

Q1 | January - March 2026

▶ Market Review & Outlook

US & TT Perspectives

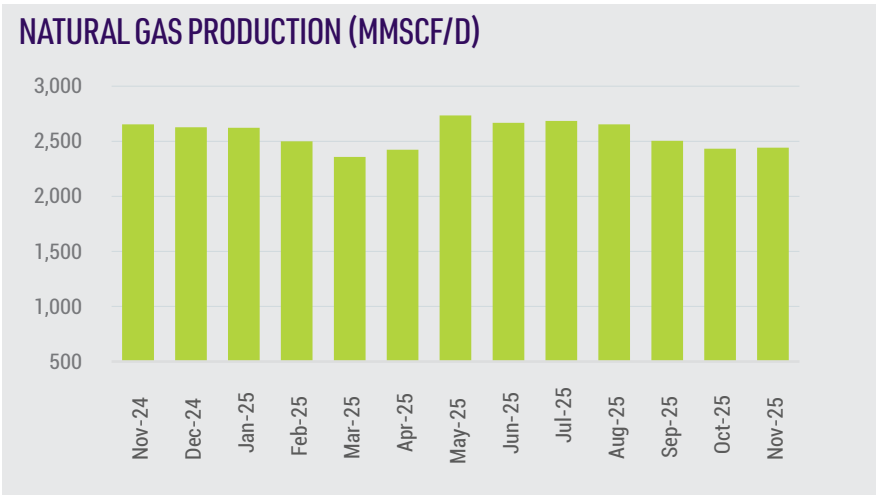


Economic conditions in Trinidad and Tobago during the first quarter of 2026 reflected a continuation of the modest recovery that began during 2025. According to projections from the International Monetary Fund and estimates compiled from national statistics, the economy expanded by approximately 1.0% in 2025, with similar moderate growth expected in the near term.

ECONOMIC STATISTICS						
	Q4 2024 _A	Q1 2025 _A	Q2 2025 _A	Q3 2025 _A	CY 2025 _F	CY 2026 _P
Real GDP (YoY)	3.4%	-2.1%	2.6%	-1.1%	1.0%	3.2%
CPI Growth (YoY)	0.5%	0.2%	0.5%	1.3%	1.5%	2.3%
Debt/GDP	82.6%	83.5%	85.1%	84.5%	85%	84.7%
Unemployment	5.50%	4.90%	3.80%	4.80%	4.9%	5.0%
Labour Participation	55.9%	54.3%	55.1%	54.6%	N/A	N/A

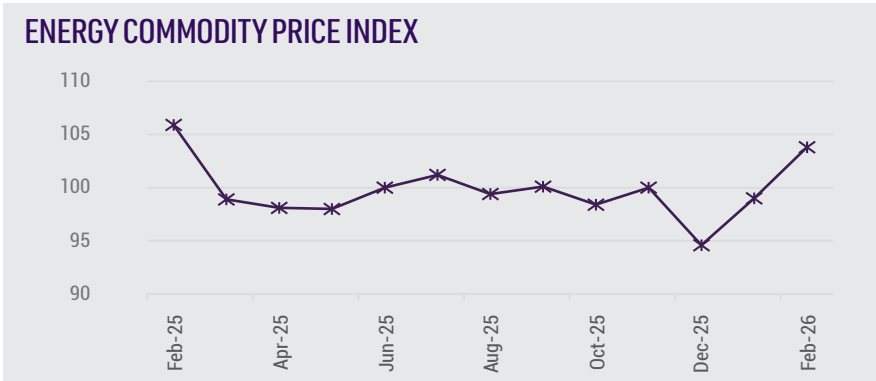
(A) Actual (F) Forecast Data via S&P Global Ratings

Recent data from the Central Bank of Trinidad and Tobago and the Central Statistical Office of Trinidad and Tobago indicate that non-energy sectors, including distribution, construction, financial services, and tourism, provided modest support to overall activity during the period. However, energy sector performance remained the dominant influence on overall economic output. Inflation remained relatively contained during late 2025 and into early 2026. Consumer price inflation averaged approximately 0.65% year-on-year, reflecting stable domestic demand and moderation in global food prices. Monetary policy remained broadly supportive of economic activity, with interest rates remaining relatively stable as authorities balanced growth considerations with external sector stability. Labour market indicators showed gradual improvement. The unemployment rate remained close to 5%, reflecting moderate job creation in services and construction alongside relatively stable employment in the public sector.



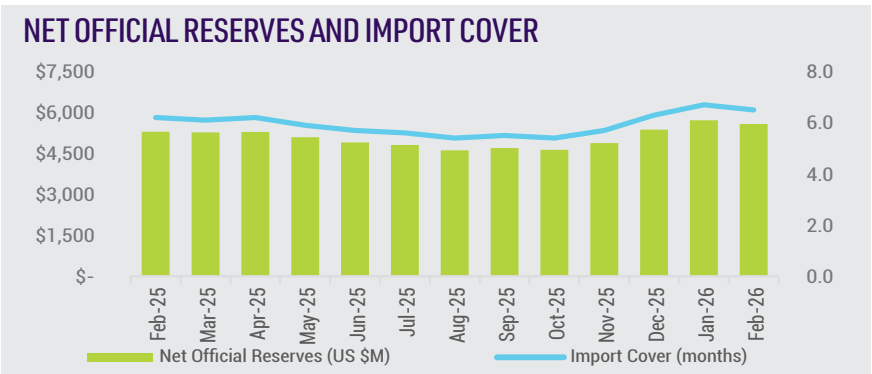
Foreign exchange availability continued to present a key constraint for businesses. In December net official reserves rebounded to \$5.37 billion, subsequently remaining relatively stable at approximately US\$5.4–US\$5.7 billion, equivalent to roughly 6.3–6.7 months of import cover. Although this reserve level remains adequate by international benchmarks, the private sector continues to face challenges accessing foreign currency due to persistent supply shortages linked to lower energy export receipts.

Several developments during the quarter have the potential to materially reshape the outlook for Trinidad and Tobago's energy sector. The most significant relates to progress on cross-border gas development between Trinidad and Venezuela. The Dragon gas field, located offshore Venezuela, contains an estimated 4–4.5 trillion cubic feet of natural gas reserves. Development of the field is expected to supply roughly 300–350 million cubic feet of gas per day to Trinidad for processing once production begins.



In addition, progress continues on the Manatee gas project, operated by Shell and located offshore Trinidad. The Manatee field represents the Trinidad portion of the Loran-Manatee reservoir and contains approximately 2.7 trillion cubic feet of natural gas reserves. Production from the field is expected to reach around 600 million cubic feet per day when fully developed, with first gas anticipated later in the decade.

Several domestic upstream projects are also progressing. These include developments such as Mento, Ginger, and Aphrodite, which are expected to contribute incremental gas supply and help stabilise domestic production levels. Taken together, these developments suggest that the period of declining natural gas supply that constrained LNG and petrochemical output in recent years may gradually begin to reverse.



INVESTOR OUTLOOK

Looking ahead, the outlook for Trinidad and Tobago's economy is becoming increasingly linked to renewed developments in the energy sector. After several years of declining gas production, the pipeline of upcoming upstream projects suggests that the country could be entering a new phase of investment and production growth. The combination of projects currently under development could materially strengthen Trinidad's natural gas supply over the medium term. Production from the Dragon field could supply approximately 300–350 million cubic feet per day, while the Manatee project could deliver up to 600 million cubic feet per day when fully operational. Additional domestic projects such as Mento, Ginger, and Aphrodite are expected to contribute further incremental volumes. If these projects progress according to current timelines, Trinidad could eventually see close to 1 billion cubic feet per day of additional gas supply over the medium term. This additional supply would be critical for restoring utilisation rates at the country's LNG and petrochemical facilities, which have been operating below capacity in recent years due to gas shortages. The emerging pipeline of gas developments has drawn comparisons with the energy expansion experienced during the late 1990s and early 2000s, when large offshore discoveries and the development of the Atlantic LNG complex transformed Trinidad and Tobago into one of the world's major exporters of liquefied natural gas. While the scale of the current developments may not immediately replicate that earlier boom cycle, the underlying dynamics are similar.

Increased gas availability could stimulate higher LNG production, stronger petrochemical exports, and increased foreign exchange inflows. This, in turn, could encourage renewed investment in energy infrastructure, downstream industries, and energy services. Improved gas supply prospects are likely to strengthen investor confidence in Trinidad's energy sector. Greater upstream investment could support job creation and stimulate activity across related industries including logistics, engineering, and energy services. Higher LNG production would also help increase foreign exchange inflows, which could ease pressure on the domestic foreign exchange market and support broader economic activity. The success of cross-border energy projects will depend heavily on diplomatic relations between Trinidad and Venezuela. Continued cooperation between both countries will be essential to ensure that projects such as Dragon proceed smoothly. At the same time, Trinidad appears to maintain favourable political relations with the United States. U.S. support for licensed energy cooperation between Trinidad and Venezuela has helped facilitate progress on projects that were previously stalled. Overall, the economy continues to face structural challenges, including limited diversification, foreign exchange constraints, and fiscal pressures but improving prospects in the energy sector provide a potential catalyst for renewed activity. If upstream developments progress successfully and policy reforms strengthen the investment environment, Trinidad could experience a gradual improvement in economic activity, investment, and external balances over the coming years.

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