

Nova Onda Foundation

Workplan 2026



February 2026

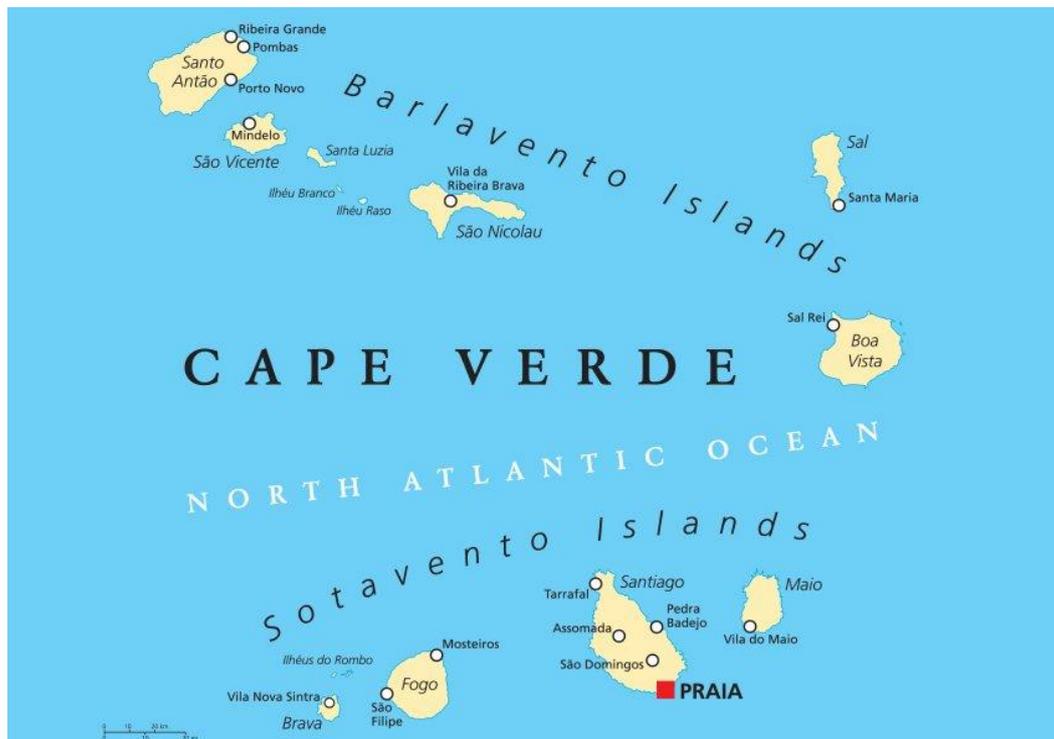
1. Introduction

2026 marks the third operational year of the Nova Onda Foundation. Building on the foundations laid in 2024 and 2025, this year will focus on strengthening preventive healthcare, expanding sustainable training programmes, deepening academic partnerships, and initiating structured community-based health research on São Vicente and Santo Antão, Cape Verde.

Where earlier plans explored the feasibility of a mobile healthcare bus, insights gained through internal research and discussions with local stakeholders have led to a strategic shift. Preventive healthcare interventions are currently considered a higher priority than launching a mobile unit. Therefore, 2026 will focus on assessment, capacity building, and evidence-based programme development.

Continue what we do well, explore what we do next.

Our mission remains unchanged: to strengthen healthcare systems through sustainable partnerships, local empowerment, and knowledge exchange, ensuring long-term community resilience and independence.



2. Education & Academic Partnerships

2.1 Expansion of Student Engagement

In 2025, Nova Onda established contacts with the *Hogeschool van Amsterdam (HvA)*, and the *Vrije Universiteit (VU)*, and in particular with the Minor Global Health Programme and the Department of Cultural Anthropology respectively. In 2026, Nova Onda will strive to intensify the collaboration and include students of either or both Institutes into our activities on Cape Verde.

■ Strategic Shift

In 2025, Nova Onda conducted exploratory research regarding the potential launch of a healthcare bus. Based on our findings, we concluded that preventive healthcare currently represents a more urgent and sustainable priority. This shift will be translated into revised research questions for students participating in 2026.

2.2 Key Actions 2026

- Promotion of Nova Onda's project at the Minor Market at HvA.
- Meeting with lecturers of Minor Global Health to refine and introduce new preventive health research questions.
- Adjustment of research assignments within:
 - o Department of Cultural Anthropology
- Sending the first group of students to Cape Verde in 2026 for field research.
- Exploration of additional internship placements in:
 - o Media and communication
 - o Promotion
 - o Public health
 - o Research and data collection

The objective is to establish a sustainable student exchange structure that benefits both academic institutions and the local communities that are involved in Nova Onda activities.

3. Strengthening the Train-the-Trainer Program

3.1 Professionalization and Certification

On **12 March 2026**, Nova Onda will meet with a key partner, who is a lecturer at HvA, certified trainer and instructor with the Dutch Resuscitation Council (NRR), ICU-nurse. We aim to explore whether she can join Nova Onda at the end of 2026 in Cape Verde to further professionalize the Train-the-Trainer programme launched in 2025.

■ Objectives

- Provide instructor-level training aligned with Dutch certification standards.
- Investigate possibilities for official or recognized certification for local trainers.
- Strengthen quality control and sustainability of the programme.

3.2 Programme Expansion

Nova Onda aims to expand the Train-the-Trainer programme in 2026 by also providing training to first-line healthcare providers on how to respond effectively in emergency situations when the victim is still breathing, building on the foundational steps learned during CPR training. First aid during ambulance transport, including the ABCDE approach. The training will focus on acting effectively under time pressure and making critical decisions with limited resources.

3.3 AED Training & Equipment Sustainability

AED training will be formally integrated into the Train-the-Trainer programme. Ensuring equipment sustainability and continuing the *From Bystander to Rescuer* programme, fully embedded within the Train-the-Trainer framework, are key objectives for 2026. A central focus will be the progressive transfer of training ownership to the local community, strengthening long-term self-sufficiency and impact.

■ Key Priorities 2026

- Annual AED refresher training.
- Development of a combined accelerated course:
 - Basic Life Support (BLS)
 - AED usage
- Structural maintenance plan for AED devices:
 - Securing electrode pads
 - Ensuring machines are operational after use
- Transport of additional materials to Cape Verde through donations:
 - New CPR manikins (diverse representation)
 - AED training device

3.4 Follow-Up & Local Ownership

Once local trainers are certified:

- Training locations will be selected in collaboration with local stakeholders.
- Sessions will be scheduled and participants invited

- Clear agreements will be made regarding:
 - o Compensation for training hours
 - o Responsibilities
 - o Long-term programme continuation

4. Preventive Health Assessment – Research Phase 2026

4.1 Launch of Structured Community Assessment

2026 will mark the start of a structured preventive health research phase on:

- São Vicente
- Santo Antão
- Potentially additional Cape Verdean islands

This research will be conducted in collaboration with students and local partners.

The objective is to identify:

- Priority preventive health needs
- Cultural considerations
- Community interest
- Feasibility and sustainability

4.2 Collaboration with Djunta Mon (São Vicente)

A key partner in this phase will be *Djunta Mon*, a community-based foundation on São Vicente. Djunta Mon is a local organization, focused on social development, community empowerment, and strengthening local capacity. They work closely with residents to build sustainable community initiatives and promote social cohesion.

Local collaboration is central to Nova Onda's approach. Through partnership with Djunta Mon, we aim to ensure:

- Cultural sensitivity
- Community trust
- Local ownership
- Sustainable implementation

4.3 Exploratory Preventive Initiatives

While 2026 will primarily focus on assessment, several broad thematic areas are being considered for potential future initiatives:

- Maternal and child healthcare
- Youth healthcare
- Mental health programmes
- Prevention programmes (e.g., substance use, sexual health)

These areas are under exploration to guide the focus of future initiatives. Their specific priorities and design will be determined based on research outcomes, with implementation decisions planned for 2026/2027.

5. Continuation of the “Support São Vicente” Project

In 2025, Cape Verde, and in particular the island of São Vicente, was severely hit by heavy floodings, affecting – among others – the health infrastructure of the island. Through an emergency fund raising campaign, Nova Onda succeeded to gather extra financial means, in order to provide some relief.

In 2026, Nova Onda will implement the **Support São Vicente** project.

This initiative ensures that collected donations are allocated transparently, responsibly, and based on identified community needs. Through close collaboration with Djunta Mon, Nova Onda will ensure that financial and material contributions reach the appropriate beneficiaries.

Through this partnership, the foundation aims to:

- Identify priority needs within vulnerable communities
- Conduct proper needs assessments before allocation
- Monitor distribution and evaluate impact
- Promote accountability and transparency
- Strengthen local leadership and ownership

Further details regarding specific allocations, target groups, and interventions will follow after the 2026 assessment phase. The preventive health research will directly inform how the Support São Vicente project is operationalized.



6. Visibility & Communication

In 2026, Nova Onda will further professionalize its communication strategy to strengthen visibility, engagement and knowledge sharing. Recognizing limited internal capacity, the approach will leverage partnerships, interns, and collaborations with local and international stakeholders.

■ Key actions:

- Weekly social media updates (Instagram & Facebook)
 - Sharing highlights from ongoing programmes, training days, and community impact
 - Content support from media or communications students (local universities or international internships)
- Storytelling around
 - Student research projects and findings
 - Local trainers and community health champions
 - Insights from preventive health interventions and ongoing assessments
- Promotional video
 - Produce a short video to showcase Nova Onda's mission and impact
 - Collaborate with a local filmmaker or media student to minimize costs and foster community involvement
- Partnerships for content creation
 - Collaborate with local universities, media schools, or NGOs to co-produce videos, blogs, and photo stories
 - Short-term internships to support planning, filming, and editing of content
- Media-exposure
 - Identify opportunities in local newspapers, radio, and online platforms to amplify Nova Onda's work
 - Explore international media collaborations or storytelling platforms for broader impact

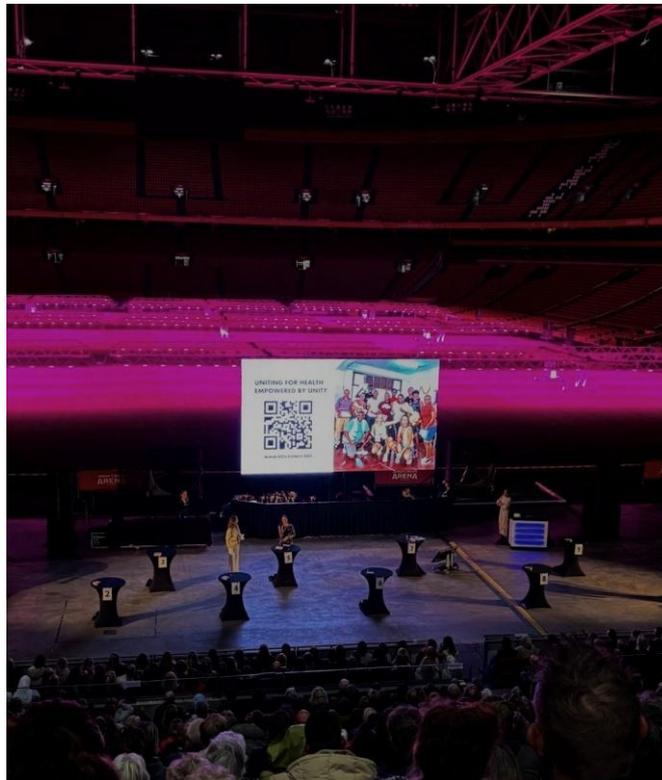
Nova Onda will prioritize high-impact, low-resource content, such as short videos, photo stories, and infographics, rather than large-scale campaigns. The organization will build a network of student interns and volunteers who gain practical experience while contributing to communications efforts. Existing programme activities, including training days and research visits, will be leveraged as natural opportunities to capture content. Engagement metrics will be tracked and analyzed to continuously refine messaging and focus on the stories that resonate most with the community and stakeholders.

7. Advisory Board & Governance

In 2026, Nova Onda will ensure strong oversight and accountability through regular reporting and structured governance processes. *The advisory board* will receive quarterly written updates, and bi-annual strategic meetings will provide opportunities to review progress, discuss challenges, and adjust priorities as needed.

This year, the foundation will also conduct an evaluation of all advisory board members through a dedicated meeting, offering them the opportunity to reflect on their involvement and indicate their wishes for their future engagement.

Monitoring and Evaluation will be further strengthened, with particular attention to research ethics, training outcomes, and sustainability indicators. These measures will help ensure that programmes are effective, ethically sound, and aligned with Nova Onda's long-term goals, while providing actionable insights to guide future initiatives.



8. Funding & Financial Sustainability 2026

Funding priorities for 2026 will focus on supporting core activities and ensuring the continued impact of Nova Onda's programmes. Key areas of expenditure include:

- Preventive health research
- Travel costs for students and trainers
- AED maintenance and replacement of electrode pads
- CPR manikins and other training materials
- Compensation for local trainers
- Allocation of resources to support ongoing projects in São Vicente

To secure these priorities, the foundation will undertake a range of fundraising actions, including:

- Targeted donor campaigns
- Outreach to potential sponsors
- Awareness-raising events
- Exploration of grants in public health and education sectors

Nova Onda remains committed to financial transparency and the responsible allocation of resources, ensuring that funds are used efficiently to maximize impact and sustainability.

The Nova Onda team continues to work on a voluntary basis. They will not receive remuneration, and only compensation for travel and subsistence will be provided. Local partners may receive a small remuneration for their contributions to Nova Onda activities.

9. Implementation Planning 2026

9.1 Field Work 2026

April 2026 – 10-day trip

Location: São Vicente en Santo Antão

- Meeting with director at Djunta Mon
- Handing over the Support São Vicente donation to a project provided by Djunta Mon
- Community stakeholder meetings
- Monitoring AED equipment
- Speaking with people in remote areas on their need in preventative healthcare initiatives

June 2026- 10-day trip

Location: São Vicente en Santo Antão

- Establishing supervision of student field research
- Data collection at hospital for research
- Bringing AED pads to
- Strengthening set-up the Train-the-Trainer programme

November 2026 - 14-day trip

Location: São Vicente en Santo Antão

- Launching the train the trainer programme with key contact and certifying locals as official trainers
- Structured handover and local ownership strengthening
- First-line emergency response training (including ABCDE approach)
- Start first fieldwork research with students
- Planning annual First Aid courses, including AED training

9.2 Timetable 2026

Month	Action
January 2026	<ul style="list-style-type: none"> - Start Work Plan 2026 - Internal strategic planning and priority setting
February 2026	<ul style="list-style-type: none"> - Confirm fundraising strategy (€12,000 target) - Confirm collaboration and new project plans with HVA and VU - Plan meeting with Djunta Mon for handover donation in April and first contact for possibly launching a project together - Confirm flights and accommodation for April visit
March 2026	<ul style="list-style-type: none"> - Renew website and update projects - Set-up meetings and a planning for april trip - Board meeting
April 2026	<ul style="list-style-type: none"> - Find sponsor for AED pads and manikins - Prepare funding application for Wilde Ganzen After visit Djunta Mon and confirmation collaboration

	<ul style="list-style-type: none"> - Write a funding plan to Stichting Pharos, contribute Foundation, AFAS Foundation, Donnie - Confirm flights and accommodation for June visit - Sending out update to advisory board
May 2026	<ul style="list-style-type: none"> - Plan meetings with Advisory Board members to check-in on their contribution and stand on their position in the Foundation - Board meeting - Searching for more possible organisations to apply for funding
June 2026	<ul style="list-style-type: none"> - Finalize and submit funding application for Wilde Ganzen - Finalize and submit funding application for Pharos, Contribute, AFAS and Donnie - Begin feasibility study on research topics by gathering data in the local hospitals
July 2026	<ul style="list-style-type: none"> - Create the train the trainer programme and the first line response emergency training - Half year evaluation moment: board meeting and advisory board meeting - Follow-up funding applications - Communication campaign (impact storytelling) – creating promotion video
August 2026	<ul style="list-style-type: none"> - Finalise all the details for possible student groups arriving in school year 2026/2027 - Check-in with Djunta Mon and naming a contact person available on the island for students to reach out to in need
September 2026	<ul style="list-style-type: none"> - Confirm flights and accommodation for November visit - Review progress toward €15.309,88 fundraising target - Develop certification pathway for local trainers - Partner and sponsor updates
October 2026	<ul style="list-style-type: none"> - Finalise all programme details for the train the trainer programme and the first line response emergency training
November 2026	<ul style="list-style-type: none"> - Launching the train the trainer programme with key contact and certifying locals as official trainers - Structured handover and local ownership strengthening - First-line emergency response training (including ABCDE approach) - Planning annual First Aid courses, including AED training
December 2026	<ul style="list-style-type: none"> - Start with yearly report for 2026 - Start with work plan 2027 - Half year evaluation moment: board meeting and advisory board meeting: achievements 2026 and goals 2027

Monitoring & Evaluation

The Nova Onda team will regularly assess the effectiveness and impact of our projects to ensure that we are meeting our goals and making a sustainable impact and that we are in line with our workplan, statutes and the ANBI requirements.

10. Budget 2026

Nova Onda Budget 2026		Amount in euros
Expected expenses 2026		
Administration / Overhead 2026		
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 2026		
Pads for AED machines	12 pads x 50 €	600,00
Flyers for trainings	150 flyers x 0,30 €	45,00
Business cards	250 business cards x 0,20 €	50,00
Contribution promotion video	1 x 400 €	400,00
AED trainer machines	2 trainers x 300 €	600,00
CPR reanimation doll baby	4 dolls baby x 215 €	860,00
CPR reanimation doll adult	4 dolls adult x 370 €	1.480,00
CPR doll material adult/baby + training material	Material x 400 €	400,00
Sub-total Activity costs and materials		4.435,00
Travel costs 2026		
April Trip 2026 (03-04-2026 – 17-04-2026)		
Accommodation 11 days	2 persons x 450 €	900,00
Flight Tickets AMS - VXE v.v.	2 persons x 400 €	800,00
Boat tickets	2 persons x 30 €	60,00
Airport taxes	2 persons x 33 €	66,00
Daily allowance 11 days	2 persons x 11 x 20 €	440,00
Local transport/car rental	2 persons x 150 €	300,00
Sub-total travel April 2026		2.566,00
June Trip 2026 (18-06-2026 – 29-06-2026)		
Accommodation 11 days	2 persons x 450 €	900,00
Flight Tickets AMS - VXE v.v.	2 persons x 600 €	1,200,00
Boat tickets	2 persons x 30 €	60,00
Airport taxes	2 persons x 33 €	66,00
Daily Allowance 11 days	2 persons x 11 x 20 €	440,00
Transport	2 persons x 50 €	100,00
Sub-total travel June 2026		2.766,00
November Trip 2026 (Date: t.b.d.)		

Accommodation 11 days	4 persons x 450 €	1.800,00
Flight Tickets AMS - VXE v.v.	4 persons x 500 €	2.000,00
Boat tickets	4 persons x 30 €	120,00
Airport taxes	4 persons x 33 €	132,00
Daily Allowance 11 days	4 persons x 11 x 20 €	880,00
Transport	4 persons x 50 €	200,00
Sub-total travel November 2026		5.132,00
Building up financial reserves 2026		763,00
Total Expenses 2026		€ 16.080,00
Expected Income 2026		
Regular donations via Molly	12 months x 80	960,00
Incidental donations via crowdfunding	20 donations x 50	1.000,00
Donations from Criolo Trails earnings 2026	15 donations x 150 €	2.250,00
Donations from Criolo Trails earnings 2025	1 donation x 480 €	480,00
Incidental donations from businesses	3 donations x 500 €	1.500,00
Wilde Ganzen	1 donation x 2.000 €	2.000,00
Stichting Pharos, contribute Foundation, AFAS Foundation, Donnie	2 donations x 2000€	4.000,00
Arrangement fee student programme	4 students x 100 €	400,00
Fundraising event	20 donations x 25 €	500,00
Sub-total donations		13.090,00
Donations in kind		
Donation local accommodation	2 persons x 14 nights x 40 €	1.220,00
AED pads	6 pads x 50 €	300,00
CPR manikin adult donation	2 dolls x 370 €	740,00
CPR manikin baby donation	2 dolls x 215 €	430,00
AED trainer donation	1 AED trainer x 300 €	400,00
Sub-total donations in kind		€ 2.990,00
Total Income 2026		€ 16.080,00

11. Conclusion

In 2026, the Nova Onda Foundation will build on the foundations established in previous years, with a clear focus on preventive healthcare, capacity building, and evidence-based programme development. The foundation will strengthen the Train-the-Trainer programme, expand emergency response and AED training, and enhance student engagement through structured academic partnerships.

Structured community-based research on São Vicente and Santo Antão will inform the design and prioritization of future initiatives, ensuring that interventions are culturally appropriate, feasible, and sustainable. Ongoing collaboration with local partners, including Djunta Mon, will remain central to achieving local ownership and long-term impact.

Governance, monitoring, and evaluation will be reinforced through regular reporting, advisory board engagement, and attention to research ethics, training outcomes, and sustainability indicators. Funding and communications efforts will support programme continuity, transparency, and visibility, while using partnerships and student involvement to maximize impact with available resources.

Through these coordinated activities, 2026 will combine earlier achievements, provide evidence for the launch of new projects, and strengthen the foundation's capacity to respond to community health needs effectively and sustainably.