



SEGELREBELLEN
F★CK CANCER ↗ GO SAILING

Approach and Effectplan



Key-Facts

- Offshore-sailing for young adults having had cancer
- 6 Participants, 2 Pro-Skipper, at least 10 days
- Participation 25€ per day
(= 30% of total expenses / participants)
- Big media interest
- Approved charitable organisation
- Positive and motivating communication

That's what we do

„Returning back to the new life after cancer therapy is the real challenge.“

Each year hundred thousands of young adults (18-45 years old) are affected by cancer diagnose. Once the therapy is finished, the public care also ends. Getting back on their feet after a long and arduous therapy is a really hard job. And here sailing rebels brings its help into action: offshore sailing offers an amazing option to clear ones mind and thoughts from negative output. Therefore you can feel the real life again, when you are out at sea. Within a small group of others affected by cancer too, not being treated as a sick person, take over responsibilities and achieving goals themselves. This is the moment when new mental power and self-confidence comes up and offers new chances and a positive vision.



Why sailing

„Instead bobbing up and down the coast, we search for challenges and don't mind tacking upwind.“

Instead of common sailing holiday, we offer **real adventures** and thrilling experiences at a moment, most people prefer to keep you in a safe harbour and nursed, maintaining the abnormality of being desperately ill. Instead, sailing will teach personal responsibility for one's fate and reawaken the fighting spirit. Becoming a sailing rebel to fight against the illness and its consequences for a happy and fulfilled life.

We prefer one-way trips to project our targets on the route: returning is no option. Therefore, the crew needs willpower and endurance. If the weather gets rough or strong winds arise, each of us has to give his best to bring us to the next harbour. This experience, that you are capable to solve any problem with a plan, helps a lot in daily problems – especially those after cancer therapy. We don't know of a comparable project, having cancer concerned people **fully integrated** and slightly pushed forward.



Our trips take place whole year and at different locations. On days with heavy rain and strong wind as well as long distances with no land in sight for days. It is a completely new experience to most participants, which offers a lot of time and space to let ones thoughts fly. Once the final destination is reached, they will be **proud on themselves**, having achieved an adventure even healthy people would not dare. These impressions will bring self-assurances back to their life and becomes a long term anchor of motivational thoughts.

The experiences

„Everything will vanish, but experiences will be kept forever.“

The sea offers dozens of experiences like watching dolphins and turtles, cooking and laughing aboard, having free sight down the horizon. But also moments of respect for natures forces and having a cold and never ending watch at night. This all put together form the **best time of your life** and is best experience when it comes to solving problems and trust one's own.

Safety aboard

„Minimizing risks and maximizing adventures just needs some detailed planning.“

Sailing is **no special** risk for cancer-affected people. Sailing needs more mental strength and clever techniques than pure manpower. Having this in mind, our participants can achieve most tasks.

A case of medical emergency is of course a permanent and serious risk which we have under control since the beginning. In cooperation with **specialized doctors** and a transparent medical history from our participants, we can perceive possible risks and develop workable preventive measurements. In case of a real emergency situation, the medico service at Cuxhaven's Hospital will help us to manage the situation. Anyway, life is risky and transparency is the crucial factor to minimize it at its best.

Beyond that the Hamburg Yacht insurance Schomacker supports us with the needed insurances.

Todays situation

By now we have more than 100 open applications. In the past we got offered charter boats once in a time to perform our trips. But it doesn't work out properly this way. Within short time, an ambitious idea became a **serious and highly demanded therapy** offer by young adults, who often feel forgotten among the common "therapy offers", as well as medical specialists, clinics and other therapists.

Our urgent need is an own boat. **An own boat** that can lead us to remote destinations like Norway or Faeroe Islands as well as the European Atlantic coast, the med and maybe even crossing the big pond. Todays and tomorrows participants will form a strong network to help and support each other. If they are ready to step further, we support them with special sailing training to become the next generation of skippers for their idea of sailing rebels. To keep the contact and friendships alive, we organize regular shore-based crew-meetings.



How we are organized

Sailing rebels (originally Segelrebellen) is an approved charitable organisation managed as a company with limited liability. This constellation offers maximum flexibility and quick decisions when needed. Our constitution binds all earnings to solely finance sailing trips for cancer affected people.

Participants make their own contribution to finance the costs. Their share is 25 € p. day and covers about one third of overall costs. In special cases a so called sailing scholarships can reduce the costs to 10 € p. day which represents our idea of autonomy and self-reliance, in daily life as well as for sailing. The contribution makes the whole experience more valuable and intense.

Sailing rebels – Approach and Concept

Our famous yacht

The S.V. MAGIC was built in 1992. Designed by German Frers and built by HYLAS, she offered her first owner very special sailing moments. She took part at several Races like Fastnet, North Sea Race and other ocean crossing. This concept fits our needs perfectly, as she is not that absolute racer but demands a lot of activity from the crew. That is what young people miss, when they finish their therapy, when friends and family want to cover up everything to protect them. Sailing with Magic gives them their own choices back, being part of a team and being successful at what they do, because cancer doesn't matter anymore at sea.

Thanks to our main sponsor Mr. Wash AG from Essen (Germany) already 70% were financed and we bought the yacht in Juli 2017. Second Sponsor is Garmin, supporting us financially and changing all recent instruments. There are still 25% uncovered, but we are confident to find more Sponsors to support our motivating and very helpful sailing trips.

Hylas 51, German Frers, One-Off Design Ocean Racer

Built 1992, Length 51ft, Beam 4,7m, Draught 2,7m

Speed 6 – 12kn (~ 20km/h)



Funding is based on a three-pronged model, offering best flexibility and autonomy.



Sponsoring

Since the first trip in spring 2015 several brands support us with their equipment and consulting. Based on this engagement it was possible to offer our participants best protection and safety as they deserve it. We are happy for every new sponsor who help to spread our idea for the public awareness of young adults with cancer and their special needs.



Partner

Bavarian cancer society and different specialized oncological clinics, with Ludwig-Maximilians-University (LMU) hospital in Munich leading the way, are wedded to the project and offer us not only medical input and support.

From first moment Prof. Dr. Helmut Ostermann, medical director at LMU hospitals onco-hematologic faculty and onco-psychologist Dr. Anna Beraldi support and counsel Segelrebellen with enthusiasm, convinced of the many positive effects sailing offers the participants.

The Foundation for young adults with cancer, connected to the German Hematologic and Oncologic Society recommend Segelrebellen to their members and patients, to offer them psycho-social help and new motivation.

Boris Aljinovic, recognized solo sailor and actor at the Berlin Theatre. He offered our founder the chance to go sailing just when his chemotherapy was finished. He didn't know Marcs background at the beginning. But he conducted a lot to the idea and concept of Segelrebellen. It is an honour to him, supporting with its nautical knowledge as well as with his name.

Communication and presentation

Being authentic is the crucial point. We want to motivate and inspire, not to scare and frighten with sad pictures and stories. Life is as it is, we cannot change the past but have an influence on what comes. We want to inform affected people about the possibilities and chances they have. Donors and supporters shall be impressed by our positive stories, to rethink one's own life and decisions.

At first sight, young adults have to know that we are there and take care for them, while they feel lost when being faced with common therapeutic offers, made for elderly people. Young adults just have built up their life when cancer affects. It breaks down everything, their job or studies, relationships and social acceptance, finally moving back to parents house. Among same-aged people they can exchange feelings, problems and solutions much easier.

We do not play with cancer related fears. Our presentation is fair, transparent and positive. The brazen slogan "Fuck Cancer, go sailing" describes the project unmistakable, it is youthful, striking and just latently offensive; cancer-affected people have the liberties to do so.

Marc Naumann – Founder and Skipper

He was just about to finish his law studies, when he got diagnosed a brain tumor at the age of 28 in 2000. At the end of 2014 he founded the charitable organisation Segelrebellen in Germany (means sailing rebels or sail against cancer) to offer young adults having had cancer the chance to go sailing offshore. He was cancer affected twice. At the age of 28 and two years later, just before the second attempt to finish his law studies, he had a recurrence followed by a high-dose chemotherapy. At this moment sailing became his anchor and prospect. Just some weeks after the therapy he went sailing two-handed at the north sea, in late autumn. He remembers: „It was tough, competitive and formidable, but at the same time I was back in charge. I had to steer the boat, no matter which conditions we faced, to reach the harbour and I was able to fulfill my tasks - even though I was too weak to walk ten stairs. This positive and motivating experience inspired me to offer the same to other young people who have to suffer many daily-life and mental limitations after their cancer therapy.“

- Born 1982 in the Bavarian countryside
- Finished his law studies with success in 2014
- Works as Journalist, Pro Skipper and Probation Officer
- Sailed more than 14.000 nautical miles only in 2014 and 2015

“When it becomes stormy and rough, you need to stay active rather than resign. From this perspective sailing in all weathers is comparable to this illness of cancer.”

After their first trip, we offer sail trainings to our participants to built up a team of sailors and skippers. This offers them the chance to give back some support and help other cancer affected people as well.

Sailing rebels

Your life. Your adventure.

charitable limited company

Seefelder Str. 7 81377 Munich Tel. +49 179 9153 860

www.segelrebellen.com info@segelrebellen.com

Donations account

GLS Gemeinschaftsbank eG | IBAN: DE23430609678226703100 | BIC: GENODEM1GLS

Sailing rebels – Approach and Concept

