



SÃO TOMÉ AND PRÍNCIPE

2024 IFRC network annual report, Jan-Dec



22 August 2025

IN SUPPORT OF SÃO TOMÉ AND PRÍNCIPE RED CROSS



PEOPLE REACHED

Climate and
environment



22,000

Disasters
and crises



22,000

Health and
wellbeing



22,000

Values, power
and inclusion

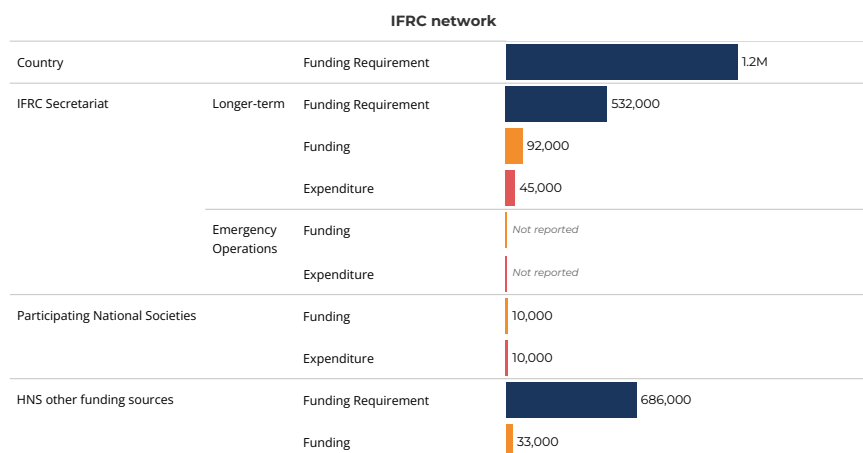
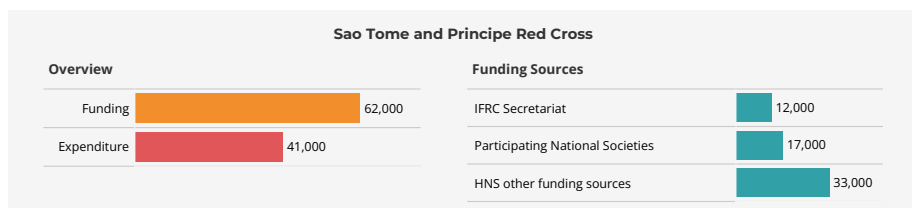


22,000

No information at time of publication. Figures reflect targeted reach in 2024 plan

FINANCIAL OVERVIEW

in Swiss francs (CHF)



Appeal number **MAAST002**

*Information on data scope and limitations is available on the back page

IFRC NETWORK SUPPORTED ACTIVITIES

National Society	Funding Reported	Bilateral Support					
		Climate and environment	Disasters and crises	Health and wellbeing	Migration and displacement	Values, power and inclusion	Enabling Functions
Turkish Red Crescent Society	10,000						

Total Funding Reported **CHF 10,000**

Q1. OVERALL PERFORMANCE

Context

The Democratic Republic of São Tomé and Príncipe is an island nation with a population of 224,472, located in the Gulf of Guinea, off the western equatorial coast of Central Africa. It comprises two main islands, São Tomé and Príncipe, along with several islets. These islands are situated between 225 and 250 kilometres from Gabon.

The country gained independence in 1975 and was subsequently divided into seven sanitary districts: six on São Tomé (Água Grande, Cantagalo, Caué, Lembá, Lobata, and Mé-Zóchi) and one on Príncipe (Pagué).

According to a World Food Program (WFP) report, the GDP per capita in 2019 was approximately USD 2,001. Recent World Bank estimates indicate that about one-third of the population lives on less than \$1.90 a day, and more than two-thirds are considered poor, using a poverty threshold of \$3.20 per day.

Over the past decade, São Tomé and Príncipe have made significant strides in reducing maternal and infant mortality, malnutrition and improving maternal health. These improvements are largely attributed to increased skilled birth attendance. The life expectancy at birth is 64 years. The country has also made notable progress in combating malaria, achieving record low incidence rates, and reducing the prevalence of HIV/AIDS to below 1.5 per cent.

In the education sector, São Tomé and Príncipe have achieved remarkable progress, particularly in primary education, nearing a 97 per cent primary completion rate. However, universal coverage of secondary education has not yet been achieved, although the authorities are committed to expanding it nationwide.

The archipelago enjoys a combination of equatorial and tropical climates with high rainfall, providing a relatively secure food and forestry context. However, the urban environment remains unhealthy. The country does not grow cereal crops and is heavily dependent on food imports, making food availability unpredictable. The lack of deep-water ports and the difficulty of landing on the short airstrip during bad weather further complicates the situation. São Tomé and Príncipe is also vulnerable to natural hazards such as floods and landslides, which can affect crop development, restrict road access, and damage homes and property.

The torrential rains and floods of late 2021 and early 2022 caused significant damage, destroying livelihoods, weakening or wrecking bridges, and leading to power outages and fuel shortages for several days. This disaster highlights the severe impact of increasingly unpredictable and extreme weather events on the country.

Since gaining independence, São Tomé and Príncipe have maintained a multi-party, semi-presidential democratic system and have been a model of democratic power transition in Central Africa. The government is currently led by the Independent Democratic Action (ADI) party, which won the last elections in September 2022, securing 30 of the 55 seats in parliament.

Key achievements

Climate and environment

In 2024, São Tomé and Príncipe Red Cross advanced climate resilience efforts through its active involvement in the Early Warning for All (EW4ALL) initiative, particularly leading on preparedness and capacity building. The National Consultative Workshop convened national and international stakeholders to assess existing early warning systems and define a roadmap for climate risk preparedness by 2027. The National Society also engaged in monthly climate watches for Central Africa and participated in key regional events such as the Disaster Risk Reduction conference in Equatorial Guinea. Locally, youth volunteers took part in reforestation activities and internal climate trust surveys. Broader goals include diversifying agriculture to improve food security and investing in infrastructure to withstand hydro-meteorological hazards such as floods and landslides.

Disasters and crises

São Tomé and Príncipe has experienced increased flooding and storm-related disasters, prompting the National Society to prioritize early warning systems, contingency planning, and community evacuation simulations. Although

some implementation gaps were noted in 2024, foundational progress was made through the National Society's leadership role in the EW4ALL initiative and its advocacy with CONPREC and other national disaster management bodies. Plans were initiated to establish a permanent disaster response team and enhance volunteer readiness across the islands.

Health and wellbeing

The National Society maintained an active role in community health and protection, focusing on elderly care, health promotion, and first aid services. It provided comprehensive support for 26 elderly individuals and partnered with the Ministry of Health to promote infant vaccinations. Staff received specialized training on Mpox prevention and care, enhancing the organization's epidemic preparedness. The National Society also ensured public safety during festivals, cultural activities, and beach seasons, offering first aid services at high-attendance events and assisting tourists arriving via cruise ships.

Q2. CHANGES AND AMENDMENTS

In this reporting period, no changes or amendments were made to the plan

Q3. MEASURING RESULTS OF THE IFRC NETWORK ACTION

STRATEGIC PRIORITIES



Climate and environment

Progress by the National Society against objectives

São Tomé and Príncipe is vulnerable to hydro-meteorological hazards, which are exacerbated by climate change and compounded by environmental degradation. 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 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.

The National Society monitored seasonal and weekly weather forecasts and participated in monthly climate watches for Central Africa, produced by the Centre for Climate Application and Forecasting in Central Africa. It also took part in several climate-focused webinars and attended the Disaster Risk Reduction conference in Malabo, Equatorial Guinea. Additionally, the National Society's volunteers, particularly youth, engaged in climate actions such as tree planting and maintenance, and conducted the annual 'Climate, Values, and Trust' internal survey.

The National Society aims to improve food security by diversifying agricultural production, reducing dependence on food imports, and strengthening resilience to natural hazards such as floods and landslides. To achieve these goals, it planned several initiatives for 2024, including infrastructure development—particularly the rebuilding of bridges and improvement of road access—as well as addressing urban environmental challenges and enhancing access to essential services like electricity and clean water. Additionally, the government is committed to enhancing disaster

preparedness and response capabilities to mitigate the impact of future natural disasters.

IFRC network joint support

The IFRC supported the National Society with seasonal and weekly weather forecasts, as well as monthly climate watches for Central Africa, produced by the Centre for Climate Application and Forecasting in Central Africa. It supported the National Society's participation in several climate-focused webinars.



Volunteers from the Red Cross of São Tomé and Príncipe carry out an awareness campaign to fight against the spread of Dengue Fever (Photo: IFRC)



Disasters and crises

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

Progress by the National Society against objectives

In 2024, the São Tomé and Príncipe Red Cross worked toward strengthening its disaster preparedness and response capacity. It focused on developing an early warning plan, a contingency plan, and simulation exercises related to evacuation and assistance. The National Society began laying the groundwork for establishing a permanent disaster response team and increasing the number of trained volunteers to serve as emergency backups. Engagement with the National Council for Disaster Preparedness (CONPREC) was identified as a strategic advocacy priority to enhance national coordination. During the reporting period, the National Society participated in the Disaster Management Officers forum for Central African countries and contributed regularly to the monthly community of practice meetings on [cash transfer assistance](#). It also took part in online training sessions related to the Disaster Response Emergency Fund (DREF), including new procedures and templates, and worked on finalizing the narrative and financial reports for the 2022 DREF Floods operation in São Tomé and Príncipe.

IFRC network joint support

The IFRC supported the National Society with technical and financial assistance for DREF-related training and reporting. It also facilitated the National Society's participation in regional forums and knowledge-sharing platforms on disaster management and cash assistance.



Health and wellbeing

Progress by the National Society against objectives

In the area of health and social protection, the National Society carried out a series of initiatives focused on community well-being, elderly care, and health education. This included nutritional, hygiene, medical and daily medication support for elderly individuals under its care. The National Society also held celebrations on 13 January, 08 May and 01 October to engage members and collaborators. In partnership with the Ministry of Health, it ran an information and awareness campaign highlighting the importance of infant vaccination. Additionally, staff were trained in the prevention and management of Mpox cases to strengthen the health response capacity.

The National Society provided first aid services at various community events, including festivals and sports activities, and ensured the safety of beachgoers through its Safe Beach initiative. The National Society also assisted tourists arriving via large cruise ships and was actively involved in the celebration in Fernão Dias. It ensured public safety during the commemoration of the martyrs of freedom.

IFRC network joint support

The IFRC is committed to strengthening the capacity of the National Society in São Tomé and Príncipe to respond to health emergencies through key initiatives such as epidemic and pandemic preparedness and community-based health and first aid. This includes ongoing training to ensure the National Society can rapidly and effectively address health crises, as well as support delivering essential health services at the community level. These efforts play a vital role in building a resilient health system capable of managing and mitigating the impacts of future epidemics and pandemics.

ENABLING LOCAL ACTORS



Strategic and operational coordination

IFRC membership coordination

IFRC membership coordination involves working with member National Societies to assess the humanitarian context, humanitarian situations and needs; agreeing on common priorities; jointly developing common strategies to address issues such as obtaining greater humanitarian access, acceptance and space; mobilizing funding and other resources; clarifying consistent public messaging; and monitoring progress. This also means ensuring that strategies and programmes in support of people in need, incorporate clarity of humanitarian action, links with development assistance, and efforts to reinforce National Societies in their respective countries, including through their auxiliary role.

IFRC network partners in São Tomé and Príncipe include the **Netherlands Red Cross, British Red Cross and Japanese Red Cross Society**.

Movement coordination

The São Tomé and Príncipe Red Cross ensures regular exchanges with the IFRC, the International Committee of the Red Cross 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 São Tomé and the Príncipe Red Cross from its Yaoundé delegation. The ICRC's Yaoundé delegation promotes international humanitarian law, helps people displaced by violence, restores family links, visits detainees and fosters the development of the region's National Societies.

External coordination

The São Tomé and Príncipe Red Cross continues to reinforce its decentralized structures and expand its presence across the districts. It is also engaging with participating National Societies to scale up the [Pan-African initiative Zero Hunger](#), which incorporates components from three other Pan-African initiatives. Additionally, the National Society maintains its readiness to respond to emergencies, with a focus on flood season preparedness, response teams, and peer-to-peer/SOL support missions.



National Society development

Progress by the National Society against objectives

In 2024, the São Tomé and Príncipe Red Cross made notable progress in strengthening its institutional capacity and advancing organizational development. Key achievements were recorded in governance, leadership, financial sustainability, and volunteer management. The National Society took concrete steps to align with statutory requirements and enhance internal management systems. It developed comprehensive National Society development plans and adopted policies to ensure core costs are accurately calculated and integrated into programmes and operations. Finance training was delivered to staff, and domestic resource mobilization efforts were strengthened to support long-term sustainability.

Volunteer development was prioritized through the revision of the volunteer policy, aligning it more closely with operational demands and emerging humanitarian challenges. The National Society also made important infrastructure improvements, including the renovation and electrification of health center facilities and the upgrade of the headquarters' conference room, contributing to improved service delivery and strategic coordination. Additionally, its epidemic preparedness capacity was enhanced through training in community-based health and first aid, reinforcing its readiness to respond to future health emergencies.

IFRC network joint support

The IFRC provided technical assistance to support governance alignment and leadership development through peer-learning and training initiatives. It contributed to the creation of National Society development plans, supported the adoption of cost recovery policies, and backed funding proposals through the [Capacity Building Fund](#). The IFRC also helped strengthen volunteer management and epidemic preparedness, and played a key role in advancing infrastructure upgrades, reinforcing both operational capacity and institutional growth.



Humanitarian diplomacy

Progress by the National Society against objectives

The São Tomé and Príncipe Red Cross made significant progress in advancing its auxiliary role and mandate. The National Society engaged actively with key partners, including government ministries, embassies, and United Nations agencies, to strengthen collaboration and position itself as a vital humanitarian actor. It held strategic discussions to present its technical expertise in community health, community mobilization, and accountability, and pursued opportunities for collaboration on major donor grants with the Ministry of Health and the World Health Organization. The National Society initiated the development of memorandums of understanding with the Ministry of Employment and Social Affairs and the Ministry of Health and Gender, alongside the preparation of joint proposals for multilateral donor funding. It presented its Unified Plan and strategic priorities during meetings with high-level officials, explored partnership opportunities with the Portuguese government to support vulnerable populations—including the elderly, women, youth, and persons with disabilities—and participated in calls for small- and large-scale program funding. It also explored areas of cooperation with United Nations agencies on disaster preparedness, risk reduction, and community resilience. In addition, the National Society maintained its auxiliary role in humanitarian and social services, received support from the Nigerian Embassy for elderly care, and took steps to enhance coordination with Partner National Societies. Key follow-up actions include formalizing partnerships, accelerating proposal approvals, conducting donor research, and organizing a call to present its Unified Plan to partners.

IFRC network joint support

The IFRC supported the Red Cross of São Tomé and Príncipe in its humanitarian diplomacy by facilitating engagement with key stakeholders and advancing discussions on partnerships, technical collaboration, and donor funding. The IFRC also supported efforts to present the Unified Plan and promote the National Society's auxiliary role and community health expertise.



Accountability and agility (cross-cutting)

Progress by the National Society against objectives

The São Tomé and Príncipe Red Cross has made important strides in reinforcing internal accountability, transparency, and safeguarding. Staff and volunteers actively participated in training sessions focused on safeguarding principles, risk management, and accountability, including the prevention of sexual exploitation and abuse. Safeguarding policies were internalized across the organization, reinforcing a culture of protection and ethical conduct. The National Society also advanced the integration of risk management into its operational and project planning through the development of a national risk register aligned with international standards. Administrative, logistical, financial, and human resource procedures were reviewed to enhance institutional agility, and structured onboarding, team-building, and training initiatives have supported improved coordination and team cohesion. These collective efforts reflect a broader organizational shift toward stronger values, trust, and internal controls.

IFRC network joint support

The IFRC supported the National Society in advancing accountability, risk management, and safeguarding, including through technical assistance in risk register development and capacity building in institutional integrity. At the regional level, the IFRC streamlined internal procedures and promoted team cohesion through training and onboarding, reinforcing agility and trust across the network

Q4. AFFECTED PERSONS (PEOPLE REACHED)

See cover pages

Q5. PARTICIPATION AND ACCOUNTABILITY FOR AFFECTED PEOPLE – COMMUNITY ENGAGEMENT AND ACCOUNTABILITY

See Strategic Priority on 'Values, power and inclusion' under Q3: MEASURING RESULTS OF THE IFRC NETWORK ACTION

Q6. RISK MANAGEMENT

This information is not available in Annual Reports

Q7. EXIT STRATEGY AND SUSTAINABILITY

See Strategic Priorities or Enabling Local Actors, where relevant under Q3: MEASURING RESULTS OF THE IFRC NETWORK ACTION

Q8. LESSONS LEARNED

- Create conditions in all committees to effectively respond to requests.
- Allocate a symbolic amount to youth committees to help them develop activities.
- Intensify partnerships to enhance the activities of National Society

ANNEX 1. IFRC APPLICATION OF THE 8+3 REPORTING TEMPLATE

The IFRC network structures its result-based management along five Strategic priorities and four Enabling functions, developed based on the IFRC network's [Strategy 2030](#):

IFRC network Strategic Priorities	IFRC network Enabling Functions
SP 1 - Climate and environment	EF 1- Strategic and operational coordination
SP 2 - Disasters and crises	EF 2 - National Society development
SP 3 - Health and wellbeing	EF 3 - Humanitarian diplomacy
SP 4 - Migration and displacement	EF 4 - Accountability and agility
SP 5 - Values, power and inclusion	

The Federation-wide results matrix provides a standard way for the IFRC network to measure its progress towards Strategy 2030 implementation and supports consistent quality of the IFRC network planning, monitoring and reporting. To further advance coherence in monitoring across the IFRC network, a [Federation-wide Indicator Bank](#) has been developed and integrated into the Federation-wide monitoring systems for emergencies and longer-term work, structured along the Federation-wide results matrix as well. Signatory of the Grand Bargain Agreement, the IFRC has committed to its monitoring and reporting standards through integration of the 8+3 reporting template contents into its results-based management approach. The following mapping demonstrate the way in which this report aligns with 8+3 reporting:

8+3 template	IFRC network Annual Report (with variance in structure in red)
Core Questions	
1. Overall Performance	Overall Performance
2. Changes and Amendments	Changes and amendments
3. Measuring Results	Measuring Results
4. Affected Persons	Cover pages with indicators values
5. Participation & AAP	Under Q3 Strategic Priority 5: Values, power and inclusion – Community Engagement and Accountability
6. Risk management	Risk management
7. Exit Strategy and Sustainability	Under Q3 sub-sections by Strategic Priority/Enabling Function where relevant
8. Lessons Learned	Lessons learned
Additional Questions	
1. Value for Money/ Cost Effectiveness	Not included in annual reports
2. Visibility	Not included in annual reports
3. Coordination	Under Q3 Enabling Function 1: Strategic and operational coordination
4. Implementing Partners	Cross-cutting, with a focus on support to localization through the Q3 Enabling Functions 1 to 4
5. Activities or Steps Towards implementation	Cross-cutting in Q3 Strategic Priorities and Enabling Functions
6. Environment	Under Q3 Strategic Priority 1: Climate and environment



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 15 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.

DATA SCOPE AND LIMITATIONS

- **Timeframe and alignment:** The reporting timeframe for this overview is covering the period from 1 January to 31 December 2024. However, due to the diversity of the IFRC and differences in fiscal years, this coverage may not fully align for some National Societies.
- **Financial overview:** This overview consolidates data reported by the National Society and its IFRC network partners, as well as data extracted from IFRC's financial systems. All reported figures should include the administrative and operational costs of the different entities. The financial data with a grey background is solely reported by the National Society, including the funding sources. Financial reporting is often times estimated depending on availability of financial figures, closing of financial periods, and may be incomplete. 'Not reported' could sometimes mean 'not applicable'. Also note that funding requirements are already reflected in the published 2024 IFRC network country plan. The total funding requirements show what the IFRC network has sought 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 Federation-wide Databank and Reporting System
 - » 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
- **Missing data and breakdowns:** National Societies have diverse data collection systems and processes that may not align with the standardized indicators. Data may not be available for some indicators, for some National Societies. This may lead to inconsistencies across different reporting tools as well as potential under or over-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

- [ST_Sao Tome and Principe AR Financials.pdf](#) (Note: This financial report link will be fed upon the completion of the audit.)
- [IFRC network country plans](#)
- [Subscribe for updates](#)
- [Live Disaster Response Emergency Fund \(DREF\) data](#)
- Operational information: [IFRC GO platform](#)
- National Society data: [IFRC Federation-wide Databank and Reporting System](#)
- [Evaluations database](#)

Contact information

Justino Dos Ramos Lima

Secretary General
São Tomé and Príncipe Red Cross
T +239 990 5068
justinolima365@gmail.com
<http://www.cruzvermelha-stop.org>

Louise Daintrey

Head of Strategic Partnerships & Resource Mobilization
IFRC Regional Office for Africa, Nairobi
T +254 110 843978
louise.daintrey@ifrc.org

Adesh Tripathee

Head of Delegation
IFRC Country Cluster Delegation for Cameroon,
Gabon, Equatorial Guinea, and São Tomé & Príncipe
based in Yaounde
T +237 650 659991
adesh.tripathee@ifrc.org

Sumitha Martin

Lead
IFRC Global Strategic Planning & Reporting Centre
New Delhi
sumitha.martin@ifrc.org