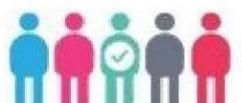
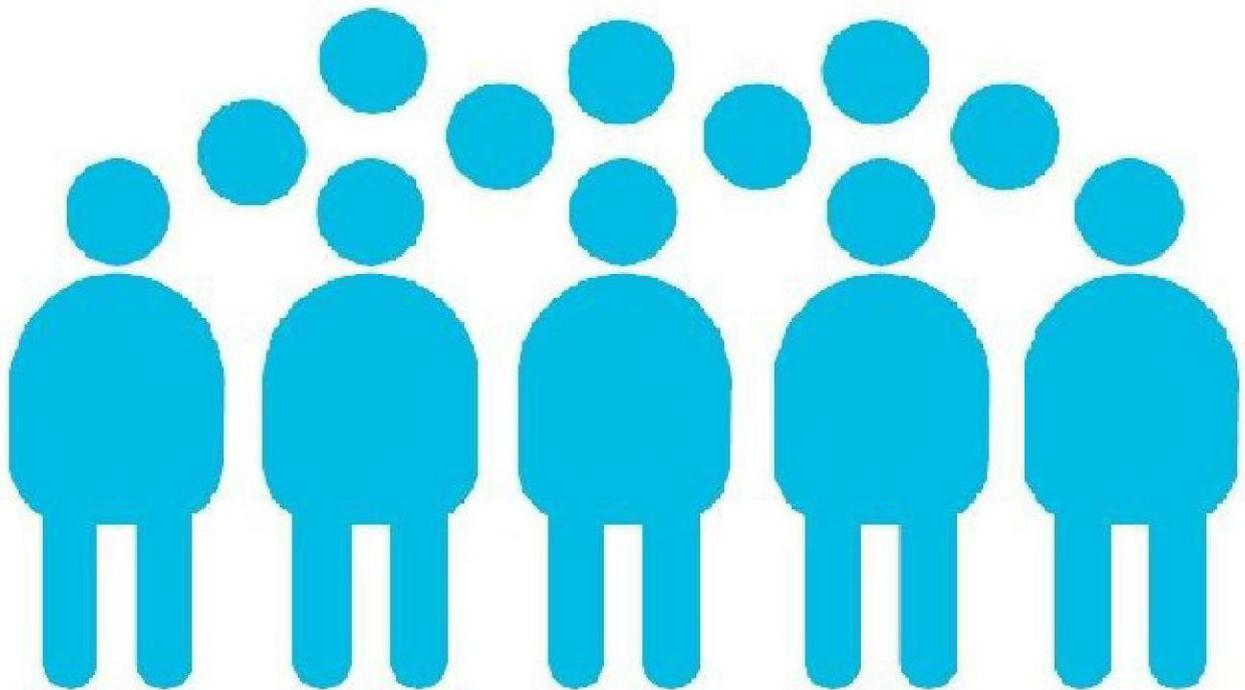


Extended Profile

Catalogue # 1698

London
Sperm
Bank



What is your:

Mother tongue:

English.

Do you know any other languages?

French (fluent), Spanish (intermediate), Italian (beginner), various words/ phrases from other languages.

Favourite Food(s):

Mango, pineapple, grapes, clementines, pasta, cheese (mozzarella, cheddar, halloumi etc.). Honestly, I love almost everything.

Favourite sport(s):

ts I do: swimming and 100m sprint. Sports I (occasionally) watch: swimming, athletics, gymnastics, skateboarding, Olympics etc.

Favourite TV show(s):

Dream Home, Fixer Upper, Brooklyn Nine-Nine, CSI: Miami, Buffy The Vampire Slayer, The Handmaid's Tale, Defending Jacob.

Favourite Film(s):

Matilda, The Pagemaster, Up, Inside Out, Easy A, Into The Wild, The Help, The Perks of Being a Wallflower, Wild, Bad Teacher

Favourite Music:

Mainly pop, dance/ electronic and R&B, but I can happily listen to almost any genre (when I'm in the mood for it).

Favourite Colour:

Blue, then yellow.

Favourite animal(s):

Birds, because, for me, they symbolise freedom and my desire to travel.

Do you have any pets?

If yes, which pets do you have?

N/A.

Favourite Holiday Destination(s):

N/A - Wherever interests me at the time. Plus, I always try my best to visit new places.

Favourite Cities:

Montréal (in Québec, Canada) so far. I found insanely kind people all across Canada, but this city truly felt like home.

Do you have tattoos?

If yes, mention what, where and since when.

N/A.

Do you have any body piercings?

If yes, mention where and since when.

N/A.

Are you left handed, right handed, or ambidextrous?

Technically right-handed, but apparently I eat like a left-handed person.

What are your strengths?

Language skills, emotional intelligence, communication skills and my analytical nature. Plus, just being happy in my own skin, physically and emotionally.

What are your weaknesses?

Procrastination and occasional lack of follow-through. Some things I finish immediately, spontaneously, whereas other projects (especially creative ones) can take forever, or remain unfinished. I get caught up with work, paying the bills, relaxing from work (being an ESL teacher is very social), that a lot of things can get pushed aside. Essentially, I'm very ambitious, but I want to do so many things simultaneously that I easily get distracted.

What motivates you?

This depends on context. Curiosity, travel, my students and seeing them improve (especially when they achieve their dreams because of their improved English), surrounding myself with ambitious/intelligent/kind people, beautiful sunny days. I just want to be happy and try to leave this world a little better than before I came into it, I guess that's my motivation. There are so many people/things that motivate me that it would be impossible to pick just one.

Would you say that you are athletic? How so?

Yes and no. I'm definitely a water baby, so I've always enjoyed swimming, whether training or for fun. I'm also a very fast runner (especially sprinting) so I did that at school, but I've always been naturally slim (luckily I have a high metabolism), so I've never put a huge emphasis on sport (although I generally live a healthy lifestyle in terms of diet, I love drinking water, I don't eat junk food often etc.). However, I love walking and exploring, but that's more because of my travelling/curious side, I love discovering new places, but am less motivated to go outside in winter or places (especially in my home country) that I've already seen many times before. But, now that I'm almost 30, and finally fully vaccinated, I've recently joined the gym and got a personal trainer, so I'm definitely becoming more athletic.

Would you say you are more practical or book-smart?

Definitely more book-smart, I've always been super curious from a very young age, so I tend to absorb a lot. My brother has always been much more practical than me, but I can still put together a bookcase, storage units etc. or find a creative solution to fix a problem.

Are you creative? If so, how do you express this?

Definitely. In primary school, as soon as I could perform in school plays, I would. At that age, I was shy and sweet, so performing gave me confidence and it felt great being good at something. I used to read autobiographical stories on stage, but nowadays I'm more focused on language learning, so my creative projects have kind of taken a back seat. However, in general, I tend to express my creativity through my lessons, how I tell stories, as well as through writing and performance.

Describe yourself in 5 words?

Curious, overthinker, intelligent, adventurous, ambivert.

Are you more: *(Please select one of the two options for each attribute)*

Optimistic

Pessimistic

Assertive

Passive

Leader

Follower

Introverted

Extroverted

Quiet

Expressive

Doer

Thinker

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*):

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

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.

Goodwill Message

Well, first of all, I hope you're happy and healthy! That probably goes without saying, but I think sometimes we get so wrapped up in things that we forget to check in with ourselves. So, first things first: are you happy? Just know that, wherever I am, I hope that you and your family are really well. And if not, I'd like to share an expression with you: "This too will pass." The good times will pass, so appreciate them while they're here, and the bad times will pass, so just hold on a little longer.

Apparently it's a good idea to write some advice here, but I hope you follow your own heart (after all, I'm no oracle! Haha). Well, here goes!

Firstly, whatever life throws at you, never forget to talk to the people who you love and who love you. Talking and communicating is so important, always know that you're never alone. Of course, never be afraid to take a bit of "me time" when you need to, even if others might not understand. Remember that you should never feel guilty for taking a break and putting your mental health first. Trust me, the world can wait.

Don't worry if you don't know who you are yet, just focus on what makes you happy. We're always changing, and sometimes we grow up completely differently to how we expected, and that's absolutely okay. Sometimes we're "good", sometimes we're "bad", but these words just mean you're human. Don't forget to love those darker parts of yourself, sometimes we need them. And if you really don't like something about yourself, work on it. Like I used to be really shy, and while I'm still an introvert at heart, I can now say to a random stranger "By the way, I think you're beautiful, have a good day!" and get off the bus and wave goodbye. When I was younger, I never thought that would be possible. Working on yourself and feeling comfortable in your own skin takes time, so if that's something you want, then I know you can do it.

Pen Sketch

As a person, I tend to be quite positive and optimistic, although I am prone to overthinking, which can get me down a bit sometimes. I'm very sociable and love connecting with people in a meaningful way very quickly, but I do need time to myself to recharge.

I never get bored, my mind is always going, plus there's so much to enjoy in this world, I only wish I had enough money and time to immerse myself in everything. One of my worst fears would be to look back on my life and think that I didn't do enough living, instead of just surviving, so I tend to be fairly ambitious. However, that said, I get very easily distracted, and with many goals on the go at once, I can't progress as quickly as I'd like to. So many things make me happy that it's hard to choose just one project with 100% of my attention.

Nevertheless, one (never-ending) 'project' that I'll never regret doing, and I'm super glad that I did, was travelling around the world. That was my life dream as a child, I couldn't wait to grow up and go and explore. I think it's so important to meet other kinds of people, people from other cultures, different language backgrounds, people who disagree with you, people who challenge the way you think, people who make your heart sing the moment you meet them.

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
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Blood Diseases

Anaemia																	X
Haemophilia																	X
Haemoglobin Disease																	X
Sickle Cell																	X
Immune Deficiency																	X
Thalassemia																	X
Malaria																	X

Cancer

Breast										X							
Ovarian																	X
Prostate			X														
Lung																	X
Skin																	X
Colon																	X
Thyroid																	X
Leukaemia																	X
Other						X											
Tumour																	X

Cardio Vascular Diseases

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 - Prostate Cancer (mid 50's)
 Paternal Grandfather - Heart Attack (72, COD)
 Paternal Aunt - High Blood Pressure (50+)
 Maternal Grandmother - Mesothelioma (77, COD)
 Maternal Aunt - Breast Cancer (51)

Donor Number: 1698

	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
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 Nerve Disease																X
Hydrocephalus																X
Alzheimer's																X
Motor Nerve 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)

Donor - Adult Acne (29)
 Brother - Dyslexia (6)

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

Allergies and Respiratory Diseases

Allerges (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

Sight/ Sound/ Smell

Deafness																	X
Deafness(Before age 50)																	X
Other Hering Anomalies																	X
Eyeight (Blindness)																	X
Eyesight (Colour Blindness)																	X
Eyesight (Glaucoma)																	X
Cataracs before age 50																	X
Other sight, sound, smell disorder	X												X				

Urinary

Kidney Disease																	X
Pdycystic Kidneys																	X
Disease of the Urinan Tract (Urethra, Bladder & Ureter)																	X
Other																	X

Other

Alcoholism						X	X										
Drug Abuse																	X
Chromosomal Abnormalities																	X
Down Syndrome																	X

Any other conditions not listed or premature deaths due to illness?

							X	X									
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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 - Mosquito Bite Allergy (25), Blepharitis (14)
 Paternal Grandmother - Alcohol Abuse (60s), Dementia (75, COD)
 Paternal Aunt - Vertigo & Macular Degeneration (50+)
 Maternal Grandfather - Alcohol Abuse
 Half Maternal Aunt - Myalgic Encephalomyelitis (40s)

Donor Number: 1698