

# WIA-Europe: Bremen RN

*Astronaut Lunch – Space Food, Science*

26.06.2025



On 21.06.2025, WIA Bremen gathered for a special astronaut-themed lunch to celebrate space life – and more specifically, the unique culinary experience of astronauts and their trusty freeze-dried meals. These space-ready foods are carefully designed to be lightweight, long-lasting, and packed with all the nutrients needed to thrive aboard the ISS.

To top it all off, we sampled some delicious space dishes inspired by the mission of Polish astronaut. Sławosz Uznański-Wiśniewski like Astrozupa, Astropierozek, and Astrodeser - We also had the pleasure of learning about Polish food culture and enjoyed some fun, insightful videos about daily life (and dining!) on the ISS – where even simple tasks like eating soup become mini space missions.

One of the standout moments was our fascinating tour of the ZARM drop tower, where we explored how microgravity enables cutting-edge scientific experiments. Spoiler: dropping things really fast turns out to be extremely useful for science!