**Theory: REST Countries API Integration**

**Introduction to REST Countries API**

The **REST Countries API** is a free and easy-to-use API that provides data about countries. This data includes country-specific details such as:

* **Name**: The country’s name.
* **Population**: The number of people living in the country.
* **Region**: The geographical region (e.g., Europe, Asia).
* **Subregion**: A more specific region (e.g., Northern Europe).
* **Languages**: The languages spoken in the country.
* **Currency**: The currency used in the country.
* **Flag**: The country’s flag.
* **Timezones**: The country’s time zones.

The REST Countries API allows you to access this data by making HTTP requests to various endpoints, and it returns the data in JSON format.