Introduction

In making this file, I used several resources. My main English resource for countries and capitals was Scholastic Atlas of the World (published by Miles Kelly Ltd.). This Atlas was published in 2001 I believe (I am missing some pages) and geography is an ever-changing science, so it is possible that there are countries whose names or capitals have changed (or countries which have broken off from other countries) since the time of the publishing of this book which were not included in this file. Occasionally, two or three capitals were listed in the atlas for the same country. I thus referred to wikipedia and wrote a brief explanation in the footnotes. Additionally, some countries did not have capitals listed for them – most notably many of the islands which are included in the continent of Oceania. Thus, when I came across a country which I didn't know the capital for, I searched for it (in English) on the internet and generally used wikipedia or one of its sister sites (i.e. answers.com). One has to be careful with taking knowledge from wikipedia or similar sites as they are authored by virtual unknowns and full of opinions. However, I didn't see a problem with taking country capitals from wikipedia and Allah (God) knows best.

As for finding the names in Arabic for countries and capitals, then I used several resources. I used Baina Yadaika Book 1 as well as Hans Wehr. However, I didn't find Hans Wehr to be as helpful as I had hoped. But Hans Wehr is a dictionary, not an atlas, so I should not have been surprised. The two most helpful resources for the Arabic countries and capitals were translate.google.com (Google translate) and ejabat.google.com (Google answers). Since not everyone who answers a question knows geography, I made sure to have the country's capital in English first before inquiring in Arabic (on Google answers) " ما هي عاصمة " "What is the capital of...?" Then I made sure that the Arabic capital was in line with the English one. The only capitals I had trouble finding on ejabat were many of the island capitals in Oceania. For some of these I referred to the site ency.algeeria.com/.

When trying to find the name of a country or capital (or city) in Arabic, generally the name will be transliterated. For example, باريس for Paris. There are plenty of countries where this is not the case. However, even with a country like Germany, المانيا , one might think that Almaniyaa is nothing like the English word "Germany", but in French, the word for "Germany" is Allemagne (pronounced Alman).

There sometimes is more than one correct way to spell a country or city. Even in the Hans Wehr dictionary I would find more than one spelling for a country sometimes. For example, sometimes madd letters (الهوبي) will be put in the spelling and sometimes not. Sometimes the English "g" (as in girl) will be spelled with a ġ and sometimes it will be spelled with a ġ (jeem sometimes makes a "g" sound, like in the word – إنجليزية – ingileeziyyah {English}). Or a country may end in an alif (l) or a taa marbootah (ö), et cetera. Additionally, some countries require an المغرب، الأردن - Jordan and Morocco), whereas others don't.

I tried to include only those islands which are also countries (as opposed to islands that belong to other countries) with a few exceptions such as Greenland and Puerto Rico (which is a commonwealth¹). If you want to know how to say a group of islands, you may use the word جُزُر and

¹ Commonwealth (definition # 7): a political unit having local autonomy but voluntarily united with the United States — used officially of Puerto Rico and of the Northern Mariana Islands (http://www.merriam-webster.com/dictionary/commonwealth)

then transliterate the name. For example, جُزُرُ الغالاباغوس Galapagos Islands (Ecuador), الجُزُرُ العَذْرَاء The Virgin Islands (US and UK). Or for some island countries, you may simply transliterate the name, e.g. بَرْمُوْدَا Bermuda (UK). For islands that begin with San or Saint, سانت or سانت may be used.

I did not include vowel markings for some countries and capitals because countries and cities which are simply transliterated into Arabic do not follow the well known Arabic rule that two sukoons cannot meet. This is a well known Arabic rule and words will change in many different ways to accommodate this². However, بالأَسِف , some countries and capitals do not follow this rule. And so if I were to put harakaat on the letters then we would find two sukoons meeting, e.g. مَيْانْمُا لُو Bangkok, or مَيْانْمُالْ . Rwanda, etc. So when a word does not have vowel markings, simply follow the rules for long vowel pronunciation³.

I did not transliterate the names of the countries or the capitals. I stuck to the commonly known spellings for them. I was not able to write accent marks (like the French accent marks that can go over "e"). So, for example in words like "Yaounde" I was unable to put an accent on the "e".

First I listed some important vocabulary words. Then I listed the seven continents and the four oceans. Lastly, I listed the continents – in English alphabetical order – and their countries (also in English alphabetical order⁴)

² For example, the command and negative command of a double letter verb – صُبُّ pour! (m.sg), مُسْسَنُ or لا تَمْسَسُ don't touch! (m.sg)

³ Meaning if a letter is followed by an alif (ل), it makes an elongated "short a" sound, if a letter is followed by a yaa (بي), it makes an elongated "long e" sound, if a letter is followed by a wow (بو), it makes an elongated "long u" sound

⁴ The countries of the continents were conveniently listed in alphabetical order in the <u>Scholastic Atlas of the World</u> on the pages in which each individual continent was listed.

Useful Vocabulary

Countries, lands	⁵ بِلَاد	Country, land	بَلَد
Cities	مُدُن	City	مَدِيْنَة
Capitals	عَوَاصِم	Capital	عَاصِمَة
Islands	جُزُر	Island, peninsula	جَزِيْرَة
Gulfs	خُلُج	Gulf, bay	خَلِيْج
Oceans	مُحِیْطَات	Ocean	مُحِیْط
Seas	يحَار	Sea ⁶	بَحْر
Continents	قَارَّات	Continent	قَارَّة
East	ۺؘۘۯۨق	North	⁷ شَمَال
West	غَرْب	South	جَنْوْب
States	ولَايَات	State	⁸ ولَايَة
United, union	اِتِّحَاد	United	مُتَحِد
Region	مِنْطَقَة	Republic, democracry	جُمْهُوْرِيَة
Northern Africa ⁹	المَغْرب	The Middle East ¹⁰	الشَرْقُ الأَوْسَط
The West Bank	الضَّفَّةُ الغَرْبِيَّة	Gaza Strip	قِطَاعُ غَزَة
The Mediterranean Sea	البَحْر الأَبْيَض المُتَوَسِّط	Seashore, coast	سَاحِل
The Gulf of Aden	خَلِيْجُ عَدَن	Great Britain	بَرِيْطَانِيَا العُظْمَى
Latin America	أَمْرِيْكَا اللَّاتِيْنِيَّة	Foreign countries	البِلَاد الأَجْنَبِيَة

⁵ Also بُلْدَان

⁶ بحر may also be used to mean ocean

⁷ Not to be confused with شِمَال which is "left"

⁸ e should have a kasrah

⁹ Al Maghrib also means Morocco

المَشْرق Also 10

The Seven Continents and Four Oceans

Arctic Ocean	المُحيْط المُنْجَمِد	Pacific Ocean	المُحِيْط الهَادِئ
Indian Ocean	المحيط الهِنْدِي	Atlantic Ocean	المحيط الأَطْلَنْطِي السَّالَ
Asia	آسْيَا	Africa	21اًً فْرقِيَا
Oceania	أُوْقِيَانُوْسِيَا	Europe	اً أُوْرِبًا اللهِ المِلْمُ المِلْمُ اللهِ اللهِ اللهِ اللهِ اللهِ المَّالِمُ اللهِ اللهِ اللهِ اللهِ المَّالِمُ اللهِ اللهِ اللهِ اللهِ اللهِ المَا ا
South America	أَمْرِيْكَا الجَنُوْبِيَة	North America	أَمْرِيْكَا الشَّمَالِيَة
Antarctica		ة الجَنُوْبِيَة أَوْ أنتاركتيكا	14 القَارَّة القُطْبِيَا

	فِيَا	Afri أَفْرةِ	ca	
عَاصِمَة	Capital		بَلَد	Country
الجزائر	Algiers		الجَزَائِر	Algeria
لواندا	Luanda		أَنْغُوْلَا	Angola
بورت نوفو	Port Novo ¹⁵		بِنِیْن	Benin
غَابُوْرُوْن	Gaborone		بوتسوانا	Botswana
وَجَادُوْجُو	Ouagdougou		بوركينا فاسو	Burkino Faso
بوجمبورا	Bujumbura		بوروندي	Burundi
ياوندي	Yaounde		الكَامِيْرُوْن	Cameroon

الأَطْلَنْطِيْق Also الأَطْلَنْطِيْ

إِفْرِقِيَا Also

¹³ According to Hans Wehr

¹⁴ ar.wikipedia.org

^{15 &}lt;u>The Scholastic Atlas of the World</u> lists two capitals for Benin: Port Novo and Cotonou (کوتونو). Wikipedia lists Port Novo as the capital and Cotonou as the seat of government.

برایا	Praia	الرَّأْس الأَخْضَر	Cape Verde (islands)
بانغي	Bangui	جُمْهُوْرِيَة أَفْرِيْقِيَا الوُسْطَى	Central African Republic
إِنْجَامِيْنَا	N'Djamena	تشاد	Chad
مُرُوْنِي	Moroni	جُزُرُ القُمَر	Comoros (islands)
کینشاسا	Kinshasa	الكونغو الدِّيْمُوْقَرَاطِيَة	Democratic Republic of Congo
جىبوتي	Djibouti	جِيبٌوْتِي	Djibouti
القَاهِرَة	Cairo	مِصْر	Egypt
مَالَابُو	Malabo	غِيْنيَا الاِسْتِوَائِيَة	Equatorial Guinea
أَسْمَرَه	Asmara	إرتيريا	Eritrea
أَدِيْس أَبَابَا	Addis Ababa	ٲؘؿۘۅۛۑؚۑؘٵ	Ethiopia
ليبرفيل	Libreville	الغَابُوْن	Gabon
بانجول	Banjul	غامبيا	Gambia
أَكْرَا	Accra	16غَانَا	Ghana
كوناكري	Conakry	غِيْنِيَا	Guinea
بيساو	Bissau	غِيْنِيَا بيساو	Guinea-Bissau
يَامَاسُوْكُورُو	Yamoussoukro ¹⁷	سَاحِلُ العَاج	Ivory Coast
نَيرُۅٛؠؚي	Nairobi	كِيْنِيَا	Kenya
مَاسِيْرُو	Maseru	لِيْسُوْثُو	Lesotho

غَانَة Also

^{17 &}lt;u>The Scholastic Atlas of the World</u> lists two capitals for the Ivory Coast: Yamoussoukro and Abidjan (أبيدجان). According to Wikipedia, Yamoussoukro was designated the national capital in 1983, though most government offices and foreign embassies are still in Abidjan.

مُونرُوْفِيَا	Monrovia	لِيبْرِيَا	Liberia
طَرَابُلِس	Tripoli	لِيْبِياً	Libya
أَنْتَانانارِيْفُو	Antananarivo	مَدَغَشْقَر	Madagascar (island)
ليلونغوي	Lilongwe ¹⁸	مَالَاوِي	Malawi
بَامَاكُو	Bamako	مَالِي	Mali
نواكشوط	Nouakchott	مُوْرِيْتَانِيَا	Mauritania
بورت لویس	Port Louis	مُوْرِيْشِيُوْس	Mauritius
رباط	Rabat	المَغْرب	Morocco
مَابُوْتُو	Mabuto	المُوْزَمْبِيْق	Mozambique
وندهوك	Windhoek	نَامِيْبِيَا	Namibia
نِيَامِي	Niamey	النَّيْجَر	Niger
أَبُوْجَا	Abuja	نَيْجِيْرِيَا	Nigeria
برازافیل	Brazzaville	(جُمْهُوْرِيَةُ) الكونغو	Republic of Congo
كِيْغَالِي	Kigali	رواندا	Rwanda
سان تومي	Sao Tome	سان تومي و برينسيبي	Sao Tome and Principe (islands)
دَاكَار	Dakar	السِّنِغَال	Senegal
فيكتوريا	Victoria ¹⁹	سَيْشِيْل	Seychelles (islands)
فري تاون	Freetown	سِيَرَا لِيُوْن	Sierra Leone
مُقَدِيْشُو	Mogadishu	20الصُّوْمَال	Somalia

¹⁸ The Scholastic Atlas of the World lists 3 capitals for Malawi – Lilongwe, Zomba, and Blantyre. According to Wikipedia, Blantyre is the capital of the Southern Region of Malawi as well as the location of the Supreme Court. "In 1975, the capital of the country was formally moved from Zomba to Lilongwe." (Wiki)

¹⁹ Sometimes called Port Victoria (بورت فیکتوریا)

21کبت تاون	Capetown ²²	23جَنُوْبِي أَفْرِيْقِيَا	South Africa
بريتوريا	Pretoria		
الخَرْطُوْم	Khartoum	سُوْدَان	Sudan
مَبَابَان	Mbabane	سوازيلاند	Swaziland
دُوْدُوْمَا	Dodoma ²⁴	تَنْزَانِيَا	Tanzania
لُوْمِي	Lome	تُوْجُو	Togo
تونس	Tunis	تُوْنِس	Tunisia
كامبالا	Kampala	أُوْغَنْدَا	Uganda
لُوْسَاكَا	Lusaka	زامبيا	Zambia
هَرَاري	Harare	زمبابوي	Zimbabwe

		أَسْيَا Asia	ı	
عاصمة	Capital		بلد	Country
كَابُوْل	Kabul		أَفْغَانِسْتَان	Afghanistan
يريْفَان	Yerevan		أَرْمِيْنِيَا	Armenia
بَاكُو	Baku		ٲؘۮؚڕۘۥؘؘؽ۠ڿؘٵڹ	Azerbaijan
المَنَامَة	Manama		البَحْرَيْن	Bahrain

²⁰ This spelling is from Hans Wehr

مدينة كبت Also

²² South Africa has two capitals. Capetown is the legislative capital (seat of Parliament), Pretoria is the Administrative (executive) capital (seat of the President) (<u>Scholastic Atlas of the World</u>, p.189, in the "Search and find" box). 23 Hans Wehr lists the South in South Africa as "جَنُوْسِ". Allah knows best.

²⁴ The Scholastic Atlas of the World lists Dar es Salaam (دار السلام) as the administrative (executive) capital and Dodoma as the legislative capital (p.182-183). However, is was said on Wikipedia, "Since 1996, the official capital of Tanzania has been Dodoma, where Parliament and some government offices are located...Dar es salaam is the de facto seat of most government institutions." De facto: "in practice or actuality, but not officially established" (Wikipedia)

دَكَا	Dhaka	بَنْغَلَادِیْش	Bangladesh
تيمفو	Thimphu	بُوْتَان	Bhutan
بندر سدی بیقاوات	Bandar Seri Begawan	بروناي	Brunei
فنوم بن	Phnom Penh	كَمْبُوْدِيَا	Cambodia
بَيْحِيْن	Beijing	الصِّيْن	China
نِيْقُوْسِيَا	Nicosia	قِبْرُص	Cyprus
دِیْلِي	Dili	تِيْمُوْرِ الشَّرْقِيَة	East Timor
تبلیسي	Tbilisi	جورجيا	Georgia
دَلْهِي	Delhi	الهِنْد	India
جَاكَرْتَا	Jakarta	ٳؚڹ۠ۮؗۅڛڹۣؠ۠ڛؚيؘٵ	Indonesia
طِهْرَان	Tehran	ٳؚیْرَان	Iran
بَغْدَاد	Baghdad	العِرَاق	Iraq
القُدْس	Jerusalem ²⁵	ٳؚڛ۠ۯؘٵئِيْل	Israel
طُوْكِيُو	Tokyo	اليَابَان	Japan
عَمَّان	Amman	الأُرْدُن	Jordan
أستانا	Astana	كازاخستان	Kazakhstan
مَدِیْنَة کویت	Kuwait City	کُوَیْت	Kuwait
بىشكىك	Bishek	قىرغىزستان	Kyrgyzstan
فِينْتِيَان	Vientiang	لاوس	Laos
بيروْت	Beirut	لَبْنَان	Lebanon
كُوَالَا لُمْبُوْر	Kuala Lumpur	مَالِيْزِيَا	Malaysia
مَالِیْه	Male (mar-ley)	جُزُر المَالَدِيْف	Maldives

²⁵ Both Palestine and Isra'el claim Jerusalem as their capital.

أُولان باتار	Ulaanbaatar		مُنْغُوْلِيَا	Mongolia
يانجون	Yangon		²⁶ میانمار	Myanmar
كاتماندو	Kathmandu		نِیبَال	Nepal
بيونغ يانغ	P'yong yang	ä	كُوْرِيَا الشَّمَالِيَّ	North Korea
مُسْقَط	Muscat		عُمَان	Oman
إِسْلَام أَبَاد	Islamabad		بَاكِسْتَان	Pakistan
القُدْس	Jerusalem ²⁷		ۏؚڸؚڛ۠ڟؚؚیْن	Palestine
مَانِیْلَا	Manila		الفِلِبِيْن	Philippines
الدَّوْحَه	Ad-Dawhah		قَطَر	Qatar
موسكو	Moscow		رُوْسِيَا	Russia ²⁸
الرِّيَاض	Riyadh		المَمْلَكَة العَرَيَّ ²⁹ السَّعُوْدِيَّة	(Kingdom of) Saudi Arabia
سنغافورة	Singapore		ڛؚڹ۠ۼؘٵڡؙؙۅ۠ڔؘة	Singapore
ڛؙؚؽۅ۠ڵ	Seoul	ä	كُوْرِيَا الجَنُوْبِيَن	South Korea
كُوْلُمبُّو	Colombo		سري لانكا	Sri Lanka
دِمَشْق	Damascus		سُوْرِيَا	Syria
تايبيه	Taipei		تايوان	Taiwan
دوشنابي	Dushant		طَاجِیْکِسْتَان	Tajikistan
بانكوك	Bangkok		تايلاند	Thailand
أَنْقَرَة	Ankara		تُرْكِيَا	Turkey
عَشْق أَبَاد	Ashkhabad		تركمانستان	Turkmenistan

²⁶ Myanmar is formally known as Burma (بورما) and Yangon is formally known as Rangoon (رانجون).

²⁷ Both Palestine and Isra'el claim Jerusalem as a capital.
28 This is actually listed in the atlas as "Russian Federation". Russia is a part of both Europe and Asia.
29 Also just السَعُوْدِيَة (Saudi)

أَبُوْ ظَبِي	Abu Dhabi	الإِمَارَات العَرَبِيَّة المُتَّحِدَة	United Arab Emirates
طَشْقِنْد	Tashken	أُوزبِكِسْتَان	Uzbekistan
هانوي	Hanoi	فِيَتْنَام	Vietnam
صَنْعَاء	Sanaa	اليَمَن	Yemen

Antarctica القَارَّة القُطْبِيَة الجَنُوْبِيَة (أنتاركتيكا)ا

Europe أُورْبَا				
عاصمة	Capital		بلد	Country
تِبْرَانَا	Tirane		أَلْبَانِيَا	Albania
أندورا لا فيلا	Andorra la Vella		أَنْدُوْرَا	Andorra
فِيِينَا	Vienna		النِّمْسَا	Austria
مينسك	Minsk		بِیْلَارُوْسِیَا	Belarus
بروكسل	Brussels		بِلْجِيْكَا	Belguim
سَرَايِيْفُو	Sarajevo		البوسنة و الهرسك	Bosnia- Herzegovina
صُوْفِيَا	Sofia		بُلْغَارِيَا	Bulgaria
زَغْرب	Zaghreb		كرواتيا	Croatia
براغ	Prague		الجُمْهُرِيَة التشيكية	Czech Republic
كُوْبِنْهَاغِن	Copenhagen		الدنمارك	Denmark

لَنْدَن	London	ٳڹ۠ڮؚڵؾۘڔؘٳ	England ³¹
تَالِيْن	Tallin	ٳڛۛؾؗۅ۫ڹۣۑؘۘٵ	Estonia
هِلْسِنْكِي	Helsinki	فِنْلَنْدَا	Finland
بَارِیْس	Paris	فَرَنْسَا	France
ڔؘۘڒٟڸؽ۠ڹ	Berlin	أَلْمَانِيَا	Germany
أُثِيناً	Athens	يُوْنَان	Greece
بُوْدَابست	Budapest	المَجَر	Hungary
رَيْكِيَافِيْك	Reykjavik	إيسلندا	Iceland
دُبْلِن	Dublin	جُمْهُريَة إِرْلَنْدَا	(The Republic of) Ireland
رُوْمَا	Rome	إطَالِيَا	Italy
أُرِيْغَا	Riga	لاتفيا	Latvia
فَادُوْز	Vaduz	ليختنشتاين	Liechtenstein
ۏؚؠۨڸۣڹڹۣؠؗۅ۠ڛ	Vilnius	لِيْثُوَانِيَا	Lithuania
مَدِیْنَة لوکسمبورغ	Luxembourg	لوكسمبورغ	Luxembourg
سكوبيا	Skopje	مَقْدُوْنِيَا	Macedonia
فَالِيْتَا	Valletta	مالطا	Malta
كيشيناو	Chisinau	مولدافيا	Moldova
موناكو	Monaco	مُوْنَاكُو	Monaco
أمستردام	Amsterdam ³²	هُوْلَنْدَا	Netherlands

³¹ England is a part of the United Kingdom
32 The Scholastic Atlas of the World lists both The Hague and Amsterdam as capitals of the Netherlands. "The capital of the Netherlands is Amsterdam even though the States-General and the government have both been situated in the Hague since 1588." - Wikipedia

بلفاست	Belfast	ا الشَّمَالِيَة	Northern Ireland إِرْلَنْدَ
أُسْلُو	Oslo	ڶڹۨ۠ۯ۠ۅؽ۫ڿ	l Norway
وارسو	Warsaw	بُوْلَنْدَا	Poland
لِشْبُوْنَة	Lisbon	بُرْتُغَال	JI Portugal
بُوْخَارست	Bucharest	رُوْمَانِیَا	Romania
موسكو	Moscow	روسیا	Russia ³⁴
سان مارینو	San Marino	ن مَارِیْنُو	سا San Marino
ٳؚۮؚڹۨڔۘۄ	Edinburgh	سكتلندا	Scotland ³⁵
براتىسلافا	Bratislava	ىلوفاكيا	س Slovakia
لُوبليانا	Ljubljana	ىلوفىنيا	Slovenia
مدرید	Madrid	ِ سْبَانِيَا	Spain
ستوكهلم	Stockholm	لسُّويْد	Sweden Sweden
بِر [°] ن	Bern	ٮؘۘۅؽ۠ڛۘڔؘۘٵ	Switzerland
کِییف	Kiev	وكرانيا	l Ukraine
لَنْدَن	London	كَة المُتَّحِدَة	المَمْلَ United Kingdom ³⁶
كارديف	Cardiff	ويلز	Wales ³⁷
بِلغراد	Belgrade	ئوْسَلَاف <u>ِ</u> يَا	يُوْخُ يُوْخُ Yugoslavia

³³ Northern Ireland is ruled as a part of the United Kingdom (as are England, Scotland and Wales), the Republic of Ireland is not. There is some debate over whether Northern Ireland is a separate country or not.

³⁴ Part of Russia is in Europe and part is in Asia

³⁵ Scotland is part of the United Kingdom

³⁶ The United Kingdom (also known as Great Britain) consists of the following: England, Northern Ireland, Scotland and Wales

³⁷ Wales is part of the United Kingdom

أَمْرِيْكَا الشَّمَالِيَة North America				
عاصمة	Capital		بلد	Country
سانت جونز	Saint John's		أَنْتِيْغُوَا و بَرْبُوْدَا	Antigua and Barbuda
ناساو	Nassau		جُزُر البَهَامَا	Bahamas
بريدج تاون	Bridgetown		بَرْبَادُوْس	Barbados
بِلْمُوْبَان	Belmopan		بِلِیْز	Belize
أُتَاوَا	Ottawa		كَنَدَا	Canada
سان هوزیه	San Jose		كُوستَا رِيْكَا	Costa Rica
هَافَانَا	Havanna		كُوْبَا	Cuba
سانتو دومىنغو	Santo Domingo		جُمْهُريَة الدُوْمِيْنِيْكَان	Dominican Republic
سان سَلْفَادُوْر	San Salvador		السَلْفَادُوْر	El Salvador
نوك	Nuuk		غرينلاند	Greenland ³⁸
سان جورج	St. George		غرينَادَا	Grenada
هَاغَاتنا	Hagatna		غُوَام	Guam ³⁹
مَدِيْنَة غواتيمالا	Guatemala City		غُوَاتِيْمَالَا	Guatemala
بورت ابرنس	Port au Prince		ھايتي	Haiti
تِیْغُوسِیْغَالبا	Tegucigalpa		ۿؙنْدُوْرَاس	Honduras
كينغستون	Kingstown		جامایکا	Jamaica
مَدِیْنَة مَکْسِیْکُو	Mexico City		المَكْسِيْك	Mexico
مَانَاغُوَا	Managua		نِیْکَارَاغُوَا	Nicaragua

³⁸ Greenland belongs to Denmark39 Guam is an island territory belonging to the US (Wikipedia)

مَدِیْنَة بنما	Panama City	بَنَمَا	Panama
سان جوان	San Juan	بورتو ریکو	Puerto Rico ⁴⁰
بورت اوف سبین	Port of Spain	ترینیداد و توباغو	Trinidad and Tobago
واشنطون	Washington D.C.	الولَايَات المُتَّحِدَةً المُتَّحِدةً	United States

أُوْقِيَانُوْسِيَا Oceania				
عاصمة	Capital		بلد	Country
كَانبَرا	Canberra		أُسترَالِيَا	Australia
سُوْفَا	Suva		ۏؚی۠ڿؚۑ	Fiji
تَارَاوَا	Tarawa		کِیْریْبَاتِي	Kiribati
مَاجِيْرُو	Majuro		جُزُر مَارِشَال	Marshall Islands
بَالِيْكِيْر	Palikir		ولَايَات مِيْكرُوْنِيْزيَا الاِتِّحَادِيَة	(Federal States of) Micronesia
يَارِيْن	Yaren ⁴²		ناورُو	Nauru
وَلِينغتُوْن	Wellington		نِيُو زِيْلَنْدَا	New Zealand
كُوْرُوْر	Koror		بالاو	Palau
بورت مورسباي	Port Moresby		بابوا غِيْنِيَا الجَدِيْدَة	Papua New Guinea
أَبِيَا	Apia		سَامُوَا	Somoa

⁴⁰ Puerto Rico is a commonwealth which is considered part of the U.S. According to www.thefreedictionary.com a commonwealth is: "**b.** Used to refer to a self-governing, autonomous political unit voluntarily associated with the United States, namely, Puerto Rico and the Northern Mariana Islands." (3rd definition)

أَمْرِيْكَا Also أَمْرِيْكَا

⁴² Yaren is considered the "de facto" capital. Wikipedia defines "de facto" as, "in practice or actuality, but not officially established"

هُوْنِيَارَا	Honiara	جُزُر سُلَيْمَان	Soloman Islands
نُوْكُوْ الفاو	Nuku'alofa	تُونغَا	Tonga
فُوْنَافُوْتِي	Funafuti	تُوْفَالُوْ	Tuvalu
بورت فیلا	Port Vila	فَانُوَاتُو	Vanuatu

أَمْرِيْكَا الجَنُوْبِيَة South America				
عاصمة	Capital		بلد	Country
بُوَنُس إِيْرس	Buenos Aires		الأَرْجَنْتِيْن	Argentina
لا بَاز	La Paz ⁴³		بُوْلِيْفِيَا	Bolivia
بَرَازِيْلِيَا	Brasilia		البَرَازِيْل	Brazil
سَانتِيَاغُو	Santiago		تشیلي	Chile
بُوْغُوْتَا	Bogota		كُوْلُومبِيَا	Colombia
كِيْتُو	Quito		الإِكْوَادُور	Ecuador
کَاین	Cayenne		غِيَانَا الفَرَنْسِيَة	French Guiana
جُورج تاون	Georgetown		غِيَانَا	Guyana
اَسُونسِيُوْن	Asuncion		بَرَاجُوَاي	Paraguay
لِيْمَا	Lima		بِيْرُو	Peru
بَارَامَارِيبُو	Paramaribo		سُوْرِيْنَام	Suriname
مُونتِيْفِيْدِيُو	Montevideo		أُوْرُغُوَاي	Uruguay
كَرَاكَاس	Caracas		ڣؚڹؚڒ۠ۘۘۅؘۘؽ۠ڵٳ	Venezuela

Completed with the help of Allah (God) – none deserves to be worshiped except for Him.

^{43 &}lt;u>The Scholastic Atlas of the World</u> lists La Paz as the administrative capital of Bolivia and Sucre as the legislative capital (p.84-85).