Inspiring kids to become the next generation of fit explorers!

This worldwide competition will have children training in Austria, Belgium, Colombia, Czech Republic, Denmark, France, Germany, Italy, Japan, The Netherlands, Portugal, Puerto Rico, Spain, Sweden, Switzerland, United Kingdom and the United States!

Mission X is an international fitness challenge for children aged 8 to 12 which increases their opportunities to become more physically and mentally active. It uses the excitement of space exploration and astronaut training to inspire and educate children by setting physical fitness goals and to learn about healthy nutrition. This project was developed collaboratively with the National Aeronautics and Space Administration (NASA), European Space Agency (ESA), scientists and fitness professionals who work directly with astronauts.

How does Mission X work? Teams of students from each country participate in the annual six-week competition. Students take on mission assignments based on science, technology, engineering and mathematical concepts. By creating Mission Journals and following other students from around the world they will also help ‘Astro Charlie’ walk to the Moon and beyond.

Are you ready for Mission X 2012? Learn more about Mission X Train Like an Astronaut at www.trainlikeanastronaut.org

European winners will receive a special space prize!

ESA astronaut André Kuipers will kick off Mission X 2012 from the International Space Station with a live in-flight call to European children in February!

To find out how your school can participate in Mission X 2012 contact isseducationteam@esa.int for the point of contact for your country.