

Project Travelogion

Journey beyond recovery!



The challenge

WHERE WE ARE NOW



We have more than 100,000 people diagnosed with brain tumors and cancer annually.



There are currently 15.5 million cancer and brain tumor survivors in the United States.



This number is expected to grow to 23.3 million by 2026



There is a lack of post treatment programs and patients suffer from anxiety, body insecurities, fear of re-occurrence, lost sense of purpose, poor mental health, and depression.



MISSION STATEMENT

NATURE, THE GREAT HEALER

Travelogion provides supported overseas travel opportunities to brain tumor and cancer survivors.

Our post treatment programs are built on the hope that the physical, emotional, and spiritual benefits of those trips will help speed their recovery and enhance their quality of life.

Travelogion takes its inspiration from the personal trips that I took after my brain tumor treatment. Visiting places like **Cusco** in **Peru**, hiking the Machu Picchu trail and climbing the Rainbow Mountain revitalized my emotional and cognitive being. **The effects of nature and spending time doing outdoors activities helped me overcome my anxiety.**

Depression went away, and I found a new sense of meaning. Traveling, outdoor activities and spending time with nature helped me to integrate the negative experiences and facilitated healing. Nature had strong effect on my recovery so after only a year, I was able to run my first **Spartan Race.**



Personal Story

Surviving 8+ hours of brain tumor surgery in 2018, motivated me to do my first Spartan Race in 2019!

Unexpectedly in 2018, I was diagnosed with a brain tumor, the size of a golf ball. I thought this was something that could never happen to me, but I guess I was not immune.

The surgery continued for more than 8 hours, and it could have left me handicapped for life, or worse, I could have died.

Surviving is wonderful but it's just the beginning of the journey. It can be a lonely path to travel but it should not be. After my treatment, I was a different person. Anxiety, depression and lack of meaning quickly wore down my spirit. A state of helplessness filled me. Learning to embrace myself anew was a process of self-discovery. Family members were helpful but there's only so much they can do. Support groups online and in windowless offices brought painful reminders that created more stress. I found myself wondering where I could find enough meaning to continue living!

THE SCIENTISTS AND EXPERTS IN THE FIELD AND THEIR RESEARCH

The human mind-body possesses a remarkable innate ability to heal. Grounded in the evolutionary conserved systems of the brain and body, nature appears to function as the fundamental source of wellness along the two vectors of attention and relaxation. Exposure to natural environments may provide "windows" of healing and the result may be an improved ability to promote greater executive functioning and more robust immune regulation. The time has come for a more holistic medicine guided by the hand of nature.

Jason A. Kaufman, PhD., Ed. D.

Thousands of tired, nerve-shaken, over-civilized people," wrote conservationist John Muir over a century ago, "are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life." Muir was not breaking new ground. Since ancient times, people intuitively have been drawn to places of natural beauty, seeking tranquility, restoration, spiritual fulfillment, and even better health.

Howard Frumkin, MD, DrPH

Consider the benefits of trees. Studies have found that post-surgical patients recover more smoothly when they can view trees

Howard Frumkin, MD, DrPH

Environmental design has a positive effect on patient health. Patients were selected by convenience sampling method based on inclusion criteria. Two kinds of questionnaires including State-Trait Anxiety Inventory (STAI) and visual analog scale (VAS) about pain were distributed among who view natural landscapes (nature group) and who don't view natural landscapes (no nature group). Two groups compared in terms of pain and anxiety. Statistical analysis was done by SPSS version Results: Findings of the study indicate that admitted patients viewing natural scenery had less anxiety ($P < 0.001$) and pain ($P=0.02$) than admitted patients viewing no natural scenes.

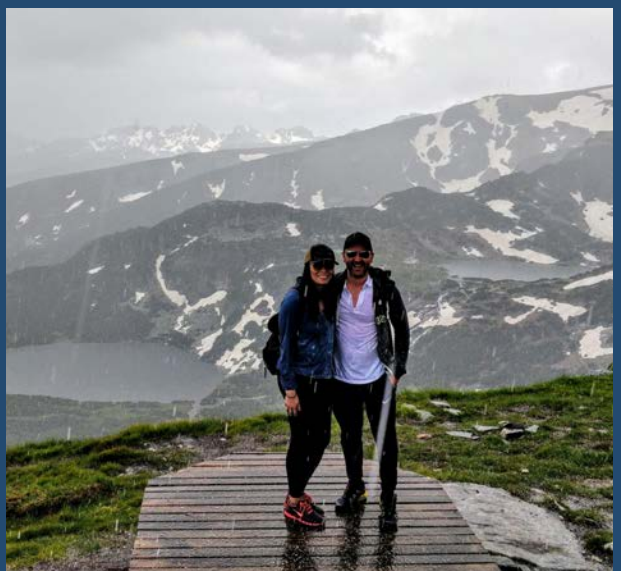
Conclusion: Natural scenes caused a reduction in pain and anxiety.



Traveling and spending time in nature heals anxiety, improves emotional, physical, and cognitive abilities.



Outdoors activities could reduce the symptoms of depression and help infuse new meaning in life.



Overcoming challenges together sustains sense of community and fulfillment.

OUR PROGRAMS



JAPAN

15 days in Japan, hiking Mt. Fuji
overnight stay at hotel with Onsen

Open application process, all expenses including airfare, accommodation and airfare will be included. Group of 6 survivors
May 15th 2020

BULGARIA

Climbing Rila mountain and
visiting the 7 sacred lakes

Open application process, all expenses including airfare, accommodation and airfare will be included. Group of 6 survivors
Sept 15 2020

PERU

Inca Trail to Machu Picchu , visiting
Cusco and climbing Rainbow
mountain

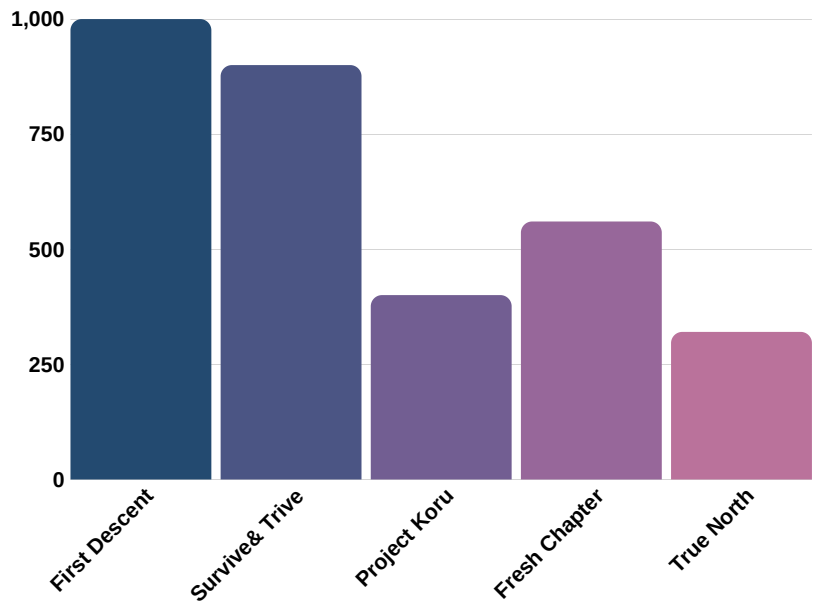
Open application process, all expenses including airfare, accommodation and airfare will be included. Small group of 6 survivors
June 11th 2020

CURRENT COMPETITION

Our research defined the following market competition. There are currently only 5 non-profit organizations that provide similar travel and outdoor activities for cancer survivors. However, they don't offer any programs to brain tumor survivors so this community is underserved.

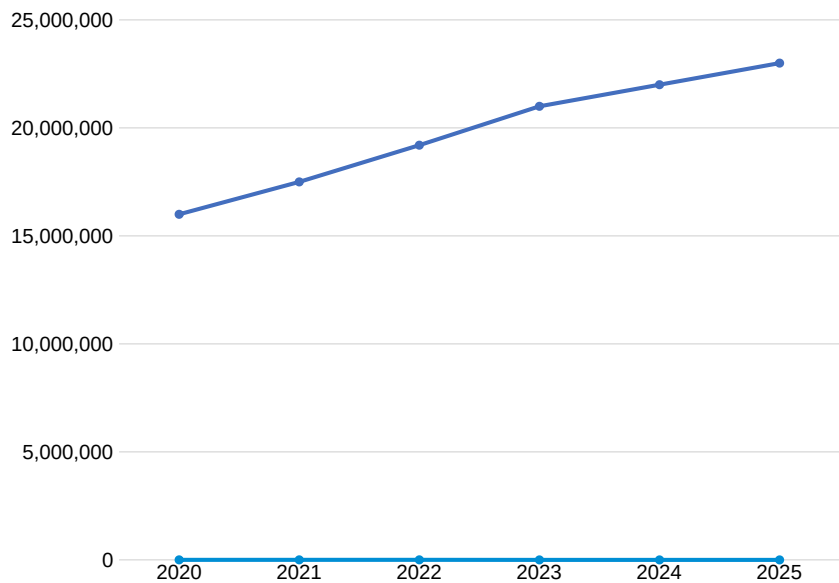
First Descent

is the leading nonprofit organization with the highest number of young adult cancer survivors. Over the years they have built a strong organization; however, they provide programs exclusively available only to young adult cancer patients.



It is estimated that by the year 2026, we will have more than one million brain tumor and cancer survivors in the USA.

The organizations listed above could not accommodate this level of demand, since they already maintain long waiting lists, suggesting that there is a demand for additional innovative companies to help the community. .





PHASE	ESTIMATED BUDGET
PHASE 01 RESEARCH AND MARKETING	\$ 50,000.00
PHASE 02 PROGRAM COST	\$ 80,000.00
PHASE 03 COMMUNITY OUTREACH AND EVENTS	\$ 20,000.00
GRAND TOTAL	\$ 150,000.00

TEAM MEMBERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



DENNIS DENEV
FOUNDER



MEILING LAU
CFO



ELI LIBERMAN
MANAGING DIRECTOR



LISA TUNG
MARKETS & DEVELOPMENT



ELLIOT EDELSTEIN
CHIEF FUNDRAISER



SASHA ROSS BECKER
GRAPHIC DESIGNER



NATALIA SHISHODA
DIRECTOR



TRAVELOGION

DENNIS DENEV

Founder

Real estate entrepreneur and business owner. Dennis is the founder of HighRiseNY , a property management and brokerage company with 50mm USD under management..

MEILING LAU

CFO

Founder of MLL Management LLC, an accounting consulting firm that helps clients with operations management and accounting services. She is a former Financial Controller at Cayuga Capital Management LLC, a real estate developer and property management firm.

ELI LIBERMAN

Director

Eli Lieberman is an Account Manager with B&H Photo Video in Manhattan; focusing on critical thinking and problem solving, with a skillset of developing and maintaining client relationships. He is a graduate of Sy Syms School of Business in NY with a bachelor degree in Management and a minor in Marketing.

ELIOT EDELSTEIN

Director

Previously Eliot managed a successful fashion industry business. Going through life altering experiences, later he started a career in sales and marketing. Eliot's mother passed from brain cancer in 2018, so he found the team of Travelogion and joined for a specific purpose to assist and help.

SASHA ROSS BECKER

Graphic designer

Sasha I currently lives in Brooklyn, NY and works at Manhattan School of Music as a Graphic Designer. Art and music is definitely my medication, as well as all of our beat for life.

LISA TUNG

Development strategist

Lisa is innovative, and she serves on our team as a leader marketing and PR strategist. Lisa is a financial world professional , mother of three girls and non-profit team leader.

NATALIA SHISHODA

Program Director

Natalia is the mother of a 5-year-old girl, stepmother to three girls, and godmother to five kids. Natalia holds law degrees from both Russia and the United States, studying currently in a business school tax program and has extensive volunteering experience at the United Nations, where she worked for the Convention on the Right of Persons with Disabilities.