

Nova Onda Foundation

Workplan 2025



March 2025

Introduction

2025 will be the second year of Nova Onda, and the foundation will continue to build on its mission to strengthen healthcare and foster sustainable community development in the Global South, particularly on the island of Santo Antão, Cape Verde. Our key initiatives focus on expanding access to life-saving medical resources, providing first aid training, and piloting innovative healthcare solutions. This work plan outlines our objectives for the year and the actions Nova Onda will take to achieve them, including important milestones and partnerships.

What Nova Onda is about

Through collaboration with local communities, we aim to improve healthcare, address resource shortages, and enhance knowledge. By partnering with local governments and institutions, NGOs, and other stakeholders, we work to develop sustainable health projects with long-lasting impacts. Our mission is to empower communities to independently manage and run these programs, ensuring self-sustainability and growth. The Nova Onda Foundation is committed to transparency and clear objectives in its initiatives.

Objectives for 2025

In 2025, the foundation will continue its efforts to strengthen healthcare and to support sustainable development on the island of Santo Antão, Cape Verde. This year, we aim to expand access to basic medical resources, provide training to local residents, and explore innovative healthcare solutions. Our key initiatives include increasing the number of Automated External Defibrillators (AEDs) on the island, giving first aid training to over 150 local individuals, and launching research for a mobile healthcare program. We also plan to strengthen partnerships with academic institutions in the Netherlands. Below are the specific objectives and actions for 2025.

• Project “AED Aid Santo Antão”

Expand the availability of Automated External Defibrillators (AEDs) on the island of Santo Antão and ensure training programs through the “From Bystander to Rescuer project”, to use them effectively. The aim is to have 7 AED’s in total available on the island. By April 2025, we will have brought 6 AED machines to the island, the goal is to get the final one to the island by the end of 2025.

Actions:

- Additional AEDs: Increase the total number of AEDs from 6 to 7 by the end of 2025, either by sponsorship or by refurbish used ones. The foundation has received two old AEDs from a sponsor. Our goal is to either have these AEDs repaired for reuse or exchanged, to achieve the goal of placing the 7th AED on the island
- Secure sponsorships for the electrode pads to ensure the machines can be used multiple times after each use.
- Training sessions: Conduct first aid and AED usage training sessions in April 2025, continuing the commitment to train local individuals to use AEDs effectively, based on our project “From Bystander to Rescuer”
- Trainer certification: Achieve certification as NRR (National Responder Trainer)

- **Project “From Bystander to Rescuer”**

The foundation aims to continue providing first aid training to local communities in Santo Antão, including to tour guides, hotel staff from all over the island and to the hospital personnel in Porto Novo. This will empower individuals to act as first responders in emergencies. We aim to train around 150 local residents by the end of 2025.

Actions

- Annual Training: Conduct at least one training session per year, with the next planned for April 2025, aiming to train around 150 local residents.
- New CPR dolls: Seek donations to purchase new CPR dolls/manikins in different skin tones for training purposes, ensuring a hands-on approach for all participants. Alternatively, we strive to find a company that is willing to donate second hand manikins that are still in good and workable condition.

- **Project “Mobile Outreach”**

The Mobile Outreach Programme aims to address healthcare access issues in remote and underserved areas of Santo Antão by researching and potentially launching a healthcare bus initiative. This programme will focus on providing essential health services, including preventive interventions, health education, and medical outreach to communities that otherwise lack sufficient healthcare resources. The foundation will conduct a feasibility study in 2025 to assess the needs, community interest, cultural considerations, logistics and the (financial) feasibility of implementing such a programme. In collaboration with local authorities and NGOs, we aim to gather insights and support for the project.

Actions

- Research & Feasibility Study: In 2025, conduct research to explore the viability of the healthcare bus, including logistics, costs, and partnerships.
- Partnerships: Identify and approach potential partners (local governments, NGOs) to support the project and give valuable insight in already existing similar initiatives.
- Sponsorship: Seek sponsors for the healthcare bus project, including funding for operational costs, vehicle purchase, and staffing.
- Pilot Programme: – Write a set-up for a pilot programme by the end of 2025 and set a date for 2026.

- **Advisory Board Engagement**

Strengthen the role of the advisory board and ensure effective guidance and support for the foundation's operations.

Actions:

- Quarterly updates: Provide quarterly updates to the advisory board, ensuring continuous feedback and strategic input.
- Bi-Annual Meetings: Hold remote meetings every six months to evaluate progress and discuss future initiatives.

- **Increased Visibility on Social Media & Outreach**

Raise awareness about our projects and the foundation’s mission to increase

engagement and support.

Actions:

- Content creation: Produce videos and photos to enhance the visibility of our projects and highlight success stories.
 - Partnerships: Identify businesses and entrepreneurs that can support our foundation through sponsorships or donations.
 - Media outreach: Collaborate with local and (inter)national media (newspapers, TV programmes) to feature our projects and their impact on the community.
 - Sending out a newsletter quarterly
 - Post weekly updates on social media: Instagram and Facebook
- **Collaboration with Hogeschool van Amsterdam (HvA)**
Possibly starting a partnership with HvA/VU and Stichting Intercambios International to support research and student exchanges focused on global health research.

Actions:

- Student Exchange Programme: Start a partnership with HvA for student exchanges in the field of global health, with a focus on research projects and local engagement.
 - Research collaboration: Develop specific research questions with HvA students to address key healthcare challenges on Santo Antão.
 - Formalize the collaboration - Sign a formal contract with HvA to ensure ongoing academic collaboration and support.
- **2025 Budget and Funding**
Ensure sufficient funding to support the foundation's initiatives and sustain its operations throughout the year.

Actions funding

- Targeted fundraising: Set a goal of raising €20,000 in donations in 2025 to support ongoing and new projects.
- Donation campaigns: Continue fundraising efforts, including regular donor engagement and campaigns to attract new supporters.
- Fundraising at events: Identify and participate in events where we can set up a stand to promote our mission, engage with potential donors, and raise funds.

Budget and fundraising plan

- The table below provides a detailed overview of the financial aspects of our activities, including annual expenses, one-time expenditures, and project-related expenses.

Timetable 2025

Month	Action/ Pre-Trip Preparation
February 2025	- Confirm accommodation, flights, photographer and training schedule
March 2025	- Finalize travel arrangements, sponsorship/fundraising, confirm and finalize training program, pack supplies and notify advisory board - Meeting with Hogeschool van Amsterdam to discuss collaboration possibilities.
April 2025	- Conduct AED and first aid training sessions - Hand-over the 3 AED machines
June 2025	- Reach out to companies for CPR doll donations, blood pressure monitor, blood glucose monitor, quick tests, pads for AEDs and stetoscope donations - Begin feasibility study on the mobile outreach project and search for possible partnerships
July 2025	- Start organizing awareness and fundraising event for our mobile outreach project and send out invitations - Search for ways to become more visible as a foundation
August 2025	- Begin searching for funding for the mobile outreach project
September 2025	- Search for funding for final (7 th) AED machine - Hosting the awareness and fundraising event for the mobile outreach program
October 2025	- Confirm accommodation, flights and meetings for December trip
November 2025	- Finalize travel arrangements, update local partners, and prepare outreach materials for December trip - Confirm all logistics, finalize schedule, pack supplies, and update advisory board
December 2025	- Trip to Cape Verde to possible guide students and to start further research on the mobile outreach project.

- **Monitoring & Evaluation**

Regularly assess the effectiveness and impact of our projects to ensure we are meeting our goals and making a sustainable impact and we're in line with our workplan, statutes and the ANBI guidelines.

Conclusion

The Nova Onda Foundation is committed to continuing its vital work in strengthening healthcare systems in remote communities. By focusing on sustainable, community-led initiatives and fostering strong partnerships, we aim to make 2025 a year of significant impact. Through our projects, we seek not only to improve healthcare access but also to empower local communities to become resilient, self-sustaining, and equipped to handle future challenges.

NOVA ONDA BUDGET 2025

Nova Onda Budget 2025		Amount in euros
Expected expenses 2025		
Administration / Overhead 2025		
Bank costs	12 months x 12,5 €	150,00
Bankcard costs	3 cards x 20 €	60,00
DigiDentity	Lump sum 30 €	30,00
Annual travel insurance	2 persons x 89 €	178,00
Sub-total Administration/Overhead		418,00
Activity costs and materials 2025		
AED machine	1 AED x 1250 €	1.250,00
Pads for AED machines	7 pads x 50 €	700,00
Posters for project awareness/education	30 posters x 5 €	150,00
Flyers for trainings	200 flyers x 0,5 €	100,00
CPR reanimation doll baby	6 dolls baby x 215 €	1.290,00
CPR reanimation doll adult	6 dolls adult x 370 €	2.220,00
CPR doll material adult/baby	Material x 400 €	400,00
Awareness and fundraising event project Mobile care	1 Event x 1000 €	1.000,00
Quick tests (pregnancy/STD/urine)	150 tests x 10 €	1.500,00
Blood glucose monitor	2 monitors x 150 €	300,00
Blood pressure monitor	2 monitors x 75 €	150,00
Statoscope	1 statoscope x 300	300,00
Sub-total Activity costs and materials		9.360,00
Travel costs 2025		
April Trip 2025 (03-04-2025 – 17-04-2025)		
Accommodation 14 days	2 persons x 400 €	800,00
Flight Tickets AMS - VXE v.v.	2 persons x 670 €	1.340,00
Boat tickets	2 persons x 1 trips 30 €	60,00
Airport taxes	2 persons x 33 €	66,00
Photographer training	1 day x 60 €	60,00
Daily allowance 14 days	2 persons x 14 x 30 €	840,00
Local transport	2 persons x 50 €	100,00
Sub-total travel April 2025		3.266,00
December Trip 2025 (Date TBC)		
Accommodation 21 days	2 persons x 750 €	1.500,00
Flight Tickets AMS - VXE v.v.	2 persons x 800 €	1.600,00
Flight Tickets VXE – Sal v.v.	2 persons x 250 €	500,00
Boat tickets	2 persons x 1 trips 30 €	60,00

Airport taxes	2 persons x 33 €	66,00
Daily Allowance 21 days	2 persons x 21 x 30 €	1.260,00
Transport	2 persons x 100 €	200,00
Sub-total travel April 2025		5.186,00
Total Expenses 2025		€ 18.230,00
Expected Income 2025		
Monthly income via Molly	12 months x 120	1.440,00
Incidental donations via crowdfunding	80 donations x 25	2.000,00
Donations from Criolo Trails	15 donations x 35 €	525,00
Incidental donations from businesses	2 donations x 1.500 €	3.000,00
TUI care foundation	1 donation x 5.000 €	5.000,00
Arrangement fee student program	4 students x 75 €	300,00
Fundraising event	30 donations x 25 €	750,00
Sub-total donations		13.015,00
Donations in kind		
Donation local accommodation	2 persons x 18 nights x 40 €	1.440,00
Donation through material for projects	6 Pads for AEDs x 50 €	300,00
CPR doll donation	10 donated dolls €	2.000,00
Quick test donations	100 tests x 10 €	1.000,00
Other material (Statoscope, monitors)	Lump sum	475,00
Sub-total donations in kind		5.215,00
Total Income 2025		€ 18.230,00