

# Foreword

**by Dr. Sian Proctor**

As a geoscientist, analog astronaut, and commercial astronaut, I've spent much of my life exploring the intersection of science, humanity, and the pursuit of space. What I've learned - through missions on Earth and in orbit - is that exploration is never a solo journey. It's a collective effort powered by curiosity, creativity, and community.

This publication reflects that spirit.

The Analog Astronaut Research Journal stands as a testament to the incredible work being done in analog environments across the globe. These missions, though far from Earth's orbit, are remarkably close to the realities of human spaceflight. They test our systems, challenge our assumptions, and prepare our minds and bodies for the demands of living and working off-world.

What makes this journal so meaningful is its inclusivity. It provides a dedicated space for researchers, explorers, and thought leaders from all backgrounds to share their findings, lessons learned, and insights—regardless of affiliation or funding. This is how we democratize space: by opening the door to diverse voices and building a platform where all contributions are valued.

To those just stepping into the world of analog research: welcome. To those who've been paving the way for years: thank you. I hope the work within these pages inspires you to

keep dreaming, questioning, and reaching - because the future of space exploration depends on all of us.

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