

A cartoon illustration of a woman with short brown hair, smiling, wearing a white space suit with blue straps and a blue helmet. She is in a space station environment with various panels and equipment. A pink banner is overlaid on the right side of the image.

All about Helen Sharman

twinkl

An Ordinary Girl

Helen Sharman was born on 30th May 1963 in Sheffield, UK.

She went to school near her home and studied chemistry at the University of Sheffield, gaining a degree in 1984.

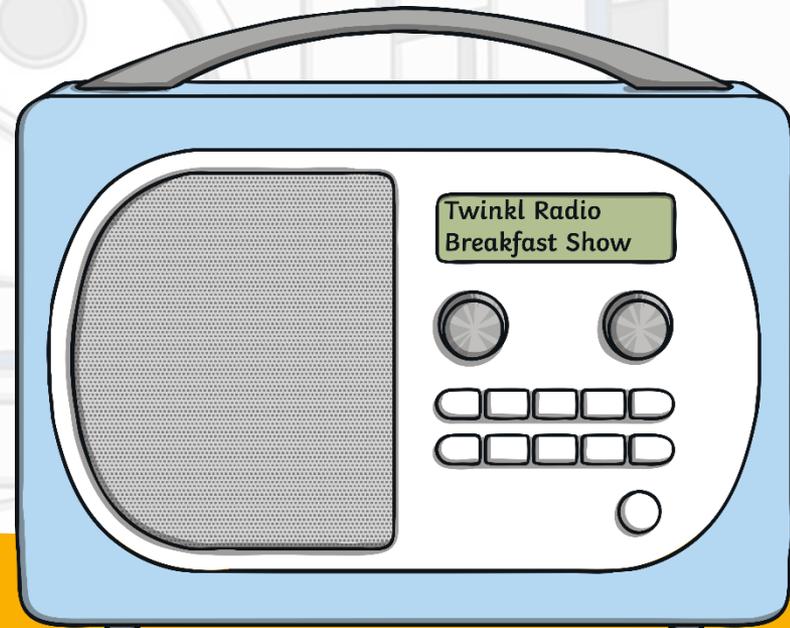
When she finished her course, Helen worked in as an engineer in London.



An Advert on the Radio

Helen heard an advert on the radio inviting British people to apply to be the first Briton in space.

Helen applied, and in November 1989 she was selected from nearly 13 000 applicants!

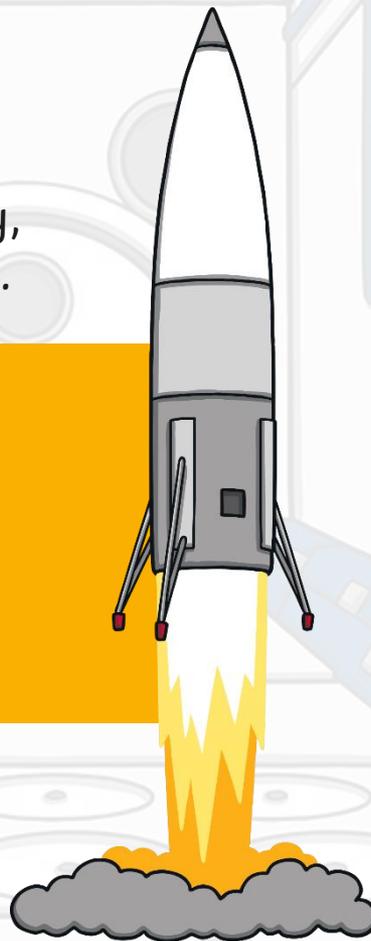


In Training

Helen had to take many tests to make sure she would be able to manage being in space. Then she had 18 months training at Star City, the Russian space centre in Moscow.

During the training, she had to learn to prepare for space by making sure she could carry out experiments in a small space, pass fitness tests and stay calm at different times.

Helen also had to learn to speak Russian.



Think

Why do you think Helen needed to pass fitness tests?

Did you know?

Moscow is the capital city of Russia.

Space Science



On 18th May 1991, the first British astronaut Helen Sharman launched a Soyuz spacecraft with two other cosmonauts (Russian astronauts) and spent 8 days orbiting Earth.



She spent most of the time on the Mir Space Station, carrying out different experiments. She even contacted British schoolchildren on the radio from space.



After Space

After Helen's mission in space, she travelled to different schools to talk about her experiences and the importance of science.

Helen is now the Operations Manager for the Chemistry Department at the Imperial College in London.



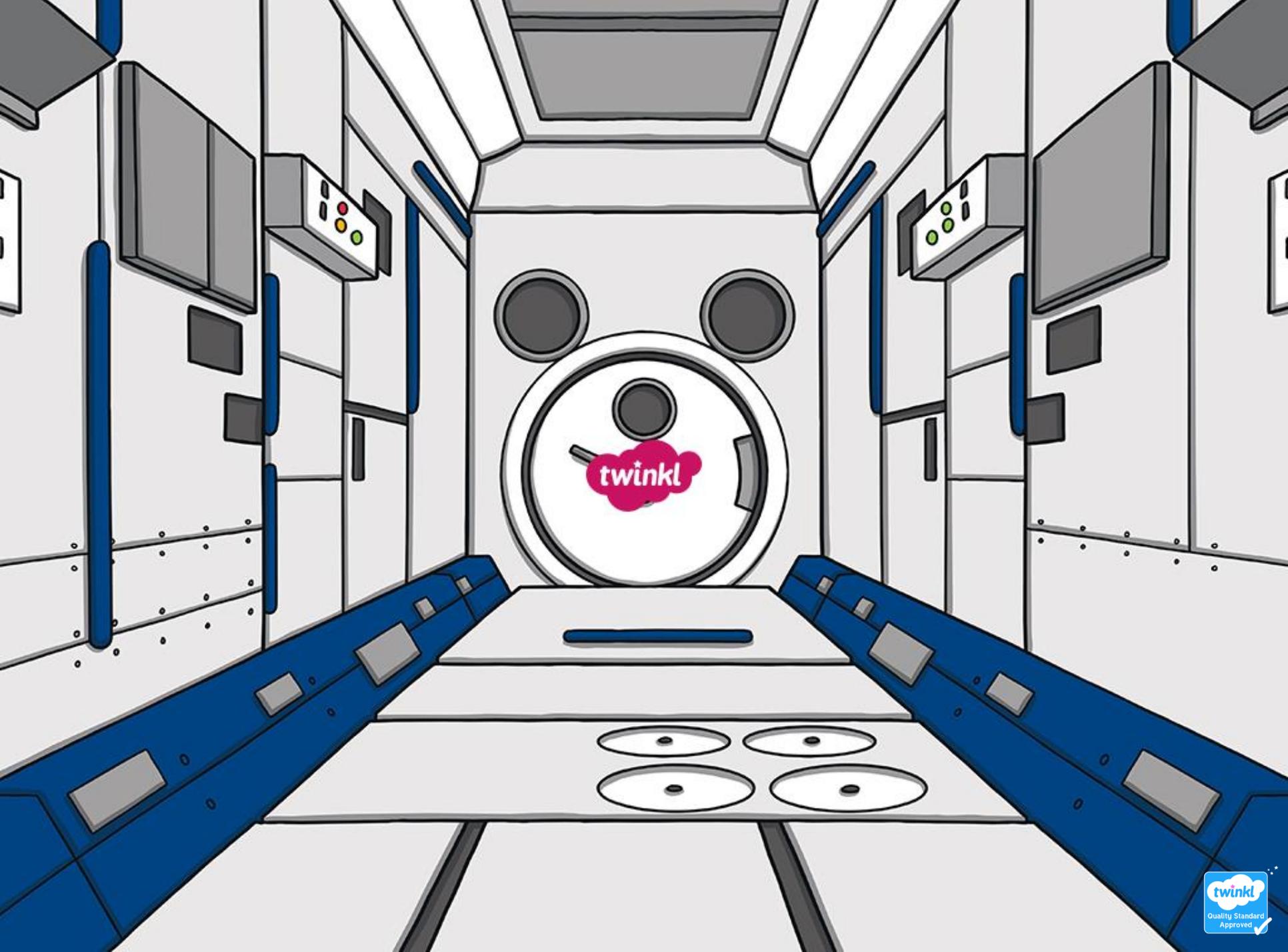
Honours and Awards

Helen has received many awards and honours for her work in science and space. In 1993, Helen received an OBE Honour from The Queen.

“People are the biggest limitations in our own lives. There's a huge amount we can do and we should make the best use of our lives for the benefit of the world.”

Helen Sharman





twinkl