



# ADPATIVE SURFING

*NOSSA ONDA*





# WHO WE ARE

Project  
Presentation

**Nossa Onda Adaptive Surf** was born from the friendship between two surfers who grew up in the ocean. **For more than five years** we have been running weekly surf sessions for people with special needs at Carcavelos beach. What started as a volunteer initiative has grown into a community where students, families and instructors enter the ocean together **every week.**





# THE TEAM

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**Miguel Costa**  
Co-Founder

Founder of Nossa Onda Surf School



**António F.de Oliveira**  
Co-Founder

Creative Producer and Talent Agent



**Nuno Ryder**  
Mentor

Adaptive surf instructor with over 15  
years of experience



**Every week** we run adaptive surf sessions for people with **different physical and cognitive needs**.

Each session is designed to ensure **safety, individual support and real time in the ocean**.

AUTISM

CEREBRAL PALSY

AMPUTATIONS

QUADRIPLEGIA



# THE PROJECT



# OUR CURRENT GROUP

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This is the group we enter the ocean with every week in Carcavelos.  
A small group, but with a huge impact on the lives of the students and their families.



**7 STUDENTS ON THE AUTISM  
SPECTRUM**

**1 QUADRIPLAGIC SURFER**

**AGES BETWEEN 6 AND 68  
YEARS OLD**

**WEEKLY SURF SESSIONS**



# JOAQUIM



OJoaquim is one of the **strongest examples** of the impact of adaptive surfing.

**Quadriplegic and 68 years old**, he enters the ocean with us every week.

His presence shows that **surfing can continue to be a source of freedom and connection with the ocean, regardless of physical limitations.**



# IMPACT

**5+ YEARS OF ACTIVITY**

**200+ SESSIONS  
DELIVERED**

**40+ PARTICIPANTS  
OVER THE YEARS**

**WEEKLY SESSIONS  
THROUGHOUT THE  
YEAR**



# MORE THAN SURF

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For many students, Sunday is the most anticipated moment of the week.

Contact with the ocean helps with emotional regulation, confidence and their relationship with the world around them.

**Parents often tell us that after surfing their children spend the rest of the day calmer and happier.**



# THE REALITY

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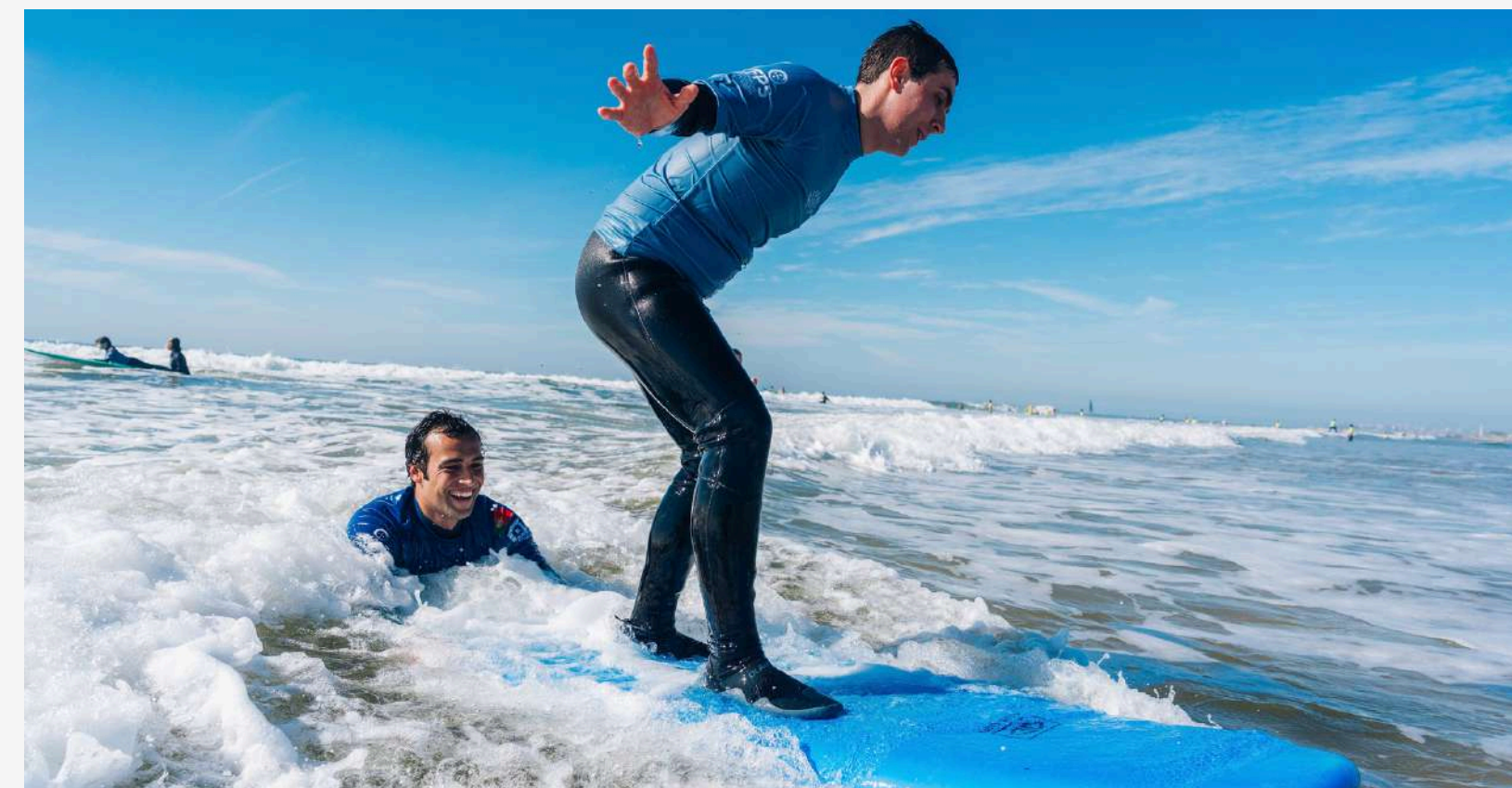
**Adaptive surf** has been growing in Portugal, but still with few schools offering regular programs. However, most initiatives still operate with limited capacity, relying on **scarce resources and small teams**. **Demand exceeds current availability** — and many families still **lack access** to regular sessions throughout the year.





# TESTIMONIALS

Apresentação de  
Projeto



“Surfing with my son has become something truly special for us. Seeing the kids in the water with confidence, joy, and smiles is incredible. The support from the team and other parents makes all the difference 🙏💙”

— *Maria Jacinta, mother of Miguel*

“Every Sunday is a new adventure❤️ The progress has been incredible — more confidence, more focus, more belief. An amazing team that truly makes a difference🥰”

— *Ema Paulista, mother of Ricardo*



# THE OPPORTUNITY



The project already runs every week and there is demand for more spots.

At the moment capacity is **limited due to lack of structure and resources.**

**With the right support we can increase the number of sessions and reach many more people.**



# WHERE WE WANT TO GO

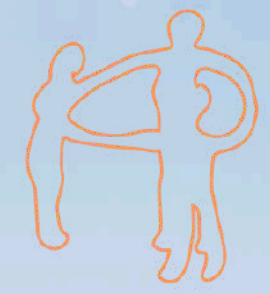
In the coming years we want to transform the project into a sustainable program with greater capacity.

**2-3 SESSIONS PER  
WEEK**

**30+ ACTIVE STUDENTS**

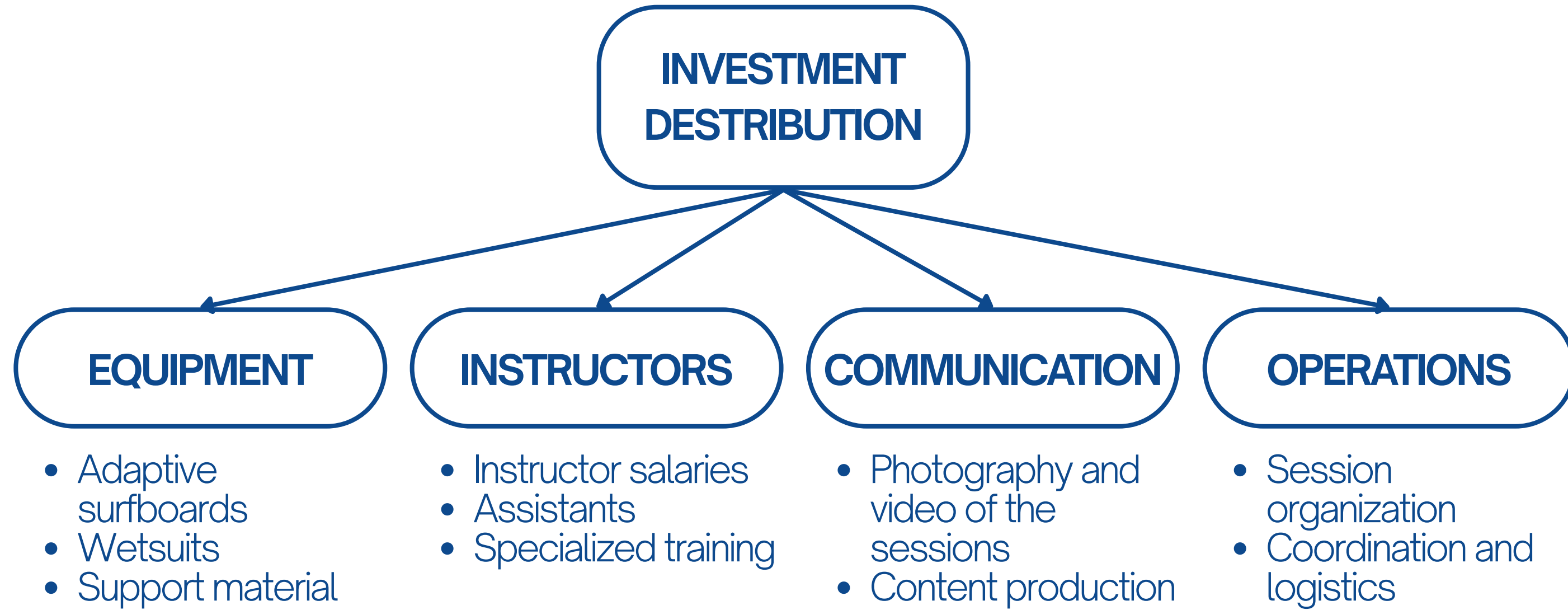
**DEDICATED TEAM OF  
INSTRUCTORS**

**OWN ADAPTIVE  
EQUIPMENT**





# INVESTMENT





# PARTNERSHIPS

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BY SUPPORTING NOSSA ONDA, PARTNERS STRENGTHEN THEIR **SOCIAL RESPONSIBILITY** WHILE DIRECTLY CONTRIBUTING TO **INCLUSION AND ACCESS TO SPORT, WITH REAL IMPACT ON PARTICIPANTS' LIVES.**



## OFFICIAL SPONSOR

Logo on project lycras  
Logo on surfboards and  
equipment

## ON-SITE VISIBILITY

Branding on flags  
Branding in special events

## SOCIAL MEDIA

Dedicated posts  
Access to photo and video  
from the sessions

## REAL STORIES

Access to documentary  
content  
Integration in communication



# THANK YOU

**The** ocean has a unique ability to connect people.

**Nossa Onda Adaptive Surf** exists to ensure that more people can have access to this experience.

**In the ocean we are all equal.**

Nossa Onda Adaptive Surf  
Carcavelos · Lisbon

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