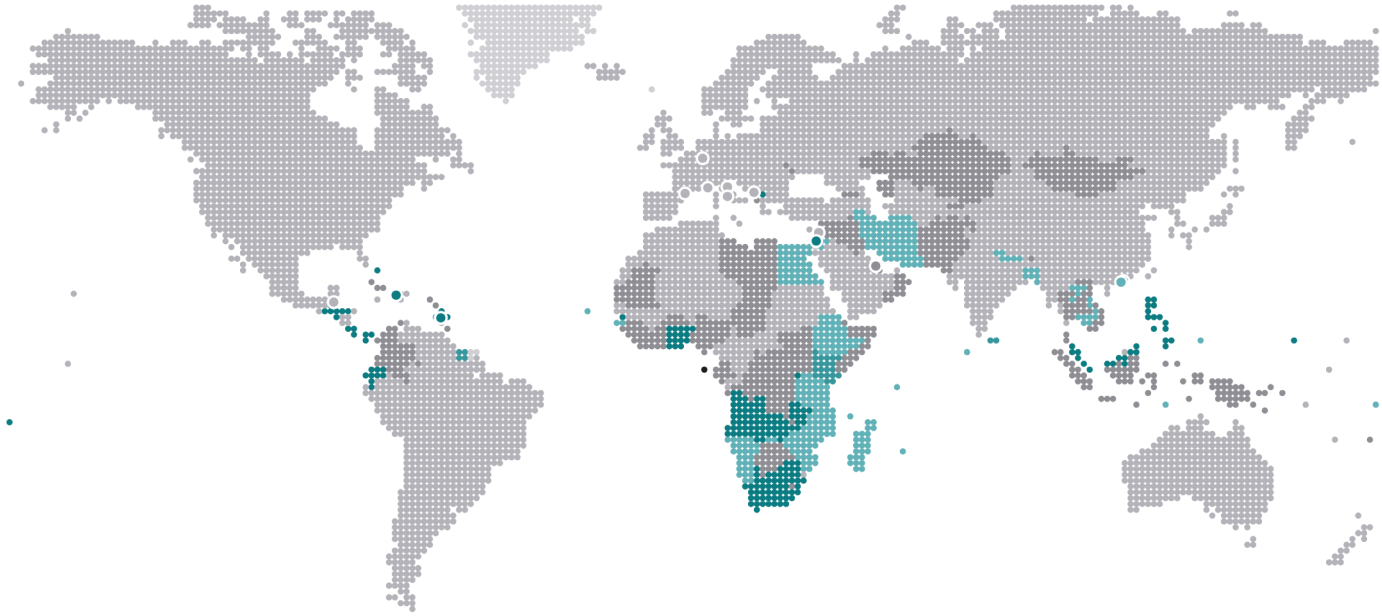
São Tomé and Príncipe passport

56

destinations without a visa before travel

Rank 143 of 198



Visa-free 27 · Electronic travel authorisation 3 · Visa on arrival 26 · eVisa 42 · Visa required 99

Visa-free 27

The passport alone is enough.

- **Angola** — 90 days
  Visa exemption agreement for ordinary passports (Presidential Decree 153/21): up to 90 days, extendable once by 30 days.
- **Bahamas** — 90 days
- **Barbados** — 90 days
  Visa-free under a waiver Barbados granted in July 2022, which its foreign ministry still lists.
- **Benin** — 90 days
- **Costa Rica** — 90 days
- **Dominica** — 21 days
- **Ecuador** — 90 days
- **El Salvador** — 90 days
- **Gambia**
- **Ghana** — 60 days
- **Guatemala** — 90 days
- **Haiti** — 90 days
- **Honduras**
- **Hong Kong** — 14 days
- **Kosovo**
- **Malaysia** — 30 days
- **Micronesia** — 30 days
- **Palestine**
  The Palestinian Authority does not require a visa. Entry is through land crossings controlled by Israel, whose own entry rules apply at the crossing.
- **Panama** — 90 days
- **Philippines** — 30 days
- **Rwanda** — 90 days
- **Saint Vincent and the Grenadines** — 30 days
- **Samoa** — 60 days
- **Singapore** — 30 days
- **South Africa** — 90 days

Togo 30 days

No visa for African nationals. Fill in the online immigration form on voyage.gouv.tg at least 24 hours before arrival.

Zambia 90 days

Electronic travel authorisation 3

A short online form before the flight, for nationalities that do not need a visa.

Kenya 90 days

Sri Lanka 30 days

Suriname 90 days

No visa is needed, but the entry fee is paid online before travel and the voucher is shown on arrival.

Visa on arrival 26

The visa is issued at the border on arrival.

Bangladesh 30 days

Burundi

Cabo Verde

Cambodia 30 days

Comoros

Egypt

Ethiopia 90 days

Guinea-Bissau 90 days

Iran 30 days

Visa on arrival at Iran's international airports, for up to 30 days. Iran's foreign ministry advises applying online at evisa.mfa.ir at least two days ahead and bringing the approval notice, which speeds up issuance.

Jordan

Laos 30 days

Visa on arrival at Laos's international airports and main land crossings, for up to 30 days and extendable once. This passport is not on Laos's list of nationalities that cannot get one. An eVisa is also available.

Macao 30 days

Entry permit (visa upon arrival) at Macao's border checkpoints, for a fee

Madagascar 90 days

Malawi 30 days

Maldives 30 days

Mauritius 60 days

Mozambique 30 days

Namibia

Nepal 90 days

Palau 30 days

Saint Lucia 42 days

Seychelles 90 days

Tanzania

Timor-Leste 30 days

Tuvalu 30 days

Zimbabwe

eVisa 42

A visa applied for online before travel. It is still a visa, so it is not in the score.

Afghanistan 30 days

Albania

Antigua and Barbuda

Bahrain

Bhutan 90 days

Botswana 90 days

Burkina Faso 30 days

Chad

Colombia

Cuba

Côte d'Ivoire

Apply online on the e-visa portal the Ministry of Foreign Affairs links to (snedai.com); after approval the visa is issued at Abidjan airport.

DR Congo 7 days

Djibouti

Apply online before travel. Visas are no longer issued at the airport or at land borders.

Equatorial Guinea

Fiji

Gabon

Georgia

Guinea

Indonesia 30 days

Iraq

Kazakhstan

Kyrgyzstan

Lesotho

Liberia

Libya

Mauritania

Moldova

Mongolia

Nigeria

- Oman
- Pakistan
- Papua New Guinea
- Qatar — 30 days
- Saint Kitts and Nevis
- Sierra Leone
  Apply on the official e-visa portal (evisa.sl); after approval the visa is issued on arrival.
- Somalia — 30 days
- South Sudan
- Syria
- Thailand
  Visa applied for online through the Thai e-Visa system before travel.
- Trinidad and Tobago
  Apply online; the visa is sent by email.
- Uganda
- Vietnam

Visa required 99

A visa or an entry approval arranged before travel, through an embassy, a consulate or the destination's authorities.

- Algeria
- Andorra
- Argentina
- Armenia
- Australia
- Austria
- Azerbaijan
- Belarus
- Belgium
- Belize
- Bolivia
  Bolivia puts this passport in its Group II, which needs a tourist visa from a Bolivian embassy or consulate: the form is filled in online first, then the visa is issued at the consulate.
- Bosnia and Herzegovina
- Brazil
- Brunei
- Bulgaria
- Cameroon
- Canada
- Central African Republic
- Chile
- China
- Croatia
- Cyprus
- Czechia
- Denmark
- Dominican Republic
- Eritrea
- Estonia
- Eswatini
- Finland
- France
- Germany
- Greece
- Grenada
- Guyana
- Hungary
- Iceland
- India
- Ireland
- Italy
- Jamaica
- Japan
- Kiribati
- Kuwait
- Latvia
- Lebanon
- Liechtenstein
- Lithuania
- Luxembourg
- Mali
- Malta
- Marshall Islands
- Mexico
- Monaco
- Montenegro
- Morocco
- Myanmar
- Nauru
- Netherlands
- New Zealand
- Nicaragua
  Since 16 February 2026 holders need a visa consultada: entry approval from Nicaragua's migration authority before travel.
- Niger
- North Korea
- North Macedonia
- Norway
- Paraguay
- Peru
- Poland
- Portugal
- Republic of the Congo
- Romania
- Russia
- San Marino
- Saudi Arabia
- Senegal
  Senegal's embassy places this passport in category C: a visa from the Senegalese authorities is needed before flying.
- Serbia
- Slovakia

- Slovenia
- Solomon Islands
- South Korea
- Spain
- Sudan
- Sweden
- Switzerland
- Taiwan

  Taiwan only recognises foreign passports obtained through normal means: visa applications on passports obtained through investment are not processed (Bureau of Consular Affairs).
- Tajikistan
- Tonga
- Tunisia
- Turkmenistan
- Türkiye
- Ukraine
- United Arab Emirates
- United Kingdom
- United States
- Uruguay
- Uzbekistan
- Vanuatu
- Vatican City
- Venezuela
- Yemen

Grouped by how holders of this passport enter. A tick means the rule was checked on the destination's own official site.

The information on this site is general guidance, not legal or tax advice, and programmes can change at short notice. Every application is subject to government approval and due diligence. Each page shows the date its figures were last checked against official sources.