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|  | REGION XI (DAVAO REGION) **Davao Region**, formerly called Southern Mindanao (Cebuano: Habagatang Mindanao; Filipino: Timog Mindanao), is an administrative region in the Philippines, designated as **Region XI**. It is situated at the southeastern portion of Mindanao, comprising five provinces: **Compostela Valley**, **Davao del Norte**, **Davao del Sur**, **Davao Oriental** and **Davao Occidental**, the newly created province.  The region encloses the Davao Gulf, and its regional center is Davao City. Davao is the Hispanicized pronunciation of daba-daba, the Bagobo word for "fire" (the Cebuano translation is kalayo).  Regional Center: Davao City  Island Group: Mindanao  Area: 20,357.42 km2  Population: 4,893,318 (4.85%)  Density: 240/km2 |
|  | REGION V (BICOL REGION) The **Bicol Region**, also known simply as Bicol, (Central Bikol: Rehiyon nin Bikol/Kabikolan; Rinconada Bicol: Rehiyon ka Bikol; Filipino: Kabikulan; Spanish: Bicolandia) is a region of the Philippines, designated as Region V. Bicol comprises six provinces, four on the Bicol Peninsula mainland (the southeastern end of Luzon) – **Albay**, **Camarines Norte**, **Camarines Sur**, and **Sorsogon** – and the offshore island provinces of **Catanduanes** and **Masbate**.  The regional center and largest city is **Legazpi City**, Albay. The region is bounded by the Lamon Bay to the north, Philippine Sea to the east, and the Sibuyan Sea and Ragay Gulf to the west. The northernmost provinces, Camarines Norte and Camarines Sur, are bordered to the west by the province of Quezon.  Regional Center: Legazpi  Island Group: Luzon  Area: 18,155.82 km2  Population: 5,796,989 (5.74%)  Density: 320/km2 |
|  | REGION III (CENTRAL LUZON) **Central Luzon** (Kapampangan: Kalibudtarang Luzon; Pangasinan: Pegley na Luzon; Ilocano: Tengnga a Luzon; Tagalog: Gitnang Luzon), designated as Region III, is an administrative region in the Philippines, primarily serving to organize the 7 provinces of the vast central plains of the island of Luzon (the largest island), for administrative convenience. The region contains the largest plain in the country and produces most of the country's rice supply, earning itself the nickname "Rice Granary of the Philippines". Its provinces are: **Aurora**, **Bataan**, **Bulacan**, **Nueva Ecija**, **Pampanga**, **Tarlac** and **Zambales**.  Regional Center: San Fernando (Pampanga)  Island Group: Luzon  Area: 22,014.63 km2  Population: 11,218,177 (11.11%)  Density: 510/km2 |
|  | REGION VII (CENTRAL VISAYAS) **Central Visayas** (Filipino: Gitnang Kabisayaan; Cebuano: Tunga-tungang Kabisay-an) is a region of the Philippines, designated as Region VII. It is located in the central part of the Visayas island group, and consisists of three provinces: **Bohol**, **Cebu** and **Siquijor**; and three highly urbanized cities: **Cebu City**, **Lapu-Lapu**, and **Mandaue**. Cebu City is the regional center. The region is dominated by the native speakers of Cebuano. The land area of the region is 10,102 square kilometres (3,900 sq mi), with a population of 6,041,903 people.  On May 29, 2015, the region was redefined, when Region VII lost the province of Negros Oriental to the newly formed Negros Island Region.  Regional Center: Cebu City  Island Group: Visayas  Area: 10,102.16 km2  Population: 6,041,903 (5.98%)  Density: 600/km2 |