

# International Academic Competitions

## 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 International Geography Bee, but also in questions for the International History Bee and Bowl. In IHBB tournaments, questions are asked about the history of all parts of the world. Very often, when we ask about the history of a country (for example, where the answer is “Sweden”), the question will mention the name of its capital (for example, “Name this country where museums dedicated to the band ABBA and a ship named for the royal House of Vasa can be found in its capital 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 (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.

### Level 1 – 13 countries

#### **Americas**

Brazil – Brasilia  
Mexico – Mexico City  
USA – Washington, DC

#### **Asia**

China – Beijing  
India – New Delhi  
Japan – Tokyo

#### **Europe**

France – Paris  
Germany – Berlin  
Greece – Athens  
United Kingdom – London

#### **Europe**

Italy – Rome  
Russia – Moscow  
Spain – Madrid

### Level 2 – 31 countries

#### **Africa**

Egypt - Cairo  
Kenya - Nairobi  
South Africa 1 – Cape Town  
(Cape Town is the legislative capital)

#### **Americas**

Argentina – Buenos Aires  
Canada – Ottawa  
Chile – Santiago  
Colombia – Bogotá  
Cuba – Havana  
Peru – Lima

#### **Asia**

Iran – Tehran  
Israel – Jerusalem  
Pakistan – Islamabad  
Philippines – Manila  
South Korea – Seoul (pr. SOLE)  
Thailand – Bangkok  
Turkey – Ankara

#### **Europe**

Austria – Vienna  
Belgium – Brussels  
Czech Republic – Prague (pr. PRAHG)  
Denmark – Copenhagen  
Finland – Helsinki  
Hungary – Budapest  
Ireland – Dublin

#### **Europe**

Norway – Oslo  
Poland – Warsaw  
Portugal – Lisbon  
Sweden – Stockholm  
Switzerland – Bern  
Ukraine – Kiev

#### **Oceania**

Australia – Canberra  
New Zealand – Wellington

### Level 3 – 26 countries

#### **Africa**

Algeria – Algiers  
Ghana – Accra  
Morocco – Rabat  
Nigeria – Abuja  
South Africa 2 – Pretoria  
(Pretoria is the executive capital)

#### **Europe**

Croatia – Zagreb  
Cyprus – Nicosia  
Iceland – Reykjavik (pr. RIKE-yah-vik)

#### **Americas**

Bolivia 1 – La Paz  
(La Paz is the executive capital)  
Ecuador – Quito  
Jamaica – Kingston  
Venezuela – Caracas

#### **Europe**

Romania - Bucharest  
Serbia – Belgrade  
Slovakia - Bratislava

#### **Asia**

Afghanistan – Kabul  
Indonesia – Jakarta  
Iraq – Baghdad  
Malaysia 1 – Kuala Lumpur  
(Kuala Lumpur is the legislative capital)  
Qatar – Doha  
Saudi Arabia – Riyadh (pr. REE-yahd)  
Sri Lanka 1 – Colombo  
(Colombo is the executive capital)  
Syria – Damascus  
Taiwan – Taipei  
United Arab Emirates – Abu Dhabi  
Vietnam – Hanoi

### Level 4 – 28 countries

#### **Africa**

Democratic Republic of Congo – Kinshasa  
Ethiopia – Addis Ababa  
Libya – Tripoli  
Mali – Bamako  
Senegal – Dakar  
Somalia – Mogadishu  
Tunisia – Tunis  
Zimbabwe – Harare (pr. hah-RAH-ray)

#### **Asia**

Bangladesh – Dhaka  
Cambodia – Phnom Penh  
Kazakhstan – Astana  
Lebanon – Beirut (pr. bay-ROOT)  
Mongolia – Ulan Bataar  
Nepal – Kathmandu (pr. cat-man-DOO)  
North Korea – Pyongyang

#### **Americas**

Dominican Republic – Santo Domingo  
Costa Rica – San Jose  
Nicaragua – Managua  
Paraguay – Asuncion (pr. ah-sun-see-OAN)  
Trinidad and Tobago – Port of Spain  
Uruguay – Montevideo

#### **Europe**

Belarus – Minsk  
Bosnia & Herzegovina – Sarajevo (pr. sarah-YAY-voe)  
Bulgaria – Sofia  
Estonia – Tallinn  
Latvia – Riga  
Lithuania – Vilnius  
Slovenia – Ljubljana (pr. Lyoob-LYAH-nah)

## Level 5 – 25 Countries

### **Africa**

Angola – Luanda  
Ivory Coast – Yamoussoukro  
Liberia – Monrovia  
Madagascar – Antananarivo  
Rwanda – Kigali  
Sudan – Khartoum (pr. car-TOOM)  
Tanzania – Dodoma

### **Europe**

Albania - Tirana  
Kosovo – Pristina  
Malta – Valletta  
North Macedonia – Skopje (pr. SCOPE-yeh)

### **Americas**

Bahamas – Nassau  
Bolivia 2 – Sucre (pr. SOO-cray)  
(Sucre is the judicial capital)  
Honduras – Tegucigalpa  
Suriname – Paramaribo

### **Asia**

Armenia – Yerevan  
Azerbaijan – Baku  
Georgia – Tbilisi  
Jordan – Amman  
Kyrgyzstan (pr. KEER-ghiz-stan) Bishkek  
Laos – Vientiane (pr. vee-en-tee-AHN)  
Maldives – Male (pr. MAH-lay)  
Myanmar - Naypyidaw  
Oman – Muscat  
Yemen – Sana’a (see note 9 below)

### **Notes**

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.