



**Saudações de SÃO TOMÉ & PRÍNCIPE**  
 Greetings from **SÃO TOMÉ & PRÍNCIPE**  
 REPÚBLICA DEMOCRÁTICA DE SÃO TOMÉ E PRÍNCIPE (PORTUGUESE)  
 DEMOCRATIC REPUBLIC OF SÃO TOMÉ AND PRÍNCIPE

**Coat of Arms**  
 Area: 1,001 km<sup>2</sup>  
 Population: 199,910  
 Capital: São Tomé

**UNIQUE**  
**BIRD RECORDS**  
 - The islands are home of the smallest ibis (the São Tomé ibis) & the world's largest sunbird (the giant sunbird).  
**CONSIST OF TWO ARCHIPELAGOS**  
 - São Tomé and Príncipe consist of two archipelagos around the two main islands: São Tomé and Príncipe.

**FAMOUS**  
**THE PICO CÃO GRANDE**  
 - Is a landmark needle-shaped volcanic plug peak on São Tomé Island. It rises dramatically over 370 meters.  
**PORTUGUESE-SPEAKING**  
 - Smallest Portuguese-speaking country.  
**COCOA**  
 - The dominant crop on São Tomé is cocoa, representing about 95% of exports.

**HISTORY**  
**FIRST SETTLERS**  
 - The islands were uninhabited at the time of the arrival of the Portuguese sometime between 1469 and 1471.  
**RECENT EVENTS**  
 - In 1970, São Tomé became one of the first African countries to undergo democratic reform, and changes to the constitution which led to elections that were nonviolent, free, and transparent.

Stamps and post cards for San Tome and Principe