

Appeal 2004



SAO TOME AND PRINCIPE

Appeal no. 01.47/2004

The International Federation's mission is to improve the lives of vulnerable people by mobilizing the power of humanity. The Federation is the world's largest humanitarian organization, and its millions of volunteers are active in over 180 countries. All international assistance to support vulnerable communities seeks to adhere to the Code of Conduct and the Humanitarian Charter and Minimum Standards in Disaster Response, according to the SPHERE Project.

This document reflects a range of programmes and activities to be implemented in 2004, and the related funding requirements. These are based upon the broader, multi-year framework of the Federation's Project Planning Process (PPP). The PPP products are either available through hyperlinks in the text¹, or can be requested through the respective regional department. For further information concerning programmes or operations in this or other countries or regions, please also access the Federation website at <http://www.ifrc.org>

Click on programme title or figures to go to the text or budget

Programme title	2004 in CHF
Strengthening the National Society	
Organizational Development	172,558
Total	172, 558²

Please note that objectives, expected results, and activities associated with the Health and Care programme are included in the narrative of this appeal; the budget associated with these activities is integrated within other programme budgets. <[Click here to go to the text](#)>

Please note that objectives, expected results, and activities associated with the Disaster Management programme are included in the narrative of this appeal; the budget associated with these activities is integrated within other programme budgets. <[Click here to go to the text](#)>

Please note that objectives, expected results, and activities associated with the Humanitarian Values programme are included in the narrative of this appeal; the budget associated with these activities is integrated within other programme budgets. <[Click here to go to the text](#)>

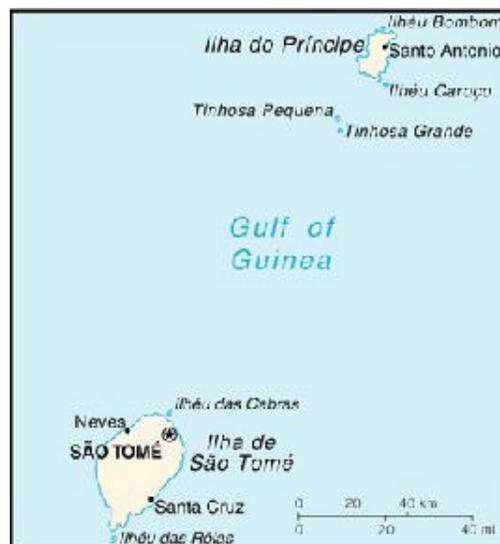
Please note that objectives, expected results, and activities associated with the Coordination, Cooperation and Strategic Partnerships programme are included in the narrative of this appeal; the budget associated with these activities is integrated within other programme budgets. <[Click here to go to the text](#)>

¹ Identified by blue in the text.

² USD 129,597 or EUR 111,077.

National Context

Sao Tome and Principe, a former Portuguese colony, maintains close links with Portugal. Although socio-economic indicators reveal that it is a relatively rich country, the general standard of living shows no evidence of this. The nation's unevenly distributed wealth worsens the plight of the poor, who already have difficulty covering even the most basic necessities, such as food, health care and education. The migratory movement occasioned by the discovery and exploitation of crude oil in Guinea is likely to drastically increase the currently low HIV prevalence in the country. The national society has highly effective management structures, particularly at headquarters, although its network of volunteers at local branches remains very weak.



This small Central African country, consisting of two islands in the Atlantic Ocean, enjoyed relative economic stability until the coup attempt in July 2003. The overthrown president was returned to power and democracy restored with the mediation of the Economic Community of Central African States (ECCAS). The coup was sparked off by the profound unrest sweeping the country based on extreme poverty, allegations of corruption, fraud and funds misappropriation. The country's socio-economic indicators are very similar to those of most of the developing countries in the Sub-Saharan region. Health services are chronically lacking, and qualified health workers are scarce. Moreover, it has an aging population, with a growing number of elderly people, who often suffer discrimination arising from cultural beliefs. Sao Tome and Principe has a population of 150,000 (2001), a large proportion of whom live below the poverty line. The economy is agricultural based.

Socio-economic indicators at a glance (figures for 1995-1997).

Population	150,000
Natural population growth rate	2.6%
Population density	129 inhabitants/km ²
GNP per capita	USD 290
Life expectancy - male/female	62 years/66 years
Infant mortality rate	61 per 1,000 live births
Adult literacy rate	75%
GDP per capita	USD 373

Sao Tome and Principe registered a human development index of 0.409 in 1995, ranking 128th out of 174 countries.

The [Sao Tome and Principe Red Cross](#) has gained public recognition and credibility through its transparent management, effective role distinction between governance and management and high-profile community activities. The national society runs a revenue-generating lottery to cover costs of retaining 10 full-time professionals on its staff. Its volunteer base of 200 persons comprises of 75% of young people; 15% of whom are female.

The 2000 budget was CHF 287,899. Of this amount, 17% came from lottery revenues, while 80.61% from cooperation with the Spanish Red Cross and 2.39% from the ICRC.

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The problems confronting the national society are:

- Non-diversification of its sources of income. When lottery revenues drop and funding from the Spanish Red Cross is reduced for whatever reason, covering the operating expenses and certain social programmes, such as assistance for the elderly becomes difficult.
- Unsuccessful efforts of building volunteer loyalty and expanding its base.
- Inadequate equipment resulting in weak response to disaster operations .

Red Cross and Red Crescent Priorities

Movement³ Context:

Since its establishment in Yaoundé, the Federation Central Africa Sub-Regional Office has emphasised the need to implement a full set of “cooperation strategies”, approved by all sub-regional partners, to serve as a framework in which to implement carefully designed humanitarian and capacity-building programmes. The Sao Tome and Principe Red Cross is yet to adopt such strategies because of weak partnership support and inadequate resources required to define and implement significant strategies successfully.

Priorities of Red Cross partners in the country

The main partner national society is the Spanish Red Cross. It supports the Sao Tome and Principe Red Cross in the implementation of the following socio-community activities:

- Rural clinic providing health services in rural areas where there are no health facilities;
- AIDS awareness campaign;
- Supply of potable water to prevent diarrhoeal diseases;
- Vaccination campaigns;
- Assistance for over 500 elderly people abandoned by their families: construction of shelters, medical assistance, psychological support and provision of supplies.

National Society Strategy/Programme Priorities:

In the course of regional planning meetings, the national society established the following priorities for the coming years:

1. Operational capacity building:

- Local branch development: improved volunteer organization/adopted training and management to expand the network and build loyalty.
- Development of personnel skills for the preparation and management of critical, well-focused, coherent programmes.

2. Community health:

- Dissemination and implementation of the ARCHI⁴ 2010 approach at local branches.
- Fight against epidemics with volunteer involvement in awareness campaigns.
- Improved hygiene conditions (water and sanitation).

3. Preparedness and response to disasters and conflicts.

- Community-Based First –Aid (CBFA) training, disaster prevention and preparedness.
- Setting up and training of early-warning volunteer teams (epidemics).

This is only a summary of the national society’s priorities . It is yet to define a real strategy plan, as it must first identify high priorities from its list of concerns, taking into consideration its partners’ interests and involvement of the beneficiary communities at all stages of planning.

³ ‘Movement’ refers to the International Red Cross and Red Crescent Societies.

⁴ ARCHI – African Red Cross and Red Crescent Health Initiative 2010 builds on its strength: a Red Cross and Red Crescent presence in each of 53 countries in Africa and, in all, more than 2 million volunteers. The overall goal of ARCHI 2010 is to make a major difference in the health of vulnerable people in Africa. Refer to <http://www.ifrc.org/what/health/archi/>

Strengthening the National Society

The Federation will support the national society, in general terms, by coordinating both internal and external activities to strengthen its financial resources, develop its local branch volunteer network and draw on the comparative advantages of the Movement through volunteer activities.

Health and Care

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Background and achievements/lessons to date

Sao Tome and Principe is one of the sub-Saharan nations with the most alarming health statistics. While diarrhoea and other preventable diseases take a heavy toll on young children, vaccination coverage remains very low. Although the HIV prevalence in 2000 was 0.05%, it is now a cause for concern because of the widespread prevalence of the epidemic in neighbouring countries, such as Equatorial Guinea, Cameroon and Gabon, where young people from Sao Tome and Principe seek well-paying jobs, particularly in the oil industry.

Following a drop in prices of agricultural products mainly; cocoa, coffee and palm oil, which are the country's main source of revenue, the state has been unable to develop its health services. The country's weak economic situation further prevents it from implementing social policies to protect particularly vulnerable sectors of the population; elderly people are often abandoned and suffer discrimination.

The Sao Tome and Principe Red Cross is fully committed to the ARCHI 2010 strategy and contributes to the social and health activities undertaken by the Ministry of Health and Social Affairs. In this way, the national society has mobilized the human potential of its volunteer network to contribute to health and social protection activities in the country.

Today, the Sao Tome Ministry of Health recognizes the important role that Red Cross volunteers play in improving the quality of life of vulnerable sectors of the population through continuous awareness and mobilization efforts in the community. The national society is therefore aiming at building a network of trained volunteers, who will work in their communities to achieve a powerful impact with the available meagre resources.

Goal: The social and health conditions of the people of Sao Tome and Principe are improved, thus reducing their vulnerability.

Objective: Target populations working with the programme adopt new attitudes and behaviours that reduce health risks and make greater use of the national society's health care and social action services.

Expected Results:

- Local branches are aware of the health problems existing in their community and work with the community to identify priority activities required to solve them.
- The national society develops its local branch volunteer network by recruiting, training, organizing and retaining volunteers with the profiles and in the numbers required to achieve a meaningful level of community activity.
- Volunteers frame health promotion activities in their community.
- The national society extends the activities carried out by its mobile clinics to reach a larger number of beneficiaries on the two islands.
- Five hundred elderly people abandoned by their families receive psychological support, health care, provisions and clothes.
- The national society carries out an income-generating project, from which it provides assistance for the elderly.

Disaster Management

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Background and achievements/lessons to date

In 2002, with support from the Federation Secretariat Disaster Management and Coordination (DMC) division in Geneva, the sub-regional office organized a workshop providing theoretical and practical training for the Central African Disaster Response Team (ERDAC)⁵. The training attracted members of Central African national societies who acquired disaster management skills and expertise. Furthermore, in 2003, ERDAC members received refresher training in basic disaster management skills, needs assessment techniques, vulnerability and capacity assessment techniques and risk mapping methods.

Two specialized training courses provided the region with an expert epidemic management and WatSan team. As part of the change process, the Federation is aiming at giving regions greater responsibility and promoting better relations among member structures in disaster management. This programme requires reinforcement through continuous training and frequent drills to maintain a high level of disaster preparedness.

The two disaster management areas identified as regional priorities are epidemics and WatSan. This initiative will provide team members with specialized skills and needed expertise to plan and organize specific technical relief services for victims in the event of a disaster in the region. The measure conforms perfectly to Federation disaster management policy. When the scale of a disaster exceeds the national and regional operational capacities, backup is automatically requested, and a field assessment and coordination team (FACT)⁶ or an emergency response unit (ERU)⁷ is deployed. The regional team is not an actual physical structure in competition with Federation disaster management mechanisms, but rather a list of multi-disciplinary experts from the national societies in the region who can be easily mobilized in the event of an emergency. It is therefore an extension of the Federation.

Regional expertise developed in this way will be used to create a multiplying effect on training in efforts undertaken by national societies to form and deploy country disaster management teams and promote the implementation of a national disaster relief organization plan. This will be in each country, involving various partners under the coordination of the government.

Sao Tome and Principe Red Cross officers draw on the expertise and skills acquired at the regional level, to produce a national risk and disaster management plan for the country in cooperation with the ministry responsible for civil protection. Although Sao Tome and Principe has not suffered many disasters in the past, the islands are exposed to the risk of flooding because they are surrounded by water and their proximity to Gabon exposes the country to the risk of an Ebola epidemic. Similarly, proximity to Cameroon exposes them to risks of meningitis, measles and other epidemics, which could take a heavy toll on the country's population, if communities and authorities, unaware of the potential risks, are inadequately prepared to deal with them.

Goal: The people of Sao Tome and Principe are less vulnerable in the face of disaster.

Objective: The technical disaster management expertise of a national team is improved in water and sanitation and epidemic management, mechanisms are established for the national society to receive an ERDAC, FACT or ERU, and the disaster prevention, preparedness and response capacities of local branches located in high-risk areas are improved.

⁵ ERDAC – Equipe de Réponse aux Désastres en Afrique centrale

⁶ FACT – Field Assessment and Coordination Teams rapidly assess and coordinate humanitarian response to large-scale emergencies. The system is designed to form and deploy teams of highly trained Red Cross and Red Crescent response practitioners to a disaster site within 12 to 24 hours. Refer to <http://www.ifrc.org/what/disasters/fact/>

⁷ ERU – Emergency Response Unit is part of the Federation's disaster response tools. It provides specific support or direct services when local facilities are either destroyed, overwhelmed by needs, or do not exist. Using a standardized modular system of equipment and pre-trained teams of national society technical specialists, an ERU can be deployed within 48 hours. Refer to <http://www.ifrc.org/what/disasters/eru/>

Expected Results:

Drawing on the acquired skills and expertise of national society members during ERDAC training, a national disaster management team is formed and trained.

- The national society has a map showing potential risks in different parts of the country.
- As the result of a cooperation effort between the national society and the ministry responsible for civil protection, a national disaster response team is operational, and the risk reduction and disaster preparedness and response capacities of local branches in high-risk areas are strengthened.
- The National Disaster Management team, with the help of Ministry of Health experts, promotes the use of methodological schemes and standard manuals on epidemic management, particularly cholera, measles, meningitis and Ebola, in local branches, particularly those situated in high-risk areas, taking into account the country's history of epidemics.
- The national society members acquire skills and expertise in this area and are capable of taking effective action in the event of a cholera, measles, meningitis or Ebola epidemic.
- The skills and expertise acquired at the regional level are used to improve national capacities, and all the relevant mechanisms are in place for the national society to receive an international or regional team, should the need arise.
- A collaborative effort between the national society and the government in disaster management results in the production of a national disaster relief organization plan.

[<Click here to access the PPP document for Disaster Management \(in French\)>](#)

Humanitarian Values

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Background and achievements/lessons to date

In view of the existing problems of exclusion, marginalization, discrimination and violence in the country, the need for a programme to promote humanitarian values is imperative. Key messages that are both meaningful and precise, supported by simple, specific actions with measurable, visible impact would be effective in asserting the position of the Federation on certain discriminatory attitudes. Most of these arise from poor economic conditions and its attendant cultural taboos. It would be useful to build up a network of journalists interested in humanitarian issues and the work of the Red Cross and regularly supply it with press releases illustrating efforts undertaken by sub-regional national societies. A continuous flow of messages would be established to implement a sustained campaign against discrimination and stigmatisation. The national society has been successful in changing the attitudes and behaviours of certain sectors of the community through its assistance to marginalized elderly people accused of practising witchcraft. Unfortunately, the fall in lottery revenues, from which part of the funding for the activity came, will prevent the Red Cross of Sao Tome and Principe from continuing with the project. These elderly people, who receive no support from relatives or state social programmes, are now at risk of being left to fend for their own.

Goal: Discrimination of the elderly is eradicated.

Objective: With the help of sensitisation campaigns from the media, theatre troupes and national/international celebrities, the general public understands the rights of the elderly.

Expected Results:

- The national society builds up its network of journalists and provides them with regular press releases.
- Press releases about the Red Cross are regularly published through network of empathic journalist.
- Local community solidarity toward elderly people is developed.

[<Click here to access the PPP document for Humanitarian Values \(in French\)>](#)

Organizational development

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Background and achievements/lessons to date

The Sao Tome and Principe Red Cross has a two-year development plan. However, the planning process did not attain sufficient degree of involvement of all concerned parties, namely: communities, volunteers, public authorities and other partners. Another shortcoming of the plan is its failure to specify performance indicators, evaluation criteria and methods and follow-up and management procedures.

The national society staff and volunteers are not sufficiently qualified in financial resource planning and mobilization, which impairs the effectiveness of fundraising efforts and quality reporting. It receives financial support from two donors, namely the Spanish Red Cross and the ICRC. The financial support the national society currently receives is insufficient to successfully carry out Red Cross activities on a meaningful scale.

Goal: The performance of the Sao Tome and Principe Red Cross improves in core areas of Strategy 2010.⁸

Objective: The financial capacity of the national society is strengthened to enable it to cover basic expenses and the cost of implementing its programmes.

Expected Results:

The national society diversifies its sources of financing.

- A national fund-raising committee is set up.
- The national society prepares and implements a financial resource development plan.
- The national society trains members of the fund-raising committees in financial resource mobilization skills and methods.
- A fruitful exchange of experiences in national resource mobilization is established in the form of a bi-annual newsletter.

The national society prepares relevant plans and projects and establishes a good standard of reporting

- The national society members of staff are trained in PPP (project planning process).
- A process is initiated for the adoption of a Cooperation Agreement Strategy (CAS) in 2005.
- A reporting officer acquires reporting skills and knowledge of the Federation standards and other donors and produces a weekly report targeting the general public and development partners.
- A member of the national society is trained and made responsible for preparing financial reports according to donor and/or Federation standards.

Coordination, Cooperation, and Strategic Partnerships

International Representation

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Background and achievements/lessons to date

The Federation, as the largest humanitarian organization in the world, has a responsibility to defend the rights and interests of the millions of vulnerable people it is committed to serving throughout the world. Thanks to its image and credibility vis-à-vis the general public and the government of Sao Tome and Principe, it is in an unrivalled position to advocate for vulnerable individuals and groups often forgotten by the media and even by political leaders. The sometimes over-emphasized desire of the Federation and national societies to keep a low profile occasionally prevents them from making full use of the power they have to focus media and public attention on the plight of the vulnerable and the underlying causes of their vulnerability, which is particularly important when the Red Cross or other humanitarian organizations alone fail to remedy the situation. Today, more than ever, the Federation realizes that direct action is not

⁸ Strategy 2010 is the International Federation's guiding framework for the decade 2000 to 2010. This overall strategy identifies the following four CORE areas as the cornerstones upon which the International Federation will continue to build its collective expertise and reputation: humanitarian values; disaster preparedness; disaster response; and health and care in the community. Refer to <http://www.ifrc.org/who/strategy.asp>

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the only way in which it can contribute to reducing vulnerability and suffering, that it has the power to mobilize community, local and national authorities when humanitarian action is forced to accept its limitations. Typical examples are efforts to combat poverty, discrimination and stigmatisation, sexual violence and child abuse. There are so many fields of action in which requires a combined public and other humanitarian efforts to implement. In the course of 2003, the Regional Office for Central Africa has succeeded in mobilizing various partners (government, UN agencies, NGOs operating in Cameroon) in an original project to combat HIV/AIDS among sex workers, highlighting the power that the Federation has to bring major humanitarian issues into the international spotlight.

Goal: The general public, the authorities, the diplomatic corps and donors provide more support for the work of the Federation and the Sao Tome and Principe Red Cross.

Objective: The general public, authorities, diplomatic corps and donors are well informed and have a better understanding and appreciation of the position of the national society and Federation on humanitarian issues and activities.

Expected Results:

- A monthly report is prepared according to Federation standards and sent by the national society to the Regional Office. The report is made available to partner national societies and all Federation offices and Geneva. This way, partner national societies are kept up to date on humanitarian activities and are motivated to take a more active role in supporting such efforts.
- A constant flow of humanitarian messages is made available to the national society, which sends them to a network of journalists in the country sympathetic to the Red Cross.
- A network of print and electronic journalists was created and strengthened, and disseminates advocacy messages in favour of the most vulnerable.
- Campaigns against HIV/AIDS discrimination and stigmatisation are reinforced with the regular release of meaningful messages.
- Activities to enhance the potential of the national society as an operational partner in the implementation of humanitarian activities carried out by Embassies and international organizations are identified and implemented.
- An advocacy strategy to help vulnerable people is developed and implemented by the Federation.

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BUDGET 2004

PROGRAMME BUDGETS SUMMARY

Appeal no.: 01.47/2004

Name: Sao Tome and Principe

PROGRAMME:

	Health & Care	Disaster Management	Humanitarian Values	Organisational Development	Coordination & Implementation	Emergency	Total
	CHF	CHF	CHF	CHF	CHF	CHF	CHF
Shelter & construction	0	0	0	0	0	0	0
Clothing & textiles	0	0	0	10,000	0	0	10,000
Food	0	0	0	0	0	0	0
Seeds & plants	0	0	0	0	0	0	0
Water & Sanitation	0	0	0	0	0	0	0
Medical & first aid	0	0	0	0	0	0	0
Teaching materials	0	0	0	0	0	0	0
Utensils & tools	0	0	0	0	0	0	0
Other relief supplies	0	0	0	0	0	0	0
SUPPLIES	0	0	0	10,000	0	0	10,000
Land & Buildings	0	0	0	0	0	0	0
Vehicles	0	0	0	0	0	0	0
Computers & telecom	0	0	0	7,500	0	0	7,500
Medical equipment	0	0	0	0	0	0	0
Other capital exp.	0	0	0	0	0	0	0
CAPITAL EXPENSES	0	0	0	7,500	0	0	7,500
Warehouse & Distribution	0	0	0	0	0	0	0
Transport & Vehicules	0	0	0	11,970	0	0	11,970
TRANSPORT & STORAGE	0	0	0	11,970	0	0	11,970
Programme Support	0	0	0	11,216	0	0	11,216
PROGRAMME SUPPORT	0	0	0	11,216	0	0	11,216
Personnel-delegates	0	0	0	23,048	0	0	23,048
Personnel-national staff	0	0	0	12,085	0	0	12,085
Consultants	0	0	0	0	0	0	0
PERSONNEL	0	0	0	35,133	0	0	35,133
W/shops & Training	0	0	0	76,100	0	0	76,100
WORKSHOPS & TRAINING	0	0	0	76,100	0	0	76,100
Travel & related expenses	0	0	0	0	0	0	0
Information	0	0	0	0	0	0	0
Other General costs	0	0	0	20,638	0	0	20,638
GENERAL EXPENSES	0	0	0	20,638	0	0	20,638
TOTAL BUDGET:	0	0	0	172,558	0	0	172,558