

didn't turn into total savages, and nobody has made any truly heartfelt attempts at killing anybody else. I think that should be noted down if we don't make it.

Because today we face another test. We are going to leave this island and hope we find our way home.

But, in case we *don't* find our way home, I've documented how we ended up as castaways and what we've done since we arrived on the island. It's also a guide of sorts. There are tips based on what I've learned about survival. And there's also a lot about what I've learned about myself and the person I want to be.

So here is the story of **the Spectacular Survival of Sebastian Sunrise** (and Ivo and Étienne too).

Don't tell them I put them in brackets. It's not that they aren't equally important, they're the most **spectacular** bit really, but I was going for the whole alliterative title thing.