

donor profile

# Hadsten



**Height**  
186 cm



**Weight**  
90 kg



**Hair color**  
Light brown



**Eye color**  
Blue



**Blood type**  
A RhD Pos



**Education/Job**  
Bioinformatic



**Nationality**  
Slovakia



**ID/NO ID**  
ID-release



Copenhagen Sperm Bank

# Handwritten message



Dear Family,

First, I would like to congratulate you parents, on achieving your lifelong dream of starting a family - something, I very much wish to do one day. I am deeply honored to have been able to help you find this happiness.

Second, to you, child, I wish all the best that life has to offer: loving parents, lifelong friends, and many unforgettable memories and meaningful experiences.

# Meeting the donor

## our impression

Standing at 186 cm, with a warm smile and a great sense of humor, Hadsten always greets people with genuine friendliness and interest in their day.

His blue eyes radiate kindness and curiosity. He is deeply committed to his studies and eager to learn new things. In his free time, he enjoys reading physics for fun, inspired by friends who are studying the subject. He also loves fantasy books and has always been quick to pick up new sports. Beyond his academic pursuits,

Hadsten is very family-oriented, and spending time with his family means a lot to him. He FaceTimes with his parents and siblings one to two times a week. He treasures his mother's cooking and the traditions and moments connected to his childhood home. Family vacations are especially important to him, allowing him to slow down, relax, and simply enjoy being himself.

Hadsten also dreams of having a family of his own one day, where he can pass on his values. He genuinely wishes the best for everyone, which is why helping others achieve their dreams is so meaningful to him.

# Pictures



# Appearance

Nationality

**Slovakia**

Height

**186 cm**

Weight

**90 kg**

Eye colour

**Blue**

Natural hair colour

**Light brown**

Skin type

**Olive (pigmentation of unexposed)**

Freckles

**No**

Hairtexture (curly, straight, wavy)

**Straight**

Hairvolume (thick, thin, average, bald)

**Thick**

Physique (muscular, regular, heavy)

**XX**



# In your own words



## Which words describe your personality and character?

Friendly, reliable, trustworthy, responsible, fair, respectful. self-respecting, determined, hard-working, cooperative, honest, confident, practical

## Which sports do you like to participate in?

I'm a very sporty and competitive person, and I enjoy participating in almost any sport, whether it's a team sport like football or volleyball, or an "everyone against everyone" or one on one type of game like bowling, pool, or darts.

## Which sports did you play as a child?

I started doing gymnastics when I was three years old, mainly because my sister was doing it too, so it was convenient for my parents. It turned out to be a great decision, I loved it, went to many competitions, and it gave me a very solid physical foundation for all the sports I did later. After a while I started swimming as well, and I continued with it even after I stopped gymnastics five years later and picked up football instead. I played football for eight years and really enjoyed it. After football, I wanted a break from competitive sports, so I tried many new activities such as ultimate frisbee, parkour, and calisthenics. These days I go to the gym and I also climb and cycle recreationally.

## Which sports do you enjoy watching?

I definitely enjoy watching football the most. Growing up, I played for a football club, and the sport grew on me so much that I still follow the top European leagues. If there's a match worth watching and I have the time, I really enjoy it, especially when I watch it in a pub with friends. I also enjoy watching ice hockey, but only during the World Championship, and from time to time I watch a Formula 1 race as well.

## Do you play any musical instruments?

No, I was never really drawn to it, even though my mother played a violoncello and currently sings in a choir.

## What is your most memorable childhood experience?

I wouldn't say I have one single most memorable experience, but I always remember fondly the summers when our parents took us to the High Tatras, a mountain range in my home country, Slovakia. It wasn't just our immediate family-every year my grandparents, uncle, aunt, and their children (my cousins) would come too, and we'd spend a week in a rented cottage. We went on hikes together, went to aquaparks, played outdoor games and board games in the evening, while laughing and having a good time. I have so many great memories from that time, and I'm grateful for them, because now that we're all older I don't see my cousins as often, and all of my grandparents have sadly passed away.

# In your own words



## To which countries have you traveled?

Beside Europe I visited Peru, Bolivia and Madagascar. In Europe it was UK, France, Switzerland, Netherlands, Poland, Czech republic, Hungary and Croatia.

## Describe one of your favorite vacations to another country:

One of my favorite vacations was when I joined my sister and her boyfriend as they were traveling through South America in a camping van. I spent two months with them one summer, exploring the north of Bolivia and the south of Peru. Since we all love hiking and nature, we did many hikes and other outdoor activities. The definite highlight of the whole trip was summiting Huayna Potosí, a mountain over 6,000 meters above sea level. That was the most amazing of the trip for me. After learning how to use ice axes, ropes, and the other equipment needed to walk on a glacier, we climbed the mountain tied together with harnesses and ropes, surrounded by crevasses, and you could even hear the glacier "moving." Because of the thin air, it was extremely exhausting, and near the top we had to stop for a break every ten steps. But the view from the summit was absolutely worth it. Hundred percent would do it again. We also rode down the famous Death Road (El Camino de la Muerte), visited the floating islands on Lake Titicaca, the salt flats of Salar de Uyuni, the Amazon jungle, and of course Machu Picchu, which had been on my bucket list for a long time. Overall, it was the most amazing vacation I've ever had, and definitely money well spent.

## Describe a few of your strong sides:

I am hardworking and have no problem completing tasks that need to be done even if I don't want to. Time management, staying organized, and prioritizing tasks are some of my strong points. I also have solid problem-solving skills, whether tasks at school or while working on my personal projects. I stay true to my word and always follow through on my commitments. I make a strong effort to be there for my friends and family and to support them whenever they need it.

## Describe a few of your weak sides:

I can sometimes be short-tempered, which may lead me to react impulsively or say things I later regret. I'm also aware that I occasionally speak before others have finished, especially when I'm excited or engaged in a conversation. At times I may come across as indifferent if something doesn't grab my interest immediately or I don't see a purpose in it. Another habit I'm working on is swearing too much, because I'm very relaxed around my friends, the language sometimes carries over into other groups where it's less appropriate. I am aware of this bad habit and I actively try to stop it.

# Personal characteristics

**What is your native language?**

Slovak

**What other languages do you speak?**

English, German, Czech

**Math Skills/Ability:**

I attended a highly rated mathematics-focused secondary grammar school. I graduated with top grades in mathematics and actively participated in numerous math competitions during my elementary and high school years. During my bachelor's studies in bioinformatics, I covered subjects including linear algebra, calculus, probability theory and statistics. I would say I have good understanding for mathematics, which I consider fundamental to my field of study.

**Mechanical Skills:**

I do not have formal mechanical training, but I have acquired some practical skills during my life. I am comfortable with basic car maintenance, such as changing tires and jump-starting a car. I have also assisted a friend with home renovations, so I know my way around various hand and power tools. I have a general understanding of common household and garden tools.

**Athletic Skills:**

I have been involved in sports since I was three years old, starting with gymnastics, which I practiced for five years and competed in. Around the same time, I also began swimming and eventually competed in swimming for six years. I played football in a club for eight years. After finishing football, I explored a variety of sports, including frisbee, parkour, and calisthenics. Nowadays, I regularly attend the gym and engage recreationally in swimming, climbing, and other sports. I also greatly enjoy hiking in my home country.

**What is your favorite sport?**

I definitely must say football

**What are your Hobbies/Interests/Talents:**

My hobbies are various sports such as climbing, squash, badminton, and especially like undertaking demanding mountain hikes, including multi-day treks. To relax, I never say no to a good movie, with a particular fondness for older cinema. I really enjoy hanging out with my friends playing board games and quizzes or playing video games together. I also enjoy gardening with my parents and traveling to explore new places.

# Personal characteristics

## **Describe your artistic ability:**

I would say I have almost no artistic abilities. I have never played any instrument nor took any painting or singing classes. But I do like signing karaoke with friends, even though I can't sing.

## **Do you like animals? If so, which is your favorite?**

If I have to choose only one country I would definitely love to visit Mexico. Firstly, because in the south on the Yucatan peninsula, or its beautiful nature and to see the ancient pyramids of the Mayans. Secondly, I am also a big fan of Mexican cuisine and would love to experience it first-hand. And lastly, I would like to visit during the Day of the Dead holiday to experience the lively festivals and unique atmosphere of this celebration.

## **How would you describe your personality?**

I feel like I am a friendly person who is easy to get along with. I try to be reliable, supportive, and someone people enjoy spending their time with. My friends know they can talk to me about anything, and I'm always there to have their back when they need it. I value my friendships deeply, so I put a lot of effort into maintaining and strengthening them.

## **What is your ultimate ambition or goal in life and how do you see yourself in twenty years?**

What is your ultimate ambition or goal in life and how do you see yourself in twenty years?

My ultimate goal in life is fairly simple: I want to build a stable and fulfilling life surrounded by my loving family. I hope to settle in my home country, ideally in the same city as my close friends, so we can remain in contact.

# Donor essay



## Why do you want to be a donor?

It is honestly very simple. I have always wanted to build my own family. It is something I have known from a young age, and I can't imagine my future without it. I also understand that there are couples who want the same thing but face challenges in achieving it. Being a donor gives me the opportunity to help others reach something that I also hope to experience in my own life, having a family. And I am happy to be able to offer that support.

## Describe your relationship with your family. How has your family shaped your values and who you are today?

My relationships with my family are strong. I video call my parents every week, and on top of it once a week we all have a family video call with my sisters. We meet every Christmas and Easter at my parents' house, and I spend a lot of time there during the summer as well. My parents are Catholic and I was raised in that way.

Although I don't practice the religion today, their emphasis on integrity, respect, and honesty has deeply influenced me. I try to live by those values, not because of religious reasons, but because I believe they are the foundation of good relationships and friendships, which I care about deeply. I had a very close relationship with my sisters growing up. We had our disagreements and fights, of course, but overall we enjoyed a happy, loving childhood. I have inherited many traits and interests from them. They both travel a lot and are adventurous, which inspired my own curiosity. My eldest sister is very resourceful, skillful and isn't afraid to fight for what she wants. My second sister is very kind, empathetic and likes helping others. Growing up with these role models shaped who I am and the values I hold today and I couldn't ask for better ones.

## What makes you unique?

I don't think my uniqueness comes from one single trait. Rather, it is the combination of my values, experiences, and relationships that shapes who I am. I believe my uniqueness comes from everything I have lived through, both the good and the difficult moments. The challenges I have faced and the obstacles I have overcome have taught me resilience and discipline, while the positive experiences and meaningful moments have given me wonderful memories that I gladly think back on. All of these moments together have formed the person I am today and that makes me unique.

## What are you most proud of and why?

I am most proud of the person I have become and the relationships I have built along the way. Strong, meaningful friendships have always been important to me, and I am grateful that many of the friendships I formed during school have lasted to this day. I have worked hard to be someone others can trust and rely on, and the depth and longevity of these relationships reflect the values I try to live by. I am also proud of my academic journey. After taking a break following high school, it wasn't easy to find the motivation and discipline to return to studying, mainly because I already had a decent job, but I did. Committing to my bachelor's degree and seeing it through to the end showed me that I can achieve long term goals, even though when it is not easy. Finally, I am proud that my parents are proud of me. It sounds maybe a bit weird, but knowing that they see the effort I have put into my education, my relationships, and myself means a great deal to me.

# Fertility history



Do you have any children?

No

Pregnancies

Have you ever been responsible for any pregnancies other than those listed above? No

Has anyone in your family had difficulty in achieving pregnancy? No

Are there any twins or triplets in your family? No

Blood donor

Have you ever been refused as a blood donor? No

# Personal health history

## Allergies

Do you have any allergies? No

## Eye vision

Do you wear corrective lenses? Yes

How is your vision (without corrective lenses)? Nearsighted

Have you undergone corrective eye surgery? No

## Hearing

Do you have any hearing impairments? No

## Teeth

Condition of your teeth: Good

# Personal health history

## Diet

You diet is? Good

## Exercise

How often do you exercise? Regularly

Type of exercise: Cycling and working out in a gym

## Alcohol

How many alcoholic drinks do you consume during an average week? 1

Have you ever had a drinking problem? No

Have you ever been treated for alcohol or drug abuse? No

## Cigarettes

Do you smoke cigarettes? No

# Personal health history

## Sexually-transmitted diseases

Have you or your sexual partners ever had:

	Myself	Partner	When
NSU (non-specific urethritis)	<input checked="" type="radio"/> NO	<input checked="" type="radio"/> NO	
Chlamydia	<input checked="" type="radio"/> NO	<input checked="" type="radio"/> NO	
Genital Warts (HPV)	<input checked="" type="radio"/> NO	<input checked="" type="radio"/> NO	
Genital Herpes	<input checked="" type="radio"/> NO	<input checked="" type="radio"/> NO	
Other (s) Type (s):	<input checked="" type="radio"/> NO	<input checked="" type="radio"/> NO	

Have you ever been treated for any sexually-transmitted disease(s)?

NO

## Other medical information

Have you had major x-ray exposure or other radiation exposure? No

Have you ever had any major illnesses such as amoebic dysentery, hepatitis, pneumonia, mononucleosis, etc.? No

Do you have any chronic medical problems or conditions? No

Have you ever been exposed to herbicides or toxic chemicals? No

# Family tree

