

International Academic Competitions

History and Geography Study Guide 2: Regional Capitals

Note: This guide lists capital cities for regions and subnational entities. Please consult the National Capitals Study Guide for the capitals of the 193 UN member states.

Directions: The capitals of regions and subnational entities are often referenced in questions not only for the National Geography Bee and National Geography Bowl, but also in questions for the National History Bee, National History Bowl, National Academic Bee, and National Academic Bowl. 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.

This guide is meant as a complement to the National Capitals Study Guide, and it should be used in conjunction with that. Note that on average, the regions (other than US states and Puerto Rico) and their capitals listed below occur less frequently in questions than national capitals. For this reason, there are almost no Level 1 regions and capitals and few Level 2. The levels listed here correspond to those in the National Capitals Study Guide; hence a Level 5 region and its capital would tend to occur roughly as frequently as a Level 5 nation and its capital.

Study the Level 2 regions, then the Level 3 regions, and so on, in that order. Remember, that in the Geography Bowl and 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 for players in the USA, Levels 6-9 (and beyond – there are certainly other capitals beyond those listed here which could hypothetically occur) as listed in this guide occur very infrequently in questions outside of the National Championships, the International History Olympiad, and the International Geography Championships. It is a good idea to study other elements of geography (e.g. bodies of water, mountains, other major cities, etc.) before trying to commit all of these to memory.

Section 1 - USA States and Territories

Level 1 – USA States

Alabama – Montgomery	Alaska – Juneau	Arizona – Phoenix
Arkansas – Little Rock	California – Sacramento	Colorado – Denver
Connecticut – Hartford	Delaware – Dover	Florida – Tallahassee
Georgia – Atlanta	Hawaii – Honolulu	Idaho – Boise
Illinois – Springfield	Indiana – Indianapolis	Iowa – Des Moines
Kansas – Topeka	Kentucky – Frankfort	Louisiana – Baton Rouge
Maine – Augusta	Maryland – Annapolis	Massachusetts – Boston
Michigan – Lansing	Minnesota – St. Paul	Mississippi – Jackson

Level 1 – USA States (continued)

Missouri – Jefferson City	Montana – Helena	Nebraska – Lincoln
Nevada – Carson City	New Hampshire – Concord	New Jersey – Trenton
New Mexico – Santa Fe	New York – Albany	North Carolina – Raleigh
North Dakota – Bismarck	Ohio – Columbus	Oklahoma – Oklahoma City
Oregon – Salem	Pennsylvania – Harrisburg	Rhode Island – Providence
South Carolina – Columbia	South Dakota – Pierre	Tennessee – Nashville
Texas – Austin	Utah – Salt Lake City	Vermont – Montpelier
Virginia – Richmond	Washington – Olympia	West Virginia – Charleston
Wisconsin – Madison	Wyoming – Cheyenne	

Level 1 – USA Territories

Puerto Rico – San Juan

Level 5 – USA Territories

Guam – Hågatña	Northern Mariana Islands – Saipan
US Virgin Islands – Charlotte Amalie	American Samoa – Pago Pago

Section 2 - Chinese Provinces, Territories, and Regions

Level 3

Taiwan – Taipei

Level 6

Guangdong – Guangzhou	Tibet Autonomous Region – Lhasa
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Level 7

Hainan – Haikou	Hubei – Wuhan	Sichuan – Chengdu
Xinjiang Uyghur Autonomous Region – Ürümqi		

Level 8

Fujian – Fuzhou	Henan – Zhengzhou	Hunan – Changsha
Jiangsu – Nanjing	Liaoning – Shenyang	Shaanxi – Xi'an
Shandong – Jinan	Yunnan – Kunming	Zhejiang – Hangzhou

Level 9

Anhui – Hefei	Gansu – Lanzhou	Guizhou – Guiyang
Heilongjiang – Harbin	Hebei – Shijiazhuang	Jiangxi – Nanchang
Jilin – Changchun	Qinghai – Xining	Shanxi – Taiyuan

Inner Mongolia Autonomous Region – Hohhot
Guangxi Zhuang Autonomous Region – Nanning
Ningxia Hui Autonomous Region – Yinchuan

Note that Hong Kong and Macau are Special Administrative Regions (SARs) of China, and as such, are not considered to have capitals, as these are cities which are coterminous with these SARs.

Note that the following major cities are designated as municipalities (which is a province-level subdivision of China). They are not typically considered to have capitals:

Beijing	Chongqing	Shanghai	Tianjin
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Section 3 – Indian States and Territories

Level 6 – Indian States

Maharashtra – Mumbai (aka Bombay)	Uttar Pradesh – Lucknow
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Level 7 – Indian States

Karnataka – Bengaluru (aka Bangalore)	Rajasthan – Jaipur
Tamil Nadu – Chennai (aka Madras)	West Bengal – Kolkata (aka Calcutta)

Level 8 – Indian States

Bihar – Patna	Gujarat – Gandhinagar
Kerala – Thiruvananthapuram (aka Trivandrum)	Madhya Pradesh – Bhopal
Punjab – Chandigarh	Telangana – Hyderabad

Level 9 – Indian States

Andhra Pradesh – Amaravati	Arunachal Pradesh – Itanagar	Assam – Dispur
Chhattisgarh – Raipur	Goa – Panaji	Haryana – Chandigarh
Jharkhand – Ranchi	Manipur – Imphal	Meghalaya – Shillong
Mizoram – Aizawl	Nagaland – Kohima	Odisha – Bhubaneswar
Sikkim – Gangtok	Tripura – Agartala	
Himachal Pradesh – Shimla (summer) and Dharamshala (winter)		
Uttarakhand – Bhararaisain (summer) and Dehradun (winter)		

The following are the eight Union Territories of India. Note that if the capital is in the name of the territory, it is unlikely that we would specifically be asking for it in a question. Those where the capital is NOT in the name are all Level 9.

Andaman and Nicobar Islands – Port Blair

Chandigarh – Chandigarh (note that this is also the capital of Haryana & Punjab)

Dadra and Nagar Haveli and Daman and Diu – Daman

Delhi – New Delhi

Jammu and Kashmir – Srinagar (summer capital) & Jammu (winter capital)

Ladakh – Leh (summer capital) & Kargil (winter capital)

Lakshadweep – Kavaratti

Puducherry (aka Pondicherry) – Puducherry

Section 4 - Canadian Provinces and Territories

Level 2 – Provinces of Canada

Ontario – Toronto

Quebec – Quebec City

Level 3 – Provinces of Canada

Alberta – Edmonton

British Columbia – Victoria

Level 4 – Provinces of Canada

Manitoba – Winnipeg

Nova Scotia – Halifax

Level 5 – Provinces of Canada

New Brunswick – Fredericton

Newfoundland and Labrador – St. John's

Prince Edward Island – Charlottetown

Saskatchewan – Regina

Level 6 – Territories of Canada

Northwest Territories – Yellowknife

Nunavut – Iqaluit

Yukon – Whitehorse

Section 5 – Australian States and Territories

Level 4

New South Wales – Sydney

Level 5

Victoria – Melbourne

Level 6

Tasmania – Hobart

Level 7

Western Australia – Perth

Queensland – Brisbane

South Australia - Adelaide

Level 8

Northern Territory – Darwin

The capital of Australia, Canberra, is found in the Australian Capital Territory, which, like Washington, DC for the USA, is not considered to have its own capital. Note that Australia has additional territories, but these are considered to be beyond Level 9, and are thus not listed.

Section 6 – Provinces, Territories, and Regions - Asia

Level 6

Hokkaido – Sapporo (prefecture of Japan. This is the largest prefecture by land area, and it consists of the entirety of Hokkaido, Japan's northernmost main island.)

Palestine – Jerusalem (This is the proclaimed capital; Ramallah serves as the administrative center as Israel maintains control over Jerusalem). You can research the Israeli-Palestinian conflict for a more comprehensive description of the status of Palestine.

Level 8

Okinawa – Naha (prefecture of Japan)

Punjab – Lahore (province of Pakistan)

Level 9

Sakha Republic – Yakutsk (constituent republic of Russia. This is the world's largest national subdivision by land area.)

Sindh – Karachi (province of Pakistan)

Section 7 – Provinces, Territories, and Regions – Americas

Level 6

Bermuda – Hamilton (British territory in the Atlantic Ocean)
Cayenne – French Guiana (French territory on mainland South America)

Level 7

Falkland Islands – Stanley (British territory in the Atlantic Ocean)

Level 8

Aruba – Oranjestad (Constituent country of The Netherlands in the Caribbean)
Cayman Islands – George Town (British territory in the Caribbean)
Curacao – Willemstad (Constituent country of The Netherlands in the Caribbean)
Martinique – Fort-de-France (French territory in the Caribbean)
Plymouth – Montserrat (British territory in the Caribbean, most notable for becoming a ghost town after a 1997 volcanic eruption. Government offices are now in the town of Brades.)

Level 9

Amazonas – Manaus (state of Brazil)
Bahia – Salvador (state of Brazil)
British Virgin Islands – Road Town (British territory in the Caribbean)
Chihuahua – Ciudad Juarez (State of Mexico. Largest by area.)
Guadeloupe – Basse-Terre (French territory in the Caribbean)
Minas Gerais – Belo Horizonte (state of Brazil)
Saint Martin – Marigot (French territory in the Caribbean. Occupies half of the island of Saint Martin.)
Sint Maarten – Philipsburg (Constituent country of The Netherlands in the Caribbean. Occupies half of the island of Saint Martin.)

Section 8 – Provinces, Territories, and Regions – Europe

Level 1

England – London (constituent country of the United Kingdom)
European Union – Brussels (co-seat of the European parliament together with Strasbourg, though note that the European Commission seat is solely in Brussels. The military alliance NATO is also headquartered in Brussels.)

Level 3

Scotland – Edinburgh (constituent country of the United Kingdom)

Level 4

Greenland – Nuuk (territory of Denmark)
Northern Ireland – Belfast (constituent country of the United Kingdom)
Wales – Cardiff (constituent country of the United Kingdom)

Level 5

Kosovo – Pristina (partially recognized country, which broke away from Serbia)
Tuscany – Florence (region of Italy)

Level 6

Bavaria – Munich (state of Germany)
Catalonia – Barcelona (autonomous community of Spain)
Île-de-France – Paris (region of France)
Lombardy – Milan (region of Italy)

Level 7

Corsica – Ajaccio (region of France)
Northern Cyprus – Nicosia (Since the 1970's, the Turkish Republic of Northern Cyprus has maintained control over the northern third of the island. Nicosia is a divided city; Cyprus also has its capital at Nicosia).
Sardinia – Cagliari (region of Italy)
Sicily – Palermo (region of Italy)

Level 8

Andalusia – Seville (autonomous community of Spain)
Azores – Ponta Delgada (territory of Portugal in the Atlantic Ocean; note that there are other legislative and judicial capitals, but these are basically never referenced)
Chechnya – Grozny (constituent republic of Russia)
Crete – Heraklion (region of Greece)
Faroe Islands – Torshavn (territory of Denmark in the Atlantic Ocean)
Lazio (pr. LOTS-ee-oh) – Rome (region of Italy)
Madeira – Funchal (territory of Portugal in the Atlantic Ocean)
North Rhine-Westphalia – Düsseldorf (most populous state of Germany)
Piedmont – Turin (region of Italy)
Provence-Alpes-Côte d'Azur – Marseilles (region of France)
Saxony – Dresden (state of Germany)

Level 9

Abkhazia – Sukhumi (breakaway region of Georgia, dominated by Russian-backed separatists)
Aragon – Zaragoza (autonomous community of Spain)
Auvergne-Rhône-Alpes – Lyon (region of France)
Baden-Württemberg – Stuttgart (state of Germany)
Balearic Islands – Palma (also called Palma de Mallorca) (autonomous community of Spain)
Basque Country – Vitoria-Gasteiz (autonomous community of Spain)
Brandenburg – Potsdam (state of Germany)
Brittany – Rennes (region of France)
Burgundy-Franche-Comté – Dijon (region of France)
Canary Islands – Las Palmas de Gran Canaria (Executive and Judicial capital) & Santa Cruz de Tenerife (Executive and Legislative) (The Canary Islands are a territory of Spain in the Atlantic.)
Castile and Leon – Valladolid (autonomous community of Spain)
Castilla-La Mancha – Toledo (autonomous community of Spain)
Emilia-Romagna – Bologna (region of Italy)
Galicia – Santiago de Compostela (autonomous community of Spain)
Grand Est – Strasbourg (region of France)
Hauts-de-France – Lille (region of France)
Hesse – Wiesbaden (state of Germany)
Isle of Man – Douglas (British crown dependency)
Liguria – Genoa (region of Italy)
Lower Saxony – Hanover (state of Germany)
Masovia – Warsaw (voivodeship of Poland)
Moravia – Brno (historical region of the Czech Republic)
Navarre – Pamplona (autonomous community of Spain)
Nouvelle-Aquitaine – Bordeaux (region of France)
Normandy – Rouen (region of France)
Occitania (Occitanie in French) – Toulouse (region of France)
Piedmont – Turin (region of Italy)
Rhineland-Palatinate – Mainz (state of Germany)
Schleswig-Holstein – Kiel (state of Germany)
South Ossetia – Tskhinvali (breakaway region of Georgia, dominated by Russian-backed separatists)
Styria – Graz (state of Austria)
Tatarstan – Kazan (republic within Russia)
Transnistria – Tiraspol (breakaway region of Moldova, dominated by Russian-backed separatists)
Tyrol – Innsbruck (state of Austria)
Veneto – Venice (region of Italy)
Vojvodina (pr. voy-VOE-dee-nah) – Novi Sad (autonomous province of Serbia)

Section 9 – Provinces, Territories, and Regions – Africa

Level 8

Western Sahara - Laayoune (this is a disputed region south of Morocco, note that Morocco controls the area around Laayoune)

Level 9

Gauteng – Johannesburg (province of South Africa)

KwaZulu-Natal – Pietermaritzburg (province of South Africa)

Mayotte – Mamoudzou (French territory in the Indian Ocean off Africa)

Puntland – Garowe (breakaway state, typically considered part of Somalia)

Réunion (pr. ray-oon-YONE) – Saint-Denis (pr. sah-deh-NEE) (French territory in the Indian Ocean off Africa)

Somaliland – Hargeisa (breakaway state, typically considered part of Somalia)

Western Cape – Cape Town (province of South Africa)

Section 10 – Provinces, Territories, and Regions – Oceania

Level 9

Cook Islands – Avarua (self-governing country, in free association with New Zealand. It is not yet a UN member state.)

French Polynesia – Papeete (territory of France. Located on the island of Tahiti.)

New Caledonia – Nouméa (territory of France)

Niue (pr. nee-OO-ay) – Alofi (self-governing country, in free association with New Zealand. It is not yet a UN member state.)

Finally, note the following Atlantic Ocean islands (not typically considered to be part of Oceania or any continent) that are worth knowing. All of these are Level 9:

Saint Helena, Ascension and Tristan da Cunha – Jamestown

This is a British territory: the capital is Jamestown on Saint Helena (which is also considered to be the capital of Saint Helena). The capital of Tristan da Cunha is Edinburgh of the Seven Seas. The capital of Ascension Island is Georgetown. Typically, the capitals of the islands are more frequently referenced rather than the territory itself.