



SÃO TOMÉ AND PRÍNCIPE

2026-2027 IFRC network country plan



20 January 2026

In support of the São Tomé and Príncipe Red Cross



5

National Society branches



5

National Society local units



32

National Society staff



200

National Society volunteers

People to be reached in 2026



24,000

Climate and environment



27,000

Disasters and crises



130,000

Health and wellbeing



22,000

Values, power and inclusion

IFRC network Funding Requirements

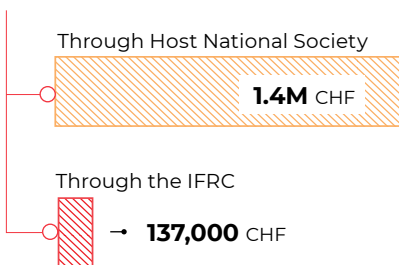
2026

Total 1.5M CHF

2027

Total 1.5M CHF

Projected funding requirements



IFRC Appeal codes

Longer-term needs:

MAAST002

Hazards



Floods



Sea level rise



Storms



Landslides



Diseases

IFRC network multi-year focus

Longer term needs

- Climate change adaptation
- Disaster preparedness
 - Health
- Water, sanitation and hygiene
 - Social inclusion

Capacity development

- Communications
- Resource mobilization
- Digital transformation
 - Risk management
- Financial management

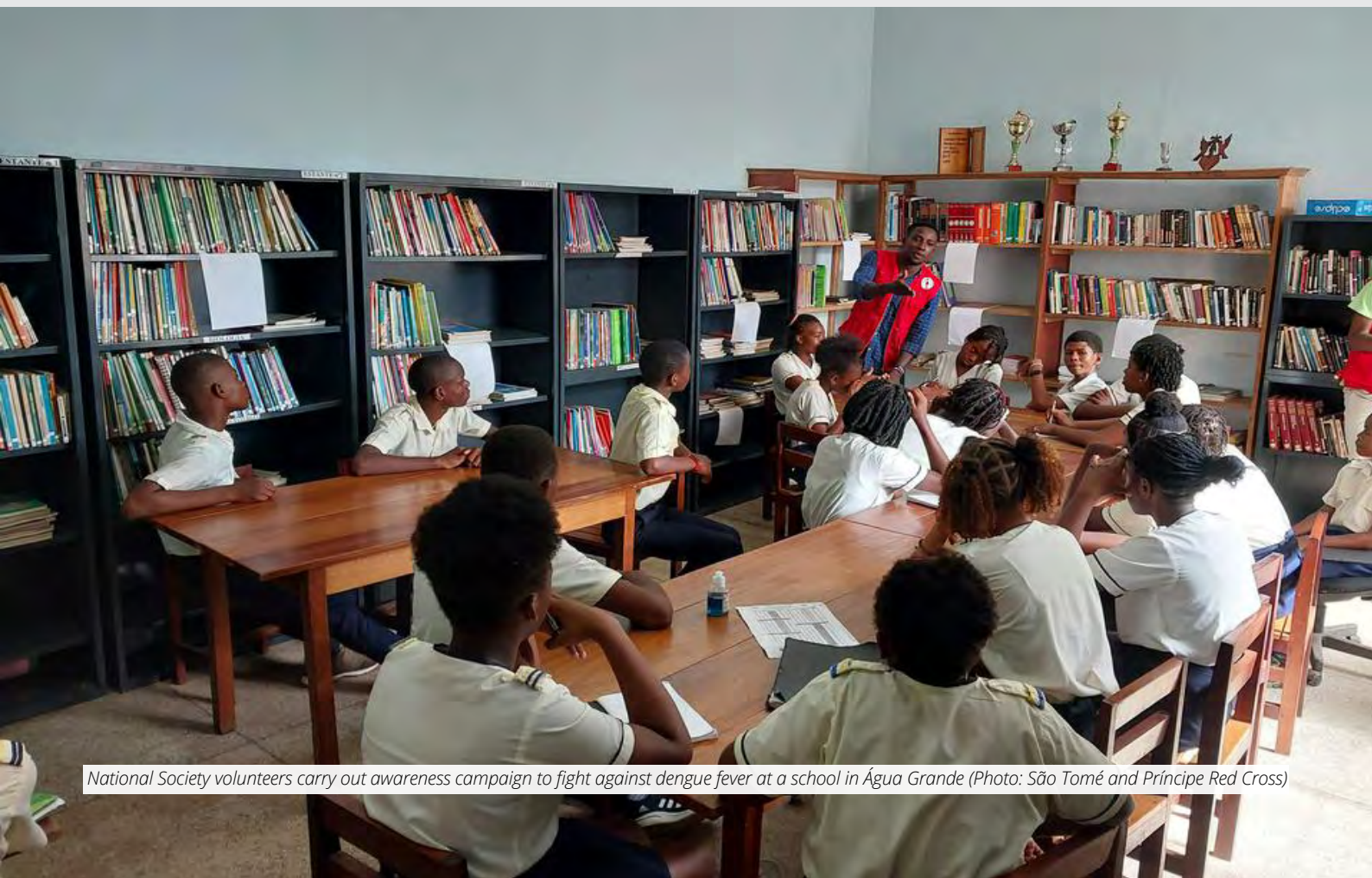
Key country data links

INFORM Climate Change Risk Index **Very Low**

Human Development Index rank **141**

World Bank Population figure **236,000**

World Bank Population below poverty line **56%**



National Society volunteers carry out awareness campaign to fight against dengue fever at a school in Água Grande (Photo: São Tomé and Príncipe Red Cross)

Detailed funding requirements

	2026		2027	
	Host National Society	IFRC	Host National Society	IFRC
Longer-term needs				
Climate and environment	280,000	28,000	280,000	28,000
Disasters & crises	295,000	30,000	295,000	30,000
Health & wellbeing	326,000	33,000	326,000	33,000
Migration & displacement				
Values, power & inclusion	170,000	17,000	170,000	17,000
Enabling local actors	300,000	30,000	300,000	30,000
Total	1.4M	137,000	1.4M	137,000

NATIONAL SOCIETY PROFILE

The **São Tomé and Príncipe Red Cross** was created by decree in 1976 and admitted to the International Federation of Red Cross and Red Crescent Societies (IFRC) in 1985. It has administrative and financial autonomy and is an auxiliary to public authorities for work in the social field, peace, and the prevention of diseases and disasters. It is present throughout the country and has five regional committees in the districts of Água Grande, Caué, Lembá, Cantagalo and the Autonomous Region of Príncipe.

The São Tomé and Príncipe Red Cross Strategic Plan 2021-2025 confirms the National Society's commitment to pursue and develop humanitarian assistance based on five strategic areas:

Institutional development: Strengthening the National Society's technical and financial capacities and improving the quality of the services it provides to the population. It will particularly focus on digitalizing its work and gradually improving its functional social protection system.

Information and dissemination: Improving the visibility of the National Society and the International Red Cross and Red Crescent Movement and disseminating the basic concepts of international humanitarian law.

Health, social protection and women's protection: Contributing to progressively and sustainably improving health conditions for vulnerable communities throughout São Tomé and Príncipe, while reducing domestic violence and empowering women.

Disaster management and humanitarian relief: Establishing a disaster response team and building its capacity to respond, and recruit and train new volunteers as emergency back-up.

Promotion of youth and culture of peace: Establishing and training youth structures in the districts of Água Grande, Lembá, Cantagalo, Caué and the Autonomous Region of Príncipe to carry out social and humanitarian activities within communities.

IFRC NETWORK ACTION

JOINT SITUATIONAL ANALYSIS

The Democratic Republic of São Tomé and Príncipe is an island country of over 240,000 people, located in the Gulf of Guinea, off the west equatorial coast of Central Africa. It is made up of two archipelagos around the two main islands of São Tomé and Príncipe, which are about 140 kilometres apart and located about 250 kilometres and 225 kilometres respectively from the northwest coast of Gabon.

Demographically, São Tomé and Príncipe's population growth is moderate, but increasing urban concentration particularly in the capital, São Tomé places growing pressure on infrastructure, basic services, and the environment. A large proportion of the population is young, creating rising demands for education, employment, and health services. The country has a relatively high literacy rate and has achieved significant progress in primary education, with a completion rate of around 97 per cent.

Politically, São Tomé and Príncipe is recognized for its relative stability within Central Africa. It operates under a multi-party semi-presidential system, with generally peaceful transitions of power. In the 2022 parliamentary elections, the Independent Democratic Action party secured a majority, reaffirming its leadership role. While no major conflicts have been reported recently, challenges persist in governance, transparency, and institutional development (IFRC Global Plan 2025).

Economically, the country remains vulnerable and highly dependent on imports, particularly food. Classified as a lower-middle-income country, São Tomé and Príncipe faces significant poverty; about 55.5 per cent of the population lives below the national poverty line, and over two-thirds survive on less than USD 3.20 per day. The absence of a deep-water port limits logistical capacity, and local agriculture remains low in productivity. Tourism offers considerable potential but remains underdeveloped.

Social disparities persist, particularly between genders and between rural and urban areas. The Human Development Index ranks the country 138th globally, above the sub-Saharan Africa average. However, the Gender Inequality Index remains high at 0.537, placing São Tomé and Príncipe 133rd out of 162 countries, reflecting gaps in education, reproductive health, and economic participation.

Education has improved steadily, with primary school completion rates reaching 88 per cent in 2019. However, universal access to secondary education remains a challenge. Despite national efforts and partnerships with UNICEF, GPE, and the World Bank, quality remains affected by high repetition rates and weak foundational skills. To address this, a national digital education strategy has been launched, supported by continuous teacher training and offline learning tools, covering primary and secondary education from 2022-2027.

Benefiting from an equatorial-tropical climate and high rainfall, the archipelago enjoys relative food and forest security. However, urban areas face significant sanitation challenges. With no local cereal production, São Tomé and Príncipe relies heavily on food imports, which remain uncertain due to logistical constraints, including the lack of a deep-water port and a short airstrip vulnerable to adverse weather. Natural hazards such as floods and landslides further disrupt crops, road access, and housing.

The country is highly vulnerable to climate change. Increasingly frequent heavy rains have caused severe flooding, notably in late 2021 and early 2022, damaging infrastructure, causing power outages, and destroying livelihoods. Dependence on food imports exacerbates risks during climatic or economic shocks. Additionally, deforestation, soil erosion, and biodiversity loss threaten ecological resilience.

Although São Tomé and Príncipe is not currently facing a major migration crisis, climate risks, poverty, and limited access to essential services could drive internal migration toward urban centers. Meanwhile, the health system remains fragile, with limited capacity to manage epidemics such as malaria and, more recently, dengue fever.

STRATEGIC PRIORITIES



Climate and environment

Like most Central African countries, São Tomé and Príncipe is vulnerable to hydro-meteorological hazards, which are exacerbated by climate change and compounded by environmental degradation. As well as facing increased risks of floods, landslides and storms, the islands of São Tomé and Príncipe are being increasingly affected by sea level rise, storm surges and coastal erosion.

Floods are a natural hazard in São Tomé and Príncipe and have a considerable impact on the country, affecting more than 200 people each year. The people most at risk are concentrated on the main, most populous island of São Tomé, where the local economy is highly vulnerable to flooding. The areas affected by floods each year produce about 0.8 per cent of the nation's GDP, corresponding to about US\$2.8 million per year. The number of people affected is likely to increase considerably under future climatic conditions.

The rainy season in São Tomé and Príncipe lasts nine months each year on average, from September to May, with floods mostly occurring in the north. From December 2021 to May 2022, the country experienced its most significant flooding season in a decade. The most significantly affected areas were mainly in the districts of Lembá, Me-Zochi, Água Grande and Príncipe. These floods demonstrate the need to focus on reducing the current and future humanitarian impacts of climate and environmental crises.

Climate projections indicate rising average temperatures, increasingly erratic rainfall patterns, and more frequent extreme events such as tropical storms. These trends call for the systematic integration of climate risks into public policies and community initiatives, in line with São Tomé and Príncipe's commitments under its Nationally Determined Contribution and national adaptation efforts through the National Adaptation Plan.

Multi-year high level objectives of the National Society

The Sao Tome and Principe Red Cross is part of the IFRC Global Climate Resilience Programme, which aims to foster an unprecedented scale-up in locally led climate-smart disaster risk reduction and adaptation efforts to prevent and reduce climate-related disaster impacts and build community-level climate resilience. The programme aims to support 500 million people in 100 of the most climate-vulnerable countries, focusing on the least supported and marginalized communities. This holistic, multi-year programmatic approach

consists of four operational pillars: (1) scaling up climate-smart disaster risk reduction, anticipatory action and preparedness; (2) reducing the public health impacts of climate change; (3) addressing climate displacement; and (4) enabling climate-resilient livelihoods and ecosystem services.

In line with the IFRC Pan-African initiative on Tree Planting and Care, and with support from the IFRC, the Sao Tome and Principe Red Cross will advocate with the authorities for reforestation through programmes such as One Pupil, One Tree.

The National Society will continue to strengthen climate-smart disaster risk reduction, anticipatory action and preparedness; reduce the impact of climate change on public health; support reforestation in high-risk areas; and enhance public awareness to promote behaviour change in response to climate challenges.

Planned activities in 2026

- Establish early warning systems in three pilot communities, including the acquisition of surveillance equipment
- Develop contingency plans that incorporate the impacts of climate change on target areas
- Conduct behaviour change communication targeting at-risk communities
- Raise public awareness on climate change and environmental issues to encourage adaptive behaviours
- Implement community tree-planting initiatives in areas vulnerable to landslides

Longer-term support from the IFRC network

The IFRC will support the Sao Tome and Principe Red Cross by integrating climate risk management, including adaptation and mitigation, across all its programmes, operations, and advocacy. It will also support the National Society to adopt better environmental management approaches to address exposure and vulnerability. The National Society will also strengthen the Red Cross and Red Crescent Green Response Framework and strive to reduce its climate and environmental footprint, with the IFRC's assistance.



Disasters and crises

For real-time information on emergencies, visit IFRC GO page [São Tomé and Príncipe](#)

In São Tomé and Príncipe, climate-related natural disasters such as floods, storms, and landslides pose significant risks. According to the [INFORM Risk Profile](#), the country is classified as medium risk, with high exposure to natural hazards and limited institutional resilience. The impacts of climate change are evident in the intensification of extreme rainfall, prolonged storms and rising river levels, which have caused widespread damage to property and loss of life in several regions.

Since 2021, the country has experienced multiple severe weather events. In December 2021, torrential rains triggered large-scale flooding in the capital and riverine areas, resulting in two fatalities and six missing persons in Ponte Samu. The government declared a state of disaster and appealed for international assistance. Further [heavy rains](#) in March 2022 caused significant flooding in the districts of Lembá, Me-Zochi, and Água Grande areas already affected in 2021. Lembá proved particularly vulnerable due to its fragile socio-economic conditions.

In [May 2022](#), the Autonomous Region of Príncipe was hit by heavy rains, damaging homes, roads, and crops. A joint assessment by the São Tomé and Príncipe Red Cross and the government reported widespread flooding, property losses, and farmland collapse. Landslides occurred in Bela Vista, Abade, and Aeroporto in Picão via Telelé, with 10 landslides and two partially destroyed houses. Access to petrol stations was temporarily disrupted, and flooding affected communities including Santo António, Lenta Pia, São Mateus, Porto Real, and Santo António II. In total, 61 homes and 350 families were impacted. Additional details are available on the IFRC GO platform for São Tomé and Príncipe.

Multi-year high level objectives of the National Society

In the coming years, the National Society will focus on developing an early warning plan, a contingency plan and simulation exercises in evacuation and assistance. Advocacy with the National Council for Disaster Preparedness (CONPREC), the national body responsible for civil protection and disaster reduction, will also be crucial. This is in line with the [IFRC's Pan-African Red Ready](#) initiative.

The National Society will explore integrated interventions that support basic needs, prevent asset depletion and protect livelihoods, in line with the [IFRC's Pan-African Zero Hunger](#) initiative.

The São Tomé and Príncipe Red Cross is committed to strengthening disaster preparedness and resilience. While the country has contingency plans and is progressively aligning with international frameworks such as the Sendai Framework

for Disaster Risk Reduction and the African DRR Strategy, effective implementation requires increased technical and financial support. The National Society's multi-year objectives reflect this commitment, focusing on building community capacities, developing local emergency plans and integrating climate resilience into humanitarian programmes, in line with national disaster management priorities.

The Sao Tome and Principe Red Cross will establish a permanent disaster response team, along with more trained volunteers to provide backup in case of emergency. It will also develop an early warning plan, a contingency plan and simulation exercises in evacuation and assistance.

The National Society will continue supporting the government of São Tomé and Príncipe in assisting at-risk populations during natural disasters, in alignment with the [IFRC's Pan-African Zero Hunger](#) initiative.

Planned activities in 2026

- Develop and revise multi-hazard contingency plan
- Procure and pre-position essential kits and equipment in three high-risk pilot areas
- Establish a national network of first responders
- Deploy rescue teams across all relevant structures
- Map high-risk urban areas nationwide
- Implement small-scale water piping and drainage systems in vulnerable communities
- Train National and Community Disaster Response Teams to enhance emergency response readiness
- Contribute to revision of national multi-hazard contingency plan and development of a flood contingency plan

Longer-term support from the IFRC network

The IFRC will support the Sao Tome and Principe Red Cross with effective use of technology to anticipate risks and provide proactive [early action](#) and [predictive financing](#). It will assist with the capacity building to efficiently coordinate across its regional and global networks to ensure response to increasing humanitarian demands and optimizing locally led humanitarian action. It will also promote ethical, people-led approaches such as [cash and voucher assistance](#), [livelihoods](#), and response models that are localized and regional.

IFRC mechanisms such as the [Disaster Response Emergency Fund \(IFRC-DREF\)](#) and Emergency Appeals will be drawn on as needed for the National Society to respond to disasters and crises.



National Society volunteers carry out awareness campaign to fight against dengue fever at a school in Água Grande (Photo: São Tomé and Príncipe Red Cross)



Health and wellbeing

In recent years, São Tomé and Príncipe has achieved notable progress in public health, particularly in reducing infant and maternal mortality and combating certain communicable diseases. Life expectancy at birth is estimated at 71 years a relatively high figure for the Central African region, according to Our World in Data. Much of this progress is attributed to improved primary health care coverage and successful immunization campaigns.

However, access to health services remains uneven, especially in remote rural areas of the two main islands. Hospital capacity is limited in terms of infrastructure and human resources, with medical staff concentrated in the capital, creating territorial disparities in care provision. These vulnerabilities become more evident during natural disasters or health crises. The Global Health Security Index ranks São Tomé and Príncipe as having medium to low capacity to prevent and respond to health emergencies.

The country remains exposed to certain epidemics. Malaria is endemic, although its incidence has declined significantly thanks to vector control programmes. WHO data indicate that malaria cases have decreased by more than 50 per cent over the past two decades. Sporadic outbreaks of cholera and typhoid fever still occur, often linked to inadequate drinking water supply and sanitation.

Immunization coverage is generally high, with over 90 per cent of children receiving WHO-recommended vaccines.

Nonetheless, efforts are needed to reach children in rural or unregistered communities. The joint WHO/UNICEF WASH programme highlights persistent challenges in access to clean water, complicating infection prevention.

Child malnutrition remains a concern, with approximately 17% of children under five stunted, according to UNICEF. This is exacerbated by dependence on food imports, poor feeding practices, and limited access to nutritional health services, particularly in disadvantaged areas.

Non-communicable diseases (NCDs) such as diabetes, hypertension, and cardiovascular conditions are on the rise, driven by rapid lifestyle changes, urbanization, and physical inactivity. These conditions are not yet fully integrated into public health programmes, despite their growing share of morbidity.

Access to safe water, sanitation, and hygiene (WASH) continues to be a major challenge. Many rural communities lack secure water supply systems, contributing to waterborne diseases such as acute diarrhoea. The Global WASH Cluster recommends increased investment in basic infrastructure to prevent recurrent outbreaks.

Climate change further aggravates public health risks. Rising sea levels, higher temperatures, and erratic rainfall affect freshwater sources, food crops, and nutritional health. WHO warns that climate change could exacerbate vector-borne diseases, nutritional deficiencies, and recurrent health crises.

At the institutional level, São Tomé and Príncipe has adopted a National Health Development Plan and a Strategic Action Plan for Maternal, Newborn, and Child Health, aligned with Sustainable Development Goals. These plans aim to strengthen primary health care, improve immunization coverage, combat malnutrition, and ensure better access to safe drinking water.

Multi-year high level objectives of the National Society

The São Tomé and Príncipe Red Cross aligns its objectives with government priorities through community-based health promotion, vaccination campaigns, waterborne disease prevention and epidemic preparedness. It also works to strengthen community resilience to health crises and climate shocks, in collaboration with the IFRC and other technical and financial partners.

The National Society will also explore integrated approaches to meet basic needs, safeguard livelihoods, and protect the assets of vulnerable households, in alignment with the [IFRC's Pan-African Zero Hunger Initiative](#).

A permanent national disaster response team will be established, supported by a significantly strengthened network of trained volunteers capable of delivering timely emergency assistance. Regular simulation exercises will be conducted to test and refine evacuation and response mechanisms.

In addition, the National Society will maintain its commitment to improving the health of vulnerable communities across the country, while enhancing its capacity in [water, sanitation, and hygiene \(WASH\)](#). Close collaboration with the Ministry of Health and the Ministry of Women's Rights will enable more effective prevention and response to epidemics and pandemics that threaten the country.

Planned activities in 2026

- Provide healthcare and monthly subsistence allowances to 150 vulnerable and abandoned older people, along with hot meals in day centres
- Rehabilitate the National Society's health facilities
- Establish two fully equipped mobile clinics for emergencies, one in São Tomé and one in Príncipe
- Organize first aid services nationwide and supply all basic first aid materials
- Set up a community alert system for epidemics and pandemics
- Establish psychosocial support centres in targeted neighbourhoods
- Join coordination bodies for epidemic and pandemic preparedness and response
- Run a behaviour change campaign to prevent HIV/AIDS, focusing on stopping mother-to-child transmission
- Organize dengue prevention campaigns
- Rehabilitate two retirement homes, one in Príncipe and one in São Tomé
- Conduct clean-up campaigns in communities with poor sanitation

Longer-term support from the IFRC network

The IFRC will assist the São Tomé and Príncipe Red Cross in expanding its [community-based health and first aid](#), and [water, sanitation and hygiene \(WASH\)](#) initiatives. It will support the National Society in investing in [epidemic and pandemic preparedness](#), local actors, networks and volunteers as frontline responders, and early risk detectors. The IFRC will also support the National Society to strengthen its [mental health and psychosocial support services](#), particularly for vulnerable communities affected by climate change, conflict, disasters and other risks. The IFRC will provide technical support and connect the National Society with global resources, while also strengthening its advocacy and role in national health and WASH policies.



Sao Tome and Príncipe receives migration flows mainly from Cape Verde, Angola, Gabon, Equatorial Guinea, and Portugal. Emigrants from São Tomé and Príncipe, instead, are about 20 per cent of the population and their main destinations are also Portugal, Angola, Gabon, Cape Verde, and Equatorial Guinea.

Internally, the country is facing a significant rural exodus. Many people leave rural areas in search of better living conditions in urban centres, in a context marked by extreme poverty and limited access to basic services. This internal migration phenomenon, motivated by territorial inequalities, is putting increasing pressure on urban areas, particularly in the capital São Tomé, where migrants often face unemployment and precariousness. It is estimated that around 80,000 people from rural areas migrate to urban centres on a daily basis, posing major challenges in terms of urban planning, employment, housing and social services.

The migration context in Sao Tome and Principe is complex, influenced by economic, social, environmental and climatic factors. The country also hosts refugees and asylum seekers, mainly from countries in crisis such as the Democratic Republic of Congo. However, migrants and refugees often face difficulties in accessing basic services such as health, education or employment, due to their legal status and a still limited protection framework.

Natural hazards such as floods, droughts and storms also contribute to internal displacement, mainly affecting the most vulnerable communities, particularly in coastal and rural areas. In addition, rapid urbanization, combined with

a high dependence on agriculture and increasing pressure on natural resources, can aggravate social tensions and encourage internal migration.

Sao Tome and Principe is particularly vulnerable to the effects of climate change, including rising sea levels, which could lead to the displacement of people living in coastal areas. This vulnerability reinforces the need for appropriate policies in community resilience, urban planning and disaster risk management.

The country has a legislative framework that allows for the integration of migrants to a certain extent. However, gaps remain in the full recognition and protection of their rights. Sao Tome and Principe also participates in several regional initiatives aimed at improving migration governance and ensuring the dignity and safety of people on the move

Multi-year high level objectives of the National Society

The São Tomé and Príncipe Red Cross does not carry out activities specifically targeting vulnerable migrants and displaced people. Instead, it addresses their needs through its primary programmes reflected in the other strategic priorities of this plan.

Longer-term support from the IFRC network

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Values, power and inclusion

São Tomé and Príncipe experiences inequality and the social exclusion of marginalized groups. There is a need for further investment in initiatives, including those that support socio-cultural integration, advocacy, and awareness-raising through networks for civil society, women, and young people. Pensions and social protection schemes in the country still do not meet the basic needs of the active population, particularly in terms of pensions for retired people and older workers. This situation has led to an alarming poverty rate among older people.

Multi-year high level objectives of the National Society

Despite financial constraints, the National Society works to meet the resulting shortfalls, including food, home care, rehabilitating and constructing housing for older people, and holding funerals. It will also:

- Focus on institutionalizing the Protection, Gender and Inclusion approach across all operations
- Adopt a policy on gender and diversity, and follow it up with training, establishment of a reporting and data collection system, and the implementation of pilot projects on the prevention of gender-based violence
- Ensure that its services are accessible to everyone, especially people from marginalized groups, without discrimination
- Strengthen the representation of young people in decision-making
- Encourage and promote a culture of peace, civic education, humanitarian aid, and aid to the most vulnerable, especially among the youth

Planned activities in 2026

- Integrate sexual and gender-based violence prevention messages into awareness-raising activities
- Ensure communication, participation and feedback mechanisms are embedded across programmes and operations
- Develop a Community Engagement and Accountability strategy and standard operating procedures for managing community feedback
- Establish a functional community feedback mechanism
- Create a clear process for analyzing and using community feedback to inform National Society actions

Longer-term support from the IFRC network

The IFRC will support the São Tomé and Príncipe Red Cross to expand its humanitarian education programmes focusing on humanitarian values, as well as improving access for people whose education has been disrupted by war, disaster, or displacement. It will also assist with initiatives that promote inclusion, participation, and diversity in opportunities, representation, and decision-making, both within the organisations of our network as well as in society at large. The IFRC will further assist the National Society in expanding its work to be more intersectional, paying attention to the many different dimensions that make up people's identities.

ENABLING LOCAL ACTORS

The São Tomé and Príncipe Red Cross is committed to institutional strengthening and investing in its development. The National Society carried out the self-assessment part of the IFRC [Organizational Capacity Assessment and Certification \(OCAC\)](#) process in 2018. The self-assessment part of the OCAC process is intended to capture the strengths and weaknesses of National Societies as a whole, in relation to a wide range of organizational capacities.

A [Branch Organizational Capacity Assessment \(BOCA\)](#) process is planned to identify key areas for improvement and provide strategic guidance to strengthen the National Society's mission.



Key Institutional Indicators

The National Society has put in place the following:

- National Society development plan
- Youth engagement strategy



Strategic and operational coordination

Multi-year high level objectives of the National Society

- Engage with existing partners and secure new partnerships
- Develop a strategy for mobilizing resources

Longer-term support from the IFRC network

The IFRC will support the National Society in training employees, managers and volunteers on resource mobilization techniques. It will assist the São Tomé and Príncipe Red Cross in finding partners to equip its health centre, advocate with traditional partners to support the search for new partners for the National Society and promote more regional and sub-regional communications and cooperation between National Societies.



National Society development

Multi-year high level objectives of the National Society

- Strengthen its role as an auxiliary to the public authorities
- Work on procurement of computers, printers, tables and chairs for local branches
- Develop an official website

Longer-term support from the IFRC network

The IFRC will provide the local branches of the São Tomé and Príncipe Red Cross with desktop computers, printers, tables, and chairs. It will also develop a website for the National Society and provide resources for its operationalization.



Humanitarian diplomacy

Multi-year high level objectives of the National Society

- Improve the visibility of its activities
- Develop a humanitarian diplomacy policy
- Increase the people reached to at least 10 per cent of the total number of people in need of humanitarian support in the country

Longer-term support from the IFRC network

The IFRC will support the São Tomé and Príncipe Red Cross in formulating a humanitarian diplomacy policy. It will ensure effective visibility, communication, and representation of the Sao Tome and Principe Red Cross with all key embassies and support it to become a trusted partner of choice for local humanitarian action with the capacity to act in the global network.



Accountability and agility (cross-cutting)

Multi-year high level objectives of the National Society

- Roll out a robust community engagement and accountability system
- Implement a monitoring and evaluation framework to ensure that results and outputs are achieved as planned and that data is disaggregated by gender and age group as far as possible
- Develop and implement a human resources policy
- Strengthen risk management at all levels

Longer-term support from the IFRC network

The IFRC will support the São Tomé and Príncipe Red Cross in establishing human resources management procedures, applying a zero-tolerance policy towards behaviour contrary to the Movement's core principles, enforcing a zero-tolerance

policies on misconduct, including harassment, exploitation, abuse, discrimination and fraud, while upholding strict child protection standards.

In addition, the IFRC will organise regular trainings through its e-learning platform or in collaboration with external partners, to strengthen the skills of volunteers and staff.

It will also support the establishment of a robust community engagement and feedback mechanism, ensuring that targeted populations are listened to and humanitarian responses tailored to their needs.

In terms of risk management, the IFRC will support the São Tomé and Príncipe Red Cross in the development and implementation of a risk management plan, including a national risk register. Specific training will be organised in order to integrate risk management in a transversal way into all programmes and operations.

THE IFRC NETWORK

The IFRC

The IFRC supports the Red Cross Society of São Tomé and Príncipe through its national delegation in Yaoundé, Cameroon, which also covers Cameroon, Gabon and Equatorial Guinea. The IFRC's support to these National

Societies focuses on strategic and operational coordination, National Society development, humanitarian diplomacy and strengthening their auxiliary role.

IFRC membership coordination

IFRC membership coordination involves working with National Societies to assess the humanitarian context, agree on common priorities and jointly develop common strategies. This includes addressing issues such as obtaining greater humanitarian acceptance and access, mobilizing funding and other resources, clarifying consistent public messaging, and monitoring progress. It also entails ensuring that strategies and programmes in support of people in need incorporate clarity of humanitarian action while linking with development

assistance and contribute to reinforcing National Societies in their respective countries, including through their auxiliary role.

The Sao Tome and Principe Red Cross is part of four [IFRC Pan-African initiatives](#) focusing on Tree Planting and Care, Zero Hunger, Red Ready and National Society development. These initiatives are reflected in the relevant sections of this plan. Participating National Societies provide support through the IFRC.

Movement coordination

The Sao Tome and Principe Red Cross ensures regular exchanges with the IFRC, the International Committee of the Red Cross (ICRC) and participating National Societies, for the alignment of support and action between Movement partners. In times of emergencies, closer coordination is organized. This is carried out in line with the [Strengthening Movement Coordination and Cooperation \(SMCC\)](#) principles, and the newly adopted [Seville Agreement 2.0](#).

The ICRC provides support to the São Tomé and the Príncipe Red Cross from its Yaounde delegation. The ICRC's Yaoundé delegation promotes international humanitarian law, helps people displaced by violence, [Restoring Family Links](#), visits detainees and fosters the development of the region's National Societies

Coordination with other actors

In line with its auxiliary role, the São Tomé and Príncipe Red Cross collaborates closely with the authorities in the country. The National Society is a member of the National Council for Disaster Prevention and Response, with which it works in the field of disaster risk management. It also collaborates with the Ministry of Health on priority issues such as malaria, HIV/AIDS and tuberculosis) the [World Health Organization](#), the [United Nations Children's Fund](#), the World Food Programme and other

stakeholders. Activities will include providing information and sensitizing parents and guardians of children under five years of age to risks, among others.

As a small island nation, São Tomé and Príncipe has very few opportunities to work with international or national companies and organizations, although it does currently have a partnership with Companhia Santomense de Telecomunicações.



The International Federation of Red Cross and Red Crescent Societies (IFRC)

is the world's largest humanitarian network, with 191 National Red Cross and Red Crescent Societies and around 16 million volunteers. Our volunteers are present in communities before, during and after a crisis or disaster. We work in the most hard to reach and complex settings in the world, saving lives and promoting human dignity. We support communities to become stronger and more resilient places where people can live safe and healthy lives, and have opportunities to thrive.

About the plan

The plan reflects the priorities of the host National Society, the IFRC and National Societies providing international support, for 2026 and subsequent years. It is aligned with IFRC [Strategy 2030](#), representing the collective ambitions of the IFRC membership, and is the result of a joint planning process and will serve for joint monitoring and reporting. It will be revised on an annual basis to adjust priorities and funding requirements to the needs in-country.

Explanatory note on funding requirements and definitions

- The total funding requirements show what the IFRC network seeks to raise for the given year through different channels: funding through the IFRC, through participating National Societies as bilateral support, and through the host National Society from non-IFRC network sources. All figures should include the administrative and operational costs of the different entities
- Host National Society funding requirements not coming from IFRC network sources can comprise a variety of sources, as demonstrated when reporting on income in the [IFRC network databank](#)
- Participating National Society funding requirements for bilateral support are those validated by respective headquarters, and often represent mainly secured funding
- IFRC funding requirements comprise both what is sourced from the IFRC core budget and what is sought through emergency and thematic funding. This includes participating National Societies' multilateral support through IFRC, and all other IFRC sources of funding
- Figures for the years beyond 2026 most often represent partial requirements that are known at time of publication. Many National Societies have annual internal approval processes for funding requirements, and lower figures do not mean a decrease in funding requirements in future years
- Missing data and breakdowns: data may not be available from all IFRC network members for funding requirements. This may lead to inconsistencies across different reporting tools as well as potential under-estimation of the efforts led by all
- Reporting bias: the data informing this Federation-wide overview is self-reported by each National Society (or its designated support entity) which is the owner and gatekeeper, and responsible for accuracy and updating. IFRC tries to triangulate the data provided by the National Societies with previous data and other data in the public domain
- **Definitions:**
 - » **Local units:** ALL subdivisions of a National Society that coordinate and deliver services to people. These include ALL levels (provincial, state, city, district branches, sections or chapters, headquarters, and regional and intermediate offices, as well as community-based units)
 - » **Branches:** A Branch has its roles, responsibilities and relationship with the National Headquarters defined through the National Society's Statutes, including the level of autonomy given, especially in the area of its legal status, mobilising local resources and building local partnerships, and the decisions it makes. It has a local-level decision-making mechanism through its Branch members, board and volunteers, equally defined through the National Society's Statutes

Additional information

- [IFRC network country plans](#) • [All plans and reports](#)
- Data on National Societies on [IFRC Network Databank](#)
- Live data on active emergency operations on [IFRC GO platform](#)
- Live data on [IFRC-Disaster Response Emergency Fund Response and Anticipatory pillars](#)
- [Evaluations and research bank](#) • [Donor response reports](#)

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