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Author: Ms. Catherine Trainor  
Montana State University, United States, cctrainor@gmail.com

SIRIUS-19

**Abstract**

Analog missions are an important component of understanding how to pick the right crew for a long-duration mission to the moon or Mars. SIRIUS-19 is a 30-minute documentary film that follows an analog crew through a four-month isolation experiment in Moscow, Russia. Featuring interviews with the two American participants and four Russian participants, viewers see what life is like in extreme isolation from the perspective of the crewmembers. The film is in English and Russian with English subtitles.

The SIRIUS-19 mission took place in 2019 and simulated a lunar landing. The film was my thesis documentary for my MFA in Science and Natural History Filmmaking at Montana State University, which I recently completed. You may view the film here: <https://vimeo.com/524636296>