

## Stichting Nova Onda Foundation

### Annual Report 2025



#### 1. Introduction

In remote areas, rapid care and aid 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 Nova Onda, interventions are primarily focused on Cape Verde, with the potential and ambition to extend its work to other regions in the Global South.

2025 has been the second year of Nova Onda's existence, and the people involved continued and intensified the work and the collaboration on Cape Verde.

In the first place, activities were focused on health promotion activities, such as first aid trainings. But the Foundation also strived to establish cooperation with other actors in the field, such as Doctors of the World. In addition, Nova Onda responded to the disastrous floodings on the Cape Verdean Island of São Vicente in August 2025. Finally, Nova Onda continued its activities in the field of communication and fund raising.

In general, all activities that were planned for 2025 have been carried out. However, there are still financial constraints, which make additional fund-raising efforts necessary in 2026.

This report summarises the activities that were carried out in 2025. It highlights the most important interventions that took place in Cape Verde – notably on the island of Santo Antão – and the activities that were carried out in the Netherlands, including the actions of the Nova Onda Board and the Nova Onda Advisory Board.

This report is also a good opportunity to thank all those individuals and companies that supported Nova Onda in the previous year(s)! Without their financial support and advice, the work described in this report could not have been realised.

In the appendices, information about the Advisory Board is included.

## **2. Nova Onda activities on Santo Antão**

### *2.1 Visit April 2025*

During the visit to Santo Antão in April 2025, Nova Onda donated two AED's and provided a variety of trainings.

#### 6 April 2025: First aid training for tour guides

The training included the following elements:

- Lateral side position
- Handling an epileptic seizure
- Neck stabilisation after a fall or high-speed accident
- Chocking infant, child and adult
- Resuscitation infant, child and adult
- AED usage infant, child and adult

#### 7 April 2025: Porto Novo Hospital

The hospital received one AED, donated by Nova Onda, and hospital staff was trained. The hospital staff already had the basic knowledge on resuscitation fromout their education, which is why a shorter course was given. The training included the following elements:

- Crash course: resuscitation infant, child and adult
- AED usage infant, child and adult

#### 10 April 2025: Walhalla Seahouse in Cruzinha

The Walhalla Seahouse Hotel in Cruzinha received one AED and hotel staff was trained. The training included the following elements:

- Lateral side position
- Handling an epileptic seizure
- Neck stabilisation after a fall or high-speed accident
- Chocking infant, child and adult
- Resuscitation infant, child and adult
- AED usage infant, child and adult

#### 10 April 2025: Mamiwata in Cruzinha

The Mamiwata Eco Lodge (hotel) staff training included the following elements:

- Lateral side position
- Handling an epileptic seizure
- Neck stabilisation after a fall or high-speed accident
- Chocking infant, child and adult
- Resuscitation infant, child and adult
- AED usage infant, child and adult



## 2.2 Visit August 2025

In August 2025, Nova Onda visited the island of São Vicente. The aim of this visit was to investigate the impact of the disastrous floodings on the island of São Vicente and to see, in which way the donations received by Nova Onda (see section 3) could be spent in the health sector.

The following people and organisations were contacted:

- Nivaldo Santos – head of the fire department in Santo Antão
- Lucialina Cardoso – Medical centre São Vicente

## 2.3 Visit November 2025

In November 2025, Nova Onda implemented a Train-the-Trainer programme, aimed at nurses and fire service personnel. Two nurses, the head of the local fire department and the fire department coordinator took part in the training. The goal of this programme is to equip participants with the knowledge and tools needed to independently deliver first aid training on the island, as a First Aid Trainer. This pilot programme will be expanded in 2026.

The training included the following elements:

- Lateral side position
- Chocking infant, child and adult
- Resuscitation infant, child and adult



### 3. Disaster relief for Cape Verde: Project Support São Vicente.

On 10–11 August 2025, Tropical Storm Erin brought torrential rains that triggered flash floods and landslides across Cabo Verde, with São Vicente being the worst affected island. In just a few hours, rainfall exceeded annual averages, overwhelming drainage systems and destroying infrastructure. At least 12 people lost their lives, 5 remain missing, and more than 27,500 people were directly affected, including 1,500 displaced in São Vicente.

The disaster also affected the health sector. That's why Nova Onda started a specific fund-raising activity via *GoFundMe* and website donation page promotion for the project: Support São Vicente. In just a few weeks, almost 1.000 € were collected. In August 2025, the board visited São Vicente, to see, where this amount could be invested best to provide some relief. The donation is planned for 2026. The choice was in favour of the local health centre on São Vicente, but after multiple attempts to hand over the donation, it was decided to redirect the donation to a local community centre who have multiple causes to give the donation to. This community centre is called Djunta Mon and focuses on social, educational and intercultural activities for the youth in São Vicente by working with social workers, teachers and volunteers from over the world.



## 4. Nova Onda activities in the Netherlands

In 2025, Nova Onda activities in the Netherlands focused on continuing communication and fundraising, and establishing contacts with other organisations

### 4.1 Nederlandse Reanimatie Raad (NRR)

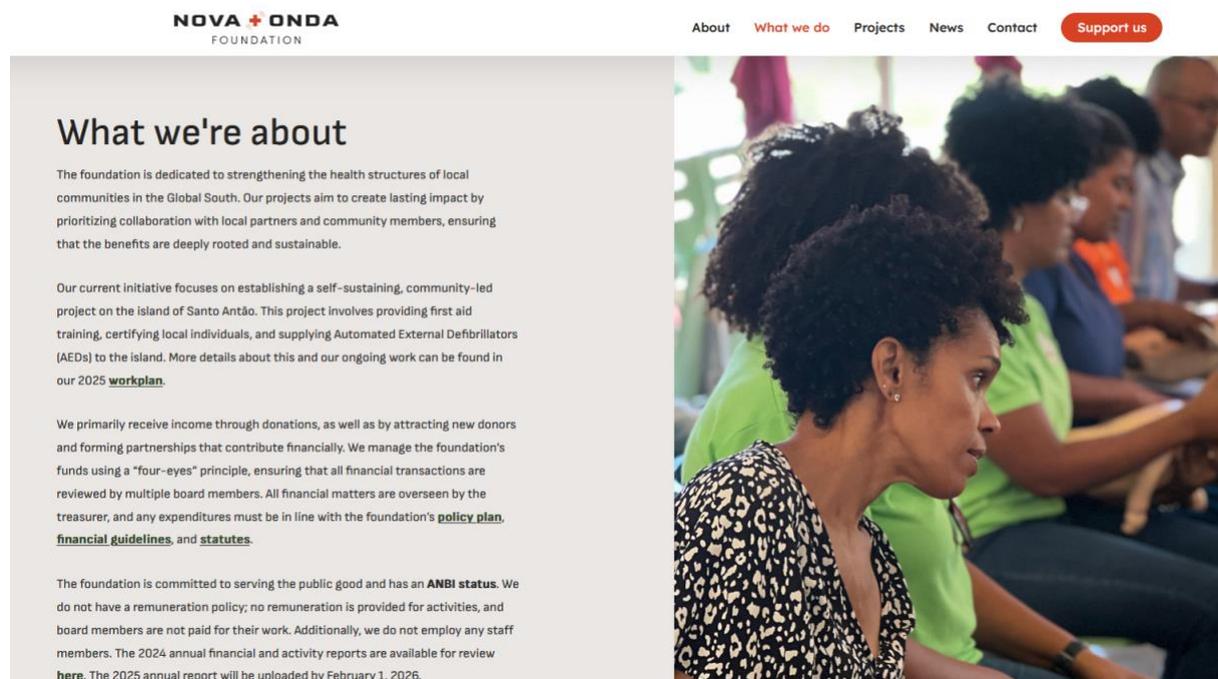
Nova Onda Board members Iris Hamels and Sophie Koster have successfully completed the instructor training programme of the Dutch Resuscitation Council (NRR) for both Basic Life Support (BLS) and Paediatric Basic Life Support (PBLs). They completed their internships at First Aid Assist and were assessed by multiple NRR-certified instructors.

This certification means they meet the NRR requirements for teaching BLS and PBLs courses and are authorised to independently deliver training and issue NRR-accredited certificates in accordance with current NRR guidelines.

### 4.2 Communication

Nova Onda regularly communicated its activities through social media. The Foundation is represented on Facebook under the name "Nova Onda Foundation," where it currently has 313 followers and 160 likes. It is also active on Instagram under the handle @novaonda.cv, with 248 followers and 12 posts made in 2025. Additionally, the Nova Onda Foundation maintains a presence on TikTok, where it has 25 followers and 2 posts published in 2025.

Another important communication channel is the [Nova Onda website](#), which is regularly updated.



*Nova Onda website*

In addition to information about Nova Onda activities, it also contains a video to showcase the work: <https://novaonda.org/wp-content/uploads/2024/03/First-aid-training-Santo-Antao.mp4>

#### 4.3 Linking up with others

In 2025, Nova Onda identified several potential cooperation partners, in order to broaden and stabilise our work. On the one hand, this was aimed at organisations with comparable fields of work; on the other hand, we also tried to link up with academic institutions.

More specifically:

- In October 2025, chair and secretary of Nova Onda met with *Hospitainer*, a company based in the Netherlands, aimed at providing the deployment of medical containers, supply chain management, maintenance and emergency stock holding. Points of discussion were the terms of reference for services provided (paid or non-paid), the involvement of local partners and staff (paid or non-paid) and the involvement of local champions. The discussion raised useful questions for future Nova Onda initiatives.
- Also in October 2025, they met with *Doctors of the World*, a Netherlands-based NGO that takes action for people who are excluded from healthcare or face barriers. They offer medical care, provide education, and help them get the right care. Even though they are particularly focused on excluded people in the Netherlands, they also had experiences from working in the global south. The discussion touched, among other subjects, the provision of health care in resource poor settings, and they shared insights that are also applicable and valuable in Cape Verde. In this context, the importance of involving local authorities and engaging in partnership with local initiatives. Finally, they suggested some potential donor organisations.

In 2025, Nova Onda was in touch with two Amsterdam-based Universities; the aim is to provide students the opportunity to do some research on the health needs in Cape Verde and to gain insight for Nova Onda, in order to develop more evidence-based interventions on the island.

- After introducing Nova Onda, the Global Health department/faculty of nursing of the *Hogeschool van Amsterdam* included the possibility of an internship Cape Verde in their programme.
- There were also talks with the *Vrije Universiteit*, Faculty of Anthropology, about the possibility of study visits in Cape Verde, and the internship was included in their study programme.

Nova Onda had conversations with students from both Universities, but unfortunately, the study visits/internships could not be realised. This was mainly due to financial obstacles and administrative restrictions on the side of the universities. However, the effort to include academia in the planning of Nova Onda activities is still considered very useful and will be pursued in the future.

#### *4.4 Board Meetings and Advisory Board*

In 2025, the Nova Onda Board met five times: 4 times in person and 1 time virtually. The secretary is responsible for the agenda and the minutes. On the agenda are both practical items, such as finance, administrative questions and planning of travel, and more strategic items, such as defining priorities for the future. All board meetings are documented by minutes.

Throughout the year, the Nova Onda Advisory Board was kept up to date on the activities of the Foundation. In particular, they provided advice regarding the best use of resources to respond to the floodings in Cape Verde.

#### *4.5 Fundraising*

In 2025, Nova Onda received both regular contributions and specific donations (e.g. for acquiring AEDs and for the disaster relief due to the floodings). Altogether, the regular contributions still stay behind our aims and expectations. In 2026, we strive to intensify our fundraising activities, linked to specific interventions and expenses.

## 5. Financial report 2025

The envisaged budget for 2025, unfortunately, could not be realised. The original income and expenses had been set to around € 18.000, while the final realisation came to around € 6.800. This was partly due to some donor expectations that did not materialise.

The year 2025 was ending with a small negative balance of € 428, but with a positive amount of almost € 1.000 on the bank account.

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.

<b>Income 2025</b>		<b>Expenditures 2025</b>	
Direct individual gifts	2.922,50	Administration (including bank costs)	320,99
Gifts via Mollie	1.642,89	Travel and subsistence (3 trips)	5.068,55
Gifts for disaster relief via GoFundMe	2.248,72	AEDs (including hand over costs)	1.853,00
<b>Total income</b>	<b>6.814,11</b>	<b>Total expenditures</b>	<b>7.242,54</b>
<b>Balance as of 31 December 2025</b>			<b>- 428,43</b>

## 6. Acknowledgments & Thanks!

The realisation of all activities carried out in 2025 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
- Mamiwata
- Voja travel
- The Nova Onda Advisory Board
- Soes from First Aid Assist
- Donors for AEDs: Voja Tavel, Hippocampus, Hogeschool van Amsterdam, Walhalla Seahouse, Luz da Lua and Tienne del Mar.

We sincerely thank these supporters for all their dedication and help in 2025.



## **ANNEX 1**

### **Nova Onda Foundation Advisory Board**

#### **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
- Nivaldo Santos – head of the fire department (Bombeiros) in Santo Antão