Welcome to MISTRA’s Extended Donor Profile

MISTRA voluntarily provided the following information which will be disclosed to future parents as an aid in their selection

General information and characteristics

Race: Caucasian  
Ethnicity: Danish  
Height: 190 cm  
Weight: 84 kg  
Build: Athletic  
Shoe size: 44  
Clothing size: Extra large  
Skin tone: Fair  
Facial shape: Square  
Lips: Medium  
Eye colour: Blue  
Eyebrows: Blonde  
Beard: Blonde  
Hair: Dark blond, thick and wavy

“ I am an honest and hard working man, but first and foremost a loving family father. I am very proud and ambitious about my job.”

MISTRA does not use prescription lenses. He does not suffer from any allergies, medical conditions or physical abnormalities.

MISTRA resembles a young version of the American actor Marlon Brando. Click here for photos of Marlon.

Academics

MISTRA went to school for a total of 20 years including primary and lower secondary school. After finishing high school he traveled for two years before attending medical school at the university. MISTRA is working as a medical doctor in a hospital and he plans on spending an additional 8 years on specialising within his field. His career goal is to be a professor of medicine.

“ I am working as a medical doctor and my career goal is to be a professor of medicine.”

His former jobs include working as a diving instructor, assistant for a disabled person, temporary school teacher, research assistant and as an assistant lecturer.

MISTRA's native language is Danish and he also speaks English. He has not served in the military.
Q&A with MISTRA
MISTRA answers questions about his life, experiences, and good memories

Which words describe your personality?
My wife says I am strong and kind. I consider myself to be an honest and hard-working man, who is first and foremost a family father, but also someone who is proud and ambitious about his work.

Describe your strong sides:
I can work long hours on projects that interest me and I like to work hard to learn new things. I am curious and outgoing and I like to challenge myself. I am very confident about my life in general. I have a large and healthy family, and I have many good friends.

Describe your weak sides:
It is sometimes difficult for me to accept situations where I have to do things that I feel conflict with my moral values. If I am not challenged, I will get bored. I am proud about my family and my work, which can be a weak side, because it can make me vulnerable to criticism.

What is your marital status?
Married.

Do you have any children?
Yes. A girl who is two years old: Normal weight and normal height and completely healthy. Blonde hair and bright blue eyes. Happy and energetic. Charismatic and fun. Beautiful and smart. She knows most of the alphabet, she likes when I read stories to her, she likes to run and ride her bicycle, and she likes ice cream. She is very generous and shares candy and ice cream with her friends and her brother. She can be impatient if we do not have time to play with her. She is very caring and loving towards her younger brother.
Boy, six months: Normal weight and normal height and completely healthy. Dark blonde hair and dark blue eyes. Mild and calm. He sleeps and eats well. He likes when we take him swimming in our bath tub, and he loves the food I cook for him. I can not think of any weak sides. He is handsome and easy-going and he makes us want to have more children.

Which types of sport do you play or have played?
I was a very dedicated sportsman as a young boy and teenager. I mostly played soccer and handball.

Which other types of sports are you interested in?
Most sports: I am fascinated by athletics. Watching dance makes me feel happy. I like to watch soccer live and with friends. Handball makes me passionate. And I could go on.

List any other hobbies you may have or have had:
Cooking is both a duty and a hobby to me, and I cook every day to my family when I get home from work. I relax when I cook, and I like to try new food when I travel. I also like to watch my sister who is an athlete.

List which musical instruments you play or have played:
I played the piano as a boy, and later the bass guitar in a band in high school. I always wished I had learned to sing.

Religion:
I was baptised and married in a christian protestant church, and my children are also baptised. I do not practice my religion, but I think the traditions are important to our culture, and I respect religious people.

How many hours of sleep do you get on an average night?
6-8, depending on my children, and my work.

Do you eat healthy?
I try.

Do you smoke?
No.

Do you ride a bicycle?
Often.

How much alcohol do you drink on average per week?
Usually a glass of wine when I come home from work or when I cook or dine. Less than 14 units per week, mostly red wine.

Which countries have you visited:
Most in Europe, a few in the Americas and Asia, but no one in Africa. I would like to see Vietnam and Japan, mostly because of their food and because I have heard they are friendly people.
Describe the best holiday you have had:
The summer I met my wife and we went on a two-day bicycle trip, slept in a tent, cooked on a portable stove, eat strawberries, and swam in the ocean. Or, as a child, when we went on a family holiday to Southern Europe to celebrate my nine year birthday. I remember my grandmother ordered a very large ice cream from the Spanish waiter, and my younger sisters running around in their white summer dresses.

What do you like the most about your own country:
I am proud about our welfare system, the free hospitals, free education, Lego and the vikings.

Who are your idols/heroes/heroines?
My dad is a very modest and loyal and highly respected person and I admire him for that. I also like Malcolm Gladwell for his books, Jeff Bridges for his movies, Richard Feynman for his inventions, Aristoteles for his philosophies, and Serena Williams because she is just the greatest athlete of all times, in my opinion.

What are your goals in life?
First and foremost to be a good father. Today I have a beautiful family and a work that deeply interests me, and I hope this can continue for the rest of my life.

What were your childhood dreams?
To be like the older boys; taller, bigger, faster, stronger. I remember practicing and wanting to be better at everything; drawing, playing music, reading, swimming, soccer, mathematics, running, everything.

Which values do you rank the highest?
Family and hard work. Being as good a person as one can be. Or mastering a skill. I admire people who are good at what they do, no matter if its skiing or mathematics or drawing or playing piano.

Which childhood experience made the biggest impression on you?
When I learned that my grandfather was a freedom fighter during the German occupation of our country. That made me very proud. Or when I pushed my younger sister down the stairs and she hit her head. I still feel bad about it even though we now laugh about it. Or perhaps all the Christmas eves we celebrated with my uncles and aunts, eating duck, dancing around the Christmas tree, opening presents.

Which was your greatest experience or moment?
When I was an old teenager my uncle introduced me to South America and I spent almost two years working and traveling before going to university. That was a time of freedom and exciting experiences. I enjoyed the beaches, the spicy food, and the friendly and colorful Mexican culture. I often think of these years as the greatest in my life.

Happiest: Without any doubt when my first child was born on a cold day in January. We spent the first two weeks in our apartment together the three of us and I think that is the closest I have been to experience happiness.

Funniest: Back in elementary school hanging out with my friends, or as a university student with my friends from medical school, talking about girls and medicine, of course.
Scariest: When my first child was born, facing all the responsibility for this fragile little baby. Or when I watched the two airplanes crash into the World Trade Center. Or when I was 12 and an older boy beat me up in school.

Proudest: Graduating as a medical doctor, or my daughter’s first steps, or when she learned the first letter in her name. Yesterday she went to the kindergarten without diaper which also made me proud.

Most dangerous: Free-diving in Thailand, or shark diving in Australia, or rifle hunting in Greenland, or statistically probable riding a bicycle without helmet.

Greatest sorrow: So far in my life I have been blessed by so few sorrows that I find it difficult to even think of one. I have not yet lost a close family member, but I am sure, that when I do, this will be the greatest sorrow of my life.

What is your favourite colour?
My wife says that blue colored clothes suits me well.

What is your favourite animal?
Dogs for pets. Fish for eating.

What is your favourite kind of food?
Most Sundays we go to visit my parents and we eat traditional Danish open-face sandwiches with pilsner and snaps. Also I love the home cooked family dinners that my grandmother makes, but also many different world foods if they have been properly made.

What is your favourite kind of music?
My greatest music experience is being at the largest music festival in Denmark. We slept in tents and watched Foo Fighters and had a great time.

What is your favourite kind of car?
My Volvo stationcar because we can go on trips together as a family. Last weekend we visited my grandparents in the northern part of Denmark.

What is your favourite kind of pet?
I grew up with a golden retriever who is now an old dog and lives with my parents. She is a great dog.

What is your favourite time of year?
I think I like all four seasons. I like being inside when it rains. I like to drive in a warm car when it’s cold outside and I like to go to the beach and eat ice cream with my kids in the summer.

What is your favourite book and/or author?
I read many books. The most recent, great book I have read was “The Professor” and “the Mad Man”, by Simon Winchester. When I was six years old my dad read Tolkien’s “Lord of the Rings” every night before I went to sleep. When I was 11 I swallowed the first Harry Potter book spending an entire day reading on the couch. All in all I think I would say H.C. Andersen’s fairy tales because I feel they define my childhood and I also read them to my children.

What is your favourite movie and/or director?
I like movies by the Cohen brothers and Quentin Tarantino or series such as “Breaking Bad” or “Vikings”. But I must admit I also enjoy a sensitive movie such as “Notting Hill” - Nice, firm buttocks.
### MISTRA's family tree

**Information about MISTRA's siblings, parents and grandparents**

<table>
<thead>
<tr>
<th><strong>Paternal Grandfather</strong></th>
<th><strong>Paternal Grandmother</strong></th>
<th><strong>Maternal Grandfather</strong></th>
<th><strong>Maternal Grandmother</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age:</strong> 87</td>
<td><strong>Age:</strong> 84</td>
<td><strong>Age:</strong> 80</td>
<td><strong>Age:</strong> 84</td>
</tr>
<tr>
<td><strong>Alive:</strong> Yes</td>
<td><strong>Alive:</strong> Yes</td>
<td><strong>Alive:</strong> Yes</td>
<td><strong>Alive:</strong> Yes</td>
</tr>
<tr>
<td><strong>Race:</strong> Caucasian</td>
<td><strong>Race:</strong> Caucasian</td>
<td><strong>Race:</strong> Caucasian</td>
<td><strong>Race:</strong> Caucasian</td>
</tr>
<tr>
<td><strong>Ethnicity:</strong> Danish</td>
<td><strong>Ethnicity:</strong> Danish</td>
<td><strong>Ethnicity:</strong> Danish</td>
<td><strong>Ethnicity:</strong> Danish</td>
</tr>
<tr>
<td><strong>Education:</strong> Carpenter and engineer</td>
<td><strong>Education:</strong> Laboratory assistant</td>
<td><strong>Education:</strong> Engineer</td>
<td><strong>Education:</strong> Elementary school teacher</td>
</tr>
<tr>
<td><strong>Occupation:</strong> Engineer</td>
<td><strong>Occupation:</strong> Laboratory assistant</td>
<td><strong>Occupation:</strong> Engineer</td>
<td><strong>Occupation:</strong> Teacher and principal</td>
</tr>
<tr>
<td><strong>Height:</strong> 185 cm</td>
<td><strong>Height:</strong> 168 cm</td>
<td><strong>Height:</strong> 190 cm</td>
<td><strong>Height:</strong> 168 cm</td>
</tr>
<tr>
<td><strong>Weight:</strong> 85 kg</td>
<td><strong>Weight:</strong> 65 kg</td>
<td><strong>Weight:</strong> 80 kg</td>
<td><strong>Weight:</strong> 80 kg</td>
</tr>
<tr>
<td><strong>Hair colour:</strong> Blonde</td>
<td><strong>Hair colour:</strong> Brown</td>
<td><strong>Hair colour:</strong> Blonde</td>
<td><strong>Hair colour:</strong> Brown</td>
</tr>
<tr>
<td><strong>Eye colour:</strong> Blue</td>
<td><strong>Eye colour:</strong> Blue</td>
<td><strong>Eye colour:</strong> Blue</td>
<td><strong>Eye colour:</strong> Blue</td>
</tr>
<tr>
<td><strong>Health:</strong> Prostate cancer</td>
<td><strong>Health:</strong> -</td>
<td><strong>Health:</strong> Good</td>
<td><strong>Health:</strong> Good</td>
</tr>
</tbody>
</table>

**Father**
- **Age:** 57
- **Alive:** Yes
- **Education:** MSc Engineering
- **Occupation:** Engineer
- **Height:** 190 cm
- **Weight:** 95 kg
- **Hair colour:** Brown
- **Eye colour:** Blue
- **Health:** Good

**Mother**
- **Age:** 54
- **Alive:** Yes
- **Education:** Nurse
- **Occupation:** Nurse
- **Height:** 178 cm
- **Weight:** 65 kg
- **Hair colour:** Brown
- **Eye colour:** Blue
- **Health:** Has hypertension and takes medications to lower her blood pressure

**Sister**
- **Full or half:** Full
- **Age:** 24
- **Alive:** Yes
- **Education:** Nursing school
- **Occupation:** Student
- **Height:** 175 cm
- **Weight:** 65 kg
- **Hair colour:** Blonde
- **Eye colour:** Blue
- **Health:** Good

**Sister**
- **Full or half:** Full
- **Age:** 24
- **Alive:** Yes
- **Education:** Medical school
- **Occupation:** Medical student and athlete
- **Height:** 178 cm
- **Weight:** 75 kg
- **Hair colour:** Blonde
- **Eye colour:** Blue
- **Health:** Good
A personal message from MISTRA

My motivation for being a Cryos International donor

I grew up in a small town with my mom and dad and two younger sisters. I remember my childhood as safe and happy, and now that I have children of my own, I try the best I can to give them the same good upbringing as I had myself. As a boy, I had many friends, I liked school, and in the afternoons we would play football in the streets or sports club. As a boy, I had many interests and I enjoyed both sports, music, books, family time, and many more things. As a teenager, I am very dedicated to sports, particularly football and handball. I spend many evenings and weekends with my sports and I made some friends that I still have today. Before entering university, I went to South America where I became a kayak instructor and worked and travelled for almost two years. Then I went to a folk high school where I took care of a disabled boy of my own age. Afterwards, I entered medical school where I later met my wife. Medicine fascinates me and I am very dedicated to my patients and my research. I have worked now as a doctor for three years and we have two young children, a boy and a girl. I consider myself a family person and I love to play with my kids and cook meals for my family. I consider myself to be an honest person, who is first and foremost a family father, but also someone who is proud and ambitious about his work.
A personal message from MISTRA

My motivation for being a Cryos International donor

To me, the most important things in my life are my children. I have two wonderful children, a boy and a girl. They are happy and healthy, and I do the best I can to do what is best for them. As such, my children are my motivation for becoming a donor, and I decided to become a donor because I want to help people have children. Thinking that I help other people simply makes me feel happy in the same way as when I cook meals to my family, or help one of my patients.

Writing this letter was not easy. I ask myself: What would you like to know? What questions do you have? If my donation leads to the birth of children, I would like to tell them this: I am curious about who you are. What interests you? What do you look like? Where do you live? What language do you speak? It is important for me to say that you are welcome here. I want to meet you, and my wife also wants to meet you. Never doubt that! You and your parents are always welcome to visit me.

Yours sincerely,

[Signature]