BBC LEARNING ENGLISH **The Race 7: Phil's audio diary**

NB: This is not a word-for-word transcript

Phil

Dear Diary, what a day we've had! We were sleeping like babies when suddenly we heard a loud, crunching noise. We were washed up on a beach – you could say we were shipwrecked – and Sophia had disappeared.

I helped Passepartout fix a hole in our yacht and we set sail again. A parrot came onto our yacht and we decided to keep it – we need to think of a name for it.

Luckily, we found Sophia. She fell off the yacht while she was sleeping. When we found her, she was sitting on an old shipping container in the middle of the ocean, waiting to be rescued. Now we're all back together and heading for Papua New Guinea.

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