



*SAINT HELENA
AND TRISTAN DA
CUNHA*

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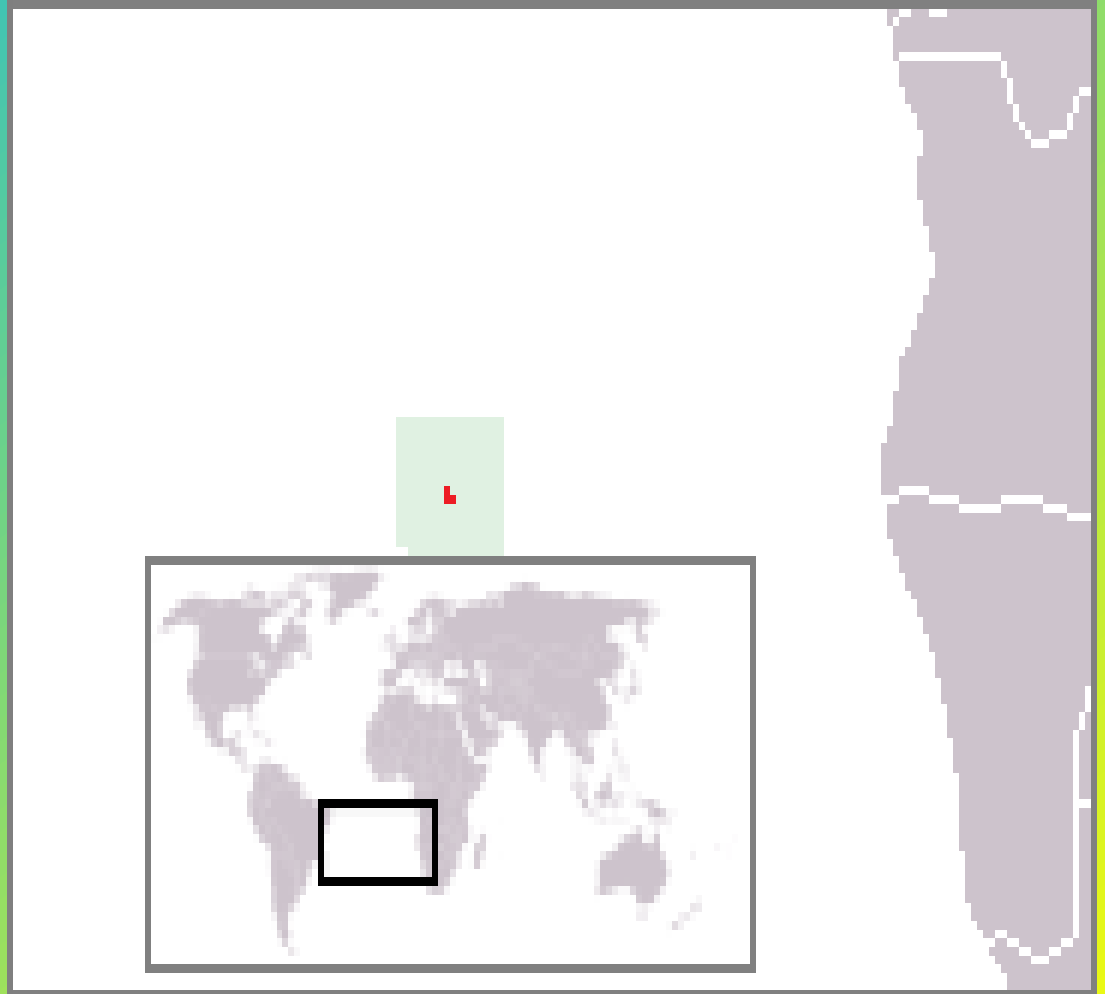
A scenic view of a mountain valley. In the foreground, there are steep, rocky slopes covered with green vegetation. In the middle ground, a deep valley is visible, with a waterfall cascading down a rocky cliff face. The background shows more mountains under a blue sky with a faint rainbow. The text "SAINT HELENA" is overlaid in large, pink, stylized letters.

SAINT HELENA

WHAT IS SAINT HELENA?

Saint Helena is a volcanic island in the Atlantic Ocean.

It is part of the British overseas territory, together with Ascension and Tristan da Cunha.



LAND AND INHABITANTS

Saint Helena has an extension of 121 sq km. It has 4255 inhabitants, that is to say, 35 inhab/sq km.



HISTORY



It was discovered on 21st of May of 1502 by João da Nova sailing at the service of Portugal, and he named it "Santa Helena" after Helena of Constantinople.

The first popular English people who arrived to Saint Helena were Thomas Cavendish, James Lancaster and Abraham Kendall.

PLACES TO VISIT:

- **THE CASTELL COLLECTION:**

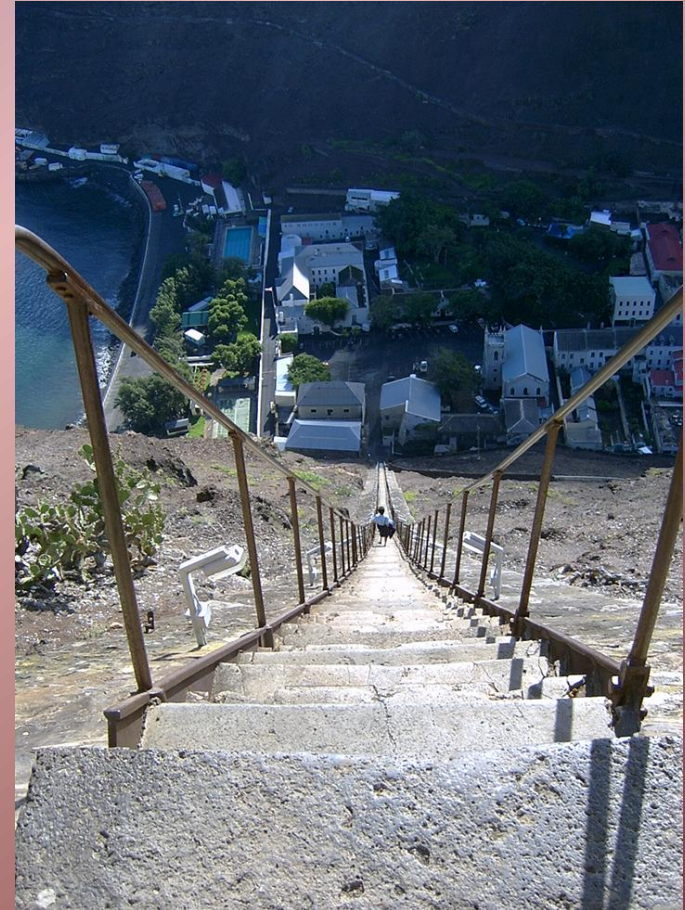
It is located at Princes Lodge, and the collection consists of a very interesting and vast collection of old lithographs and prints of St Helena.

- **PLANTATION HOUSE:**

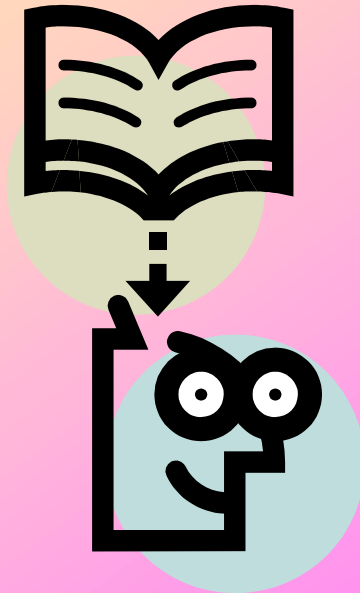
It is the residence of the island's governor built in 1792. Nowadays, the oldest or apparently the oldest inhabitant in the world lives on the island.

- **ST HELENA DISTILLERY:**

The St Helena Distillery is located in Alarm Forest. It is popular for the delights of Tungi spirit, White Lion rum, Midnight Mist coffee liqueur, and the island's own Ermuda Juniper flavoured gin.



EDUCATION



- Education is free and compulsory between the ages of 5 and 16 .
- The island has three primary schools for students of age 4 to 11: Harford, Pilling, and St Paul's.
- Prince Andrew School provides secondary education for students aged 11 to 18.

INTERESTING THINGS



THE FLAG



COAT OF ARMS

CAPITAL



JAMESTOWN

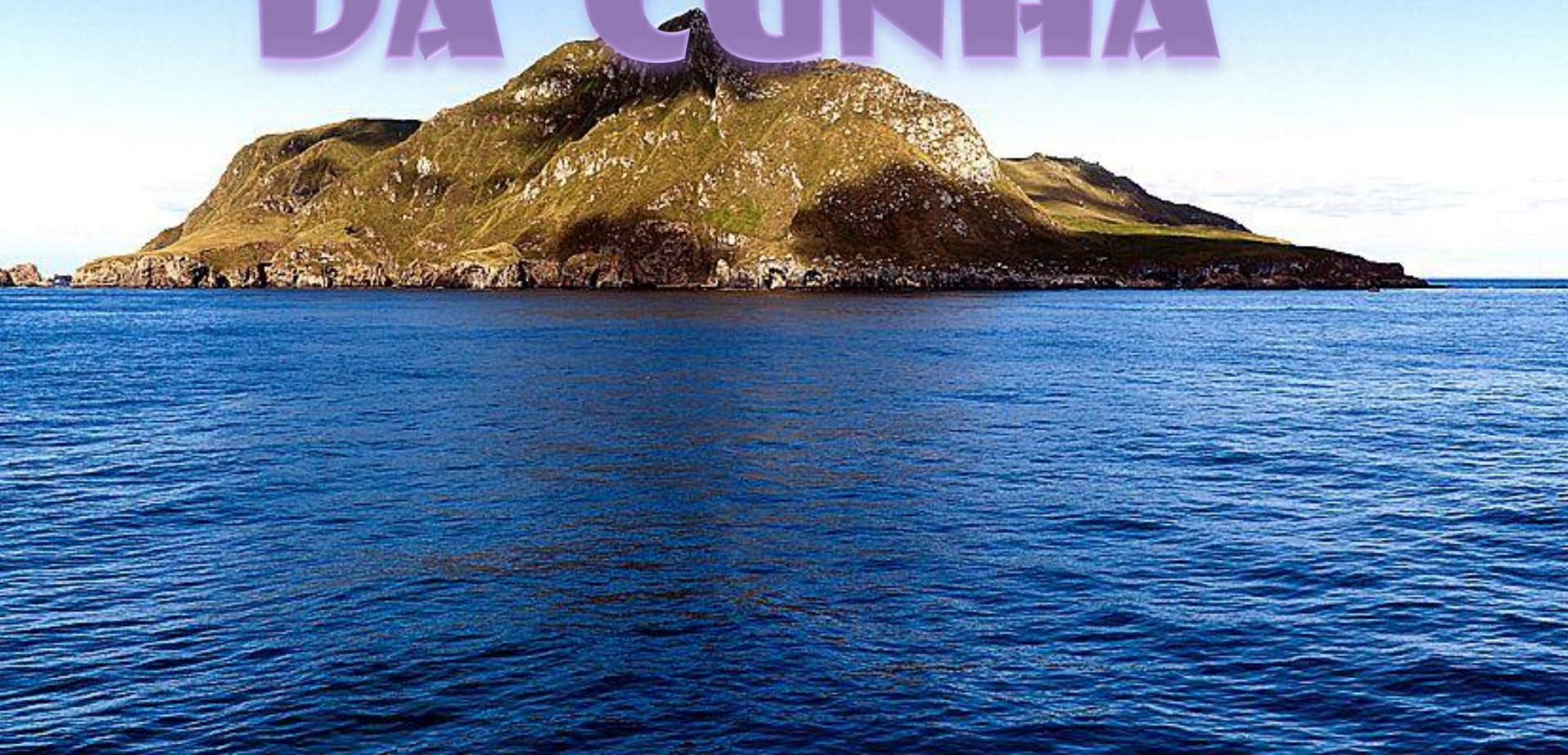
OFFICIAL LANGUAGES



ENGLISH



TRISTAN DA CUNHA



What is Tristan da Cunha?

- Tristan is the main island of a group of volcanic islands in the south of the Atlantic Ocean and it depends on Saint Helena, the nearest habited place.



How was Tristan da Cunha discovered?

It was discovered in 1506 by a Portuguese explorer and he named the island like his name “Tristão da Cunha”.



Surface and Inhabitants

Tristan da Cunha has a surface of 207 sq km and in 2015, there were 302 inhabitants (1'35 inhab/sq km)



Tristan da Cunha started to be British...

People started to live here at the beginning of the twentieth century, when it started to be British.

The flag



How is the Education?

- The school on the island is St Mary's School, which serves children from ages 4 to 16. It was opened in 1975 and has five classrooms, a kitchen, a stage, a computer room, a craft and a science room.



Transport

- The remote location of the islands makes transport to the outside world difficult.
- The islands can be reached only by sea, but the boat only goes once every two weeks.



How is the Economy?

Tristan da Cunha's economy is based on traditional subsistence farming and fishing to provide islanders with their own food.



Limited revenue from tourism includes providing accommodation, guides and sales of handicrafts and souvenirs to visitors and by mail order.

Does Tristan da Cunha have Internet?

From 1998 to 2006, internet was available in Tristan da Cunha but its high cost made it almost unaffordable for the local population, who primarily used it only to send emails.

