## BBC LEARNING ENGLISH The Race 8: Phil's video diary

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

## Phil

How did I end up in this situation? I'm sailing a yacht, by myself, in a storm. I've managed to poison the crew with my cooking – I think they ate a dodgy lobster.

Passpartout is downstairs as sick as a dog, and so is Sophia – they're both very sick. I'm the only one fit enough to sail but I'm worried sick that we're going to hit some rocks.

I'm trying to steer us towards an island over there somewhere – I need to find the harbour. Oh I'm getting sick and tired – or fed up – with this whole stupid trip. I hope we get home in 80 days otherwise I'll be as sick as a parrot. (*Parrot squawking sound*) No not you – that means I'll be very disappointed.

## Vocabulary

as sick as a dog very ill worried sick very worried or concerned sick and tired fed up or unhappy about a situation as sick as a parrot very disappointed about something