

# Sao Tome and Principe

**Continent:** Africa

**Languages Spoken:** Portuguese

**Population:** 219,159

**Currency:** Dobra (STN)

**Area:** 964

## Main Landmarks:

- {'name': 'Obo National Park', 'writeup': 'A protected rainforest area known for its biodiversity and endemic species.'}
- {'name': 'Roça Sundy', 'writeup': 'A historic plantation site linked to the abolition of slavery in the islands.'}
- {'name': 'São Sebastião Museum', 'writeup': 'A cultural museum housed in a former fortress showcasing local history.'}

## Head of State / Government:

President Carlos Vila Nova

## Main Cultural Events:

- {'name': 'São Tomé and Príncipe Independence Day', 'writeup': 'Celebrated on July 12, marking independence from Portugal in 1975 with parades and cultural performances.'}
- {'name': 'Festival of the Black Christ', 'writeup': 'A religious and cultural festival featuring processions and traditional music.'}

## Food & Cuisine:

The cuisine features seafood, tropical fruits, and dishes like calulu, a stew made with fish or meat, vegetables, and palm oil, reflecting Portuguese and African influences.

## Brief History:

Discovered by Portuguese explorers in the late 15th century, the islands were uninhabited before colonization. They became a key site for sugar and cocoa plantations using enslaved labor. Sao Tome and Principe gained independence from Portugal in 1975 and has since developed as a small island nation with a focus on agriculture and eco-tourism.

## Important People:

- Miguel Trovoada - Former President and key figure in independence.
- Manuel Pinto da Costa - First President after independence.
- Geraldo Martins - Current Prime Minister.

## Current Conflicts:

No significant internal or external conflicts reported.

## Youtube Links:

- Discovering São Tomé and Príncipe: Africa's Hidden Gem

- [São Tomé and Príncipe Travel Guide](#)
- [History of São Tomé and Príncipe Explained](#)
- [Top 10 Things to Do in São Tomé and Príncipe](#)
- [São Tomé and Príncipe Culture and Traditions](#)