

Annual Report 2024 of the Stichting Nova Onda Foundation



1. Introduction

In remote areas, rapid care and assistance are often hindered by limited knowledge, resources, and infrastructure. This is why the Nova Onda Foundation was established on 9 January 2024 in the Netherlands.

The aim of Nova Onda is to strengthen healthcare in remote areas of the Global South, with a particular focus on sustainable change and community engagement. The Foundation's vision is encapsulated in the phrase: "Uniting for Health, Empowered by Unity." The activities strive to offer practical solutions that improve access to healthcare, promote educational initiatives and foster a culture of health awareness. By collaborating with local stakeholders and partners, the Foundation strives to create a positive impact on the health and well-being of individuals in these areas.

In the initial stage of the Foundation, interventions are primarily focused on Cape Verde, with the potential and ambition to extend its work to other regions in the Global South.

This report summarises the activities that were carried out in 2024, the first year after establishing the Foundation. It highlights the most important administrative steps that were taken for its establishment, the Nova Onda projects and the interventions during the various visits to Cape Verde, the communication and fundraising actions and the financial report.

In the appendices, information about the Advisory Board and the different Nova Onda policies is included.

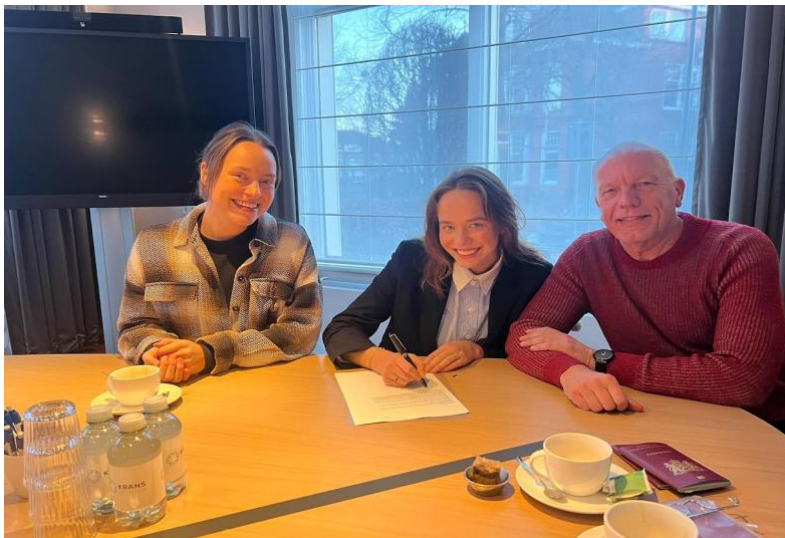
2. Setting up the Foundation

2.1 Registration

On 9 January 2024, the board members of Nova Onda – chairperson Iris Hamels, nurse, secretary Sophie Koster, nurse and treasurer Georg Bröring, cultural anthropologist – signed the official papers at a notary in Haarlem, The Netherlands.

According to the founding papers, the aim of the foundation is to “... *strengthen communities in the area known as the Global South (hereinafter: the area) by transferring knowledge to residents of the area and thereby improving their access to basic (health) care, so that a positive impact is achieved on the health care infrastructure in the area and by performing everything that is related to this or can be conducive to this.*”

On 10 January 2024, the foundation was registered at the Chamber of Commerce in Amsterdam, with registration number 92583261 and seat in Amsterdam.



From left to right: Sophie Koster (secretary), Iris Hamels (chair), Georg Bröring (treasurer) signing the founding papers in Haarlem, The Netherlands, on 9 January 2024

Following the official registration, Nova Onda applied for a Dutch *ANBI* status, due to its not-for-profit aims, objectives and activities. The status was granted, so that gifts are now tax deductible.

2.2 Bank account and financial policy

Also, following the official registration, a bank account at the Dutch Triodos bank has been installed. All Nova Onda board members have access to the bank account.

In addition, guidelines for financial processes have been developed, stipulating

- the eligibility of costs
- the book keeping procedures
- the remuneration policy
- the process and activities of generating income

2.3 Advisory Board

The Nova Onda board is supported by an Advisory Board, which has been installed when setting up the foundation. The role of the Advisory Board is to provide information, support and feed-back from different backgrounds. Details about its role and responsibilities are summarised in Terms of Reference. The current members are

- Margarida de Lege Silva Mendes – Stichting Intercambios International, Rotterdam – The Netherlands
- Fredson Costa Teixeira – Founder Santo Antão Tour, Ribeira da Torre - Santo Antão
- Soedjai Lalai – Founder First Aid Assist, Schiedam – The Netherlands
- Anibal Miranda – Manager João Morais Hospital, Ribeira Grande – Santo Antão
- Hetty Guddens – Owner Bar Maracuja, Paul – Santo Antão

The Advisory Board met remotely in 2024. In addition, individual members supported the work throughout the year.

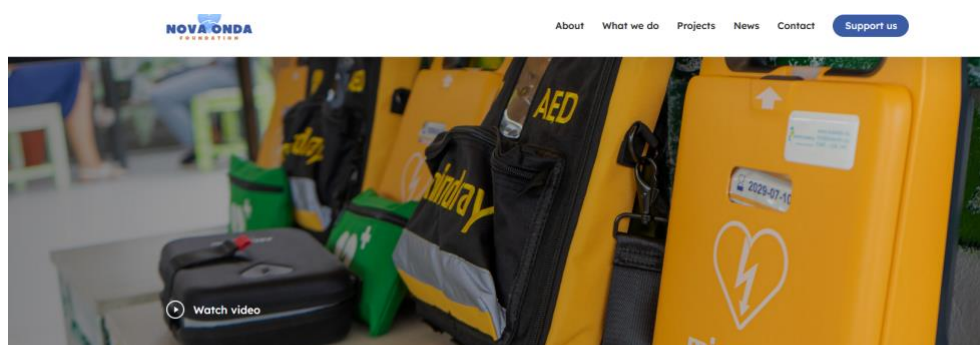
2.4 Work Plan and Budget 2024

In early 2024, a work plan was developed by the Nova Onda Board. It summarises the main activities planned for the year and the estimated budget. In general, activities were implemented according to the original planning. The budget was also realised according to the expected income and expenditures (see section 4 below).

2.5 Website

Nova Onda chair and secretary, together with supporting partner Webreact, developed the website for the foundation: <https://novaonda.org/about/>. The website contains general information about the foundation, more specific details about the various projects and latest news.

In addition, there is a link to a payment process, in case visitors of the website wish to make a financial contribution.



Your support helps us to help everyone

In remote areas, rapid care and assistance are often hindered by limited knowledge, a lack of resources, and poor infrastructure. That's why we dedicate ourselves to the Global South: With the community, for the community. Your support provides opportunities for improved healthcare for everyone, everywhere.

Nova Onda website

2.6 Social media

Part of setting up the foundation was also the set-up of social media accounts. Nova Onda is represented on Facebook under the name "Nova Onda Foundation," where it currently has 304 followers and 155 likes as of 2024. The foundation is also active on Instagram under the handle @novaonda.cv, with 228 followers and 13 posts made in 2024. Additionally, the Nova Onda Foundation maintains a presence on TikTok, where it has 20 followers and 10 posts published in 2024.

2.7 Board Meetings

In 2024, the Nova Onda Board met six times – 4 times in person and 2 times virtually. The secretary is responsible for the agenda and the minutes. On the agenda are both practical items, such as administrative questions and planning of travel, and more strategic items, such as defining priorities for the future. All board meetings are documented by minutes.

3. Nova Onda projects and visits to Cape Verde

The work performed in Cape Verde in 2024 is based on earlier activities of Iris Hamels and Sophie Koster in the country. In 2022, they conducted a research project in the local Hospital of Santo Antão in Cape Verde. During the time there, the challenges faced by local communities in accessing healthcare could be witnessed firsthand. The rugged landscapes hinder access to important medical resources, leaving people vulnerable. Additionally, the island's geographic features make it difficult for planes or helicopters to land, limiting specialised care to only twice a day by boat to the nearby main island of São Vicente.

The experiences in Cape Verde led to the development of two major projects: "From Bystander to Rescuer" and "AEDs for Santo Antão".

3.1 Nova Onda projects

In 2023, the project "From Bystander to Rescuer" was established. This project focuses on training local residents on Santo Antão to become certified first aid responders. Each training session lasts approximately 3 hours, and upon completion, participants receive a certification demonstrating their ability to respond effectively in critical situations. Our training covers a range of essential skills, including:

- Choking response for adults, children, and infants
- CPR (Cardiopulmonary Resuscitation) for adults, children, and infants
- The recovery position for stabilizing individuals,
- First aid for epilepsy
- How to manage situations following an accident or injury.

In 2024, over 400 individuals across the entire island of Santo Antão were trained and certified as first aid responders.



Some impressions from training sessions

In addition to the “From Bystander to Rescuer” initiative, another project, “AEDs for Santo Antão”, was launched in November 2024. Thanks to a collaboration with *Voja Travel*, Nova Onda was able to donate two Automated External Defibrillators (AEDs) to the island. A third AED was donated through funds raised during the graduation ceremony of Iris and Sophie at the Hogeschool van Amsterdam. These life-saving devices are critical in cases of cardiac arrest. The AEDs were donated to the Police Station in Paúl, the Police Station in Ponta do Sol, and to the Hospital in Ribeira Grande, all located on the island of Santo Antão.

Along with the donation of the AEDs, which were funded by *Voja Travel*, Nova Onda also provided training on how to use the devices. Several training sessions were conducted for the police in Ponta do Sol, the police in Paúl, and the hospital in Ribeira Grande. The training ensures that everyone with access to these life-saving machines is properly trained in their use and in performing CPR.

In addition, Nova Onda worked closely with the Dutch company *Hippocampus* to order a third AED, partly funded by the donations received during our graduation ceremony and by *Hippocampus* itself. They also generously lent us VR glasses, which were used during the training sessions and allowed the police to experience what a real-life CPR situation feels like, adding a unique dimension to the training.

Nova Onda celebrated the handover of the AEDs at Casa Maracujá in Paúl, a special moment that highlighted the power of collaboration. In April 2025, Iris and Sophie will return to the island to donate two more AEDs, generously provided by Luz da Lua, Walhalla Seahouse, Tienne del Mar, and Kommil Foo. In addition, further training will be conducted in the areas where these two new AEDs will be placed.

3.2 Nova Onda visits to Cepe Verde

In 2024, three visits were made to Cape Verde, Santo Antão to work on the projects “From Bystander to Rescuer” and “AEDs for Santo Antão”.

February 2024: First Visit

On February 1st, 2024, Iris and Sophie returned to Santo Antão for their graduation assignment. During this visit, research was conducted at the local hospital to assess the use and implementation of a specific method known as the ABCDE method in the emergency department. The ABCDE method is a systematic approach used in emergency and critical care to prioritize and manage patients based on the severity of their condition. The acronym stands for:

- A: Airway – Ensuring the patient’s airway is clear
- B: Breathing – Checking if the patient is breathing properly
- C: Circulation – Assessing the patient's blood circulation (heart rate, blood pressure)
- D: Disability – Evaluating the patient's neurological status (e.g., level of consciousness)
- E: Exposure – Exposing the patient to fully assess injuries or other health concerns

The research focused on determining whether this method was being utilized in the emergency department and how effectively it had been integrated into the hospital’s protocols.

In addition to their research, Iris and Sophie engaged with the local community, discussing healthcare challenges and setting a new date for a return in July 2024, when the ‘From Bystander to Rescuer’ training project would be continued.

July 2024: Second visit

From 1 to 22 July 2024, Iris and Sophie returned to Santo Antão to continue the ‘From Bystander to Rescuer’ project. During these three weeks, training was provided to a new group of participants and refresher courses were offered to the 180 individuals trained the previous year.

In addition, 150 new participants have been trained in a new session. An important addition to the training this time was the introduction of a new module focusing on the upcoming AEDs for Santo Antão project. The new module covered the use and operation of Automated External Defibrillators (AEDs).

Iris and Sophie also introduced an outdoor training module, which focused on addressing a variety of injuries often encountered in the region, including:

- Bleeding
- Injuries due to weather conditions (such as overheating)
- Injuries to bones, muscles, and joints (like sprains and bruises)

The time on the island during this visit was spent primarily in Ribeira Grande, Ponta do Sol, and Paúl, where Nova Onda had already identified several training locations. In addition to the training in these areas, Iris and Sophie reached out to new groups of tour guides, as well

as the hospital and police stations for the possibility of placing AEDs at these locations in the future. They also collaborated with Anibal Miranda to organize these sessions.

Throughout the three weeks, Iris and Sophie sought assistance with transportation, accommodation, meals, and a translator who could translate from English to Creole and assist during the training sessions.

November 2024: Third visit

The third visit to Santo Antão in 2024 took place from 14 to 21 November. During this visit, the main focus was on the “AED for Santo Antão” project. Three AEDs were brought from the Netherlands to the island in collaboration with *Voja Travel*. The life-saving devices were donated to the police stations in Paúl, Ribeira Grande, and Ponta do Sol, as well as to the local hospital staff.

In addition to the donation, training sessions were conducted for the police officers and hospital personnel, ensuring they were fully equipped to use the AEDs and perform CPR in emergency situations. The highlight of this visit was the hand-over ceremony, which provided a valuable opportunity for all involved parties to come together, celebrate the progress made, and strengthen the collaboration between the Nova Onda foundation, local authorities, and the local community.



Handover of AEDs in November 2024

5. Communication and Fundraising

In 2024, Nova Onda used various communication channels to engage with our different stakeholders. One of the key initiatives was the launch of the newsletter – delayed in 2024, due to technical challenges, and prioritised to be rolled out in 2025.

Further, Nova Onda reported regularly about its activities on social media, such as Facebook, Instagram and TikTok.

In addition to the newsletter and social media, there were two significant events where Nova Onda had the opportunity to present its work. The first was at an event organized in

June 2024 by Stichting Intercambios International, where Iris and Sophie shared the story of the foundation and connected with the Cape Verdean community in the Netherlands.

The second opportunity was during Iris' and Sophie's graduation ceremony for their Bachelor's Degree in Nursing, where attendees were encouraged to donate just 1 euro. Thanks to the generosity of those present, Nova Onda raised enough funds to purchase an additional AED for our project.



Iris and Sophie presented Nova Onda in June and October 2024, first in Rotterdam and then at the Johan Cruijff Arena in Amsterdam.

6. Financial report 2024

The original budget for 2024 was € 9.258,00. The realisation came very close to this amount: € 9.086,14. The year 2024 was ending with a positive balance of € 1.897,52

Regarding income, we distinguish between direct individual gifts that are transferred to the Nova Onda bank account and gifts that are handled by the payment service *Mollie*. In addition, one major gift for the acquisition and hand-over of two AEDs is mentioned.

Regarding expenditures, we distinguish between administration costs, travel and subsistence costs in connection with visits to Cape Verde and costs occurred in connection with the acquisition and hand-over of the AEDs.

All income and expenditures are documented in an Excel account book. All supporting documents are filed in pdf or jpeg format.

	Income 2024		Expenditures 2024
Direct individual gifts	2.104,16	Administration (including bank costs)	254,71
Gifts via Mollie	1.996,77	Travel and subsistence (2 persons – 2 trips)	2.559,62
Gift Voya travel	4.365,59	AEDs (including hand over costs)	4.374,29
Restitution payment visit Santo Antão	619,62		
Total income	9.086,14	Total expenditures	7.188,62
Balance as of 31 December 2024			1.897,52

Acknowledgments

The realisation of all activities carried out in 2024 could not have been realised without the generous support of many. First of all, Nova Onda extends its gratitude to all its donors who provided financial support.

More specifically, we would like to thank

- Webreact
- Krans Notarissen
- Voja travel
- The Nova Onda Advisory Board
- Soes from First Aid Assist
- Donors for AEDs: Voja Tavel, Hippocampus, Hogeschool van Amsterdam, Luz da Lua, Walhalla Seahouse, Tienne del Mar, and Kommil Foo.

We sincerely thank these supporters for all their dedication and help!



9 May 2024

Nova Onda Foundation Advisory Board Terms of Reference (ToR)

Background

The Nova Onda Foundation was established on 9 January 2024 in the Netherlands, with the aim of bringing positive change to remote areas of the Global South through strengthening health systems.

Nova Onda's mission is to work with local communities to develop and implement sustainable solutions that improve healthcare and promote the well-being of the local population. In order to develop activities that are in line with the needs of the local population, the Nova Onda Board seeks the support of an Advisory Board.

Role of the Advisory Board

The role of the Advisory Board is to support the Nova Onda board in the development of its strategy and work plan. More specifically, the Advisory Board will

- strengthen the overall quality and impact of the Foundation;
- provide feed-back on any guiding documents, such as the general strategy;
- provide feed-back on the annual work plan and budget;
- suggest areas of work in line with the objectives of the Foundation;
- contribute to the evaluation of activities;
- suggest (local) stakeholders to be involved in Nova Onda activities;
- support the acquisition of funding and donations.

Composition of the Advisory Board

The Advisory Board consists of individuals that have specific expertise on the Global South in general and/or Cabo Verde in particular and/or health challenges and opportunities in remote areas.

The Nova Onda Board strives to include Advisory Board members from a diversity of backgrounds with close links to the communities addressed.

There is a fixed number of 5 members. However, additional experts can be invited if and when suitable and valuable.

The members of the Advisory Board Include:

- Margarida de Lege Silva Mendes – Stichting Intercambios International, Rotterdam – the Netherlands
- Fredson Costa Teixeira – Founder Santo Antão Tour, Ribeira da Torre - Santo Antão
- Soedjai Lalai – Founder First Aid Assist, Schiedam – the Netherlands
- Anibal Miranda – Manager João Morais Hospital, Ribeira Grande – Santo Antão
- Hetty Guddens – Owner Bar Maracuja, Paul – Santo Antão

Expected workload and activities

- Participate in approx. 2-3 (online) meetings per year, possibly in connection with Nova Onda Board meetings;
- Provide ad hoc feed-back and advice.

Communication and involvement

The advisory board will remain involved in the process and projects - sending an update after each board meeting (every two months). Official communication will be via email, with short announcements and communication via a WhatsApp group in which all board and advisory board members are included.

General conditions

The board members of the advisory board are named and selected by the board of the foundation. The participation in the Advisory Board is voluntary and without remuneration. Costs related to the activities in the Advisory Board can be covered. Approval by a Nova Onda Board member is required beforehand.

Conflict of Interest

Advisory Board Members need to confirm that they have no conflict of Interest and act independently, without having any legal or financial interests, which could impact their independent advisory role in the Foundation. Potential conflicts of interest should be disclosed in a timely manner to ensure transparent and trustful cooperation.

Financial Guidelines Nova Onda Foundation

August 2024

Introduction

This document stipulates the rules and regulations regarding the financial management of the Nova Onda Foundation. It addresses the following areas:

- Eligibility of costs and book keeping procedures
- Remuneration policy
- Generating of income

Eligibility of costs and book keeping procedures

All expenses that are covered by Nova Onda Foundation need to be linked to the overall aim and objectives of the Foundation and to its annual work plan.

All expenses must be reasonable, justified and comply with the principle of sound financial management, in particular regarding economy and efficiency.

All expenses need to comply with the Dutch law and tax regulations, labour and social security.

All expenses are recorded in an accounting system and comply with the accounting practice and standards of Nova Onda.

All Nova Onda board members have access to the Nova Onda bank account.

All expenses must be approved by the Nova Onda treasurer. In case of disagreement about eligibility of costs, a board majority will make a decision.

The Nova Onda treasurer regularly controls the income and expenses of the Foundation – including supporting documents, such as invoices and declarations – and keeps record in an excel document, accessible to all board members. Supporting documents are filed as well.

The Nova Onda treasurer is responsible for providing an annual financial report in the first month of a new accounting year.

Remuneration policy

All people involved in activities of Nova Onda contribute their time as volunteers and no salaries are paid.

Therefore, a specific remuneration policy is not required.

In case of providing volunteer compensation, Nova Onda will respect the maximum amounts as defined by the Dutch tax authorities.

Generating of income

Nova Onda Foundation is fully dependent on donations and subsidies from private persons, companies, non-governmental foundations or governmental authorities. Nova Onda does not generate income by itself, for instance, by engaging in commercial activities.

Potential donors are identified via activities on social media, the Nova Onda website, the Nova Onda newsletter or personal contacts. The rationale and details of generating income are stipulated in a separate Nova Onda communication and fundraising strategy. Nova Onda strives to have a circle of regular donors (through monthly donations) and to have donors that support or finance specific activities, such as on-site trainings, or specific items, such as automated external defibrillators (AEDs) or travel costs of trainers. The Nova Onda website has a direct link to a donation page. Donations are managed by a financial management platform (Mollie.com). They keep track of and file all donations made for Nova Onda.

When creating the annual work plan and budget, the Nova Onda board makes an estimation of expected income. Throughout the year, these estimations are monitored and – if necessary – adjusted. The annual technical and financial report reflects the actual realisation of income.