

Sao Tome and Principe

Travel Facts



US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise normal precautions in Sao Tome and Principe. Consult its website via the link below for updates to travel advisories and statements on safety, security, local laws, and special circumstances in this country.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

US citizens should make sure their passport will not expire for at least 6 months after they enter the country even if they do not intend to stay that long. They should also make sure they have at least 1 blank page in their passport for every entry stamp and or visa that will be required; holders of a valid U.S. passport do not require a visa when visiting for a period of up to 15 days.

US Embassy/Consulate

Sao Tome and Principe does not currently maintain an embassy in the United States. Travelers transiting Gabon can obtain the latest information on entry requirements from the Embassy of São Tomé & Príncipe in Gabon, B.P. 49, Libreville, Gabon, telephone +(241)-72-15-27, fax +(241)-72-15-28. For all other inquiries, please contact Sao Tome and Principe's Permanent Mission to the United Nations at 400 Park Avenue, 7th Floor, New York, NY 10022, +1 (212) 317 0644.

LGBTQ+ Travelers

When venturing abroad, LGBTQIA+ travelers can face unique challenges since laws, attitudes, and legal protections vary from country to country. Consult the website via the link below to learn what precautions to take before and during your trip.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>

Telephone Code

239

Local Emergency Phone

2-22-22-22; Fire: 112

Vaccinations

The CDC and WHO recommend the following vaccinations for Sao Tome and Principe: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza.

<http://www.who.int/>

Climate

tropical; hot, humid; rainy season October to May

Currency (Code)

Sao Tome and Principe dobra (STN)

Electricity/Voltage/Plug Type(s)

220 V / 50 Hz / plug types(s): C, F



Type C



Type F

Major Languages

Portuguese,

Major Religions

Catholic, Creole, French, and English

Time Difference

UTC 0 (5 hours ahead of Washington, DC, during Standard Time)

Potable Water

Opt for bottled water

International Driving Permit

Required

Road Driving Side

Right



Tourist Destinations

Obo National Park; Pico de Sao Tome; Rolas Island; Boca de Inferno; Jale Beach; Principe Ecological Zone

Major Sports

Soccer

Cultural Practices

People are friendly and courteous. Every greeting is accompanied with a handshake.

Tipping Guidelines

Tipping in Sao Tome and Principe is part of the culture. While it is normal to tip the different service providers, if the service you are receiving is not good, you may decide to give a tip lower than what is stated as the normal tipping amount or decide not to give any tip at all; average tipping percentage in restaurants is between 7% to 13%, between 8% to 20% for taxi drivers, and between 2.00 to 5.00 USD/EURO/GBP in hotels.

Souvenirs

Carved wooden masks and other tribal items, stamps, tortoise-shell jewelry and decorative items

Traditional Cuisine

Calulu de peixe (Fish calulu) — a smoked fish stew which combines various vegetables cooked in red palm oil with okra and sweet potato leaves; traditionally accompanied by rice or funje (a creamy cassava porridge)

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