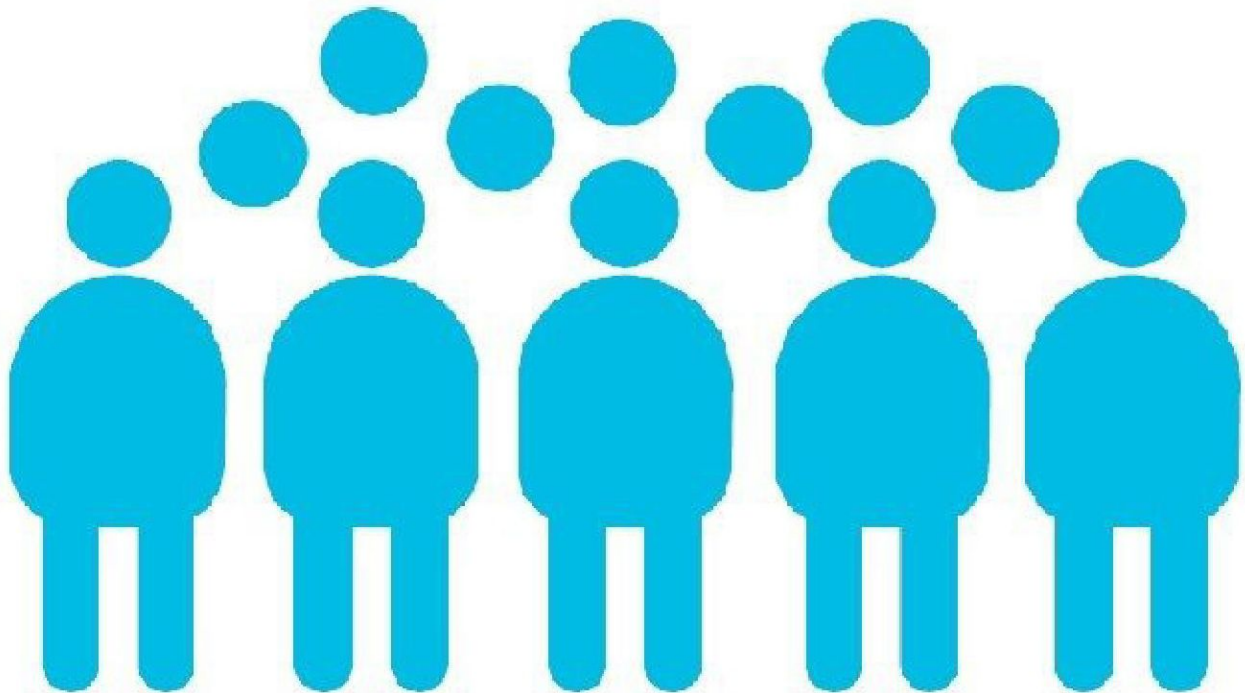


# Extended Profile

Catalogue # 1401

London  
Sperm  
Bank



## Donor Extended Profile

### Donor Attributes

Your Origins: -

**Town/State/County of Birth:**

**Country of Birth:**

**Race: - Ethnicity:** Asian

If mixed or other, please specify:

Asian Indian (*please specify region/community you belong to*):

**Your Nationality:**

**Personal Characteristics: -**

**Eye Colour:** (*Please click to select; you may mark more than one colour as appropriate*)

Blue  Green  Brown  Grey  Hazel  Other:

**Natural Hair Colour:** (*Please click to select as appropriate*)

Black  Dark Brown  Light Brown  Light Blond  Dark Blond  Red

Other:

Your hair colour as a child

**Hair type:** (*Please click to select; you may mark more than one type as appropriate*)

Straight  Wavy  Curly  Afro

Balding (*Age of onset*):

Receding (*Age of onset*):

**Hair Texture:** (*Please click to mark as appropriate*):

Normal  Frizzy  Thin  Coarse  Smooth  Silky

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**Skin Tone:** (Please click to mark as appropriate)

- |                                      |  |                                       |
|--------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Very Fair   | <input type="checkbox"/> Light Brown             | <input type="checkbox"/> Olive        |
| <input type="checkbox"/> Fair        | <input checked="" type="checkbox"/> Medium Brown | <input type="checkbox"/> Medium Black |
| <input type="checkbox"/> Medium Fair | <input type="checkbox"/> Dark Brown              | <input type="checkbox"/> Dark         |
| <input type="checkbox"/> Black       |  |                                       |

**Do you have freckles?** No

If yes, how many freckles do you have on unexposed areas of your skin? (Please click to mark as appropriate)

- Many     Several     A Few     Very Few     None

**How does your skin respond to the sun?** (Please click each column to mark as appropriate)

- |   |  |
|---|--|
| <input type="radio"/> Always tans deeply              | <input type="radio"/> Always burns, blisters and peels |
| <input checked="" type="radio"/> Tans moderately      | <input type="radio"/> Often burns, blisters and peels  |
| <input type="radio"/> Tans lightly                    | <input type="radio"/> Burns moderately                 |
| <input type="radio"/> Not at all or tans very lightly |  |
| <input type="radio"/> My skin is naturally dark       |  |

**Current Height (m):**

1.77

**Current Weight (kg):**

62

**Body type:** (Please click to mark as appropriate)

- Athletic     Large     Muscular     Slim

**Eye Sight:**  Normal Sighted     Long Sighted     Short Sighted

I wear corrective glasses/lenses: No

My sight is surgically corrected: No

**Mention any distinguishing features you have:** (e.g. cleft chin, dimples, hooked nose, roman nose, etc.)

None

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**Education:**

What is your basic qualification?

Bachelors of Engineering

What is your highest qualification?

Masters of Science in Mechanical Engineering

Mention any additional qualifications you have:

Diploma in Financial Risk Management

What is your current occupation?

Financial Analyst + Private English Language Instructor

Mention other occupations you have had in the last 5 years:

Engineer, Project Manager

Where do you see yourself in 10 years' time?

Owning a business

**Are you?**  Religious  Agnostic  Non Religious  Atheist

If religious, what religion/belief do you follow?

Semi-practising Muslim (Islam)

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**A bit more information...****What is your:**

Mother tongue:

English

Do you know any other languages?

Urdu, Hindi, Arabic

Favourite Food(s):

Seafood &amp; Rice, Indian Cuisine

Favourite sport(s):

Football, Cricket

Favourite TV show(s):

Game of Thrones, True Detective

Favourite Film(s):

Saving Private Ryan, Django Unchained, The Thing (1982), Murder On The Orient Express (Albert Finney)

Favourite Music:

Nirvana, Alice In Chains, The Beatles, Queen, Ludovico Einaudi, Hanz Zimmer

Favourite Colour:

Black, Blue, Grey

Favourite animal(s):

Elephant, Giraffe, Horse

Do you have any pets? No

If yes, which pets do you have?

Favourite Holiday Destination(s):

Countryside road trips to France, Italy, Switzerland

Favourite Cities:

London (always), New York, Paris, Melbourne, Seoul

How creative are you?

Very creative, I play guitar, bass and violin. I compose music. 90 compositions.

Do you have tattoos? Yes

If yes, mention where and since when

Left arm and right arm since 2017.

Do you have any body piercings? No

If yes, mention where and since when?

Are you?

 Right Handed Left Handed Ambidextrous

What are your Interests &amp; Hobbies

Playing and writing music. Travelling to different places, meeting people and exploring new cultures.

How are your Athletic skills?

Somewhat - I walk a lot but also go jogging

How are your Mechanical skills?

Very good, I think. I have a Master's degree in Mechanical Engineering from a top 5 American university.

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What motivates you?

Boredom and the current world climate (political and literal)

What are your strengths and weaknesses?

STR: Caring, loving, understanding, able to give advice on many different topics to people.

How is your relationship with your family?

Somewhat strained. A lot of pressure & stress. But love them and we always come together & help each other

Describe yourself in 5 words:

Funny, Too Funny, Talented, Conflicted

What kind of a person are you? *(Please select one of the two options for each attribute)*

- Optimistic                       Pessimistic  
 Assertive                          Passive  
 Leader                                  Follower  
 Introverted (Half & Half)     Extroverted  
 Quiet (Half & Half)                Expressive
- } Depends on the crowd
- Doer                                     Thinker

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Rate your intelligence from Howard Gardner's Multiple Intelligence Assessment: - mark 1 as most and 9 as least of your intelligence (*follow guidance notes below*):

<b>Intelligence Category</b>	<b>Score</b> (1-most, 9-least)
<b>Naturalist</b> (Understanding living things and reading nature)	<b>5</b>
<b>Musical</b> (Discerning sounds, their pitch, tone, rhythm, and timbre)	<b>4</b>
<b>Logical-Mathematical</b> (Quantifying things, making hypotheses and proving them)	<b>3</b>
<b>Existential</b> (Tackling the questions, of why we live, and why we die)	<b>6</b>
<b>Interpersonal</b> (Sensing people's feelings and motives)	<b>2</b>
<b>Bodily-Kinaesthetic</b> (Coordinating your mind and your body)	<b>7</b>
<b>Linguistic</b> (Finding the right words to express what you mean)	<b>1</b>
<b>Intra-Personal</b> (Understanding yourself, what you feel and what you want)	<b>8</b>
<b>Spatial</b> (Visualizing the world in 3D)	<b>9</b>

**Naturalist Intelligence:** Naturalist intelligence designates the human ability to discriminate among living things (plants, animals) as well as sensitivity to other features of the natural world (clouds, rock configurations). This ability was clearly of value in our evolutionary past as hunters, gatherers, and farmers; it continues to be central in such roles as botanist or chef. It is also speculated that much of our consumer society exploits the naturalist intelligences, which can be mobilized in the discrimination among cars, sneakers, kinds of makeup, and the like.

**Musical Intelligence:** Musical intelligence is the capacity to discern pitch, rhythm, timbre, and tone. This intelligence enables us to recognize, create, reproduce, and reflect on music, as demonstrated by composers, conductors, musicians, vocalist, and sensitive listeners. Interestingly, there is often an affective connection between music and the emotions; and mathematical and musical intelligences may share common thinking processes.

**Logical-Mathematical Intelligence:** Logical-mathematical intelligence is the ability to calculate, quantify, consider propositions and hypotheses, and carry out complete mathematical operations. It enables us to perceive relationships and connections and to use abstract, symbolic thought; sequential reasoning skills; and inductive and deductive thinking patterns.

**Existential Intelligence:** Sensitivity and capacity to tackle deep questions about human existence, such as the meaning of life, why we die, and how did we get here.

**Interpersonal Intelligence:** Interpersonal intelligence is the ability to understand and interact effectively with others. It involves effective verbal and nonverbal communication, the ability to note distinctions among others, sensitivity to the moods and temperaments of others, and the ability to entertain multiple perspectives. Teachers, social workers, actors, and politicians all exhibit interpersonal intelligence. Young adults with this kind of intelligence are leaders among their peers, are good at communicating, and seem to understand others' feelings and motives.

**Bodily-Kinaesthetic Intelligence:** Bodily kinaesthetic intelligence is the capacity to manipulate objects and use a variety of physical skills. This intelligence also involves a sense of timing and the perfection of skills through mind-body union. Athletes, dancers, surgeons, and crafts people exhibit well-developed bodily kinaesthetic intelligence.

**Linguistic Intelligence:** Linguistic intelligence is the ability to think in words and to use language to express and appreciate complex meanings. Linguistic intelligence allows us to understand the order and meaning of words and to apply meta-linguistic skills to reflect on our use of language. Linguistic intelligence is the most widely shared human competence and is evident in poets, novelists, journalists, and effective public speakers. Young adults with this kind of intelligence enjoy writing, reading, telling stories or doing crossword puzzles.

**Intra-personal Intelligence:** Intra-personal intelligence is the capacity to understand oneself and one's thoughts and feelings, and to use such knowledge in planning and derationing one's life. Intra-personal intelligence involves not only an appreciation of the self, but also of the human condition. It is evident in psychologist, spiritual leaders, and philosophers. These young adults may be shy. They are very aware of their own feelings and are self-motivated.

**Spatial Intelligence:** Spatial intelligence is the ability to think in three dimensions. Core capacities include mental imagery, spatial reasoning, image manipulation, graphic and artistic skills, and an active imagination. Sailors, pilots, sculptors, painters, and architects all exhibit spatial intelligence. Young adults with this kind of intelligence may be fascinated with mazes or jigsaw puzzles, or spend free time drawing or daydreaming.

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**Your Lifestyle .....**

**Fertility status:**

Do you have any children? Yes

If yes:      How many boys? 0              How many Girls? 1

Have you ever been responsible for a pregnancy other than above? No

**Have you or your partner ever had a history of the following?**

	<i><b>You</b></i>	<i><b>Your partner</b></i>
-HIV	No	No
-Hepatitis	No	No
-Syphilis	No	No
-Gonorrhoea	No	No
-Chlamydia	No	No
-Trichomonas	No	No
-Genital Warts	No	No
-Genital Herpes	No	No
-Penile Discharge	No	No
-Any other STDs	No	No

Have you recently put yourself at risk of any sexually transmitted disease? No

If yes, please explain:

Do you smoke? Yes      If yes, how many on average a day? 10

How many units of alcohol do you consume in a week? 5

Are you taking any soft or hard drugs? No      If yes, then list them below:

	Drug	Since when?	Current status
1			
2			
3			

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Are you taking any medication? No                      If yes, then list them below:

	Medication	Reason	Started on
1			
2			
3			

Have you had exposure to pesticide, chemicals, x-rays or other radiation source? No

If yes, then list them below:

	Source	When & for how long?
1		
2		
3		

List any surgeries you have had:

	Surgery	In the year
1	Tonsillectomy	1982
2		
3		

**About your decision.....**

How did you hear about London Sperm Bank?

Online, Google search

What are your reasons for becoming a sperm donor?

To help others who are less fortunate in conceiving/ having a family.

# Donor Family Medical History (mark with X if none in family)

Donor      Mother      Father      Sister/s      Brother/s      MGM      MGF      PGM      PGF      Aunt/s (Maternal)      Uncle/s (Maternal)      Cousin/s (Maternal)      Aunt (Paternal)      Uncle (Paternal)      Cousin/s (Paternal)      None in Family

		Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family
<b>Blood Diseases</b>																	
Anaemia																	X
Haemophilia																	X
Haemoglobin Disease																	X
Sickle Cell																	X
Immune Deficiency																	X
Thalassemia																	X
Malaria					X												

		Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family
<b>Cancer</b>																	
Breast																	X
Ovarian																	X
Prostate																	X
Lung																	X
Skin																	X
Colon																	X
Thyroid																	X
Leukaemia																	X
Other			X														
Tumour																	X

		Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family
<b>Cardio Vascular Diseases</b>																	
Stroke																	X
Heart Attack																	X
Coronary Heart Disease																	X
High Blood Pressure - Hypertension																	X
High Cholesterol/Triglycerides																	X
Arteriosclerosis																	X
Atherosclerosis																	X
Hereditary Hypercholesterolemia																	X
Congenital Heart Malformation																	X

**Comments:** (Please use this space to state age of onset if you or any member of your family suffers from any condition/s mentioned above)

Father - bladder cancer (age of onset 73)  
 Brother - malaria (age of onset 15)

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	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family
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**Congenital Malformations**

Cleft Lip																	X
Cleft Palate																	X
Club Foot																	X
Congenital Hip Dislocation																	X
Spina Bifida																	X
Undescended Testicles																	X
Malformations (Other)																	X

**Gastro-Intestinal Diseases**

Galls Stones																	X
Hepatitis A																	X
Hepatitis B																	X
Ulcer of Stomach or Duodenum																	X
Other Liver Disease																	X
Colitis																	X
Cystic Fibrosis																	X

**Genital/ Reproductive System**

Uterine Fibroids																	X
Ovarian Cysts																	X
Goitre																	X
Other																	X

**Mental Health**

Depression																	X
Bipolar				X													
Schizophrenia/Psychosis																	X
Mental Retardation																	X
Obsessive-Compulsive Disorder																	X

**Metabolic/ Endocrine Disease**

Type 1 Diabetes										X							
Type 2 Diabetes										X							
Hypoglycaemia																	X
Tay Sachs																	X
Thyroid Disorder																	X

**Comments:** (Please use this space to state age of onset if you or any member of your family suffers from any condition/s mentioned above)

Sister - diagnosed as bipolar (age of onset ~30)  
 Maternal aunt - type 1 diabetes (age of onset ~50)  
 Maternal aunt - type 2 diabetes (age of onset ~55)

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	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family
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Muscular/ Bones/ Joint Disease

Gout																	X
Arthritis		X								X							
Achondroplasia (Dwarfism)																	X
Deformity of the Vertebral Column																	X
Osteoporosis																	X
Muscular Dystrophy																	X
Other																	X

Neurological Diseases

ADD or ADHD																	X
Autism/Asperger's																	X
Cerebral Palsy																	X
Disorders of the Spinal Cord																	X
Dyslexia/ Other Learning Difficulties																	X
Neural Neurone Disease																	X
Hydrocephalus																	X
Alzheimer's																	X
Motor Neurone Disease																	X
Epilepsy																	X
Huntington's Disease																	X
Multiple Sclerosis																	X
Neural Tube Defect																	X
Parkinson's Disease																	X
Delay in Growth & Development																	X
Tourette Syndrome																	X

Skin

Albinism																	X
Acne																	X
Pigmentation Disorders																	X
Eczema																	X
Psoriasis																	X

**Comments:** (Please use this space to state age of onset if you or any member of your family suffers from any condition/s mentioned above)

Mother - arthritis (age of onset 72)  
 Maternal aunt - arthritis (age of onset ~65)

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	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family	
<b>Allergies and Respiratory Diseases</b>																	
Allergies (Medication)																	X
Allergies (Food)																	X
Allergies (Hay Fever)					X												
Allergies (Insect)																	X
Allergies (Other)																	X
Allergies (Pet)	X																
Emphysema																	X
Tuberculosis																	X
Pneumonia																	X
Asthma					X												

	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family	
<b>Sight/ Sound/ Smell</b>																	
Deafness																	X
Deafness (Before age 50)																	X
Other Hearing Anomalies																	X
Eyesight (Blindness)																	X
Eyesight (Colour Blindness)																	X
Eyesight (Glaucoma)																	X
Cataracts before age 50																	X
Other sight, sound, smell disorder																	X

	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family	
<b>Urinary</b>																	
Kidney Disease																	X
Polycystic Kidneys																	X
Disease of the Urinary Tract (Urethra, Bladder & Ureter)																	X
Other																	X

	Donor	Mother	Father	Sister/s	Brother/s	MGM	MGF	PGM	PGF	Aunt/s (Maternal)	Uncle/s (Maternal)	Cousin/s (Maternal)	Aunt (Paternal)	Uncle (Paternal)	Cousin/s (Paternal)	None in Family	
<b>Other</b>																	
Alcoholism																	X
Drug Abuse																	X
Chromosomal Abnormalities																	X
Down Syndrome																	X

<b>Any other conditions not listed or premature deaths due to illness?</b>																	
																	X

**Comments:** (Please use this space to state age of onset if you or any member of your family suffers from any condition/s mentioned above)

Donor - cat allergy (not medically diagnosed but has suffered from wheezing/ watery eyes when staying in households with pet cats)  
 Brother - intermittent hay fever & asthma (age of onset ~15)

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## Biological Family Characteristics

Relative	Eye Colour	Hair Colour	Skin Tone	Build(Short/Medium/Tall)	Ethnic Group	Distinguishing Features (if any)	Alive/Deceased (age and reason if deceased)
Donor's Child	Brown	Black	Light	Medium/Tall	Mixed Race		Alive
Mother	Brown	Black	Medium	Short	Pakistani		Alive
Father	Brown	Black	Medium	Short	Pakistani		Deceased (76, bladder cancer)
Brother	Brown	Black	Medium	Medium/Tall	Pakistani		Alive
Sister	Brown	Black	Medium	Short	Pakistani		Alive
Mat. Grandmother	Brown	Black	Medium	Short	Pakistani		Deceased (86, old age)

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**Pen Sketch** (Please write an essay about yourself i.e., describing your childhood, progressing towards your adult life in a few words, including some memorable events if you've had):

I guess almost everyone I know would say I am a very funny and caring person. I think they are right! I really do like making people laugh and honestly have made men and women laugh so much that they cried with joy (so true). I am very passionate about human rights and humanitarian causes, and have personally undertaken various humanitarian causes here at home in London and overseas in various countries. I volunteered in the Refugee crisis of 2015 and travelled thousands of miles away to Eastern Europe and to turkey to assist in remote areas which was a rewarding experience.

I think education is very important in everyone's life and I have obtained an undergraduate in Mechanical Engineering [REDACTED] and a Masters in Mechanical Engineering [REDACTED]. I also have an Msc in Financial Risk Management [REDACTED]. I recently also obtained an English Teaching Certificate [REDACTED] and will be moving overseas for a while to teach English and do some travelling. So yes education is important. You meet some great people along the way.

I believe all my friends would come to my defence on any issue and know me to be an honest person with principles and ethics that have shaped me and that shape the decisions I take in my life. Features wise I am told I am good looking but beauty is in the eye of the beholder so its subjective. I have been hit on by both sexes so I feel proud of that. I nearly always get smiles from women walking down the street or on the train, but I never have the courage or time to stop and talk. I tell my friends about all these things and they think I am crazy. I just think I am too busy or introverted in that sense to reciprocate. I have brown eyes and black hair, my skin colour is brown, medium brown. I do think I have a bit of a big nose but maybe it works with my oval-ish face. I have a great smile and all my teeth are my own (thank God for living a somewhat healthy a lifestyle). I was Vegan for about 10 months (ethical reasons) and will go Vegan again hopefully, it's not too bad. I have friends of all sorts and from different countries and I am very happy about that. I really learn from being surrounded by people of other cultures and being able to learn from their experiences. The above description is based on what my friends told me when I asked them so I could complete this section. I believe in multiculturalism and that it is paramount in this current society that we all integrate and all learn to coexist and not let things such as race divide us.

I am a shy person in the beginning when I meet new people, but once that is done I am always being approached by my friends asking if I am around and if I want to do something etc. I think I am very creative and have composed and written over 80 songs. I play guitar and bass and sing lead and backing vocals. I turned down a recording contract with a [REDACTED] London studio because they wanted all the rights to my music (honest). I play my music for a few people and they all seem to like it. I play mainly rock/grunge/alternative music. I put it online and I love reading the comments and the likes people give me. They all want to know when me and others in the band will be touring. I sell my music online and its pretty gratifying to know people like it, but at the same time do not know me. I like anonymity I guess. I am very creative and always have new ideas about music and other artistic themes in my mind. I have started to try and keep a permanent copy of my artistic concepts so that I can look back or others can, and see my ideas. When you are older you need to listen to the band Nirvana form the 80's-90's. Just do it and thank me later ☺. I do love talking about politics and world events with friends and trying to put the truth about the ills of this world and how we can remedy them. This world is a very tough place indeed, with justice for few.

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I have a small family, it was 5 of us. But we are all very well educated and my brother is the ideal child for my parents since he is now married with his own family and has a successful career (he is a Chartered accountant [REDACTED]). My sister is an A level teacher here in London and has been doing this for about 13 years. I myself have been an engineer, project manager and a sales person amongst other things. I job hop because I cannot find the job that I really want to do and think I need to work for a company that deals with human issues and one that can really allow me to work passionately and address the causes that I have participated in during my life. I am now applying to NGO's and other charities to try and use my education and skills and also to be more involved in helping others as I can.

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**Goodwill Message for recipients using your donations:**

As above

**Goodwill Message for children born from your donations:**

Hey kid! I am writing this message to introduce myself and tell you a bit about me also. Firstly, I hope you have had a great life so far and that you and your family have really shared and enjoyed some great times together. I hope you will be well set for your future and are pursuing an active education to further this. My advice to you is firstly if you have the opportunity to travel then you must do so! I strongly advise that you use the young adult years you have to further your education whilst you can and pursue a post graduate degree in your chosen discipline. If you are looking for a solid no worry career, I would advise a science based degree like Civil Engineering or Computer Sciences. Programming right now is pretty big but who knows the advances by the time you read this. Take some time off between/after education to travel and find out who you are and what you really want to do. Life is a tough cookie but it does not get the best of us unless we let it. Try and be open minded about things and always question what you are told. Being friends with people of different cultures is a really rewarding thing and allows us to all understand and see that our problems are basically the same. Right now, in 2017, the world is pretty scary in the sense that a lot of countries, the UK for example, are becoming polarised and less foreign friendly. An isolationist society if you will. And go online and read about this guy called Donald Trump! Yeah he was president! Society has been scared and misled into believing that other nations are better or worse than us or different than us or even that we don't need them. A wrong way to think indeed. We all are unique to a large extent and every country has its beauty and its good or bad points.

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I have learnt that having a diverse and eclectic circle of friends is the best way to learn about life and this world. I am very fortunate to have been born and lived for the most part in London and see and experience nearly all the cultures in the world. Europe is a great place indeed. It is a great city and the opportunities for people in this city are amazing if we just work hard and focus on the change we want to see, internally and externally. If you ever get involved with politics, I hope you will take the more liberal approach to things, i.e more democratic or Labour party affiliated in your life. When it comes to religion all I will say is that practice your own and do not judge or take a harsh rhetoric approach to other religions. It's between you and your Lord and that's all it should be. Be tolerant of other people in all walks of life and always be grateful for what you have. I always told myself that no matter how bad things are for me, there are billions of people worse off than me who would love to have my life. We all need to keep our problems in context and be grateful for what we have. I don't know what the political climate is like when you read this, but all I can say is don't give in to fear and hate speech. It's really hard to write something meant to be read 18 years in the future 😊.

I hope all you have done or will do will be worthwhile and productive and most of all successful. Just be a good person (like me) and don't get involved in things that go against your conscience. And meet different people and different cultures and learn from each other. And I think you can look me up, so if I am around then get in touch if you wish. But ask mum and dad first anyway 😊

When you look back in time when you read this, you will see the refugee crisis of 2015/2016. I was fortunate enough to go overseas and help as many people as I could. I travelled solo, turned up, got a car and then just went mental travelling across borders and delivering people and food and taking them to hospitals and all the things I could do within my power. It was awesome! I went all over South Eastern Europe for this and then to Turkey and travelled to some desolate areas where people didn't want to go because of safety issues. But hey, if we don't help where it's really needed then are we helping at all? Go to those in need and not make them come to you, that's my motto. I made tonnes of friends and am in touch with a few refugees who are now in a happier life in Germany or France etc. How rewarding is that, I love it.

I recently (well in 2016) was introduced to the music of Ludovico Einaudi. What a great artist he is. His music along with Hans Zimmer really captivates me. I really like minimalist classical and classical music. It's hard to find good music nowadays. My favourite decade for music has to be the 80s. Awesome! The 90's were decent but anything post 2000, give me a break please! I like comedy movies and love Sci Fi movies. I love nearly all the films with Leonardo Di Caprio or Daniel Day Lewis or George Clooney.

Watch Game of Thrones and Breaking Bad. If you read this it was a series on TV back in 2010-2018. It was amazing! Dont watch the drama Lost! It's a total waste! Save yourself!

Take care, love and peace



Donor # 1401

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