



WAVES FOR HOPE

2025 ANNUAL REPORT

Youth and Community Development -
Changing Lives through Community-Based Mental Health
and Sports for Development Programs

Introduction

2025 was another exciting year for Waves for Hope, filled with opportunities to learn, grow and connect.

Through our **surfing and freediving programs**, we continued to empower young people, build confidence and support mental well-being.

Our collaboration with **WAM** brought new opportunities through a coding workshop and temporary employment, while **A Day for the Deep**, celebrated together with TTCSN, gave participants the chance to learn about ocean conservation and the importance of protecting our marine environment.

We also brought our community together through our **annual summer surf event** during the school holidays and a special **end-of-year surf event**, celebrating the achievements, friendships and shared experiences that make Waves for Hope so special.

A big thank you to everyone who supported us and helped make 2025 a memorable year!

Best wishes,
Manuela Giger
Co-Founder & Director

About us

Youth and Community Development in under-served communities on the north-east coast of Trinidad

Mission

Waves for Hope is a local non-profit organization providing youth development programs in underserved communities along the east coast of Trinidad. Our mission is to reduce poverty and empower at-risk youth through education, mentorship, and sport, with a strong focus on physical, emotional, and mental well-being.

Vision

We envision communities where young people are empowered to thrive and create better opportunities for themselves and their families. Our goal is to reduce poverty, crime, and dependency while fostering positive, resilient, and healthy communities.

Waves for Hope operates in the coastal communities on the north-east coast of Trinidad, where delinquency, unemployment, crime, family breakdown, school dropouts and teenage pregnancy are omni-present. There are limited public human and financial resources, lack of professional capacity, limited options to place children in need of care and protection, limited treatment and follow-up services.



Challenges & Lessons Learned

Strengthening Our Foundations for more Impact

After many years of weekly use, much of our surf equipment has reached the point where it needs to be replaced. Maintaining safe, reliable equipment is essential to delivering our programs, highlighting the importance of planning and securing funding for regular equipment replacement.

Our experiences in 2025 reinforced the importance of building strong partnerships. Collaborations with like-minded organisations allow us to expand beyond our core programs, introducing young people to new educational experiences, practical skills and employment opportunities. Strengthening these partnerships will remain a priority.

We observed a decline in participation among girls, highlighting the need to better understand the barriers they face. Moving forward, we aim to explore their needs and interests and evaluate activities and program formats specifically designed to encourage greater participation and sustained engagement among girls and young women.



Impact & Outcomes

Largest improvement in overall well-being since start of data collection

+17.78%

Increase in overall well-being.

In 2025, we collected quantitative data from one Surf Therapy program. For the Freedive program, evaluation was based on qualitative participant feedback due to the small group size and short program duration.

The **Surf Therapy program recorded the largest improvement in overall well-being since we began collecting data, with an increase of 17.78%**. This encouraging result highlights the program's potential to positively impact participants' mental health and well-being.

2

Therapy Programms
and Club Activities

This year, we completed two therapy programs — Surf Therapy and Freediving — alongside weekly Surf Club sessions to ensure our existing beneficiaries remained consistently engaged and supported throughout the year.

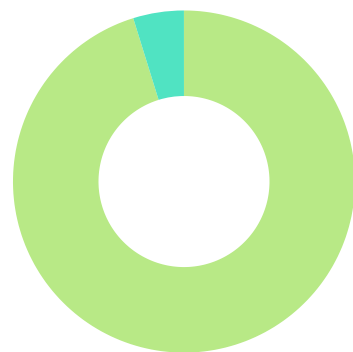


Financial Overview

Income and Expenses in 2025

Income

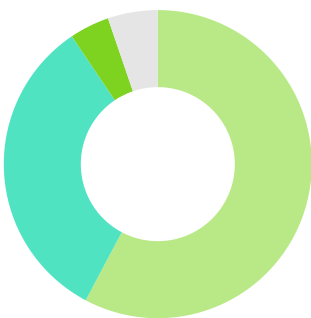
A total of TTD 82'851 was received in funding and donations.



- Financial Donations (95.21%)
- In-kind Donations (4.79%)

Expenses

A total of TTD 68'213 was spent in 2025.



- Salaries (57.75%)
- Program Costs (32.83%)
- Administration (4.18%)
- Transportation (5.24%)



Year in Review

2025 was a year of learning, growth and meaningful connections for Waves for Hope. Through our surf therapy and freediving programs, we continued to provide young people from underserved communities with safe spaces to build confidence, develop coping skills and strengthen their mental well-being.

Beyond our core programs, we created new opportunities for learning and personal development. In collaboration with **WAM**, we hosted a coding workshop and facilitated temporary employment opportunities, helping young people gain practical experience and explore new possibilities.

Environmental education also played an important role. To celebrate **A Day for the Deep**, we partnered with **TTCN** for an educational morning focused on ocean conservation, encouraging participants to better understand and protect the marine environment.

Our **annual summer surf event** during the school holidays and **end-of-year surf event** brought young people together to enjoy the ocean, strengthen friendships and celebrate their achievements.

Program evaluation provided encouraging results. Our Surf Therapy program recorded a **17.78% increase in overall well-being**, the largest improvement since we began collecting data. Qualitative feedback from our Freedive program offered additional insights into participants' experiences.

The year also highlighted areas for improvement, including the need to replace ageing surf equipment, strengthen partnerships and address declining participation among girls.

As we look ahead, these experiences will guide us in improving our programs, expanding opportunities and continuing to make a meaningful difference in the lives of the young people we serve.



Beneficiarie's Voices

”

Something I learned about myself through freediving is to be free and not let other's words bring me down. I feel more confident and in control of my emotions. The most important thing I take away from the program is that having control over your mind and emotions can give you greater advantages.

– Freediving Beneficiary



”

My best memory from the last few months is when I caught a wave and came on shore. There is something I learned with Waves for Hope and that is always get back up every time you fall. I have noticed changes in myself since I started the program, I noticed that I have been more patient with others. My favorite part of the program is communication with others and surfing. I can say that the mentors are smart, skilled, they look out for us and they educate us on not only surfing but on life. It means a lot to come and surf, it calms me, and it ables me to enhance my concentration etc.

– Surf Therapy Beneficiary

”

Throughout my time spent with the mentors and other students at Waves for Hope I learnt a number of things that I can use in my daily life but most importantly I learned how to be considerate of others and emotional wisdom. I noticed that I became calmer and more understanding of things. The mentors are fantastic. This program means a lot to me because I am in an environment where I learn a lot and have fun at the same time.

– Surf Therapy Beneficiary



Year in Numbers



Programs Overview:





Thank you to our supporters:

Repsol Trinidad, WAM, PFI Performance Freediving

2025

ANNUAL REPORT

www.waves-for-hope.org



WAVES FOR HOPE