

History and Geography Study Guide 1: National Capitals

Directions: The capitals of countries are some of the most frequently referenced clues in questions not only for the National Geography Bee and National Geography Bowl, but also in questions for the National History Bee, the National History Bowl, and the National Academic Bee. In National History Bee, National History Bowl, and National Academic Bee tournaments, questions are asked about the history and culture of all parts of the world. Often, when we ask about the history and culture of a country (for example, where the answer is "Sweden"), the question will mention the name of its capital, especially towards the end (for example, "Name this Scandinavian country where a museum dedicated to the pop band ABBA and a wooden ship named for this country's royal House of Vasa can be visited in its capital city of Stockholm.").

Study the Level 1 countries and their capitals first, as they are the most famous and most frequently referenced. Then move on to Level 2, and learn those before moving on to Level 3. Remember, that in the History Bowl, having different team members be responsible for learning the capitals of different parts of the world (especially at Levels 3-5) can be an efficient and effective strategy for making sure your team is well-prepared and has this material mastered. Pronunciation guides are included for certain cities (these are shown as pr. XXXX). It is important these are learned as well as pronunciation needs to be close enough for an answer to be deemed correct.

Note that all US state capitals are also essential knowledge (the equivalent of Level 1 or 2). These are not listed, but should also be learned. Canadian provincial & territorial capitals are listed in an appendix below.

Level 1 – 13 countries

Americas	Asia	Europe	Europe
Brazil – Brasilia	China – Beijing	France – Paris	Italy – Rome
Mexico – Mexico City	India – New Delhi	Germany – Berlin	Russia – Moscow
USA – Washington, DC	Japan – Tokyo	Greece – Athens	Spain – Madrid
		United Kingdom – London	

Level 2 – 31 countries

Africa	Americas	Asia
Egypt - Cairo	Argentina – Buenos Aires	Iran – Tehran
Kenya - Nairobi	Canada – Ottawa	Israel – Jerusalem
South Africa 1 – Cape Town	Chile – Santiago	Pakistan – Islamabad
(Cape Town is the legislative capital)	Colombia – Bogotá	Philippines – Manila
	Cuba – Havana	South Korea – Seoul (pr. SOLE)
	Peru – Lima	Thailand – Bangkok
		Turkev – Ankara

<u>Level 2 – 31 countries (continued)</u>

Europe Europe Oceania

Austria – Vienna Norway – Oslo Australia – Canberra

Belgium – Brussels Poland – Warsaw New Zealand – Wellington

Czech Republic – Prague (pr. PRAHG)Portugal – Lisbon
Denmark – Copenhagen Sweden – Stockholm
Finland – Helsinki Switzerland – Bern
Hungary – Budapest Ukraine – Kiev

Ireland – Dublin

Level 3 – 26 countries

Africa Americas Asia

Algeria – Algiers Bolivia 1 – La Paz Afghanistan – Kabul Ghana – Accra (La Paz is the executive capital) Indonesia – Jakarta Morocco – Rabat Ecuador – Quito Irag – Baghdad

Nigeria – Abuja Jamaica – Kingston Malaysia 1 – Kuala Lumpur South Africa 2 – Pretoria Venezuela – Caracas (Kuala Lumpur is the legislative capital)

(Pretoria is the executive capital) Qatar – Doha

Saudi Arabia – Riyadh (pr. REE-yahd)

Sri Lanka 1 – Colombo

Europe (Colombo is the executive capital)

Europe Syria – Damascus

Croatia – Zagreb Romania - Bucharest Taiwan – Taipei

Cyprus – Nicosia Serbia – Belgrade United Arab Emirates – Abu Dhabi

Iceland – Reykjavik (pr. RIKE-yah-vik) Slovakia - Bratislava Vietnam – Hanoi

<u>Level 4 – 28 countries</u>

Africa Americas

Democratic Republic of Congo – Kinshasa Dominican Republic – Santo Domingo

Ethiopia – Addis Ababa Costa Rica – San Jose Libya – Tripoli Nicaragua – Managua

Mali – Bamako Paraguay – Asuncion (pr. ah-sun-see-OAN) Senegal – Dakar Trinidad and Tobago – Port of Spain

Somalia – Mogadishu Uruguay – Montevideo

Tunisia – Tunis

Zimbabwe – Harare (pr. hah-RAH-ray)

<u>Level 4 – 28 countries (continued)</u>

Asia Europe

Bangladesh – Dhaka Belarus – Minsk

Cambodia – Phnom Penh Bosnia & Herzegovina – Sarajevo (pr. sarah-YAY-voe)

Kazakhstan – Astana Bulgaria – Sofia Lebanon – Beirut (pr. bay-ROOT) Estonia – Tallinn Mongolia – Ulan Bataar Latvia – Riga Nepal – Kathmandu (pr. cat-man-DOO) Lithuania – Vilnius

North Korea – Pyongyang Slovenia – Ljubljana (pr. Lyoob-LYAH-nah)

Level 5 - 25 Countries

AfricaAmericasAsiaAngola – LuandaBahamas – NassauArmenia – YerevanIvory Coast – YamoussoukroBolivia 2 – Sucre (pr. SOO-cray)Azerbaijan – BakuLiberia – Monrovia(Sucre is the judicial capital)Georgia – TbilisiMadagascar – AntananarivoHonduras – TegucigalpaJordan – Amman

Rwanda – Kigali Suriname – Paramaribo Kyrgyzstan (pr. KEER-ghiz-stan) Bishkek Sudan – Khartoum (pr. car-TOOM) Laos – Vientiane (pr. vee-en-tee-AHN)

Tanzania – Dodoma Maldives – Male (pr. MAH-lay)

Myanmar - Naypyidaw

Europe Oman – Muscat

Albania – Tirana Yemen – Sana'a (see note 9 below)

Kosovo – Pristina Malta – Valletta

North Macedonia – Skopje (pr. SCOPE-yeh)

Appendix – Canadian Provinces and Territories

The levels listed below are meant to be comparable to the levels used for national capitals in this study guide.

Level 2 - Provinces of Canada

Alberta – Edmonton Ontario – Toronto Quebec – Quebec City

Level 3 – Provinces of Canada

British Columbia – Victoria Manitoba – Winnipeg Nova Scotia – Halifax

Level 4 - Provinces of Canada

New Brunswick – Fredericton Newfoundland and Labrador – St. John's

Prince Edward Island – Charlottetown Saskatchewan – Regina

Level 5 – Territories of Canada

Additional Notes and Tips

- 1. Consider using a map or globe while learning these capitals and countries. Knowing their location on a map is very helpful for gaining an understanding of world history and geography.
- 2. Certainly, other world capitals are referenced in clues and (more rarely) are answers to questions themselves. However, outside of Championship level geography competitions, these do not come up at a frequency where they should be a primary target for studying.
- 3. Remember that some countries do not have separately named cities as their capitals (e.g. Singapore, San Marino, Monaco), contain the name of their country in their capital (e.g. Kuwait City, Guatemala City) or are very similarly named (e.g. Andorra's capital is Andorra la Vella). These countries certainly may be referenced, but their capital names are not particularly useful clues so they are not listed above.
- 4. Many other countries' most famous or most populous cities are not referenced here. For example, Dar es Salaam is a larger and more famous city, and more frequently referenced than Dodoma for questions on Tanzania. So be sure not to neglect other cities in your preparation.
- 5. Note that certain countries have two separate capital cities and one country (South Africa) has three separate capitals. Some of these are listed above along with their function, but not all of them are important enough to warrant inclusion here.
- 6. Some countries are found on two continents (e.g. Russia and Turkey), but we have placed such countries in only one list here for sake of clarity.
- 7. Kosovo and Taiwan are not recognized as countries by many nations, but are de facto countries, and are often referred to as such in IAC questions.
- 8. Ivory Coast is often known by its official French name of Côte d'Ivoire (pr. coat div-WAH). Both names of the country, French and English, may be referenced in questions.
- 9. Sana'a is the official capital of Yemen, but it has been occupied by a rebel group since 2015 and since then, Aden has been the acting capital.