hygiene, psychology...and other professionals from biomedical and other related fields of knowledge. Their goal is to conduct 105 experiments within this project.

Voice-over 1:

The crew will be living under constant surveillance for the whole eighteen months via cameras and other monitoring devices.

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