Diary extract example

December 5th 1914

Dear diary,

Today we set sail on our historic venture. I know it will be a difficult, gruelling and treacherous journey, but myself and my crew are ready for the challenge. We set sail from a small fishing village in South Georgia.

Myself and every member of the crew have been working tirelessly all day. I am very proud of them, and I am very pleased with the team I have with me for this journey. I am determined to achieve our goal. To do so we must show resilience and team-work.

This evening we completed our individual duties. We are making fine progress. After

I am tired now, for it has been a long day. I am going to bed to get rest for another tiring day. I will write again tomorrow with an update of our progress.

January 14th 1915

Dear diary,

Today has been another long, challenging and brutal day.

Early this morning, I awoke and completed my rounds. I gazed at the beauty that surrounded me. That feeling soon changed when gale force winds began to batter The Endurance. We made the decision to seek refuge behind an iceberg. As I write now, howling winds violently rock the ship. I pray that the wind passes and we can continue on our voyage.

I am going to check on the rest of my crew now. I worry for many of the men. Green, How and Kerr are suffering greatly from frostbite. I feel responsible for their lives. I will write again soon.

Diary template

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Dear Diary,		
Today has been a		day.
Early this morning		
Then		
Later in the afternoon	n	

Useful vocabulary and phrases

journey	expedition	voyage	discover
difficult	treacherous	freezing	frostbite
hypothermia	leopard seal	orca	village
gale	iceberg	glacier	Endurance
firstly	then	next	after that
early this morning	later in the evening	in the afternoon	tomorrow