



24Genetics



Filip, this is your  
ancestry report

# INTRO

## Introduction

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Who are we and where do we come from?

Our DNA holds the keys to unraveling these questions. Genetically, we are the reflection of a heritage that has been consistently passed down from generation to generation over millennia. Humans, like other species, are constantly evolving. Since the dawn of Homo sapiens in Africa more than 200,000 years ago, our species has colonized different corners of the planet, adapting and refining its DNA according to the specific conditions of each region and era. Our genome has undergone both random and evolutionary modifications over the centuries. Certain mutations, which may have arisen in an individual thousands of years ago, have been transmitted and perpetuated in their descendants to the present day. Using 24Genetics' advanced genetic technology, we can identify and understand some of these mutations, shedding light on our ancestral roots.

This ancestry report provides a comprehensive analysis of our genetic heritage, backed by the most advanced technology available. The report is broken down into the following sections:

1. **Geographic Ancestry:** in this section you will be able to discover the origin of your ancestors in the current geographic context. We analyze your ancestry in an average time frame of about 800 years ago, excluding the last 250 years. Our algorithm is distinguished by its precision and the large number of regions covered on all continents.
2. **Historical Ancestry:** Our historical ancestry test allows you to trace the origins of your ancestors over eight periods, starting from prehistoric times. The sophisticated algorithm matches your genetic profile with our database of archaeological remains, accurately sequenced and dated by carbon-14 testing. The report highlights the three ancestral cultures most closely related to your genetics.
3. **Ethnic Ancestry:** The exploration of your ethnic ancestry delves into your genetic heritage by comparing your DNA to our database of global ethnic profiles. Each segment of your DNA is linked to specific populations, revealing genetic and cultural connections. This analysis combines genetic, anthropological and social perspectives, offering a comprehensive view of your roots.
4. **Maternal Ancestry:** By analyzing your mitochondrial haplogroups, we unravel your maternal lineage. Mitochondrial DNA is inherited exclusively through the maternal lineage. Through distinctive mutations, we trace a line connecting all "your mothers" to 'Mitochondrial Eve', the common maternal ancestor of all humans, who lived some 200,000 years ago in Africa.
5. **Paternal Ancestry (males only):** The paternal lineage, encoded on the Y chromosome, is transmitted from fathers to male offspring, revealing male inheritance. This genetics shows us paternal haplogroups derived from unique mutations perpetuated generation after generation. Our algorithms accurately trace the lineage of our "fathers" back to the dawn of our ancestors in Africa more than 150,000 years ago.

## INTRO

6. Neanderthal DNA: For several millennia (between 40,000 and 30,000 years ago), Neanderthals and humans coexisted in Europe and Asia, sharing genetic material. After mapping the Neanderthal genome in 2010, we understood this genetic relationship. With our test, discover how much Neanderthal DNA is present in your genetic map and explore the ancestral connection with these ancient inhabitants.

If you want to know more about our ancestry test you can check out our Q&A section here: <https://24genetics.com/ancestry-dna-test/>

We hope you like it.



# GEOGRAPHICAL



# GEOGRAPHICAL

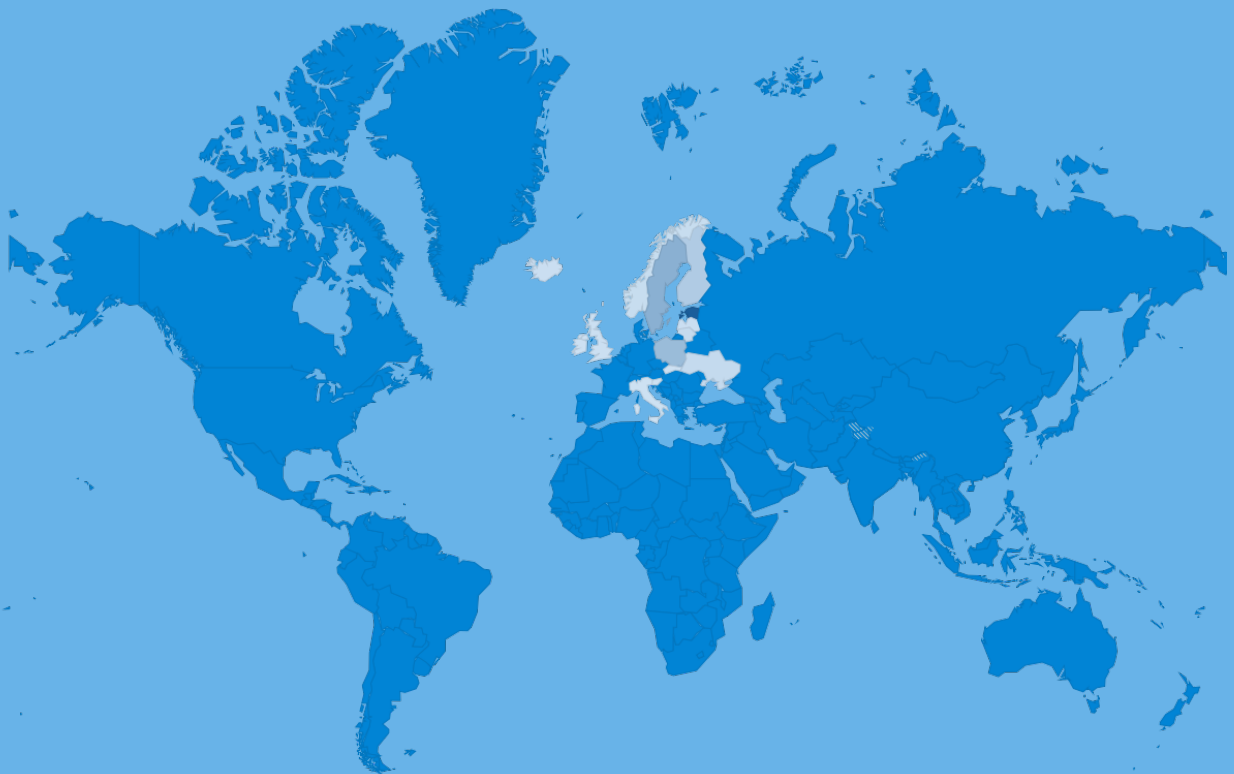
## What is geographic ancestry?

The 24Genetics Geographic Ancestry analysis is designed to reveal the geographic origin of your ancestors in a contemporary framework. With this test, you will have the opportunity to explore the global regions with which your DNA has affinity, providing a detailed view of the areas linked to your ancestral lineage. The evaluation is carried out using autosomal DNA, which encapsulates a synthesis of the genetic information that you have inherited from both your father and your mother, reflecting the genetic legacy of previous generations. At 24Genetics, our focus is on an average of 800 years ago, deliberately excluding the last 250 years to ensure the accuracy and robustness of the results, avoiding periods that are too recent and may lack scientific robustness.



## Countries

|                |         |                    |         |
|----------------|---------|--------------------|---------|
| Estonia        | 46,15 % | Sweden             | 17,52 % |
| Poland         | 13,46 % | Finland            | 7,91 %  |
| Ukraine        | 2,78 %  | Lithuania          | 2,56 %  |
| Norway         | 1,92 %  | Russian Federation | 1,50 %  |
| Iceland        | 1,28 %  | Latvia             | 1,28 %  |
| United Kingdom | 1,07 %  | Slovenia           | 0,85 %  |
| Ireland        | 0,64 %  | Slovakia           | 0,64 %  |
| Italy          | 0,43 %  |                    |         |





## Countries in Europe

|          |         |                |         |
|----------|---------|----------------|---------|
| Estonia  | 46,15 % | Sweden         | 17,52 % |
| Poland   | 13,46 % | Finland        | 7,91 %  |
| Ukraine  | 2,78 %  | Lithuania      | 2,56 %  |
| Norway   | 1,92 %  | Iceland        | 1,28 %  |
| Latvia   | 1,28 %  | United Kingdom | 1,07 %  |
| Slovenia | 0,85 %  | Ireland        | 0,64 %  |
| Slovakia | 0,64 %  | Italy          | 0,43 %  |



## GEOGRAPHICAL

### Regions in Europe

|                   |         |                       |         |
|-------------------|---------|-----------------------|---------|
| Puhalepa vald     | 20,30 % | Talinn                | 17,52 % |
| Gotland           | 13,03 % | Warmia Masuria        | 10,68 % |
| Avinurme          | 7,69 %  | Helsinki              | 3,85 %  |
| Finland Karelia   | 2,35 %  | Warsaw                | 2,14 %  |
| Nykoping          | 1,92 %  | Rakkhiv               | 1,92 %  |
| Southwest Finland | 1,71 %  | Norrbottn             | 1,50 %  |
| Vestlandet Bergen | 1,28 %  | Taurage               | 1,28 %  |
| Reykjavik         | 1,28 %  | Latvia                | 1,28 %  |
| Sweden            | 1,07 %  | Hinxton               | 1,07 %  |
| Central Slovenia  | 0,85 %  | Sumi Oblast           | 0,85 %  |
| Kaunas            | 0,64 %  | Norway                | 0,64 %  |
| Lubelskie         | 0,64 %  | Slovakia              | 0,64 %  |
| Telsiai           | 0,64 %  | Ulster                | 0,64 %  |
| Estonia           | 0,64 %  | Friuli-Venezia-Giulia | 0,43 %  |





## Countries in Russia

Russian Federation

1,50 %



## GEOGRAPHICAL

# Regions in Russia

Kuban

0,85 %

Vepsskaya National Volost

0,64 %



HISTORICAL





## What is historical ancestry?

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In this advanced historical ancestry test, you can learn about the origins of your ancestors from eight key periods in history and prehistory.

To do this, we take your genetic information and compare it to a database of DNA from archaeological human remains. These remains have been accurately dated using the radiocarbon (carbon-14) method to confirm their historical era. With this unique genetic data, we create a personalized report for you, backed by strong scientific standards.

Your report will highlight the three ancestral cultures that most closely match your DNA, helping you understand the societies where your ancestors likely lived.





# HISTORICAL

## > 10.000 B. C. - Upper Paleolithic

During the Upper Paleolithic, the planet was marked by pronounced climatic fluctuations. In Africa, the cradle of humanity, the warm and stable climate favored the evolution of tools and the birth of rock art. The caves of France and Spain in Europe became artistic sanctuaries, while the freezing cold dominated the outside landscape. In Asia, tribes faced diverse climatic challenges, from the frigid Siberian steppes to the southern monsoon regions. Oceania, influenced by its variable ocean currents, saw the birth of advanced fishing and navigation techniques. The Americas were the new home of hunter-gatherers who adapted from frozen tundras to tropical jungles. Australia, with its arid climate, witnessed how Aboriginal tribes left engravings that reflected their connection to the land. These first "civilizations", in their apparent simplicity, represented the beginning of an era of sociocultural complexity. They laid the foundation for the intricate societies that would come after, showing that the human desire for expression and connection transcended climates and continents.

Of the hundreds of cultures existing at that time, these are the three with which your DNA is most related and, therefore, where your ancestors have been most present:



| ANCESTRAL CULTURE                      | AFFINITY |
|----------------------------------------|----------|
| Italian hunter-gatherer 10000BC Italy  | 34,80 %  |
| French hunter-gatherer 10000BC France  | 34,00 %  |
| Russian hunter-gatherer 10000BC Russia | 13,00 %  |

# HISTORICAL

## **Italian hunter-gatherer 10000BC Italy**

Beyond 10000 BC, in what is now Italy, hunter-gatherers roamed in pursuit of sustenance. Picture your ancestor chasing after prey or gathering edible plants, living in harmony with nature and adapting to an ever-changing environment.

## **French hunter-gatherer 10000BC France**

French hunter-gatherers were adept nomads at hunting and gathering. They moved with the seasons and animal migrations. With advanced skills, they crafted stone tools and weapons for hunting and processing food. Caves served as temporary shelters and ritual sites. An ancestor of yours during this era might have been a skilled hunter or a spiritual leader in the community.

## **Russian hunter-gatherer 10000BC Russia**

Hunter-gatherer ancestors were moving through what we now know as Russia. An ancestor might have hunted mammoths on the plains, living in perfect harmony with nature and relying on their skills to survive.

# HISTORICAL

## 10.000-5.000 B. C. - Mesolithic and early Neolithic

Between 10,000 and 5,000 BC, during the Mesolithic and the beginning of the Neolithic, the world experienced unprecedented transformations. Climatic fluctuations, with the retreat of the glaciations, gave way to a more temperate and predictable climate. In Africa, tribes began to settle near water sources, beginning agriculture. Europe, still feeling the vestiges of the cold, saw more complex communities emerge on the coasts, where fishing and gathering intensified. Asia, with its geographical diversity, saw the flourishing of agriculture in places such as Mesopotamia and the Indus Valley, laying the foundation for future civilizations. In Oceania, the adaptability of its inhabitants allowed them to take advantage of both the land and the sea, developing unique island cultures. The Americas, rich in biodiversity, saw the beginning of the domestication of plants such as corn, transforming their cultural and food landscape. And in Australia, the tribes continued their close relationship with nature, adapting to changes in the environment. These periods marked the beginning of the transition from nomadic to settled societies, leading humanity into a new era of development and complexity.

These are the 3 cultures of this time with the greatest relationship with your genetics:



| ANCESTRAL CULTURE                           | AFFINITY |
|---------------------------------------------|----------|
| Serbian hunter-gatherer 10000-5000BC Serbia | 35,07 %  |
| French hunter-gatherer 10000-5000BC France  | 33,47 %  |
| Romanian Mesolithic 10000-5000BC Romania    | 9,22 %   |

# HISTORICAL

## **Serbian hunter-gatherer 10000-5000BC Serbia**

Between 10000-5000 BC, in Serbia, hunter-gatherers roamed vast landscapes, living harmoniously with nature. An ancestor of yours might have been one of these early Serbians, tracking animals, gathering plants, and sharing tales by the firelight. Their experiences, insights, and traditions would be pivotal for future Serbian generations.

## **French hunter-gatherer 10000-5000BC France**

In France, from 10000-5000 BC, hunter-gatherers roamed vast lands in search of food. These nomads relied on local fauna and wild plants for sustenance. They mastered the art of stone tool usage and developed spiritual rituals. Painted caves, like those at Lascaux, bear witness to their artistic expression. Your French ancestor might have hunted mammoths or painted in those caves.

## **Romanian Mesolithic 10000-5000BC Romania**

The Romanian Mesolithic was a period of Romanian history that began in the 10th century BC and lasted until the 5th century BC. During this period, the people of Romania developed new stone tools and weapons. One of your ancestors may have been a hunter or a fisherman who lived in Romania during the Mesolithic. Another of your ancestors may have been an artisan who made stone tools and weapons.



# HISTORICAL

## 5.000-3.000 B. C. - Neolithic and beginning of the Metal Age

Between 5,000 and 3,000 BC, during the rise of the Neolithic and the beginning of the Age of Metals, humanity experienced fundamental advances in its development. In Africa, the Nile River became the central axis of civilizations such as Egypt, where irrigation boosted agriculture and writing emerged as a revolutionary tool. Europe, with its growing communities, benefited from agricultural expansion and the establishment of complex settlements, strengthening commercial and cultural ties. Asia, with its vast geography, witnessed the birth of civilizations in Mesopotamia and the Indus Valley, where crafts, metallurgy and ceramics played essential roles. Oceania evolved with maritime cultures adapted to its rich island ecosystems. In the Americas, regions such as Mesoamerica saw the first steps towards the domestication of plants, transforming landscapes and ways of life. Australia, for its part, maintained its connection to the land, with tribes adapting their techniques to the resources available. This period, marked by the transition from nomadic to settled societies, established pillars that would influence later eras of human history.

You share DNA with the archaeological remains found from these cultures:



| ANCESTRAL CULTURE                                | AFFINITY |
|--------------------------------------------------|----------|
| Pitted Ware and Battle Axe 5000-3000BC Sweden    | 42,74 %  |
| Narva culture in Lithuania 5000-3000BC Lithuania | 20,45 %  |
| Latvian Middle Neolithic 5000-3000BC Latvia      | 8,38 %   |

# HISTORICAL

## **Pitted Ware and Battle Axe 5000-3000BC Sweden**

The Pitted Ware and Battle Axe cultures were two prehistoric cultures that flourished in Sweden. The Pitted Ware culture is characterized by its decoration of pits, while the Battle Axe culture is a type of stone weapon. One of your ancestors may have been a potter who produced Pitted Ware. Another of your ancestors may have been a warrior who used Battle Axes.

## **Narva culture in Lithuania 5000-3000BC Lithuania**

The Narva culture in Lithuania (5000-3000 BC) continued evolving with advanced pottery techniques and art. Picture an ancestor fishing or crafting detailed tools. Communities grew in complexity during this period. Perhaps an ancestor stood out as an innovative potter or an expert hunter.

## **Latvian Middle Neolithic 5000-3000BC Latvia**

The Latvian Middle Neolithic was a period of great change in Latvia. The Latvians developed agriculture and herding on a large scale. They also began to build permanent villages and to develop pottery and weaving. One of your ancestors may have been a Latvian farmer who cultivated wheat, barley, and oats on the plains of Latvia. Another of your ancestors may have been a Latvian herder who raised pigs, cows, and sheep in the hills of Latvia.

# HISTORICAL

## 3.000-1.300 B. C. - Bronze Age

Between 3,000 and 1,300 BC, during the Bronze Age, significant advances in civilization and technology occurred. Africa stood out with the splendor of Egypt, which consolidated empires, erected majestic pyramids and established trade routes that spanned from Asia to the Mediterranean. Europe, influenced by Minoan and Mycenaean cultures, developed intricate trade networks and robust fortifications, and in the British Isles, monuments such as Stonehenge stood with prominence. Asia was the scene of the heyday of civilizations such as the Sumerians, Akkadians and Hittites, with notable advances in writing, legislation and architecture. The Indian subcontinent flourished under the influence of the Indus Valley civilization, while in China, the Shang dynasty took metallurgy and divination to new heights. The Americas saw the dawn of the first great civilizations, with the Olmecs leaving their distinctive mark. Meanwhile, Australia continued its unique traditions, with its people adapting and refining their subsistence techniques. This period, with bronze as the protagonist, paved the way for the emergence of the great kingdoms and empires that would mark ancient history.

We have found similarities with your DNA in archaeological remains of these cultures:



| ANCESTRAL CULTURE                                  | AFFINITY |
|----------------------------------------------------|----------|
| Pitted Ware and Battle Axe 3000-1300BC Sweden      | 50,20 %  |
| Corded Ware culture in Poland 3000-1300BC Poland   | 26,00 %  |
| Bell beaker culture in Germany 3000-1300BC Germany | 6,20 %   |

# HISTORICAL

## **Pitted Ware and Battle Axe 3000-1300BC Sweden**

The Pitted Ware and Battle Axe cultures were two prehistoric cultures that flourished in Sweden. The Pitted Ware culture is characterized by its decoration of pits, while the Battle Axe culture is a type of stone weapon. One of your ancestors may have been a potter who produced Pitted Ware. Another of your ancestors may have been a warrior who used Battle Axes.

## **Corded Ware culture in Poland 3000-1300BC Poland**

The extensive plains and dense forests of Poland were home to the Corded Ware culture. This people not only stood out for their ceramic patterns but also marked an era with agricultural and livestock innovations. On one of those plains, picture your ancestor, with skilled hands shaping a ceramic piece to the rhythm of the wind swaying the fields.

## **Bell beaker culture in Germany 3000-1300BC Germany**

In Bronze Age Germany, your ancestors might've been part of the enigmatic Bell Beaker culture. These peoples, with their iconic pottery, were known not just for their craftsmanship but also their rituals and traditions. Through their achievements, you can feel the echo of their lives in your story.



# HISTORICAL

## 1.300-500 B. C. - Iron Age

Between 1,300 and 500 BC, during the Iron Age, humanity experienced a profound cultural and technological metamorphosis. In Africa, powers such as the kingdoms of Kush and Egypt flourished, interacting and leaving lasting architectural and cultural legacies. Europe saw the rise and expansion of Celtic tribes, the construction of fortresses and the evolution in iron metallurgy, which redefined tools and weaponry. In Asia, great civilizations such as the Assyrians, Babylonians and Hittites dominated the scene, with advances in legislation, art and architecture. The Indian subcontinent, during the Vedic period, laid the foundation for future dynasties and religions. China, under the Zhou dynasty, consolidated its identity and culture, developing philosophies that endure to this day. Meanwhile, in the Americas, cultures such as the Olmecs in Mesoamerica and the Chavín in the Andes left indelible marks on art and religion. Australia continued its cultural evolution, adapting to its unique environment. The Iron Age, with its emphasis on advanced metallurgy, laid the foundation for the formation of empires and the consolidation of complex societies in the ancient world.

These are the cultures most present in your DNA:



| ANCESTRAL CULTURE                           | AFFINITY |
|---------------------------------------------|----------|
| German Middle Bronze Age 1300-500BC Germany | 37,20 %  |
| Estonian Iron Age 1300-500BC Estonia        | 31,20 %  |
| Estonian Bronze Age 1300-500BC Estonia      | 10,40 %  |

# HISTORICAL

## **German Middle Bronze Age 1300-500BC Germany**

The German Middle Bronze Age was a time of great technological development, as the Germans learned to work bronze and manufacture new tools and weapons. Who knows? Maybe one of your ancestors was a blacksmith who worked bronze to create axes, swords, and other valuable objects.

## **Estonian Iron Age 1300-500BC Estonia**

Between 1300-500 BC, Estonia entered the Iron Age. With the introduction of iron, tools, weapons, and agriculture saw improvements. Fortifications were erected, reflecting a more structured society. Your Estonian ancestors might have been skilled blacksmiths, innovative farmers, or community leaders during this transformative period.

## **Estonian Bronze Age 1300-500BC Estonia**

Between 1300-500 BC, the Bronze Age in Estonia marked an era of technological and cultural advancement. People began using bronze tools and weapons, and long-distance trade became more common. Your Estonian ancestors might have crafted intricate jewelry or partook in sacred rituals of this era.

# HISTORICAL

## 500 B. C.-500 A. D. - Classical Antiquity

Between 500 BC and 500 AD, in Classical Antiquity, the world witnessed an unprecedented flourishing in culture, philosophy and politics. In Africa, Carthage emerged as a maritime power, while the kingdom of Axum in the east established commercial and religious connections with its neighbors. Europe saw the rise and fall of the Republic and the Roman Empire, which expanded their influence from the British Isles to North Africa. Greece, with its polis and philosophers, left an indelible intellectual and artistic legacy. Asia was the scene of India's splendor under the Mauryan and Gupta dynasties, and in China, the Qin and Han dynasties consolidated territories and developed Confucianism and Taoism. Meanwhile, in the Americas, the preclassical Mayan and Zapotec cultures in Mesoamerica and the Nazcas in the Andes, left impressive works of art and architecture. Australia, although more isolated, saw its tribes continue to adapt and evolve in their connection to the land. This era, characterized by its rich cultural tapestry, laid the foundations for many of the cultural and political foundations of today's societies.

These are the cultures of this time with which you share the most DNA:



### ANCESTRAL CULTURE

### AFFINITY

Estonian Iron Age 500BC-500AD Estonia  
Scythian 500BC-500AD Moldova  
Swedish Iron Age 500BC-500AD Sweden

35,80 %  
20,20 %  
9,60 %

# HISTORICAL

## **Estonian Iron Age 500BC-500AD Estonia**

From 500 BC to 500 AD, Estonia underwent significant advancements in the Iron Age. The introduction of iron revolutionized tool and weapon-making. Settlements became more fortified, indicating conflicts or need for defense. Burial monuments and luxury items showcased beliefs and status. Perhaps, your Estonian ancestor was a skilled blacksmith or a tribal leader of this time.

## **Scythian 500BC-500AD Moldova**

From 500 B.C. to 500 A.D., the Moldavian region was influenced by the Scythians. These warriors and traders were renowned for their nomadic life and their skill in art and warfare. One of your ancestors might have been a Moldovan Scythian, defending his community, forging tools, or perhaps narrating epic stories under the starry sky.

## **Swedish Iron Age 500BC-500AD Sweden**

During the Swedish Iron Age, 500 BC-500 AD, villages grew in complexity and power. Picture an ancestor, leading a village council under torchlight.



# HISTORICAL

## 500-1.000 A. D. - Early Middle Ages

Between 500 and 1,000 AD, in the Early Middle Ages, the global landscape was transformed as ancient civilizations gave way to new powers and emerging cultures. In Africa, the kingdoms of Ghana and Mali in the west began to flourish, excelling in trade and learning. Europe, after the fall of the Roman Empire, saw the rise of the Germanic kingdoms and the beginning of Christianity as a unifying force, with the establishment of the Holy Roman Empire. The northern Vikings explored and settled territories from the British coasts to Russia and North America. In Asia, Islam spread rapidly from Arabia, influencing vast regions from Persia to India. China, under the Tang and Song dynasties, experienced a cultural and technological renaissance. Meanwhile, in the Americas, Teotihuacán in Mesoamerica and Tiwanaku in the Andes reached their peak. Australia continued with its ancestral traditions, with the aboriginal communities. The Early Middle Ages, with its vast political and cultural changes, laid the foundations for a more consolidated medieval Europe and an interconnected world.

These are the most relevant cultures of your DNA:



| ANCESTRAL CULTURE                 | AFFINITY |
|-----------------------------------|----------|
| Viking Denmark 500-1000AD Denmark | 46,20 %  |
| Visigoths 500-1000AD Spain        | 41,20 %  |
| Avar people 500-1000AD Hungary    | 4,20 %   |

# HISTORICAL

## **Viking Denmark 500-1000AD Denmark**

From 500 to 1000 AD, Danish Vikings were known for their raids and explorations. One of your ancestors might have been a fearless Viking navigator, discovering new lands and cultures. Another ancestor could have been a weaver, creating intricate patterns on fabrics that would become valued goods.

## **Viking in Sweden 500-1000AD Sweden**

From 500 to 1000 AD, Swedish Vikings ventured on countless maritime expeditions. One of your ancestors might have been a daring Viking, establishing trade routes and conducting raids. Another ancestor could have been a skald, narrating epic tales in the great halls.

## **Avar people 500-1000AD Hungary**

Between 500-1000 AD, in the region of what is now Hungary, your Avar ancestors would have been part of a mighty empire. This Eurasian nomadic group dominated vast stretches, establishing a cultural and military legacy. Riding across vast steppes, your ancestors might have been warriors, craftsmen, or diplomats in this cultural mosaic.

# HISTORICAL

## 1.000-1.300 A. D. - Late Middle Ages

Between 1,000 and 1,300 AD, during the Late Middle Ages, the world experienced a series of dynamic transformations in culture, economy, and politics. In Africa, the kingdom of Mali reached its peak under leaders like Mansa Musa, establishing rich trade routes and centers of learning in places like Timbuktu. Europe, for its part, saw the rise of universities, Gothic architecture and the beginning of the crusades, which sought to recover the Holy Land and facilitated cultural exchange with the East. Maritime republics such as Venice and Genoa became key commercial centers. In Asia, the Mongols, under leaders such as Genghis Khan, created one of the vastest empires in history, connecting West and East. Meanwhile, in China, the Song dynasty gave way to the Yuan, marking an era of innovation. In the Americas, the Mayan and Mixtec civilizations in Mesoamerica and the Chimu kingdoms in the Andes showed advances in art and architecture. Australia maintained its ancient traditions, with the aborigines adapting to environmental variations. This era, with its interactions and discoveries, set the stage for the Renaissance and subsequent global exploration.

Your DNA is especially related to these cultures:



| ANCESTRAL CULTURE                   | AFFINITY |
|-------------------------------------|----------|
| Viking in Sweden 1000-1300AD Sweden | 62,00 %  |
| Viking in Russia 1000-1300AD Russia | 17,40 %  |
| Viking in Poland 1000-1300AD Poland | 12,40 %  |

# HISTORICAL

## **Viking in Sweden 1000-1300AD Sweden**

Between 1000 and 1300 AD, Sweden was one of the epicenters of Viking culture. One of your ancestors might have been a Swedish Viking explorer, sailing the Baltic and North seas in search of new lands. Another ancestor could have been a warrior, defending her land and honoring her Norse gods.

## **Viking in Russia 1000-1300AD Russia**

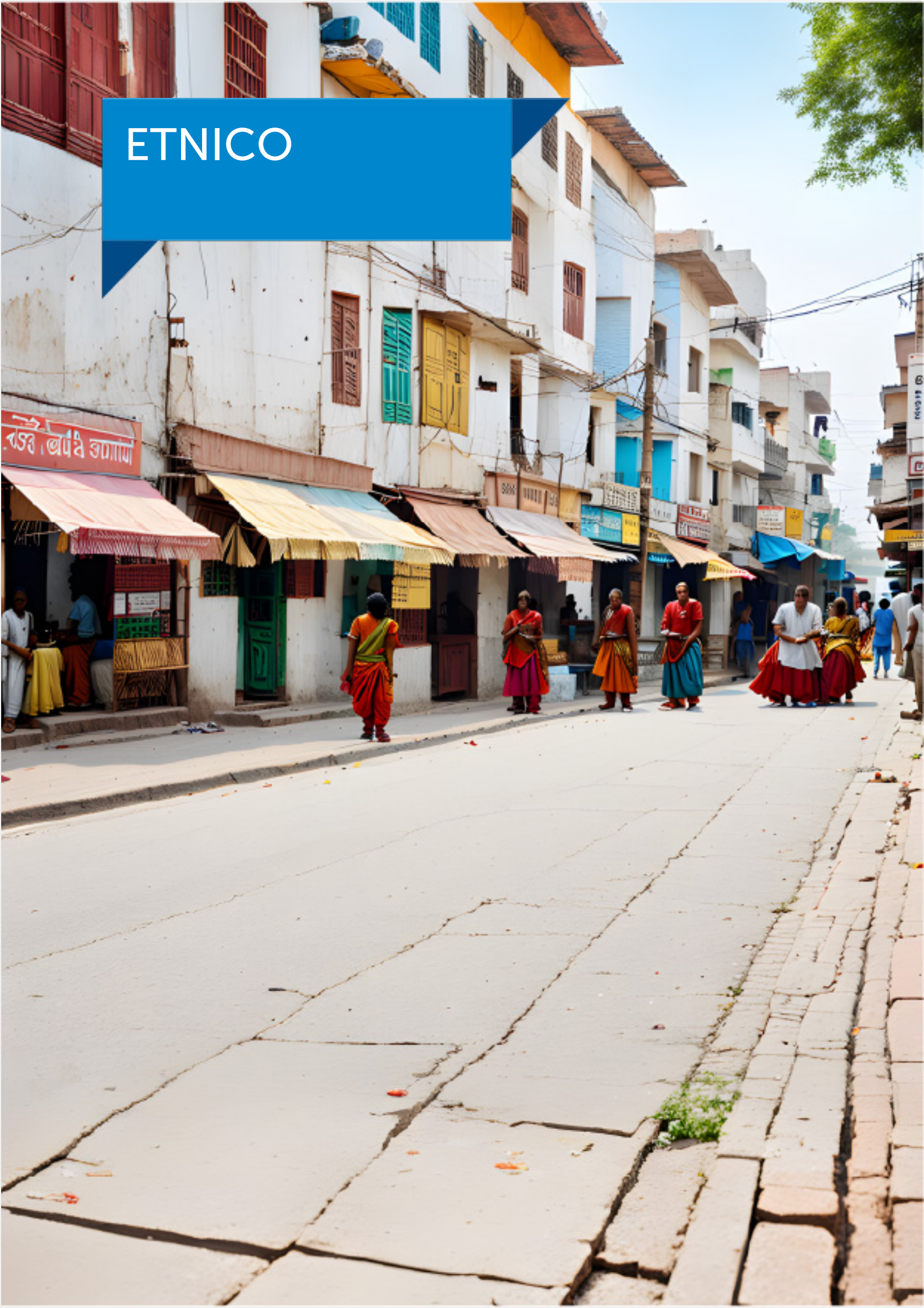
Between 1000 and 1300 AD, the Vikings, known in Russia as "Varangians", played a key role in forming the early Russian state.

## **Viking in Poland 1000-1300AD Poland**

Between 1000 and 1300 AD, although less common, Viking influence was felt in Poland. Lech, a Polish trader, often found himself negotiating with Viking seafarers who docked on the Baltic coast.



ETNICO





# ETNICO

Exploring your ethnic ancestry is a deep journey into the fabric of your genetic heritage. We analyze your DNA information and meticulously compare it to an extensive database that we've developed over the years, consisting of the genetic profiles of hundreds of ethnic groups from around the globe.

Each segment of your DNA is analyzed and associated with the ethnic populations with which it shares the most affinity, allowing us to determine which portions of your genome have ties to different regions and cultures of the world.

Beyond the purely genetic aspect, this analysis is enriched by integrating a social and anthropological perspective, offering a holistic view of your ancestral history. Along with the study of your geographical ancestry, this multidimensional approach provides you with a comprehensive overview, merging DNA science with the historical and cultural trail of your roots.

| ETNIA         | AFFINITY | ETNIA              | AFFINITY |
|---------------|----------|--------------------|----------|
| Baltic Finnic | 54,06 %  | Scandinavian       | 19,44 %  |
| West Slav     | 14,10 %  | Baltic Lithuanian  | 2,56 %   |
| Hungarian     | 1,92 %   | Baltic Latvian     | 1,28 %   |
| Icelandic     | 1,28 %   | English            | 1,07 %   |
| East Slav     | 0,85 %   | South Slav         | 0,85 %   |
| Cossack       | 0,85 %   | Baltic Finnic Veps | 0,64 %   |
| Irish         | 0,64 %   | Friulan            | 0,43 %   |



## Baltic Finnic

The Baltic Finns are an ethno-linguistic group native to the regions of Estonia and Finland. Their linguistic heritage is evident in the Finnish and Estonian languages, which belong to the Finno-Ugric language family. These languages are distinct from the Indo-European languages that surround the region. From traditional saunas to festivals celebrating the seasons, Baltic Finnic culture is rich and varied. In Finland, northern Sámi culture and southern Baltic Finnic culture often intertwine, while in Estonia, Baltic Finnic identity is mixed with Germanic and Slavic influences. Modernity has seen a resurgence in the celebration of these traditions, with festivals, music and art focusing on Baltic Finnic heritage. The regions mentioned, from Tallinn to Varsinais-Suomi, bear witness to this rich heritage, each with its unique flavor and tradition.

## Scandinavian

The Scandinavians, who hail from the Nordic countries of Denmark, Norway, Sweden, Finland and Iceland, represent a rich and diverse cultural group in Northern Europe. Their heritage is deeply rooted in the Viking legends, heroic sagas and folk traditions that have permeated European history. The Scandinavian region is noted for its breathtaking natural beauty, from the Norwegian fjords to the vast expanses of forests in Sweden to the majestic Icelandic landscapes. Scandinavian society is characterized by values such as equality, transparency and sustainability, which are reflected in its education and welfare systems, as well as progressive policies and respect for human rights. The language, although diverse in dialects, shares common roots in the Germanic languages and is spoken with pride in each country. Norse mythology, with deities such as Odin, Thor and Freyja, remains an integral part of Scandinavian culture, evident in traditional festivals and celebrations that honor these ancient beliefs. Scandinavian craftsmanship and design are world famous for their elegant simplicity and functionality. From iconic Danish designer furniture to minimalist Swedish fashion, Scandinavians have left a distinctive mark on the world of art and creativity. In addition, the region is known for its commitment to sustainability and environmental preservation, leading initiatives to address climate change and promote renewable energy. Scandinavian cuisine is diverse and focuses on fresh and natural ingredients, such as fish, berries and dairy products. Typical dishes include gravlax (cured salmon), köttbullar (Swedish meatballs) and rúgbrauð (Icelandic rye bread). Coffee culture is also a significant part of daily life, with coffee breaks (fika in Swedish) encouraging socializing and relaxation. Scandinavian music ranges from ancient Viking ballads to contemporary pop music. Scandinavian bands and artists have gained international recognition in a variety of genres, from metal to alternative pop. In addition, the region is known for its music and cultural festivals, such as the Roskilde Festival in Denmark, which attract visitors from all over the world. In short, Scandinavians represent a cultural richness that ranges from their legendary Viking origins to their modern influence in the world of art, music and sustainability. Their cultural identity has been forged over centuries, and their contribution to the global landscape continues to be relevant and appreciated today.

## West Slav

The West Slavic peoples are an ethnic group residing primarily in three Central European

countries: the Czech Republic (Czechia), Poland and Slovakia. These countries have a rich history and share many cultural and linguistic similarities due to their Slavic-speaking heritage. The West Slavic peoples share a common history dating back to ancient Great Moravia and the formation of the Slavic states in the region. The Slavic language, which evolved in what is now Czechia and Slovakia, played a key role in the creation of Slavic literature and culture. Czech is spoken in Czechia, Polish in Poland and Slovak in Slovakia. These West Slavic languages share linguistic similarities, although they also have their differences. Despite the influence of German and other European languages, the preservation and promotion of West Slavic languages is a priority in these countries. The economy and modern life in Czechia, Poland and Slovakia are very similar to those in other European countries, with a market economy, a wide range of industries and high literacy. However, the influence of Western Slavic culture and traditions remains an important part of everyday life. Religion in the region is primarily Christian, with the Catholic Church being the predominant denomination in all of these countries. Religion has had a significant influence on the culture, holidays and morality of the society. The West Slavic peoples have a rich cultural tradition that includes music, dance, literature, art and architecture. Festivals and traditional celebrations, such as Easter, Christmas and other religious holidays, are important occasions in community life. These countries have undergone significant political changes in the 20th century that have influenced modernization and integration into the global economy. In summary, the West Slavic peoples of Czechia, Poland and Slovakia represent a significant part of the population of Central Europe and share a rich cultural, linguistic and historical heritage. Their history and culture remain an essential component of the identity of these countries, despite modern political and economic changes.

## Baltic Lithuanian

Lithuanians are the main ethnic group in Lithuania and belong to the Baltic family. The country has been inhabited by Balts since at least 2000 BC, and Lithuanian identity has gone through countless transformations since then. With an Indo-European language that has retained many archaic features not found in other Indo-European languages, Lithuanian is a window into Europe's linguistic past. In cultural terms, Lithuania is famous for its traditions, which include festivals such as Užgavėnės, a pre-Lenten event with masks and dances. Folklore, music and traditional art reflect the country's rich history and geographic diversity, from cosmopolitan Kaunas to the forested region of Dzūkija. Klaipėda, a port on the Baltic Sea, has been a crossroads of cultures and nations for centuries, while regions such as Taurage and Telsiai showcase traditional Lithuanian life. The country's commitment to nature is evident in the preservation of its landscapes, with national parks such as Aukštaitija offering a glimpse of biodiversity and natural beauty. Lithuania's history is one of resistance, from struggles against the Teutonic Order in the Middle Ages to resistance against Soviet occupation in the 20th century. Traditions, language and culture remain a vital part of Lithuania's identity in the 21st century.

## Hungarian

The Hungarians are an ethnic group that inhabits the Carpathian region of Central Europe. They are the largest ethnic group in Hungary, representing about 90% of the population. There is also a significant Hungarian minority in Ukraine, representing about 12% of the population of Transcarpathia. Hungarians have a rich culture and history dating back thousands of years. They

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are known for their language, music and cuisine. The Hungarian language is an Uralic language that is spoken by most Hungarians. They also speak English, German and other European languages. Hungarians are a proud and independent people. They have a strong sense of community and culture. Hungarians are also very hospitable and welcoming to visitors. Hungarian culture is characterized by a strong sense of community and family. Hungarians are very supportive of each other and support each other in times of need. Hungarians also have a deep respect for nature. They believe that nature is sacred and that we should take care of it. Hungarians are a people proud of their identity. They are committed to preserving their culture and language.

## Baltic Latvian

Latvians, residing mainly in Latvia, are part of the Baltic ethnic group. Their language, Latvian, along with Lithuanian, are the only two surviving Baltic languages of the Indo-European language family. Latvia, with its capital Riga and other historic cities such as Cesis and Dobele, has been the epicenter of Latvian culture. This culture has been characterized by its rich musical tradition, especially song and dance festivals. In addition, solstitial celebrations, such as Jani, mark important traditional festivities. The history of Latvia and the Latvians has been marked by periods of occupation and struggle for independence, which they finally achieved in 1991. Despite external influences and historical adversities, the Latvians have preserved their language, traditions and national sentiment, being a testament to resilience and perseverance in the Baltic region.

## Icelandic

Icelanders are the main ethnic group of Iceland, a Nordic island in the North Atlantic. This group has inhabited the island since it was settled by the Vikings in the 9th century. Over the centuries, they have developed a unique culture and identity, influenced by their geographic isolation and extreme natural environment. Icelanders speak the Icelandic language, which has remained remarkably intact since the Middle Ages, allowing modern speakers to read Old Norse sagas in their original form. Literature, especially poetry, is of significant cultural importance. Iceland is also known for its strong tradition in music, film and visual arts. On a social level, Icelandic society is characterized by its welfare, gender equality and high level of education. Although Iceland is modern and technologically advanced, the connection to nature and ancient traditions, such as the belief in elves and earth spirits, remains relevant to many. In the global context, Icelanders are recognized for their resilience, creativity and strong sense of community, keeping their heritage alive while adapting and contributing to the contemporary world.

## English

The English are an ethnic group living in England, United Kingdom. They are the largest ethnic group in the country, with an estimated population of 55.98 million people. Their language, English, is the official language of the United Kingdom and is spoken by the majority of the English. The predominant religion among the English is Christianity, although there is also a minority of English non-believers. The English have had a diverse and complex history, marked by the Norman Conquest, the Wars of the Roses and the Industrial Revolution. However, the English

have survived and prospered. They are a resilient and determined people who are committed to building a better future for their country. In the United Kingdom, the English live all over the country. The majority of the English are employed, and are engaged in a wide range of occupations, from industry and agriculture to services and commerce.

## East Slav

The Eastern Slavs, also known as the Eastern Slavs, are an ethnic and linguistic group that includes Russians, Belarusians and Ukrainians. They represent the majority of the population in Russia and Belarus. These peoples share historical and cultural roots, although they have developed distinct national identities over the centuries. The Russian, Belarusian and Ukrainian languages belong to the East Slavic language family. During the Middle Ages, the East Slavs lived in a series of political entities that eventually consolidated into larger principalities such as Kiev. Over the years, influences from both the West and the East shaped their traditions, religions and cultures. Christian Orthodoxy has been a dominant influence, especially for Russians and Belarusians. Throughout history, these groups have experienced invasions, expansions, periods of great cultural splendor and political challenges. Today, although they share cultural and linguistic similarities, each East Slavic group has its own sense of identity and unique traditions, the result of its history and geography.

## South Slav

The South Slavs, also known as South Slavs, are an ethnic community dispersed in several countries in Eastern Europe and the Balkans, including Bulgaria, Croatia, Montenegro, Macedonia, Serbia, Slovenia, and Bosnia and Herzegovina. Their history and culture are deeply rooted in this region of Europe. Ethnic and linguistic diversity is a distinctive characteristic of the South Slavs. Despite sharing a common cultural heritage and, in many cases, a South Slavic language, they have developed their own cultural identities and dialects over time. The Serbo-Croatian language, for example, is divided into Serbian, Croatian, Montenegrin and Bosnian, each with its own linguistic peculiarities and alphabets. Religion plays an important role in the lives of the South Slavs, and most follow the Eastern Orthodox Christian or Catholic faith. This has influenced their religious traditions, festivities and cultural heritage. Music and dance are essential elements of South Slavic culture. Each country has its own musical traditions and dance styles, and folk music is a vital part of festivities and celebrations throughout the region. The history of the South Slavs has seen challenges and conflicts over the years, including the conflicts in the former Yugoslavia. Despite these challenges, they have maintained their unique cultural identity and their link to the land of the Balkans. In short, the South Slav community in Bulgaria, Croatia, Montenegro, Macedonia, Serbia, Slovenia and Bosnia and Herzegovina represents an important part of the cultural diversity in Eastern Europe and the Balkans. Their language, religion, traditions and music reflect the rich heritage of this community in the regional context and internationally.

## Cossack

The Cossacks are an ethnic and cultural group of Russia, known for their history and military tradition. Although scattered in various regions of Russia, they are especially associated with areas



such as Don, Kuban, Terek, and Orenburg. For centuries, Cossacks served as protectors of the borders of the Russian Empire and played a key role in territorial expansions. Different from typical soldiers, the Cossacks had a particular social structure and were organized into "host" or autonomous communities. These communities had their own laws, traditions and often enjoyed special privileges granted by the tsar in exchange for their military services. Culturally, the Cossacks are known for their music, dance and traditional costumes. Their legacy is also reflected in Russian literature and art. Although their influence waned after the Russian Revolution of 1917, they have experienced a cultural renaissance in recent decades. In contemporary Russia, the Cossacks have been recognized and valued for their contribution to the country's history and culture, and they remain a distinctive group with a rich heritage and traditions that continue to live on to this day.

## Baltic Finnic Veps

The Veps, also known as Vepsians, are a Baltic Finnic ethnolinguistic group residing in the Russian Federation. Mainly concentrated in the Karelia region and nearby areas, the Veps have maintained their language and culture despite external pressure. The Vepsian language, although threatened, is still spoken by a part of the population, especially the elderly. This community has faced challenges in terms of cultural and linguistic preservation. However, there are efforts to revitalize the Vepsian language and traditions in the midst of increasing globalization. Festivals, traditional songs and dances play a crucial role in keeping their identity alive.

## Irish

The Irish are the main ethnic group in Ireland, an island located in northwestern Europe. With a history dating back millennia, Ireland has been home to druids, poets and warriors, and has faced invasions, famines and struggles for independence. Irish culture is rich in myths and legends, with stories of heroes such as Cú Chulainn and Morrigan. Gaelic or Irish, although not the primary language spoken in everyday life, remains an essential element of Irish identity and is taught in schools throughout the country. Irish music and dance are world famous, with traditional styles such as sean-nós and Irish ballroom dancing attracting fans of all ages. Festivities such as St. Patrick's Day on March 17 celebrate Irish identity and history and are recognized globally. Despite its small size, Ireland has produced many famous writers, poets and playwrights, including James Joyce, W.B. Yeats and Samuel Beckett. Religion, particularly Catholicism, has played an important role in Irish history and culture, although modern society is increasingly diverse in terms of beliefs and practices. Ireland has also undergone an economic transformation in recent decades from a predominantly agrarian country to a center of technology and finance. Despite the challenges and changes over the years, the resilient spirit, humor and warmth of the Irish people remain unwavering and remain an essential part of their national identity.

## Friulan

The Friulans are the native ethnic and linguistic group of the Friuli region in northeastern Italy, specifically in the administrative region of Friuli-Venezia Giulia. This community is distinguished by its language, Friulian, which is a Romance language that has evolved from Latin, but has had

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Germanic and Slavic influences due to the geographical location of the region. Throughout history, Friuli has been a crossroads for diverse cultures and peoples, from Romans to Lombards to Venetians. This has enriched Friulian culture with a mixture of traditions, which is manifested in its gastronomy, music, architecture and festivals. One of the most characteristic events is the celebration of Carnival, with masks and parades reminiscent of ancient rural and pagan traditions. Despite the dominant Italian influence, Friulans have managed to preserve their unique language and culture, with recent efforts to promote and protect Friulian as a minority language. Although the majority of Friulians are bilingual in Italian and Friulian, there is a resurgence in interest in keeping the language alive and passing it on to younger generations. The Friuli-Venezia Giulia region, with its rich Friulian heritage, remains a testament to Italy's diversity and cultural richness.

# MATERNAL



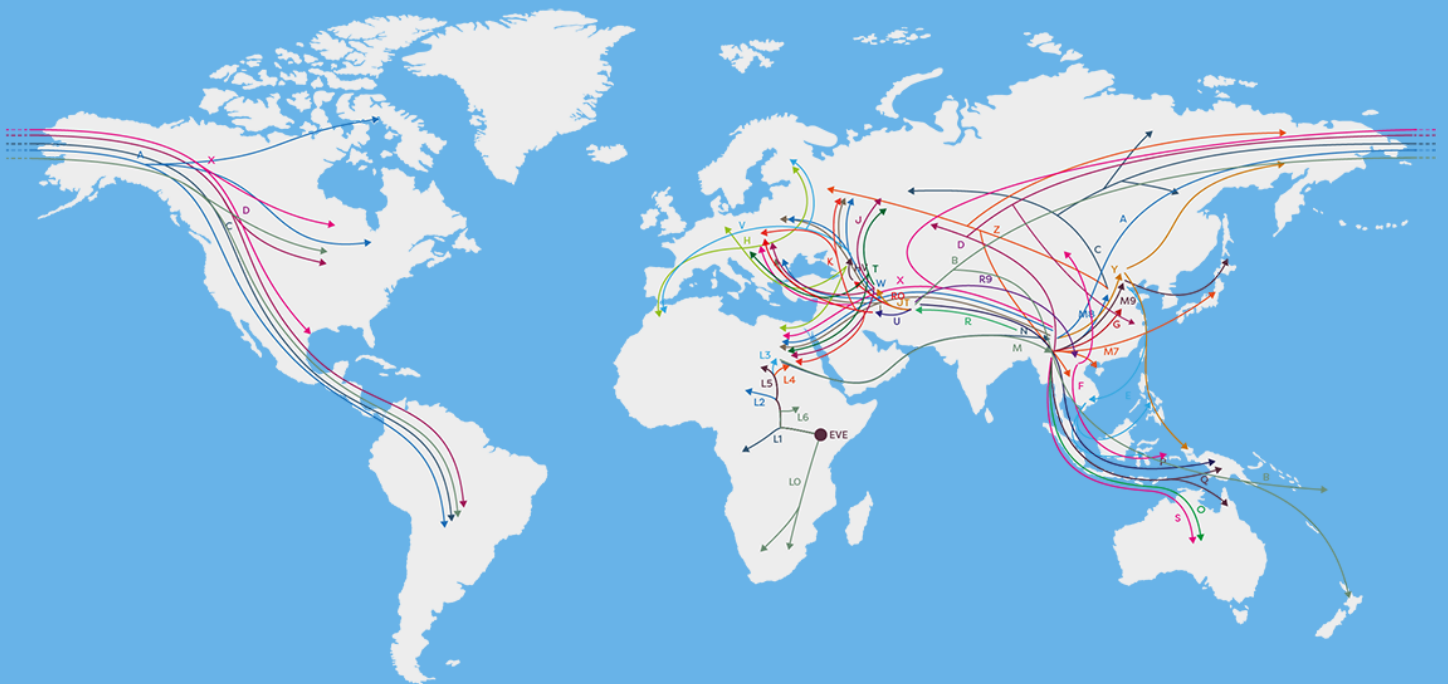
# MATERNAL

## What are maternal haplogroups?

Your maternal lineage is a fascinating journey through time, unveiled by studying your mitochondrial haplogroups. These DNA sequences, which are passed down exclusively through the maternal line from the mitochondria, have witnessed human evolution and its migrations. Throughout our history, certain women underwent unique genetic mutations in their mitochondrial DNA. These mutations, when passed to their offspring, became genetic signatures that led to the formation of distinct haplogroups.

What's truly astonishing is that, by analyzing these sequences, we can trace your maternal lineage all the way back to a figure known as the 'Mitochondrial Eve'. She is the woman from whom all present-day humans share a common maternal ancestry, having lived approximately 200,000 years ago in Africa. Thus, by deciphering your mitochondrial genetics, we not only unveil your recent family history but also connect your heritage with the vast tapestry of human evolution.

## Major maternal haplogroups





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Your haplogroup is "W6" belonging to the major haplogroup "W".

Haplogroup W, derived from the maternal lineage N, arises from a female about 20,000 years ago in western Asia, in the period of the Last Glacial Maximum, when large expanses of ice occupied their maximum extent during the Ice Age. After this period, as climatic conditions improved, migrations of human populations related to this maternal lineage, as well as genetic admixtures with them, led to the wide expansion of this haplogroup into Europe, North Africa and South Asia, although its frequencies are quite low.



| LINEAGE | YEARS AGO | LOCATION  |
|---------|-----------|-----------|
| W6      | -         |           |
| W       | 17.589    | West Asia |
| N       | 58.859    | Asia      |
| L3      | 67.262    | Africa    |
| Eve     | 176.689   | Africa    |



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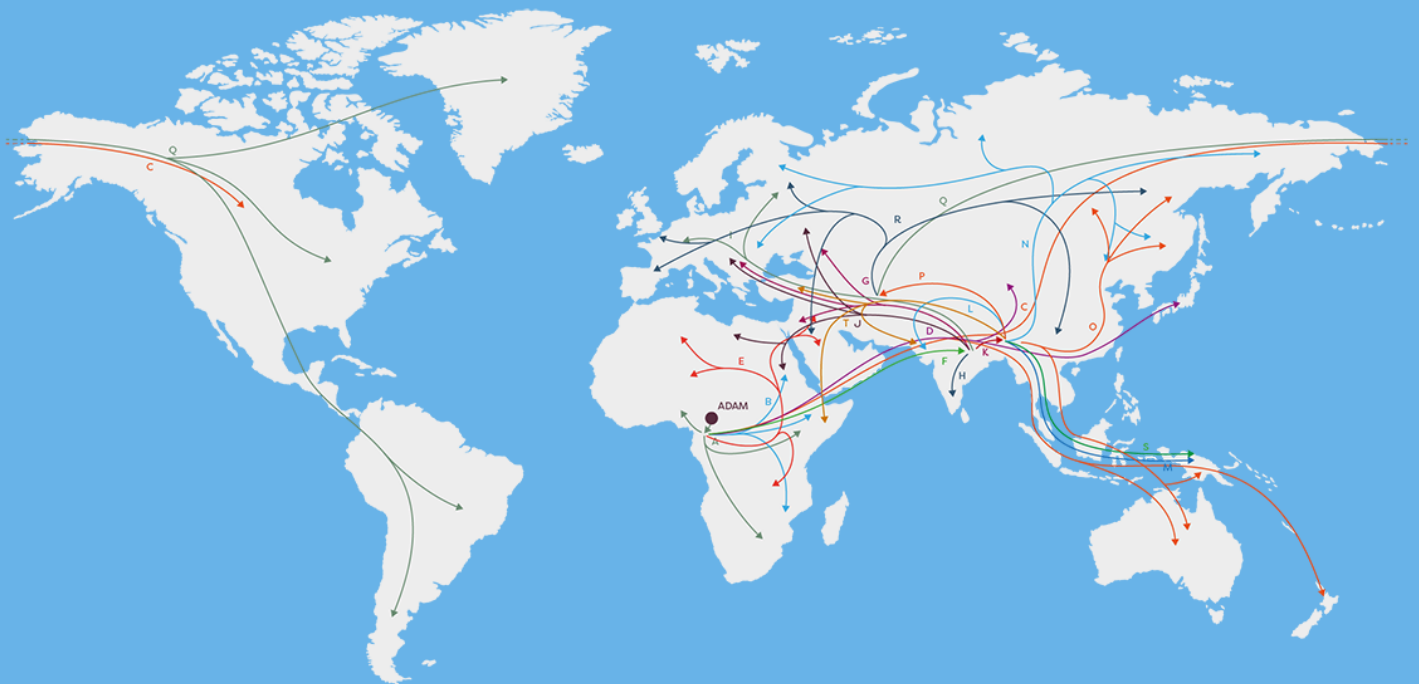
# PATERNAL

## What are paternal haplogroups?

Your paternal lineage reveals fascinating secrets encoded in the Y chromosome. This genetic segment is passed exclusively from fathers to sons, making it the guiding light of male inheritance. It is for this reason that the study of the Y chromosome is reserved for biological males. Just as mitochondrial DNA reflects maternal ancestry, the Y chromosome carries specific genetic markers: unique mutations that have been perpetuated generation after generation. These mutations point us to paternal haplogroups, genetic hallmarks that we are now able to decipher with precision.

Imagine being able to go back in time, following the chain of parents that preceded our ancestors, tracing an unbroken line back to the dawn of humanity. This journey would take us through the vastness of our history, pointing to the roots of our paternal lineage, and ending in Africa, where our most remote ancestors took their first steps more than 300,000 years ago.

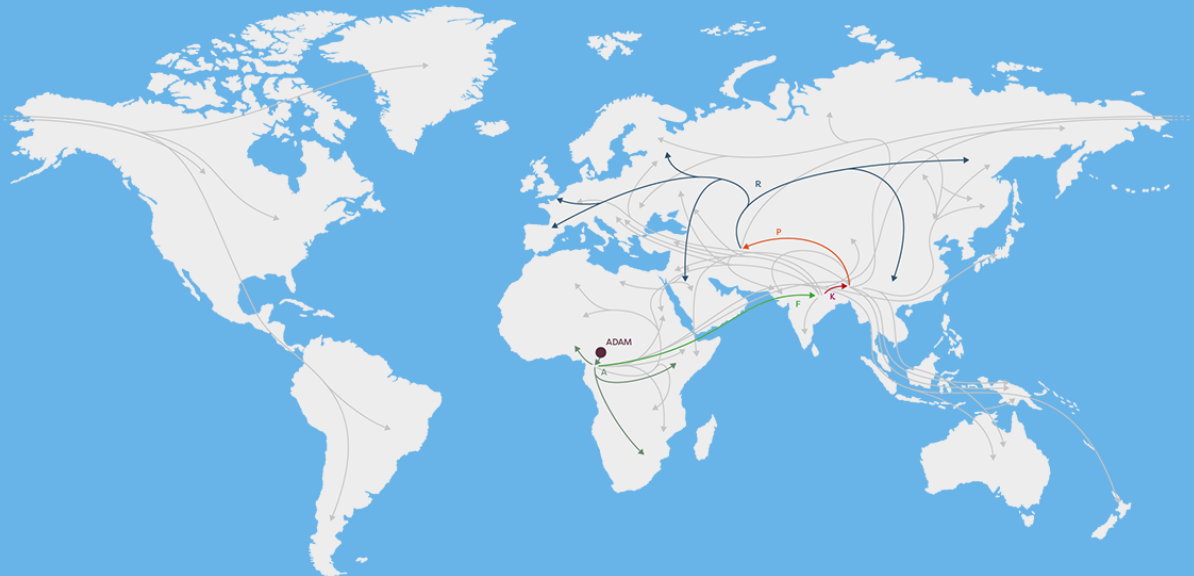
## Main paternal haplogroups



# PATERNAL

Your haplogroup is "R-Z283" belonging to the major haplogroup "R".

Haplogroup R is derived from the descendants of the paternal lineage P that migrated westward to Europe. During this demographic process, haplogroup R originates about 28,000 years ago in Central Asia. Its descendants migrate mainly westward and are distributed throughout the European continent, where it reaches the highest frequency. Its distribution is very wide: South and Central Asia, Near East, Caucasus and, to a lesser extent, Africa.



| LINEAGE | YEARS AGO | LOCATION       |
|---------|-----------|----------------|
| R-Z283  | -         | Eurasia        |
| R       | 28.000    | Central Asia   |
| P       | 37.000    | Southeast Asia |
| K       | 47.500    | South Asia     |
| F       | 55.700    | South Asia     |
| A       | 250.000   | Africa         |
| Adam    | 300.000   | Africa         |

# NEANDERTHAL





# NEANDERTHAL

## Neanderthal percentage

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For thousands of years, Neanderthals and modern humans lived side by side, particularly in regions of Europe and Asia. This extended coexistence, spanning from roughly 400,000 to 40,000 years ago, provided ample opportunities for them to interact and share their genetic material. Since the Neanderthal genome was first mapped in 2010, numerous studies have shed light on this shared genetic history. Now, we have the capability to pinpoint exactly how much Neanderthal DNA is present in your genes. With our test, you can delve into your own unique genetic connection to Neanderthals and gain insight into the depth of the relationship your ancestors had with them in those ancient times and places.







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