

National Aeronautics and
Space Administration



INTERNATIONAL SPACE STATION **2025** CALENDAR

A message from the
Program Manager for the

INTERNATIONAL SPACE STATION



Greetings from Houston, Texas!

It's an exciting time in low Earth orbit where the International Space Station continues to thrive as a busy laboratory maintaining an incredibly high research and operations tempo. Even after more than a quarter century, the International Space Station continues to make extraordinary contributions to science, research, and ultimately – life here on Earth.

As the station continues to prosper 250 miles above, I want to emphasize that we aren't slowing down anytime soon. Whether its research, visiting vehicle traffic, or upgrades, it's always a busy time aboard the orbiting lab and it's only getting busier. We are fully utilizing the space station and pressing full steam ahead for continual maximization of this world-class global asset.

Last calendar year alone, in 2024, the International Space Station welcomed 25 people aboard, including individuals representing nine

different countries. Additionally, station received seven cargo resupply missions to keep the crew supplied and the science flowing, supported another private astronaut mission, Axiom Mission 3, and saw numerous advancements in research. We even saw the inaugural crew arrival on Boeing's Starliner spacecraft which marked the first time in station history that three different spacecraft carried crew to station and were docked at the same time. Even after 25 years, we are still experiencing so many firsts with this state-of-the-art science platform.

Speaking of 25 years, Nov. 2, 2025, will mark 25 years of continuous human presence aboard the International Space Station. We couldn't have reached this milestone without the longstanding excellence of the International Space Station team and support from international partnership, industry partners, and thousands of researchers from more than 115 countries around the world that share a unified goal to extend knowledge for the betterment of humanity.

There's a lot happening on the station every day. The best way to stay in the know is through our daily blog on [NASA.gov/station](https://www.nasa.gov/station) and by following our social media accounts listed on the back of this calendar. The Spot the Station mobile app is great for station resources, including the blog, and can provide real-time notifications for when the space station will pass over your location.

My hope is that when you think of the International Space Station or you watch it pass overhead, you remember that it really isn't that far out of reach. The benefits resulting from your orbiting laboratory touch lives on the ground every day, including yours.

I wish you a wonderful 2025 and thank you for following the ongoing journey of the International Space Station.

Best wishes,

DANA WEIGEL

International Space Station Program Manager



Dina Contella

International Space Station Deputy Program Manager

Dina Contella serves as the International Space Station deputy program manager. Contella shares responsibility with the space station program manager for the day-to-day management, development, integration, and operation of the space station. She works across station organizations, NASA centers, other government agencies, and international partners to ensure one functional integrated system.



Bill Spetch

International Space Station Program Operations Integration Manager

Bill Spetch serves as the International Space Station Program operations integration manager. He is responsible for the overall management and integration of space station operational elements, with the primary focus on supporting the performance of real-time and near real-time missions. As chair of the International Space Station Mission Management Team, Spetch is responsible for all aspects of the execution of in-orbit program activities for the integrated space station.



Melissa Gard

International Space Station Program Chief of Staff

Melissa (Missy) Gard serves as the International Space Station Program chief of staff and supports senior program management by optimizing their schedules and working with the program management team to prioritize actions and issues requiring approval. She is responsible for handling the day-to-day administrative functions of the office and manages the program's contracting officer representatives. Additionally, she is the cooperative agreement technical officer for the International Space Station National Laboratory.



Robyn Gatens

*International Space Station Director, NASA Headquarters
Commercial Spaceflight Division Acting Director, NASA Headquarters*

Robyn Gatens serves as the director of the International Space Station and acting director of the Commercial Spaceflight Division for the Space Operations Mission Directorate at NASA Headquarters. Gatens leads strategy, policy integration and stakeholder engagement for the space station program at the agency level. She oversees use of station for research and technology demonstrations to support NASA's Artemis missions, and activities to secure an ongoing U.S. presence in low Earth orbit by enabling a commercial space economy. She also serves as NASA's liaison to the ISS National Laboratory.

INTERNATIONAL PARTNER PROGRAM MANAGERS



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

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
CSA (Canadian Space Agency)

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
Executive Director for Human Space Flights
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.

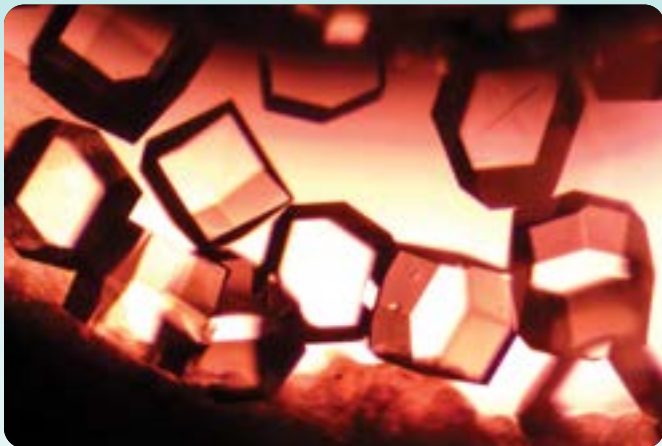


SAKAI Junichi
International Space Station Program Manager
JAXA (Japan Aerospace Exploration Agency)

SAKAI Junichi oversees all elements of the KIBO's operation, utilization, Japanese astronauts' activities, and cargo resupply by Japanese vehicles. In addition, he is responsible for international coordination of space station activities, contributes to the creation and development of station achievements, and promotes public understanding of the station programs.



YOUR ORBITING LABORATORY – BUSIER THAN EVER BEFORE, FOR THE BENEFIT OF HUMANITY



TOP LEFT: NASA astronaut Mike Barratt works aboard the International Space Station's Harmony module processing protein crystal samples inside a portable glove bag to learn how to generate personalized medicines in space for astronauts. **BOTTOM LEFT:** Lysozyme crystals grown with Redwire's PIL-BOX aboard the space station. Lysozyme plays a vital role in innate immunity, protecting against bacteria, viruses, and fungi. This protein, found in bodily fluids like tears, saliva, and milk, is used as a control compound to demonstrate well-formed crystals and is being studied to understand the effect of microgravity on crystals. Credit: Redwire.



The space station as seen from the SpaceX Dragon Endurance spacecraft carrying NASA's SpaceX Crew-7 quartet following its undocking from the Harmony module's forward-facing port.

The International Space Station is currently in its third and most productive decade of utilization, including research advancement, commercial value, and global partnership.

The first decade of the station was dedicated to assembly. The second was devoted to research and technology development, learning how to conduct these activities most effectively in space, and eventually moving from initial research to full utilization. Now, the International Space Station is in the decade of results. Built on the last two decades of research, results are compounding, new benefits are materializing, and today, with commercial crew and cargo transportation systems online – the orbiting lab is busier than ever before.

This current and third decade continues to return medical and environmental benefits to humanity. For example, from protein crystal research implemented on the station, advancements in cancer drug treatments have been made with one currently in Phase 3 clinical trials.

As the agency's premiere testbed for exploration, the station continues to verify exploration and human research technologies to support future deep space missions. For example, through technology advancements, the station has reached 98% water reclamation onboard, which is well on our way to our Mars mission target.

The ongoing success of the orbiting laboratory demonstrates the importance of global cooperation through international partnership. The space station also continues to lay the groundwork for a commercial future in low Earth orbit. There are more than 30 commercial facilities operating aboard the space station today – including a 3D printer, a bioprinter, external Earth observation and materials platforms, and an airlock – that are available for use by both NASA and other paying customers.

The station is the world's preeminent orbital microgravity research platform for research and development. For more than 25 years, scientists and researchers have used the station to conduct research into biological, physical, biomedicine, materials, and Earth and space science. Technology demonstrations and development aboard have advanced the state-of-the-art for applications with benefits both on Earth and in space, and they aren't slowing down anytime soon.

International Space Station's

2024 IN REVIEW



1 Solar eclipse

25 PEOPLE
lived and worked
aboard the International
Space Station

40,000+
pounds of cargo
delivered

400+
SCIENCE AND
RESEARCH
EXPERIMENTS

3
different spacecraft that
carried crew to station docked
AT THE SAME TIME...
the first time in history

3RD PRIVATE
ASTRONAUT
MISSION

1ST REMOTE ROBOTIC
SURGERY
DEMONSTRATION

1ST HEART TISSUE
BIOPRINTED
IN SPACE

2,467+ HOURS OF
NASA CREW MEMBER
UTILIZATION

1ST STAINLESS
STEEL METAL
3D PRINT

14
visiting vehicles

100+
EDUCATION DOWNLINKS

Total boxes of
food delivered: **510**

Tortillas
consumed:
3,120





JANUARY 2025

LIFT OFF TO A NEW YEAR | While it may look small in this image, looks can be deceiving! The International Space Station is 356 feet (109 meters) end-to-end, one yard shy of the full length of an American football field, including the end zones. With an acre of solar panels to power the station 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.







The space station as seen from the SpaceX Dragon Endurance spacecraft carrying the NASA's SpaceX Crew-7 quartet following its undocking from the Harmony module's forward-facing port.

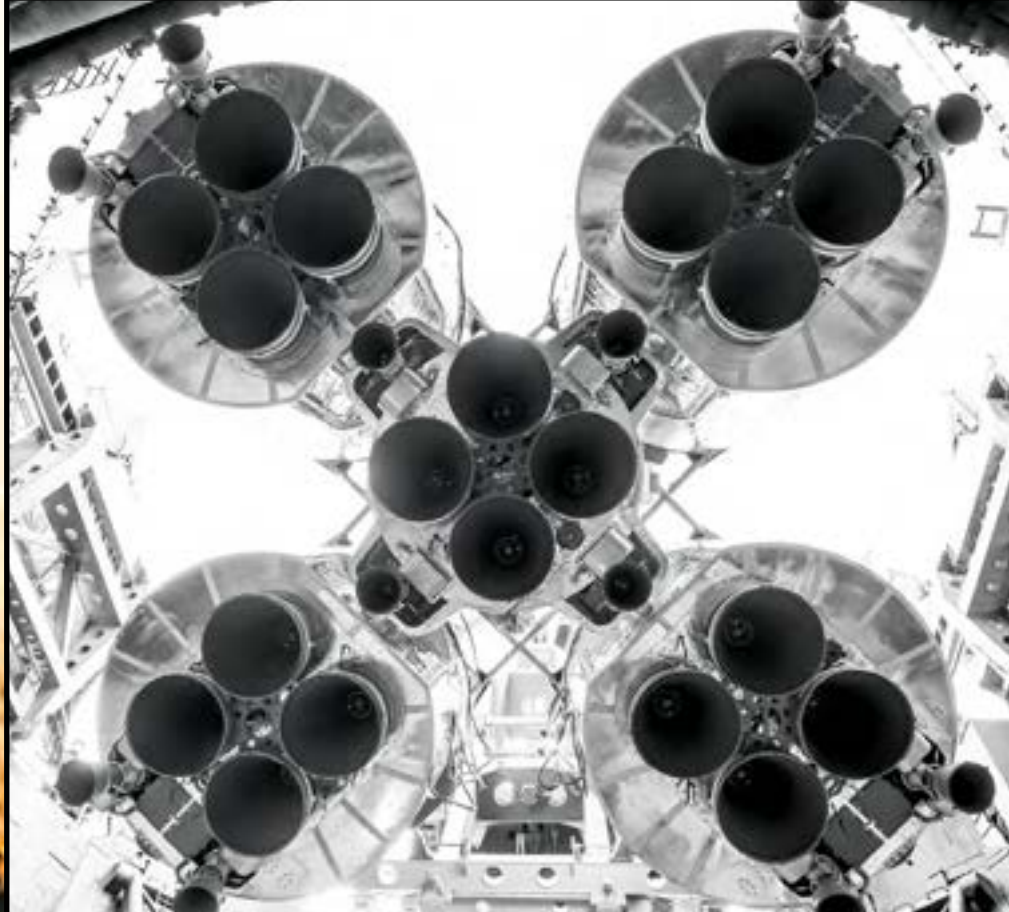


Peering through the station's cupola, the western coast of Chile is visible. Through a window on the left, one of the orbiting laboratory's solar arrays can be seen; in the center, is Northrop Grumman's cymbal-shaped solar array, and in the bottom right corner window, the Roscosmos segment of the station is visible.



The SpaceX Falcon 9 rocket carrying the Dragon spacecraft lifts off from Launch Complex 39A at NASA's Kennedy Space Center in Florida on the company's 29th commercial resupply services mission for the agency to the space station. Dragon delivered scientific research, technology demonstrations, crew supplies, and hardware to the space station to support its Expedition 70 crew.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Moon phases U.S. Central Time Zone</p> <p>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.</p> 						
			1 New Year's Day (NASA, CSA, ESA: Col-CC, JAXA)	2	3	4
5	6 	7	8	9	10	11
12	13  Coming-of-Age Day (JAXA)	14	15	16	17	18
19	20 Martin Luther King Jr. Day (NASA); Inauguration Day (NASA)	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 2025

GO FOR LAUNCH | Traveling faster than the speed of sound, more than 275 individuals representing 23 countries and five international partners have launched to the International Space Station. Last year, for the first time in station history, there were three different spacecraft that carried crew to the orbiting lab docked at the same time. This included Roscosmos' Soyuz, SpaceX's Dragon, and Boeing's Starliner spacecraft.


At left, a SpaceX Falcon 9 rocket with the Dragon spacecraft on top is seen during sunset on the launch pad at Launch Complex 39A in preparation to carry NASA's SpaceX Crew-8 to the space station. At right, the Soyuz MS-25 is raised vertically and shown from the side and beneath the engines at the launch pad of the Baikonur Cosmodrome in Kazakhstan.



SpaceX Dragon "Freedom" is on approach to the space station carrying Crew-9 with the Earth in the background.



📍 263 miles (423 kilometers) above the coast of the Caspian Sea in Kazakhstan, the Soyuz MS-23 vehicle is shown during a 37-minute port relocation maneuver performed by NASA astronaut Frank Rubio and Roscosmos cosmonauts Sergey Prokopyev and Dmitri Petelin.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Moon phases U.S. Central Time Zone</p> <p>Did you know eight spaceships 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:</p> 						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

1 2003: Space shuttle Columbia accident

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

2010: Tranquility and Cupola launch to the space station on STS-130

2001: First major laboratory module, the U.S. Destiny Laboratory, added to the space station

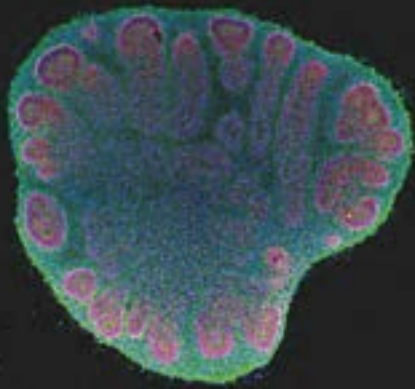
1986: The Russian Space Station Mir's first module launches from Baikonur

2004: Expedition 8 crew Michael Foale and Alexander Kaleri space-walk without a human crew member inside



MARCH 2025

WINDOW TO THE WORLD | An international crew of seven people lives and works while traveling at a speed of five miles per second, orbiting Earth about every 90 minutes. That means in 24 hours, the space station makes 16 orbits of Earth, traveling through 16 sunrises and sunsets. The southern coast of Africa is pictured from the International Space Station's seven-window cupola, as it soars 265 miles (426 kilometers) above.








This preflight image shows a cross-section of a two-month-old cerebral organoid under a fluorescence microscope. Cerebral organoids are 3D structures cultivated from human-derived cells that closely resemble a developing human brain.

The photo was supplied for the Cerebral Aging investigation that studies the molecular effects of spaceflight and the durability of cerebral organoids in space. Credit: Institut Pasteur-SupBiotech



📍 273 miles (439 kilometers) above the Indian Ocean, a vibrant aurora can be seen from the SpaceX Dragon "Freedom" spacecraft as it moves through Earth's atmosphere.

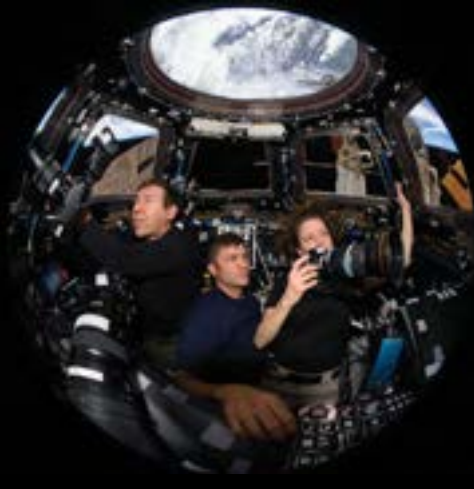
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Moon phases U.S. Central Time Zone</p> <p>Since the first crew's arrival aboard almost 25 years ago, the International Space Station has evolved into a state-of-the-art scientific lab that has hosted more than 4,000 experiments from over 5,000 researchers from more than 100 countries. Learn more about the latest station research and technology: </p>						
<p>2016: NASA astronaut Scott Kelly and Russian cosmonaut Mikhail Kornierko return to Earth after their one-year mission; 2019: NASA's SpaceX Demo-1 launches to the space station; 2023: NASA's SpaceX Crew-6 launches to the space station</p> <p>2</p>	<p>2024: NASA's SpaceX Crew-8 launches to the space station</p> <p>3</p>	<p>4</p>	<p>5</p>	 <p>6</p>	<p>7</p>	<p>2013: SpaceX Dragon cargo spacecraft is the first commercial vehicle to carry externally mounted cargo to the space station</p> <p>1</p> <p>8</p>
<p>2008: First European Automated Transfer Vehicle launches to the space station</p> <p>9</p>	<p>10</p>	<p>2008: The Canadian Space Agency's robotic system Dextre launches on STS-123</p> <p>11</p>	<p>12</p>	<p>13</p>	 <p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20 Vernal Equinox Day (JAXA)</p> <p>20</p>	<p>21</p>	 <p>22</p>
<p>23/30</p>	<p>24/31</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	 <p>29</p>



APRIL 2025

A UNIQUE VANTAGE POINT | The International Space Station provides a spectacular vantage of our planet. This allows the crew to monitor the climate, natural disasters, and the environment and regularly take photographs of features such as volcanic eruptions, urban areas, bodies of water, and meteorological phenomena. The information gathered by crew photographs supports global-scale investigations related to the composition, health, and future of Earth.

Pictured above, the Sun beams in between a cloudy stretch of the South Atlantic Ocean off the coast of Argentina.



📍 259 miles (417 kilometers) above West Virginia in the United States, NASA astronauts (from left) Mike Barratt, Matthew Dominick, and Loral O'Hara participate in an Earth photography session inside the cupola.



About midnight local time in Cairo, Egypt, the space station flew overhead and captured this illuminating photo of the night lights of civilization along the Nile River, the shores of the Red Sea, the Gulf of Suez, and the Gulf of Adaba in the Middle East.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Moon phases U.S. Central Time Zone						
		1	2	3	4	5
6	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: Cosmonaut Yuri Gagarin becomes the first human in orbit; 1981: First mission of the Space Shuttle Program, STS-1, launches
13	14	15	16	17	18 Good Friday (CSA, ESA: ESTEC, Col-CC, EAC)	19 1971: Salyut 1 launches from Baikonur; 2001: Canadarm2 Space Station Remote Manipulator System launches to the space station on STS-100
						
20	21 Easter Monday (CSA, ESA: HQ, ESTEC, Col-CC, EAC)	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		Astronauts take images using handheld digital cameras, usually through windows in the station's cupola, for Crew Earth Observations. Earth observations imagery is free and accessible through the Gateway to Astronaut Photography of Earth, which offers several ways to investigate existing data and accepts requests from researchers and educators for new imagery. Check it out:	





MAY 2025






NOT YOUR AVERAGE 9-TO-5 | NASA astronaut Loral O'Hara performs a spacewalk for maintenance on the International Space Station's port solar alpha rotary joint, which allows the solar arrays to track the Sun and generate electricity to power the orbital outpost. Station crew members regularly conduct spacewalks for maintenance and upgrades that need to take place outside of the orbiting laboratory.



Pictured above is a sphere of water with food coloring creating a Jupiter-like effect in the microgravity environment aboard the International Space Station.



NASA astronaut Don Pettit captured the junction between Sicily and the "Boot" of Italy in near infrared false colors. Here the wavelength of light is restricted from 550 nanometer (nm) (green) to 1200 nm (near infrared), capturing light and detail that we cannot see with human eyes or normal photography.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Moon phases U.S. Central Time Zone</p> <p>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:</p> 						
				1	2	3 Constitution Memorial Day (JAXA)
						
4 Greenery Day (JAXA)	5 Children's Day (JAXA) 1961: Alan Shepard Jr. becomes the first American in space	6	7	8	9	10
						
11	12	13	14 1973: Skylab 1 space station launches aboard the Saturn V rocket	15	16	17
						
18	19 2022: NASA's Boeing Orbital Flight Test 2 launches to the space station Victoria Day (CSA)	20	21	22 2012: First SpaceX Dragon cargo craft launches to the space station	23	24
						
25	26 Memorial Day (NASA) Ascension Day (HQ, ESTEC, Col-CC, EAC)	27	28	29 2009: The first time a space station hosts a long-term crew of six crew members	30 Corpus Christi (ESA: Col-CC, EAC) 2020: NASA's SpaceX Demo-2 launches to the space station	31 2008: The Japanese Kibo pressurized module launches to the space station on STS-124



JUNE 2025

AN ECONOMY IN LOW EARTH ORBIT | What's been learned and built over almost 25 years of continuous human presence onboard the International Space Station has been critical to supporting NASA's science and research priorities. It also prepares the agency to lead the next generation of human presence in low Earth orbit to advance microgravity science, technology, and exploration. A commercial approach creates more access to microgravity and spurs economic growth in low Earth orbit.

Most recently, Boeing's Starliner spacecraft launched NASA's astronauts Butch Wilmore and Suni Williams to the space station. Starliner is pictured docked to the Harmony module's forward port.






📍 258 miles (415 kilometers) above western China, this long-exposure photograph was taken at night from the orbital complex.



Comet C/2023 A3 (Tsuchinshan-ATLAS), roughly 44 million miles from Earth at the time of this photo, was pictured from the space station as it orbited 271 miles (436 kilometers) above the South Atlantic Ocean.



The SpaceX Dragon "Freedom" spacecraft viewed from a window aboard the SpaceX Dragon Endurance spacecraft. Both spacecraft are docked to ports on the space station's Harmony module. Freedom is seen moments before undocking from Harmony's forward-facing port with the Axiom Mission 3 crew aboard.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Moon phases</i> <i>U.S. Central Time Zone</i>						
1	2	3 1965: First U.S. space-walk by Edward White on Gemini IV	4	5 2024: NASA's Boeing Crew Flight Test launches to the space station	6	7
						
8	9 Whit Monday (ESA: HQ, ESTEC, Col-CC, EAC)	10	11	12	13	14
						
15	16 Corpus Christi (ESA: HQ, ESTEC, Col-CC, EAC)	17	18 1983: Sally Ride becomes the first U.S. woman in space	19 Juneteenth Independence Day (NASA)	20	21
						
22	23	24 Saint-Jean-Baptiste Day (CSA, Quebec only)	25	26	27 1995: STS-71 Space shuttle Atlantis launches, first Shuttle-Mir docking	28
29	30					Learn more about how NASA is supporting a space economy in low Earth orbit: 








JULY 2025

BEYOND THE HORIZON | Did you know the International Space Station travels an equivalent distance to the Moon and back in about a day? Building on NASA's 65+ years of exploration experience and nearly 25 years of continuous human presence on the space station in low Earth orbit, we will extend humanity farther into space than ever before. The station is the foundation to conduct complex operations in space, perform research in a microgravity environment, foster a growing space economy, and forge international partnerships toward a common goal – returning to the Moon and eventually journeying to Mars and beyond. The station enables long-duration research on how living in microgravity affects living organisms, especially humans, as well as testing technologies to allow humans to work at the Moon.

Above, the new moon begins setting above Earth's bright, colorful atmosphere in this long-exposure photograph taken by NASA astronaut Matthew Dominick aboard the space station.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Moon phases</i> <i>U.S. Central Time Zone</i></p>						
		1 Canada Day (CSA)	2	3	4 Independence Day (NASA)	5
6	7 2011: STS-135 Space shuttle Atlantis launches to the space station on the final mission of the Space Shuttle Program	8	9		10	12 2000: Russian Zvezda service module launches to the space station 2001: U.S. Quest joint 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	21 Marine Day (JAXA)	22	23	24	25	26
					The International Space Station has been continuously occupied by crew members for almost 25 years and is a fundamental test bed for NASA's return to the Moon, exploring Mars, and beyond. Learn more about humans in space:	
27	28	29 2021: Russia's Nauka multipurpose laboratory module docks to the space station	30	31		

NASA astronaut Shannon Walker collected leaf samples from plants growing inside the European Columbus laboratory on station. Space agriculture is key to the success and sustainability of future human missions to the Moon, Mars, and beyond.



The glow of the Moon illuminates the path for the SpaceX Falcon 9 rocket with the Dragon spacecraft atop as it was rolled out to the launch pad at Launch Complex 39A for NASA's SpaceX Crew-8 launch at Kennedy Space Center in Florida.



AUGUST 2025

NOT YOUR AVERAGE DELIVERY | Resupplying the International Space Station with science, research, and crew supplies is critical to the success of the orbiting laboratory. Under NASA's commercial resupply services contract, Northrop Grumman and SpaceX deliver critical science, hardware, supplies, food, and personal items to the crew aboard the space station multiple times a year.







📍 258 miles (415 kilometers) above the African nation of Mauritania, Northrop Grumman's Cygnus spacecraft is pictured departing the space station after it was released from the grip of the Canadarm2 robotic arm.



The Northrop Grumman Cygnus resupply spacecraft is seen being encapsulated inside the SpaceX Falcon 9 payload fairing as it prepares to launch from Space Launch Complex 40 at Cape Canaveral Space Force Station in Florida. The 20th Northrop Grumman commercial resupply service to the space station supported the Expedition 70 crew.



Roscosmos' Progress 84 cargo spacecraft is pictured shortly after undocking from the space station's Poisk module.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Moon phases</i> U.S. Central Time Zone For the latest in commercial resupply to the International Space Station, visit: </p>					 1	 2
3	4 Civic Holiday (GSA)	5	6	7	8	 9
10	11 Mountain Day (JAXA)	12	13	14	15 Assumption of Mary (ESA: HQ, ESTEC, Col-CC)	16 
17	18	19	20	21	22	23 
 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	30



Canada

SEPTEMBER 2025

A DELICATE DANCE | Maintaining a 925,335 pound (419,725 kilograms) orbiting laboratory in space is no easy feat! The large modules and other pieces of the International Space Station were delivered on 42 assembly flights. Station can host eight visiting vehicles and more than 20 different research payloads can be hosted outside the station at one time. Use of the 55-foot-long Canadarm2 robotic arm makes much of this dance possible. The robotic arm can move heavy station gear, maneuver astronauts during spacewalks, and capture and release visiting spacecraft at the station.






📍 272 miles (438 kilometers) above the South Pacific Ocean off the southern coast of New Zealand, the first rays of an orbital sunrise break through, illuminating Earth's atmosphere.



JAXA's (Japan Aerospace Exploration Agency) free-flying robotic camera performs a technology demonstration inside the Kibo laboratory module. It is being tested for its ability to autonomously maneuver and navigate aboard station while photographing and videotaping crew activities.



📍 264 miles (425 kilometers) above the Atlantic Ocean off the coast of southern Brazil, the Nanoracks Bishop airlock is seen attached to the Canadarm2 robotic arm's latching end effector. Bishop can be uninstalled from its home on the Tranquility module for portable operations and can also be used to stow cargo and extract or install payloads.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Moon phases</i> <i>U.S. Central Time Zone</i></p> 	1 Labor Day (NASA, CSA)	2	3	4	5	6
7 	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	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	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)			<p>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:</p> 	



OCTOBER 2025





A GLOBAL EFFORT | An international partnership of space agencies provides and operates the elements of the International Space Station. The principals are the space agencies of the United States, Russia, Europe, Japan, and Canada. Each of the five principals are represented with mountain range images above and the top left image below from their respective areas of the world. Can you guess which principal is represented in each image? (Answers at bottom.)



📍 258 miles (415 kilometers) above the Atlantic Ocean, the clear blue waters surrounding the Bahamas are pictured from the space station.



The 11-member Expedition 72 crew, including NASA's SpaceX Crew-9 upon arrival, poses for a portrait aboard the space station's Harmony module.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Moon phases U.S. Central Time Zone</p> <p>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:</p> 			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 	13 Columbus Day (NASA); Sports Day (JAXA); Thanksgiving Day (GSA, Canada)	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	<p>Top Left: Russia. A volcano is pictured in the Kamchatka Peninsula of Russia. <i>Credit: Roscosmos;</i> Top Right: Japan. The snow-capped Mount Fuji rises in Japan's Yamanashi and Shizuoka prefectures; Bottom Left: Canada. Snow covers the Coast Mountains, highlighting the various peaks of the rugged terrain of the South Coast of British Columbia; Bottom Right: Europe. Lac du Chevriil (Lake of the Chevriil), located in the Auvergne-Rhône-Alpes in Southeastern France.</p>		



NOVEMBER 2025






25 YEARS OF CONTINUOUS HUMAN PRESENCE | For 25 years, NASA has maintained a permanent human presence in space – this means that anyone born after Nov. 2, 2000 has never lived a day with every human being on Earth at the same time. The International Space Station — a marvel of cooperative engineering, science, and research — has made this incredible feat possible. Since then, the space station has been occupied continuously by astronauts from NASA and its international partners. The space station continues to serve as a world-class laboratory, still experiencing many firsts, scientific breakthroughs, and improving life on our home planet.



The first long-duration mission aboard the space station, Expedition 1, launched in October 2000 via Roscosmos' rocket and Soyuz spacecraft, TM-31, from the Baikonur Cosmodrome in Kazakhstan.



The first space shuttle mission to deliver an expedition crew for a long-duration stay aboard the space station was STS-102. Space shuttle Discovery launched at dawn from Launch Pad 39B at NASA's Kennedy Space Center in Florida in March 2001 and delivered the Expedition 2 crew to the station.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Moon phases U.S. Central Time Zone Learn more about NASA's continuous human presence on board the space station:</p> 						<p>1 All Saints' Day (ESA: HQ, Col-CC, EAC)</p>
<p>2 2000: Expedition 1 arrives at the space station, beginning an era of continuous human presence in space that remains unbroken to this day</p>	<p>3 Culture Day (JAXA)</p>	<p>4</p>	<p>5</p> 	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p>	<p>10 1970: Launch of Lunokhod 1 – first robotic lunar rover 2021: NASA's SpaceX Crew-3 launches to the space station</p>	<p>11 Veterans Day (NASA); Remembrance Day (CSA)</p> 	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 2020: NASA's SpaceX Crew-1 launches to the space station</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>  <p>1998: Russia's Zarya module, the first component of the space station, launches from Baikonur on a Proton K rocket</p>	<p>21</p>	<p>22</p>
<p>23/30 Labor Thanksgiving Day (JAXA)</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Thanksgiving Day (NASA)</p>	<p>28</p> 	<p>29</p>



DECEMBER 2025

OFF THE EARTH FOR THE BENEFIT OF HUMANITY | As the world's first truly international orbiting laboratory, the International Space Station continues to represent an unparalleled capability in human spaceflight. Scientific investigations from the quantum realm to the cosmological nature of our universe, and at every scale in between, have pushed the frontiers of knowledge in every major discipline of science.

📍 261 miles (420 kilometers) above the South China Sea, lightning, at right, illuminates the clouds in this view from the space station as it orbited with the city lights of Southeast Asia shining through.



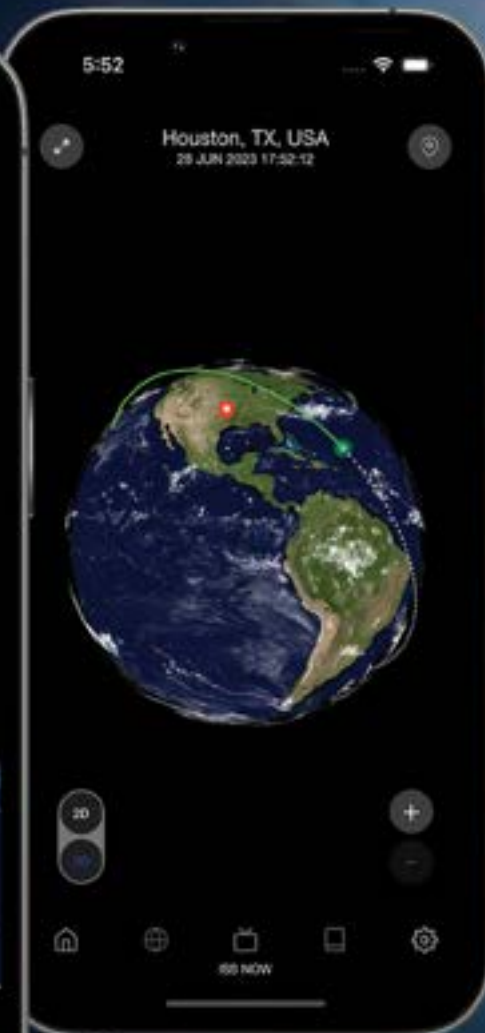
Support teams work around the SpaceX Dragon "Endurance" spacecraft shortly after it splashed down in the Gulf of Mexico off the coast of Pensacola, Florida carrying NASA's SpaceX Crew-7 after 170 days in space as part of Expedition 70 aboard the station.



The Soyuz MS-24 spacecraft is seen as it lands in a remote area near the town of Zhezkazgan, Kazakhstan, with NASA astronaut Loral O'Hara, Roscosmos cosmonaut Oleg Novitskiy, and Belarus spaceflight participant Marina Vasilevskaya. O'Hara logged 204 days in space as a member of Expeditions 69 and 70 aboard the station. Novitskiy and Vasilevskaya spent 14 days in space.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><i>Moon phases</i> <i>U.S. Central Time Zone</i></p>							
	1	2	3	<p>4</p> <p>1998: Launch of the first space station assembly mission, includes delivery of the first U.S. element of the station, Unity</p>	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	<p>25</p> <p>2021: The James Webb Space Telescope launches on an Ariane 5 launch vehicle</p> <p>Christmas Day (NASA, CSA, ESA: HQ, ESTEC, Col-CC, EAC)</p>	26	<p>Boxing Day (CSA, ESA: HQ, ESTEC, Col-CC, EAC)</p>	27
						<p>Learn more about station benefits for humanity:</p>	
28	29	30	31				





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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:

NASA Missions

www.nasa.gov/nasa-missions

International Cooperation

www.nasa.gov/stationpartners

Station Expedition Missions

www.nasa.gov/stationexpeditions

Station Daily Blog Update

blogs.nasa.gov/spacestation

Commercial Crew Program

www.nasa.gov/commercialcrew

Launches and Landings

www.nasa.gov/events

Ciencia en la estación (Spanish)

www.nasa.gov/ciencia-en-la-estacion

Opportunities:

Get Your Research on the Space Station

www.nasa.gov/stationopportunities

ISS National Laboratory

www.issnationallab.org
www.nasa.gov/stationnationallab

In Space Production Applications

www.nasa.gov/inspa

Station for Students and Educators

www.nasa.gov/stemonstation

Commercial Low Earth Orbit Economy

www.nasa.gov/leo-economy

Research References:

Your Orbiting Laboratory (Overview)

www.nasa.gov/iss-science

Station Research News

www.nasa.gov/stationresearchnews

Station Science 101

www.nasa.gov/stationscience101

Station Research Benefits for Humanity

www.nasa.gov/stationbenefits

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www.nasa.gov/stationresults

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www.nasa.gov/stationtechdemo

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Space Station Research Explorer (Experiments/Facilities)

www.nasa.gov/stationexperiments

Station Research Mobile Apps

www.nasa.gov/stationresearchapp

Spot the Station Soaring Overhead

spotthestation.nasa.gov

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