I'm 5'8, with dark brown hair, brown eyes, and fair skin. I'm fairly slim, although roughly a decade ago my belly started growing, which meant I had to cut down on my consumption of soft drinks (damn, that was traumatic). For some reason, whenever I grow a beard, it's mostly ginger...which is odd, because noone else in my family seems to have any ginger genes whatsoever. you may well be pleased to hear that my father (currently in his seventies) still has a full head of hair, and mine is looking similarly healthy.

My mother is of English and Scottish descent, and my father is Canadian, of southern Russian/Ukrainian descent. I was born and raised in south-west London, in a fairly typical middle class family – my father co-founded an engineering software company, and my mother used to work for the UN. I have a younger brother; we are alike in many ways, although we get on better now that we're not constantly around each other!

I was a generally happy (if somewhat hyperactive) boy who generally did well at school despite often finding it hard to focus. Around the age of 15, I started to suffer quite badly from depression, and although I have long since learned how to manage it, I probably still worry a bit too much. One of the most important lessons I can pass on to you is: try not to over-analyse things!

After finishing school, I studied Linguistics at university – a subject that I stumbled upon, and greatly enjoyed. I've long had an interest in language and word-play, and am proud to be regarded by many of my friends and colleagues as the go-to guy for groan-worthy puns. At the time of writing, I'm contemplating doing a stand-up comedy course, which should be fun and interesting if nothing else.

After a couple of years of doing dull office jobs, I decided to have a shot at teaching English as a foreign language, and found that I very much enjoyed it. It has enabled me to make friends from all over the globe, and – five years on – I still feel very satisfied when I'm able to help a student understand something that previously confused them.

I'm a big music fan, although my own musical ability is limited to basic guitar skills. Since I started university, I've been a music journalist, and have spent a remarkable amount of my life standing in darkened rooms (and occasionally fields) watching people play instruments. Although my main musical love is punk (both old and modern), I generally appreciate any band with something worthwhile to say, and a concise, memorable way of saying it.

I read mostly non-fiction books these days (particularly travel stories), although I have a couple of favourite fiction authors (including Irvine Welsh), and I try to limit my TV-watching to good comedy serials, documentaries and films.

Unsurprisingly, for a TEFL teacher, I'm extremely passionate about travel, and very much enjoy the backpacker lifestyle. Waking up in new places, meeting new people and having new experiences all excite me greatly

Hello,

You'll probably be reading this (and my Pen Sketch) over two decades since I wrote it, but rest assured that I still stand by everything that I say here! When I decided to join the donor program at the LSB, I was (and still am) fully aware of and comfortable with the idea that someone whom I helped bring into this world may get in touch, wanting to know more about me. I'm sure that until that day comes, I will constantly be wondering if you are out there somewhere, and how you are doing.

I hope that your life to date has been a happy one, and should you ever want to get in touch – either to meet up or just to ask some questions, I would be more than happy to hear from you.

Regards,