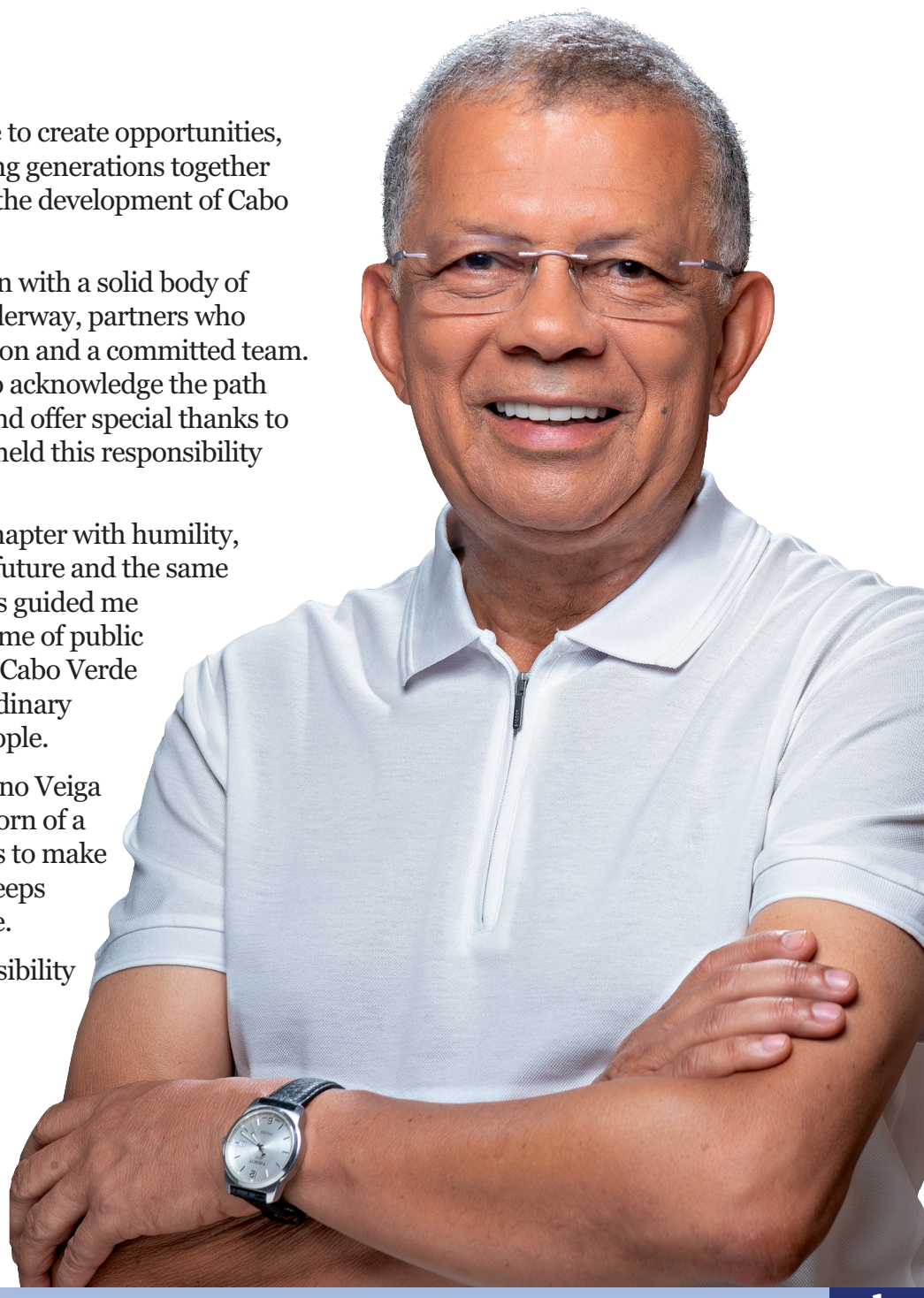



CARLOS ALBERTINO VEIGA FOUNDATION NEWSLETTER I No. 17 I NOV 2026

MESSAGE FROM THE PRESIDENT

# A NAME, A LEGACY, A RESPONSIBILITY



This is the first time I write to you as President of the Carlos Albertino Veiga Foundation, and I could not do so without acknowledging the deeply personal and emotional significance this moment holds for me.

Throughout my life, I have had the privilege of serving Cabo Verde in a range of capacities, taking part in some of the most profound transformations in our modern history, among them the building of our democracy, and having the honor of serving as Prime Minister in our country's first democratically elected Government. Today, many years later, I take on a different responsibility, but with the same sense of mission.

Carlos Albertino Veiga is my uncle, my father's brother, and one of the role models of my youth. It was in his honor that my father chose to give me the name Carlos. To now lead the Foundation that bears his name and strives to preserve the values that defined his life therefore carries a meaning that goes far beyond any institutional role.

This is about preserving a legacy, but that does not mean living with our eyes fixed on the past. The best way to honor those who came before us is to turn the values they left us into tools for building the future.

That is the Foundation I want to help strengthen: close to people and communities, able to create opportunities, rally goodwill, bring generations together and contribute to the development of Cabo Verde.

I find a Foundation with a solid body of work, projects underway, partners who believe in its mission and a committed team. I therefore want to acknowledge the path already traveled and offer special thanks to Paulo Veiga, who held this responsibility before me.

I begin this new chapter with humility, confidence in the future and the same conviction that has guided me throughout a lifetime of public service: a belief in Cabo Verde and in the extraordinary capacity of our people.

The Carlos Albertino Veiga Foundation was born of a dream. Our duty is to make sure that dream keeps building the future.

That is the responsibility I now embrace.

Enjoy the read.

**Carlos Veiga**
*President of the Carlos Albertino Veiga Foundation*

A NEW GENERATION IN SERVICE OF THE FOUNDATION

# ALEXIS DE FIGUEIREDO VEIGA STEPS IN AS EXECUTIVE DIRECTOR



The Carlos Albertino Veiga Foundation welcomes Alexis de Figueiredo Veiga as its new Executive Director. She brings a background that spans science, healthcare and management, along with a deeply personal connection to the Foundation's history.

The granddaughter of Carlos Albertino Veiga, Alexis sees this new role as an opportunity to carry forward a family legacy rooted in service to others, turning it into action alongside people and communities.

Having built her academic and professional career largely in the United States, she holds a bachelor's degree in Biochemistry and Molecular Biology and a master's degree in Medical Sciences from Boston University, as well as a bachelor's degree in Nursing from Northeastern University. Her career also includes research at the Harvard T.H. Chan School of Public Health and patient care at Boston Medical Center, before she moved into leadership and operations management roles.

For Alexis, this new chapter is, above all, where legacy, purpose and service come together.

“This Foundation bears my grandfather's name, and being able to help carry on the work he began is, for me, a very special way of honoring his life. If nursing gave me a way to care for one person and one family at a time, the Foundation now gives me the opportunity to bring that same sense of service to many more people and communities. I take on this responsibility with deep gratitude, humility and a strong desire to turn that purpose into actions with a real impact on people's lives.”

Welcome, Alexis. ■

# THE QUIET MIRACLE OF BOA VISTA'S BEACHES



Twenty-five years ago, the turtles were disappearing. Today, Cabo Verde is a case study for the world.

At this time of year, anyone walking along Boa Vista's beaches at night may be lucky enough to witness one of nature's loveliest scenes: hundreds of newly hatched turtles emerging from the sand and scrambling towards the sea.

For a long time this almost stopped happening. The loggerhead turtle (Caretta caretta) was hunted, its eggs were collected and the beaches were unprotected, but something changed. A study published this year found that, on three beaches in Boa Vista, the number of turtles coming to nest rose roughly 80-fold between 1998 and 2024. In 2020, the country set a record of almost 200,000 nests. Today, Cabo Verde is among the small group of places in the world, alongside Florida and Oman, where more than ten thousand females come to nest each year.

It was not luck. It was years of night patrols, of laws that were enforced, of volunteers and, above all, of communities who understood that a living turtle is worth more than a dead one.

This is something the Carlos Albertino Veiga Foundation also believes. In Praia Baixo, on the island of Santiago, where the loggerhead also comes to nest, the Foundation has been working with the community and the local school through the Padrinhos do Mar initiative and the Guardiões da Baía de Praia Baixo project. The aim is for children to grow up knowing, respecting and protecting the sea on their doorstep. Because the Boa Vista miracle began in exactly this way, with local people who decided to look after what was theirs.

It is the best proof that protecting the ocean is not a utopia. When a country decides, it can deliver. The question is: on how many other beaches are we willing to work the same miracle? ■

Photo © DW_Ângelo Semedo




# WHEN THE RAIN COMES, CABO VERDE SMILES

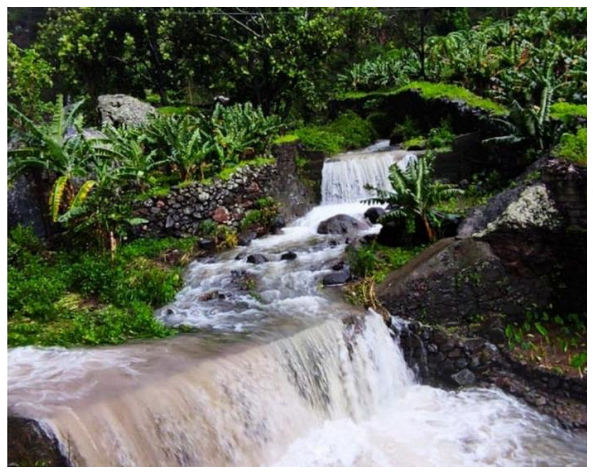
## In few countries is rain so celebrated. There is a reason for that.

In many places, rain is a nuisance. It ruins plans, soaks clothes and turns the sky grey. In Cabo Verde, it is a celebration. When the first drops fall, some people step out into the street, others phone relatives in the diaspora to share the news, and others simply look up at the sky with an age-old hope.

This is the time of the azáguas, the rainy season. For weeks, families in the interior prepare the land, sow maize and beans, and wait. If the rain comes at the right time and in the right amount, there will be a harvest, there will be cachupa on the table, and there will be relief. If it does not, nobody needs to explain what that means. The memory of drought and famine still lives in many Cabo Verdean families, handed down by their grandparents.
That is why the joy the rain brings is far from naive. It is the joy of a people who learned to live with little water and who know the value of every drop. You can see it in the landscape too: islands that spend most of the year in shades of brown suddenly turn green, as if, for a few weeks, the country's name made perfect sense.
And if the rain is becoming ever more unpredictable, then climate change brings new challenges to a country that has always depended on it. For the Carlos Albertino Veiga Foundation, sustainability is therefore not a fashion but a question of the future. It is in our work with schools, so that children grow up understanding the value of nature and of the resources we have. It is in our commitment to the blue economy and to the ocean as a source of opportunity.

And it is in our conviction that a country small in land and fresh water can be great in the way it cares for what it has. Now that the azáguas are ending and the harvest season is arriving, one lesson remains that reaches far beyond agriculture: a country that learned to wait for the rain has also learned never to lose hope. ■





Photos © DW_Sérgio Pires

# MORABEZA:
## THE WORD THAT CANNOT BE TRANSLATED



We all use it, but do we really know what it means?

Ask any tourist what they took away from Cabo Verde. They will very likely mention the sun, the sea and the music. And almost always they end up talking about the people: the way they were welcomed, the plate of food set in front of them without asking for anything in return, or the conversation on the doorstep of a house that was not their own.

We call it morabeza. The word appears on tourism posters and in the names of hotels and restaurants, and it has almost become a brand for the country. But morabeza cannot be sold. It is a way of being in the world. It is welcoming whoever arrives, even when you have little. It is the table that always has room for one more.

Some say it was born of necessity. In an archipelago of droughts, famine and departures, nobody survived alone. Sharing was not merely generosity, it was the only way to endure. What began as survival became culture.
Perhaps it is the most valuable wealth we have, and like all wealth, it can also be lost. In a country that is growing, welcoming more and more visitors and moving ever faster, it is worth asking: are we teaching morabeza to our children?

At the Carlos Albertino Veiga Foundation, we believe we are, that it is possible, and that this is also our mission. Culture is one of the Foundation's pillars, because a people who know and value who they are have more strength to build their future. And morabeza is also in the way we want to work: close to people, present in communities, with doors open to anyone who wants to be part of it. That is the example Carlos Albertino Veiga left us, a life in the service of others. To preserve that legacy is, in essence, to preserve morabeza. ■

NATIONAL PRIDE



## LAURYN ROSE TEIXEIRA
### A 13-YEAR-OLD VOICE THE WORLD IS LISTENING TO

Young activist of Cabo Verdean heritage is among the nominees for the International Children's Peace Prize
She is only 13, and the whole world is already listening. Lauryn Rose Teixeira, born in the United Kingdom to a Cabo Verdean mother, is one of 30 children selected from 250 nominations for the 22nd International Children's Peace Prize, awarded by the Dutch foundation KidsRights to young activists who campaign for children's rights. It is a prize with a distinguished history. Past winners include Malala Yousafzai and Bana Alabed.
Lauryn's journey began early. At the age of nine she wrote the book “Lauryn, Esta Sou Eu” (“Lauryn, This Is Me”), in which she tells the story of her origins, her culture and her history. She wanted other children, especially Black children, to feel seen and represented in the books they read. The book has already received several honours, including an Inclusion and Diversity award from the London Assembly, for challenging stereotypes about afro hair and Black identity.
Yet Lauryn has not stopped at words. She has taken books and support to vulnerable children in Cabo Verde, her mother's homeland, which is also her own. Her nomination was submitted by the Cabo Verdean association ACRIDES.
The winner will be announced on 19 November. Whatever the outcome, Lauryn has already won what matters most: she has shown that there is no age limit for changing the world, and that Cabo Verde's eleventh island, its diaspora, keeps giving the country reasons to be proud.
Congratulations, Lauryn. Cabo Verde is rooting for you. ■

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Tira Chapéu, CP 7944-009

Praia • Cabo Verde

# A BEACON
## FROM CABO VERDE

2021 2030 United Nations Decade of Ocean Science for Sustainable Development

## ABOUT THE FOUNDATION

***The Carlos Albertino Veiga Foundation's mission is to promote the social and economic development of Cabo Verde, based on the values of solidarity and entrepreneurship, contributing to a fairer future for all Cape Verdeans.***




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