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[Notable astronauts](#)

name	mission	accomplishment
Yury Gagarin	Vostok 1	first man in space
Alan Shepard	Mercury-Redstone 3 (Freed)	American in space
Gherman Titov	Vostok 2	first to spend more than one day in space; youngest person (25)
John Glenn	Mercury-Atlas 6 (Friendship 7)	first American in orbit

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Astronauts and cosmonauts are trained personnel who travel in space. As astronaut refers to an American or western European space traveler