

List of countries by continents

This article consists of a list of countries by continent, along with their capitals.

There are multiple continent classification systems in use. The first continent system is the seven continent system consisting of Europe, Asia, Africa, Oceania/Australia, North America, South America and Antarctica.

The six-continent system is essentially the same as the seven-continent system, the only difference being two continents are merged. There are two versions of the six continent system, one merging Europe and Asia to create Eurasia, and the other merging North and South America to create The Americas

The five-continent system is applying Eurasia and The Americas together. All other continents remain the same.

Finally, the four-continent system is the same as the prior. However, Africa joins Eurasia to become Afro-Eurasia, leaving only Oceania and Antarctica as separate continents.

The only variable in these systems is Antarctica. As Antarctica has no permanent population it isn't uncommon for it to be removed from these classification systems.

The most common system used varies from country to country.

There is no universally accepted answer as to how many countries in the world there are. The minimum answer is the 193 United Nations member states. However, there are many more constituent, de facto and self-proclaimed independent states that are typically added to that list. Additionally, certain highly autonomous first-level administrative divisions fall under the definition of the word country.

The list below follows the seven continent system and predominantly includes only U.N member states unless otherwise stated.

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Africa

Africa is the world's second-largest and second-most-populous continent. At about 30.3 million km² (11.7 million square miles) including adjacent islands, it covers 6% of Earth's total surface area and 20% of its land area, accounting for about a fifth of the world's land. With 1.3 billion people as of 2018, it accounts for about 16% of the world's human population. It is surrounded by large areas of water. There are 54 fully recognized and independent countries in Africa, and 14.7% (1.216 billion) of the world's population lives there. It is thought to be the continent where the first humans evolved.

1. Algeria - Algiers
2. Angola - Luanda
3. Benin - Porto Novo, Cotonou
4. Botswana - Gaborone
5. Burkina Faso - Ouagadougou
6. Burundi - Gitega
7. Cameroon (also spelled Cameroun) - Yaoundé
8. Cape Verde - Praia
9. Central African Republic - Bangui
10. Chad (Tchad) - N'Djamena
11. Comoros - Moroni
12. Republic of the Congo - Brazzaville
13. Democratic Republic of the Congo (Zaire) - Kinshasa
14. Côte d'Ivoire (Ivory Coast) - Yamoussoukro
15. Djibouti - Djibouti
16. Equatorial Guinea - Malabo
17. Egypt (Misr) - Cairo
18. Eritrea - Asmara
19. Ethiopia (Abyssinia) - Addis Ababa
20. Gabon - Libreville
21. The Gambia - Banjul
22. Ghana - Accra
23. Guinea - Conakry
24. Guinea-Bissau - Bissau
25. Kenya - Nairobi
26. Lesotho - Maseru
27. Liberia - Monrovia
28. Libya - Tripoli
29. Madagascar - Antananarivo
30. Malawi - Lilongwe
31. Mali - Bamako
32. Mauritania - Nouakchott
33. Mauritius - Port Louis
34. Morocco (Al Maghrib) - Rabat
35. Mozambique - Maputo
36. Namibia - Windhoek
37. Niger - Niamey
38. Nigeria - Abuja
39. Réunion (territory of France)

40. [Rwanda](#) - [Kigali](#)
41. [São Tomé and Príncipe](#) - [São Tomé](#)
42. [Senegal](#) - [Dakar](#)
43. [Seychelles](#) - [Victoria](#)
44. [Sierra Leone](#) - [Freetown](#)
45. [Somalia](#) - [Mogadishu](#)
46. [South Africa](#) - [Pretoria](#)
47. [South Sudan](#) - [Juba](#)
48. [Sudan](#) - [Khartoum](#)
49. [Swaziland \(Eswatini\)](#) - [Mbabane](#)
50. [Tanzania](#) - [Dodoma](#)
51. [Togo](#) - [Lome](#)
52. [Tunisia](#) - [Tunis](#)
53. [Uganda](#) - [Kampala](#)
54. [Western Sahara](#) - [El Aaiún](#) (disputed)
55. [Zambia](#) - [Lusaka](#)
56. [Zimbabwe](#) - [Harare](#)

Western Sahara (Listed in Sl No.53 above /*Africa*/) is not a UN Member as on 18/07/2021

Antarctica

[Antarctica](#) is Earth's southernmost continent. It contains the geographic [South Pole](#) and is in the Antarctic region of the [Southern Hemisphere](#), almost entirely south of the [Antarctic Circle](#). It is surrounded by the [Southern Ocean](#). At 14,000,000 square kilometres (5,400,000 square miles), it is the fifth-largest continent. For comparison, Antarctica is near twice the size of [Australia](#).

About 98% of Antarctica is covered by ice. However, there is a large part where the ice does not cover land: the [ice shelves](#). There are important geographical features covered by the ice. The huge [Lake Vostok](#) has been covered by ice for at least 15 million years. There is a massive [rift valley](#) and a huge [mountain range](#), both of which are covered at present.

Asia

[Asia](#) is the largest and most populous continent and is a continent in the seven continent system. Asia consists of forty-nine countries as per the United Nations along with many other highly autonomous regions and disputed areas that are often generalised as countries of their own.

1. [Afghanistan](#) - [Kabul](#)
2. [Armenia](#) - [Yerevan](#)
3. [Azerbaijan](#) - [Baku](#)
4. [Bahrain](#) - [Manama](#)
5. [Bangladesh](#) ^[1]([বাংলাদেশ \(http://www.bangladesh.gov.bd/index.php?lang=en\)](http://www.bangladesh.gov.bd/index.php?lang=en)) - [Dhaka](#) ([ঢাকা](#))
6. [Bhutan](#) - [Thimphu](#)
7. [Brunei](#) - [Bandar Seri Begawan](#)
8. [Cambodia](#) ([Kampuchea](#)) - [Phnom Penh](#)

9. China - Beijing
10. East Timor (Timor Leste) - Dili
11. Georgia - Tbilisi
12. India - New Delhi
13. Indonesia - Jakarta
14. Iran - Tehran
15. Iraq - Baghdad
16. Israel - Jerusalem
17. Japan - Tokyo
18. Jordan (Al Urdun) - Amman
19. Kazakhstan - Nur-Sultan
20. Kuwait - Kuwait City
21. Kyrgyzstan - Bishkek
22. Laos - Vientiane
23. Lebanon (Lubnan) - Beirut
24. Malaysia - Kuala Lumpur
25. The Maldives - Malé
26. Mongolia - Ulaanbaatar
27. Myanmar (Burma) - Naypyidaw
28. Nepal - Kathmandu
29. North Korea - Pyongyang
30. Oman - Muscat
31. Pakistan - Islamabad
32. Palestine - Ramallah
33. The Philippines - Manila
34. Qatar - Doha
35. Russia - Moscow (Russia is a part of Asia geographically, but, politically, it is a part of Europe)
36. Saudi Arabia - Riyadh
37. Singapore - Singapore
38. South Korea - Seoul
39. Sri Lanka - Sri Jayawardenapura Kotte (administrative), Colombo (commercial)
40. Syria - Damascus
41. Tajikistan - Dushanbe
42. Thailand (Muang Thai) - Bangkok
43. Turkey (Türkiye) - Ankara
44. Turkmenistan - Aşgabat
45. United Arab Emirates - Abu Dhabi
46. Uzbekistan - Tashkent
47. Vietnam - Hanoi
48. Yemen - Sana'a

Europe

Europe is the second smallest continent, but the third most populous. It is a continent in one of the seven continent system and the seven continent system. In other systems, it is part of Asia, Eurasia or Eurafrasia. Below is the list of fully sovereign or de facto countries that are indisputably either entirely or partially situated within Europe. The 49 countries are:

1. Albania (Shqipëria) - Tirana
2. Andorra - Andorra la Vella
3. Austria (Österreich) - Vienna
4. Belarus (Беларусь) - Minsk
5. Belgium (*Dutch*: België, *French*: Belgique, *German*: Belgien) - Brussels
6. Bosnia and Herzegovina (Bosna i Hercegovina) - Sarajevo
7. Bulgaria (България) - Sofia
8. Croatia (Hrvatska) - Zagreb
9. Cyprus (Κύπρος) - Nicosia
10. Czech Republic (Česko) - Prague
11. Denmark (Danmark) - Copenhagen
12. Estonia (Eesti) - Tallinn
13. Finland (Suomi) - Helsinki
14. France - Paris
15. Georgia - Tbilisi
16. Germany (Deutschland) - Berlin
17. Greece (Ελλάδα) - Athens
18. Hungary (Magyarország) - Budapest
19. Iceland** (Island) - Reykjavik
20. Republic of Ireland (Éire) - Dublin
21. Italy (Italia) - Rome
- 22.
23. Kosovo** - Pristina (Serbia continues to maintain its sovereignty claim over Kosovo. Not a UN member till date(18/07/2021))
24. Latvia (Latvija) - Riga
25. Liechtenstein - Vaduz
26. Lithuania (Lietuva) - Vilnius
27. Luxembourg - Luxembourg City
28. North Macedonia (Македонија) - Skopje
29. Malta - Valletta
30. Moldova - Chisinau
31. Monaco - Monte Carlo Quarter
32. Montenegro (Crna Gora, Црна Гора) - Podgorica
33. Netherlands (Nederland) - Amsterdam (Capital), The Hague (Government)
34. Norway (Norge) - Oslo
35. Poland (Polska) - Warsaw
36. Portugal - Lisbon
37. Romania - Bucharest
38. Russia** Moscow (Europe up to the Ural Mountains; Asia: the rest to Vladivostok)
39. San Marino - San Marino
40. Serbia (Србија) - Belgrade

41. Slovakia (Slovensko) - Bratislava
42. Slovenia (Slovenija) - Ljubljana
43. Spain (España) - Madrid
44. Sweden (Sverige) - Stockholm
45. Switzerland (*German: Schweiz, French: Suisse, Italian: Svizzera, Romansh: Svizra*) - Bern
46. Turkey (Türkiye) - Ankara
47. Ukraine (Україна) - Kyiv
48. United Kingdom - London
49. Vatican City** (*Italian: Città del Vaticano, Latin: Civitas Vaticana*) - Vatican City

There is no official boundary between Europe and Asia, as a result, the continental status of some countries is often disputed. However, Russia is considered to be European by the United Nations. Armenia, Azerbaijan, Georgia, Cyprus (Serial No.9 above) and Turkey (Serial no 45 above and listed in Serial no 43 in */Asia/*) are considered to be a part of Asia by the United Nations.

Kosovo is a highly recognised disputed territory with de facto independence.

Iceland sits on the European - North American tectonic plates. The Western half sits in North America, while the Eastern half sits on the European tectonic plate.

Vatican City State is a U.N observer state and not a U.N member.

North and Central America

North America is the third largest continent and the fourth most populous. It is a continent in the 7 continents system, consisting of 23 countries and 22 dependent territories which are:

1. Canada - Ottawa
2. Mexico - Mexico City
3. United States of America - Washington, District of Columbia
4. Navassa Island - Washington, D.C. (territory of U.S.)
5. Puerto Rico - San Juan (territory of U.S.)
6. US Virgin Islands - Charlotte Amalie (territory of U.S.)
7. Dominican Republic - Santo Domingo
8. Cuba - Havana
9. Greenland (territory of Denmark)
10. Haiti - Port-au-Prince
11. Belize - Belmopan
12. Costa Rica - San José
13. El Salvador - San Salvador
14. Guatemala - Guatemala City
15. Honduras - Tegucigalpa
16. Guadeloupe (territory of France)
17. Martinique (territory of France)
18. Nicaragua - Managua
19. Panama - Panama City
20. Jamaica - Kingston
21. Bahamas - Nassau

22. Barbados -

23. Dominica -

South America

South America is the fourth largest continent and fifth most populous. It is a continent in the seven continent system. In other systems, it is part of The Americas. There are 13 countries and 3 dependent territories belonging to it as follows:

1. Brazil (Brasil) - Brasília
2. Argentina - Buenos Aires
3. Bolivia - Sucre
4. Chile - Santiago
5. Colombia - Bogotá
6. Ecuador - Quito
7. Falkland Islands - Stanley (territory of U.K.)
8. French Guiana - Cayenne (territory of France)
9. Guyana - Georgetown
10. Paraguay - Asunción
11. Peru - Lima
12. South Georgia and the South Sandwich Islands - (territory of U.K.)
13. Suriname - Paramaribo
14. Trinidad and Tobago - Port of Spain
15. Uruguay - Montevideo
16. Venezuela - Caracas

Oceania

Several terms are in use to describe the region of Australia and the nations of the Pacific Ocean. The term Oceania is usually preferred, and this is the term in use by the United Nations. The term Pacific Islands generally excludes the islands of New Zealand and the continent of Australia. The indigenous Māori of New Zealand is Polynesian people.

Historically, the region was called Australasia. This term is based more on natural history (geology, and geography) rather than on politics. This term means Australia, New Zealand and the whole of New Guinea, plus those islands which are *geologically* connected.

The countries (14 total) are listed below according to their UN classification:

1. Australia - Canberra
2. Fiji - Suva
3. New Zealand - Wellington
4. Federated States of Micronesia - Palikir
5. Kiribati - South Tarawa
6. Marshall Islands - Majuro
7. Nauru - no capital; biggest city is Yaren
8. Palau - Ngerulmud

9. Papua New Guinea - Port Moresby
10. Samoa - Apia
11. Solomon Islands - Honiara
12. Tonga - Nuku'alofa
13. Tuvalu - Funafuti
14. Vanuatu - Port Vila

Australasia is not a politically designated region. It is a natural region of *islands* designated by its geology, geography, botany, and zoology. It is also an ecozone.

1. Australia
2. Flores
3. Lombok
4. Melanesia
5. New Caledonia
6. New Guinea
7. Sulawesi
8. Sumbawa
9. Timor

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 - <http://www.lonelyplanet.com/destinations/>
 - <http://ontheworldmap.com>
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