



WAVES FOR HOPE



2024

# ANNUAL REPORT

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

# Introduction

2024 was a year of positive momentum and meaningful progress for Waves for Hope. We were proud to continue our journey of supporting young people through sport, mentorship, and connection, while also introducing new ways to deepen our impact.

Being recognised as an official freediving facility allowed us to combine the PFI Basic Freediver Course with mental health activities, creating a more holistic experience for our beneficiaries.

We ran Skate & Surf Therapy and Freediving programs, as well as weekly Surf and Skate Club sessions to keep our community engaged. With the addition of our own minibus, we were also able to improve access and consistency across all our activities.

We are grateful for the continued trust and support of our community and look forward with optimism and energy as we continue this journey together.

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.



# Year in Review

2024 was a year of consolidation, recognition, and deeper impact for Waves for Hope.

One of our most meaningful milestones was being recognised as an **official freediving facility**, allowing us to offer internationally accredited Freedive courses. By merging the **PFI Basic Freediver Course with mental health activities**, we created a holistic learning experience that supports not only physical skills, but also emotional resilience, focus, and self-awareness among our beneficiaries.

Throughout the year, we also successfully **completed another Skate Therapy Program**, continuing to provide young people with a safe, structured space to build confidence, discipline, and teamwork. In addition, we introduced a **Summer Surf Event** as well as a fun and inclusive **end-of-year Surf Event**, bringing together youth, families, and the wider community through the joy of the ocean.

A major step forward in 2024 was the acquisition of our own minibus, greatly improving our ability to transport beneficiaries safely and reliably to and from program activities.

We also started a new Surf Therapy Cycle in the last few weeks of 2024.

Together, these initiatives made 2024 a year of strong connection, growth, and innovation — strengthening our programs while deepening our commitment to the young people we serve.



# Year in Numbers



## Programs Overview:



## Impact & Outcomes

Qualitative feedback proved more meaningful and positive than the quantitative data collected.

**-0.28%**

Decrease in overall well-being.

Data was collected from one Skate Therapy Program and one Freediving Program. The results showed a slight overall decrease in reported wellbeing; however, this did not align with the feedbacks given by the beneficiaries or with the facilitators' observations of the beneficiaries' wellbeing.

Both programs had small group sizes, and the Freediving Program was short in duration, which likely contributed to fluctuations in the pre- and post-program evaluations. These factors can lead to spikes in the data that do not accurately reflect the true impact of the programs.

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Therapy Programms  
and Club Activities

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



## Challenges & Lessons Learned

### A smooth ride for 2024

In 2024, we did not face any major operational challenges.

The main focus was finding the right balance between introducing new program cycles while continuing to engage our existing beneficiaries through regular club sessions. This required careful planning to ensure continuity, consistency, and meaningful progression for all participants.

This balance allowed us to grow our programs while maintaining strong relationships and support structures for the young people who are already part of the Waves for Hope community.

For the Freediving Program, we learned that the group size was too small and the program duration too short to allow for meaningful pre- and post-program data collection and evaluation. Going forward, the Freediving Program will no longer use pre- and post-program data collection based on the WHO framework, but will focus on quality data collection and feedback through interviews with the beneficiaries.

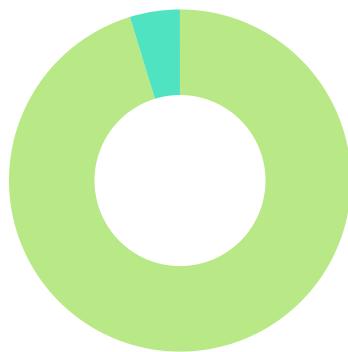


# Financial Overview

## Income and Expenses in 2024

### Income

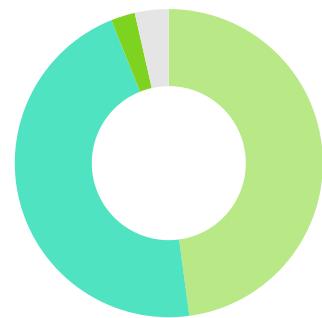
A total of TTD 165'091 was received in funding and donations.



- Donations (95.26%)
- Equipment Donations (4.74%)

### Expenses

A total of TTD 99'449 was spent in 2024.



- Salaries (47.88%)
- Program Costs (46.04%)
- Administration (2.53%)
- Transportation (3.55%)



## Beneficiary's Voices

“ The very first dive it was a great experience and it gave me a mental breakthrough. I learned breathing techniques to calm myself when I feel frustrated. I gained more confidence. The facilitators are all very kind and helpful. It means a lot to me to be part of Waves for Hope due to the fact that the freedive course costs a lot of money to do and I am also grateful for being given this opportunity.

– Freediving Beneficiary



“ My best memory was making my first 20ft dive with grace. I have learnt to channel my best self through positivity. I have noticed that I am more aware of my emotions, and I am able to stay calm in stressing situations. My favorite thing about this program is that I am able to test my willpower in a safe environment all while learning new things. My facilitators are the most attentive and hands-on at all times. They are patient and easy to communicate with. Given that I have used every session as a way to relax and de-stress, I would say that it means a great deal to be apart of this freediving program.

– Freediving Beneficiary



“ I have learned how to communicate. My mentors are great people and they are very helpful. It means a lot to be able to come and skate.

– Skate Therapy Beneficiary





**Thank you to our supporters:**

Repsol Trinidad, Florida Freedivers, PFI International

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Report by:

[www.waves-for-hope.org](http://www.waves-for-hope.org)

