

TRAVEL THROUGH TRAUMA

travelthroughtrauma.org · EIN 93-2751712

2025 ANNUAL IMPACT REPORT

Healing Through Travel

A fully volunteer-powered nonprofit dedicated to providing underserved young adults in California with the tools, resources, and experiences needed to overcome trauma and create a brighter future.

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Participants Served

100%

Program Completion Rate

\$13K+

Program Value Per Participant

Candid Platinum Seal of Transparency — 2023 · 2024 · 2025

501(c)(3) Tax-Exempt Nonprofit · EIN 93-2751712

A Letter From Our Founder

Dear Friends, Supporters, and Partners,

When I founded Travel Through Trauma, I did so with a simple but urgent belief: that the healing power of solo international travel — something that transformed my own life over nearly two decades of backpacking across 80+ countries — should not be reserved for those with the privilege to access it.

In 2025, we took another meaningful step toward making that vision a reality. Three young adults in California completed our full 17-week program — receiving therapy, coaching, life skills education, and a fully funded solo international travel experience. Every single one of them finished. Every single one of them came back changed.

None of this would be possible without our extraordinary volunteer team, our generous donors, and our mission-aligned partners. TTT is 100% volunteer-powered. Every dollar donated goes directly to participant needs — not overhead, not salaries, not administrative bloat. That is a promise we make and keep.

This report is our commitment to full transparency — showing you exactly what we raised, how we spent it, and what it produced. Because you deserve to know that your trust and your support are being honored.

With deep gratitude,

Ashraf Farassati

Founder & CEO, Travel Through Trauma

Who We Are

Travel Through Trauma is a fully volunteer-powered, 501(c)(3) nonprofit organization based in Southern California. Our mission is to provide underprivileged young adults with the tools and resources they need to overcome their traumas and fears — and create a brighter future for themselves.

We believe everyone deserves the opportunity to discover their own strengths. That's why we built a fully subsidized 17-week program combining trauma-informed therapy, life skills coaching, and a fully funded solo international travel experience — making accessible what most people have to fight for on their own.

Who We Serve

- Ages 18–29
- Low-income or living in poverty
- US Citizens
- High school diploma or GED
- Located in California
- Ready to invest in themselves

Our Program Model

The TTT program is a structured 17-week healing journey combining professional mental health support, wellness services, life skills education, individualized guidance, and international travel. Every component is intentionally sequenced so that by the time a participant boards their plane, they are fully prepared to meet themselves differently.

Component	Duration	Description	Est. Value
Therapy	12 sessions	Licensed mental health professionals. Trauma-informed care addressing PTSD, anxiety, depression, and complex trauma.	~\$2,400
Health & Fitness Coaching	8 sessions	Certified coaches building strength, endurance, nutrition habits, and physical resilience.	~\$800
Self-Defense Training	4 sessions	Certified instructors teaching practical self-defense, situational awareness, and personal safety.	~\$500
Financial Coaching	6 sessions	One-on-one coaching covering budgeting, saving, debt management, and wealth-building foundations.	~\$1,200
Life Coaching & Integration	3 sessions	Goal-setting, self-awareness, and integrating growth from the full program journey.	~\$900
Language & Cultural Learning	4 sessions	Conversational Spanish and cultural preparation for international solo travel.	~\$300
International Solo Travel	2 weeks	Fully funded capstone experience in Costa Rica. Flights, lodging, transport, excursions, and spending funds.	~\$3,000
Post-Graduation: BetterHelp	3 months	Continued therapy access after graduation to sustain healing momentum.	~\$1,200
Post-Graduation: Moodfit	3 months	Mental wellness app access for mood tracking, mindfulness, and self-care habits.	~\$180
Clinical Oversight	Ongoing	Case management and clinical supervision throughout the full program.	~\$2,000
Travel Coordination	Ongoing	Solo travel planning, logistics, safety support, and resource coordination.	~\$800
Program Materials & Admin	Full program	Assessments, journaling resources, and administrative support.	~\$200
Estimated Total Program Value Per Participant			Over \$13,000

Participant cost: \$0–\$3,000 based on a sliding scale assessment. For participants in poverty or low-income households, the program is fully covered.

2025 Financial Summary

Travel Through Trauma is committed to full financial transparency. The following summary is derived from our 2025 Statement of Activity (January–December 2025, Accrual Basis). As a 100% volunteer-powered organization, all funds go directly toward participant needs and program operations.

Revenue

Revenue Source	Amount
Cash Contributions	\$28,635.40
Non-Cash Contributions (In-Kind Goods & Services)	\$11,118.10
Program Service Revenue	\$4,526.30
Total Revenue	\$44,279.80

Expenditures

Expenditure Category	Amount
Solo Travel (Direct Participant Support)	\$9,753.45
In-Kind Expenses (Non-Cash)	\$11,118.10
Advertising & Promotion	\$4,516.97
Annual Volunteer Retreat	\$2,066.89
Professional Services (Social Work, Legal, Consulting)	\$4,190.80
Information Technology	\$2,650.51
Office Expenses (Postage, Supplies, Bank Fees, Filing)	\$1,595.92
Insurance	\$189.00
Meals	\$282.74
Interest Expense	\$8.01
Total Expenditures	\$36,372.39

Net Revenue (Surplus Reinvested into Mission)	\$7,908.25
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Note: Travel Through Trauma is 100% volunteer-powered. No funds are used for staff salaries. All surplus is reinvested directly into program operations and participant support for future cohorts.

2025 Program Outcomes

TTT tracks participant progress through structured weekly assessments during the program and quarterly follow-up assessments for one year post-graduation. The following outcomes reflect results from our 2025 cohort.

<p>100%</p> <p>Program Completion Rate</p> <p>Every participant who entered the program in 2025 completed the full 17-week experience.</p>	<p>90%</p> <p>Mental Health Improvement</p> <p>Participants reported meaningful gains in emotional resilience and psychological well-being.</p>
<p>88%</p> <p>Social & Relational Well-Being</p> <p>Participants reported stronger communication skills and healthier relationship dynamics.</p>	<p>85%</p> <p>Financial Confidence</p> <p>Participants demonstrated improved financial awareness and budgeting skills.</p>
<p>80%</p> <p>Independence After Solo Travel</p> <p>Participants reported increased self-trust and problem-solving ability following travel.</p>	<p>70%</p> <p>Sustained Growth Post-Graduation</p> <p>Within one year, participants maintained or further improved their outcomes.</p>

Outcomes are self-reported by participants through structured assessments. All data collected and stored confidentially in compliance with applicable privacy standards.

Our Commitment to Transparency

Candid Platinum Seal of Transparency

Travel Through Trauma has earned the Candid Platinum Seal of Transparency every year since our founding — 2023, 2024, and 2025. This is the highest level of recognition awarded by Candid (formerly GuideStar) and reflects our unwavering commitment to financial accountability, organizational transparency, and impact reporting.

100% Volunteer-Powered

Every member of the TTT team — from our licensed therapists and certified coaches to our program coordinators and board members — contributes their time and expertise voluntarily. No donated funds are used for staff compensation. Every dollar goes directly toward participant needs.

Organization Facts

Legal Name: Travel Through Trauma

EIN / Tax ID: 93-2751712

Mailing Address: PO Box 74257, Los Angeles, CA 90004

Website: travelthroughtrauma.org

Contact: info@travelthroughtrauma.org

Donations processed fee-free through Zeffy — 100% goes to our mission

Thank you for believing in this work.

Every dollar you give, every hour you volunteer, every conversation you start —
it all moves someone forward.

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