

An aerial photograph of a coastal town built on a steep, green cliffside. The town is densely packed with buildings, and a winding road is visible. The cliff drops sharply to a dark blue sea. In the background, more rugged, brownish hills are visible under a dramatic, cloudy sky with some light breaking through. The overall scene is remote and scenic.

The Remotest Islands

A scenic view of a mountain valley. In the foreground, there are steep, rocky slopes covered with green vegetation. In the background, a deep valley is visible, with a small town or village nestled in the distance. A vibrant rainbow arches across the sky above the valley. The overall atmosphere is bright and natural.

Saint Helena

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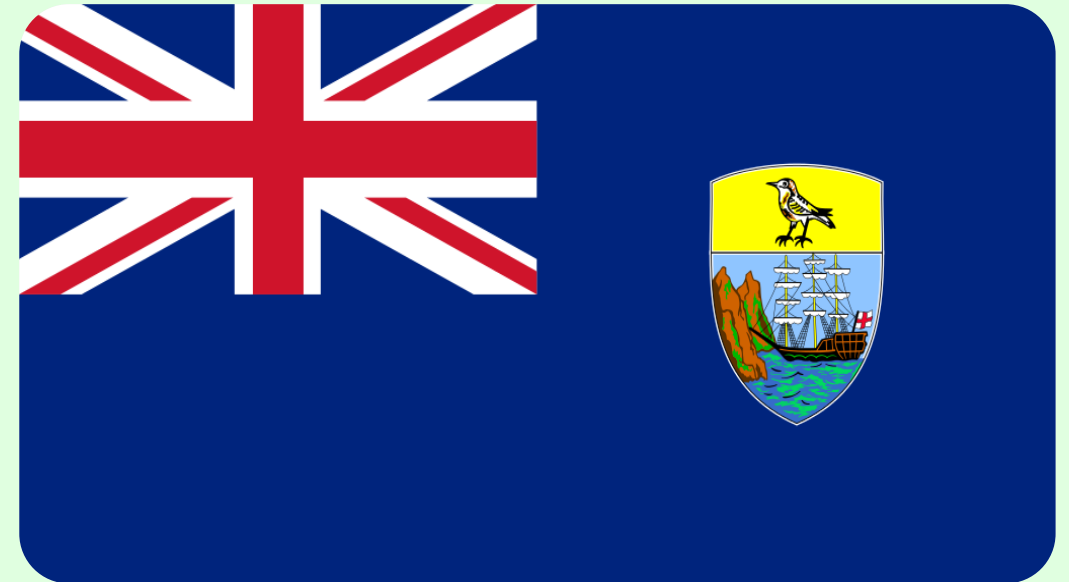
Saint Helena

- Saint Helena is a volcanic tropical island in the South Atlantic Ocean, 4,000 kilometres east of Rio de Janeiro and 1,950 kilometres west of the Kunene river which marks the border between Namibia and Angola in southwestern Africa.
- It is part of the British Overseas Territory.
- The climate of Saint Helena is tropical, marine and mild, tempered by the Benguela Current and trade winds that blow almost continuously. Temperatures varies between 21–28 °C.



Geography

- **Capital:** Jamestown
- **Official languages:** English
- **Government:** non-partisan democracy
- **Monarch:** Elizabeth II
- **Governor:** Mark Andrew Capes
- **Area:** 121 sq km
- **Population:** 4255 (**density:** 35/ sq km)



History

- The Portuguese found the island uninhabited in 1502, with an abundance of trees and fresh water. They imported livestock, fruit trees and vegetables, and built a chapel and one or two houses.
- In 1815, the British government selected Saint Helena as the place of detention of Napoleon Bonaparte. He was taken to the island in October 1815. Napoleon stayed at the Briars Pavilion on the grounds of the Balcombe family's home until his permanent residence, Longwood House, was completed in December 1815. Napoleon died there on 5th May, 1821.



Festivals

- **St Helena Day**, 21st May, is a public holiday and is celebrated by everyone. It was on this day in 1502 that the island was discovered and so-named as it was the birthday of Saint Helena.
- **The Walking Festival** is held biennially and consists of a week's programme of walks to suit every walker, whether you are a beginner or a seasoned hiker.
- **The Festival of Arts & Culture** is also a biennial event and highlights St Helena's people and culture with a two-week programme of activities and events.
- **Scout's Sports Day** organises activities for kids, food stalls, bar, music and side shows.



Typical food

- Fish is a staple on St Helena and used in various ways: fish cakes, curries, roasted fish, soups and much more.
- Spices and curries are common, rice dishes such as pilau (pronounced 'plo') originates from South East Asia, but has its own curried twist!



Culture

- **Religion:** Most residents belong to the Anglican Communion and are members of the Diocese of St Helena, which has its own bishop, or they are Catholics.
- **Music:** Country & folk music is popular with the older generations, the younger community is greatly influenced by hip hop & r&b music, the dance & club genre is growing as well as new age and contemporary music.
- **Art and crafts:** Our crafts are worked in mainly lace, seeds, trees, aloe and wood. We also dabble in a bit of painting, photography, pottery...just about anything really! Art pieces and crafts can be bought from select stores on the Island.

An aerial photograph of the island of Tristan da Cunha. The island is a small, green, circular landmass surrounded by a deep blue ocean. In the foreground, a rugged, dark rock formation is visible. The island's interior is covered in green grass and dotted with numerous small buildings, mostly with orange or red roofs. A winding road or path is visible through the landscape. The title 'Tristán da Cunha' is overlaid in a large, stylized, light blue font with a darker blue outline.

Tristán da Cunha

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Geography



- Tristan da Cunha, is both a remote group of volcanic islands in the south Atlantic Ocean.
- It is the remotest inhabited archipelago in the world.
- It is 2000 km from the nearest inhabited land.
- Tristan da Cunha has an area of 98 square kilometres.

Climate

- The archipelago has a wet oceanic climate, with pleasant temperatures, but consistent moderate to heavy rainfall and very limited sunshine, due to the persistent westerly winds.
- The number of rainy days is comparable to the Aleutian Islands at a much higher latitude in the northern hemisphere.
- Frost is unknown below elevations of 500 metres.
- Summer temperatures are similarly mild, never reaching 25 °C.

History

- The islands were first sighted in 1506 by Portuguese explorer Tristao de Acunha.
- The first undisputed landing was made in 1643 by the crew of the Heemstede.
- In 1816, the United Kingdom annexed the islands.
- On 12 January 1938 by Letters Patent, the islands were declared a dependency of Saint Helena.
- The St Helena, Ascension and Tristan da Cunha Constitution Order 2009 ended the "dependency status".



Flora and fauna

- Tristan is primarily known for its wildlife. The island has been identified as an Important bird area.
- Many of the flora and fauna have a broad circumpolar distribution in the South Atlantic and South Pacific Oceans.
- The Tristan Albatross is known to breed only on inaccessible islands.



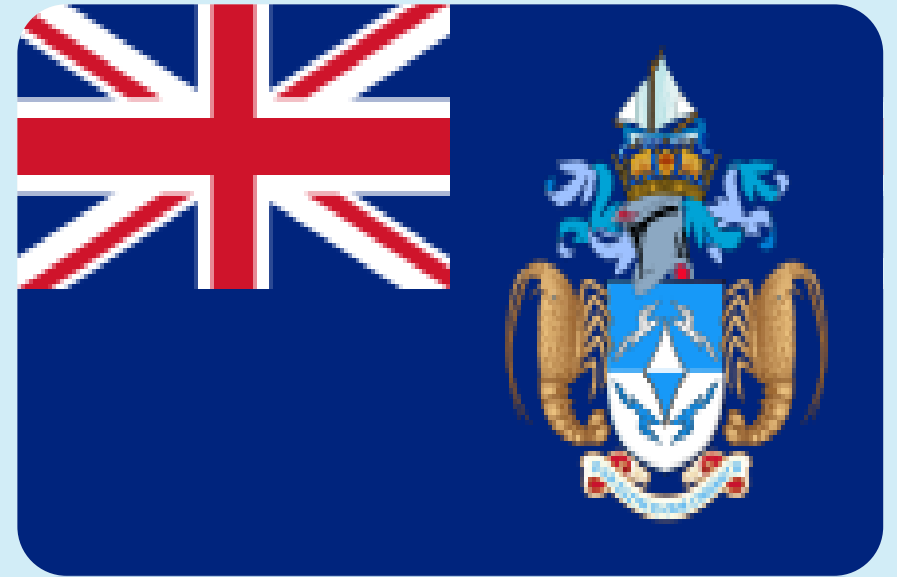
Government and Economy

➤ Government:

- Executive authority is vested in the Queen, who is represented in the territory by the Governor of Saint Helena.
- The Administrator and Island Council work from the Government building, which is the only two-storey building on the island.

➤ Economy:

- The island's unique social and economic organisation has evolved over the years
- All Tristan families are farmers, owning their own stock and/or fishing.



Typical food

- Fish is a big part of the island's cuisine, particularly tuna.
- Pumpkin is another popular feature in St Tristan cuisine - curried, stewed, fritters and pudding. There isn't much you can do with a pumpkin, unless you turn it into a delicious dish or sidedish.

