

Lesson 65:

Pronouncing the 197 Nations of the World and their Capitals (Plus 2 Territories)

Directions:

1. Teacher pronounces each country and capital one at a time; the student(s) repeat them back to you.
2. Listen to the song: "Tour the World".
3. Sing along with the song: "Tour the World".
4. Pray for the people in every nation, naming each nation.
5. Memorize the song for Matthew 28:19-20.

(Copyright 2025 Eva Hahn and Regina Harp www.funnyphonics.life)

Country	(Pronunciation)	Capital	(Pronunciation)	Continent or Region
1. Namibia		Windhoek		Africa
2. Zambia		Lusaka		Africa
3. Niger		Niamey		Africa
4. Benin		Porto-Novo		Africa
5. Burundi		Gitega		Africa
6. Botswana		Gaborone		Africa
7. Ghana		Accra		Africa
8. Nigeria		Abuja		Africa
9. Togo		Lome		Africa
10. Burkina Faso		Ouagadougou		Africa
11. Lesotho		Maseru		Africa
12. Kenya		Nairobi		Africa
13. Chad		N'Djamena		Africa
14. Malawi		Lilongwe		Africa
15. Republic of the Congo		Brazzaville		Africa
16. Democratic Republic of the Congo		Kinshasa		Africa
17. Zimbabwe		Harare		Africa
18. Sudan		Khartoum		Africa
19. Gabon		Libreville		Africa

20. Morocco	Rabat	Africa
21. Mali	Bamako	Africa
22. Uganda	Kampala	Africa
23. Comoros	Moroni	Africa
24. Rwanda	Kigali	Africa
25. Ethiopia	Addis Ababa	Africa
26. Cote d'Ivoire	Yamoussoukro	Africa
27. Mozambique	Maputo	Africa
28. Central African Republic	Bangui	Africa
29. Cameroon	Yaounde	Africa
30. South Africa	Bloemfontein	Africa
31. Sierra Leone	Freetown	Africa
32. Senegal	Dakar	Africa
33. Guinea	Conakry	Africa
34. Guinea-Bissau	Bissau	Africa
35. Equatorial Guinea	Malabo	Africa
36. Cape Verde	Praia	Africa
37. Eritrea	Asmara	Africa
38. Djibouti	Djibouti City	Africa
39. Madagascar	Antananarivo	Africa
40. Tanzania	Dodoma	Africa
41. Swaziland (Eswatini)	Mbabane and Lobamba	Africa
42. Tunisia	Tunis	Africa
43. Somalia	Mogadishu	Africa
44. South Sudan	Juba	Africa
45. Sao Tome and Principe	Sao Tome city	Africa
46. Seychelles	Victoria	Africa
47. Mauritania	Nouakchott	Africa
48. Libya	Tripoli	Africa
49. Liberia	Monrovia	Africa
50. Algeria	Algiers	Africa
51. Egypt	Cairo	Africa
52. Mauritius	Port Louis	Africa

53. Angola	Luanda	Africa
54. The Gambia	Banjul	Africa
55. Western Sahara	Laayoune	Africa
56. Palau	Melekeok	Oceania
57. Nauru	(none)	Oceania
58. Tonga	Nuku'alofa	Oceania
59. Samoa	Apia	Oceania
60. Solomon Islands	Honiara	Oceania
61. Australia	Canberra	Oceania/Australia
62. Micronesia	Palikir	Oceania
63. Fiji	Suva	Oceania
64. Marshall Islands	Majuro	Oceania
65. Vanuatu	Port-Vila	Oceania
66. Tuvalu	Vaiaku	Oceania
67. New Zealand	Wellington	Oceania
68. Papua New Guinea	Port Moresby	Oceania
69. Kiribati	Ambo, Bairiki, and Betio	Oceania
70. Venezuela	Caracas	South America
71. Guyana	Georgetown	South America
72. Paraguay	Asuncion	South America
73. Peru	Lima	South America
74. Suriname	Paramaribo	South America
75. Uruguay	Montevideo	South America
76. Chile	Santiago	South America
77. Ecuador	Quito	South America
78. Colombia	Bogota	South America
79. Brazil	Brasilia	South America
80. Argentina	Buenos Aires	South America
81. Bolivia	La Paz and Sucre	South America

82.	Mexico	Mexico City	North America
83.	Trinidad and Tobago	Port of Spain	Caribbean
84.	Saint Lucia	Castries	Caribbean
85.	Panama	Panama City	Central America
86.	Nicaragua	Managua	Central America
87.	Guatemala	Guatemala City	Central America
88.	Barbados	Bridgetown	Caribbean
89.	Jamaica	Kingston	Caribbean
90.	Cuba	Havana	Caribbean
91.	Honduras	Tegucigalpa	Central America
92.	Grenada	St. George's	Caribbean
93.	El Salvador	San Salvador	Central America
94.	Costa Rica	San Jose	Central America
95.	Dominica	Roseau	Caribbean
96.	Belize	Belmopan	Central America
97.	Canada	Ottawa	North America
98.	Saint Vincent and the Grenadines	Kingstown	Caribbean
99.	United States of America	Washington, D.C.	North America
100.	Haiti	Port-au-Prince	Caribbean
101.	Saint Kitts and Nevis	Basseterre	Caribbean
102.	Antigua and Barbuda	St. John's	Caribbean
103.	The Bahamas	Nassau	Caribbean
104.	Dominican Republic	Santo Domingo	Caribbean
105.	Puerto Rico (territory of the United States)	San Juan	Caribbean
106.	Greenland (territory of Denmark)	Nuuk	North America
107.	Taiwan	Taipei	Asia
108.	Iran	Tehran	Asia
109.	Iraq	Baghdad	Asia
110.	India	New Delhi	Asia

111.	Malaysia		Kuala Lumpur	Asia
112.	Cambodia		Phnom Penh	Asia
113.	Georgia		Tbilisi (Tiflis)	Asia
114.	China		Beijing	Asia
115.	Indonesia		Jakarta	Asia
116.	Syria		Damascus	Asia
117.	Mongolia		Ulaanbaatar	Asia
118.	South Korea		Seoul	Asia
119.	North Korea		P'yongyang	Asia
120.	Vietnam		Hanoi	Asia
121.	Thailand		Bangkok	Asia
122.	Japan		Tokyo	Asia
123.	Uzbekistan		Tashkent	Asia
124.	Tajikistan		Dushanbe	Asia
125.	Philippines		Manila	Asia
126.	Turkmenistan		Ashgabat	Asia
127.	Sri Lanka		Colombo & Sri Jayewardenepura Kotte	Asia
128.	Qatar	COT-er	Doha	DOE-hah Asia
129.	Nepal		Kathmandu	Asia
130.	Singapore		city of Singapore	Asia
131.	Yemen		Sanaa	Asia
132.	Oman		Muscat	Asia
133.	United Arab Emirates		Abu Dhabi	Asia
134.	East Timor		Dili	Asia
135.	Myanmar (Burma)		Yangon	Asia
136.	Saudi Arabia		Riyadh	Asia
137.	Maldives		Male	Asia
138.	Israel		Jerusalem	Asia
139.	Lebanon		Beirut	Asia
140.	Bhutan		Thimphu	Asia
141.	Kuwait	KWATE	Kuwait City	Asia
142.	Jordan		Amman	Asia
143.	Brunei		Bandar Seri Begawan	Asia

144.	Kyrgystan	Bishkek	Asia
145.	Kazakhstan	Astana	Asia
146.	Laos	Vientiane	Asia
147.	Bangladesh	Dhaka	Asia
148.	Bahrain	Manama	Asia
149.	Pakistan	Islamabad	Asia
150.	Azerbaijan	Baku	Asia
151.	Afghanistan	Kabul	Asia
152.	Armenia	Yerevan (Erevan)	Asia
153.	Italy	Rome	Europe
154.	Latvia	Riga	Europe
155.	Albania	Tirana	Europe
156.	Austria	Vienna	Europe
157.	Belgium	Brussels	Europe
158.	Spain	Madrid	Europe
159.	Serbia	Belgrade	Europe
160.	Slovakia	Bratislava	Europe
161.	Slovenia	Ljubljana	Europe
162.	Ukraine	Kyiv	Europe
163.	Vatican City	(none)	Europe
164.	Sweden	Stockholm	Europe
165.	Romania	Bucharest	Europe
166.	Turkiye	Ankara	Europe
167.	Ireland	Dublin	Europe
168.	Kosovo	Pristina	Europe
169.	Manaco	(none; it is a city-state)	Europe
170.	San Marino	San Marino City	Europe
171.	Norway	Oslo	Europe
172.	United Kingdom: Northern Ireland, Wales, Scotland, England	London	Europe
173.	Switzerland	Bern	Europe
174.	Portugal	Lisbon	Europe

175.	Poland	Warsaw	Europe
176.	France	Paris	Europe
177.	Croatia	Zagreb	Europe
178.	Bulgaria	Sofia	Europe
179.	Iceland	Reykjavik	Europe
180.	Estonia	Tallinn	Europe
181.	Russia	Moscow	Europe
182.	Czech Republic	Prague	Europe
183.	Cyprus	Nicosia	Europe
184.	Bosnia & Herzegovina	Sarajevo	Europe
185.	Greece	Athens	Europe
186.	Andorra	Andorra la Vella	Europe
187.	Liechtenstein	Vaduz	Europe
188.	Lithuania	Vilnius	Europe
189.	Belarus	Minsk	Europe
190.	North Macedonia	Skopje	Europe
191.	Luxembourg	Lucilinburhuc	Europe
192.	Malta	Valletta	Europe
193.	Moldova	Chisinau	Europe
194.	Netherlands	Amsterdam	Europe
195.	Finland	Helsinki	Europe
196.	Montenegro	Podgorica	Europe
197.	Germany	Berlin	Europe
198.	Hungary	Budapest	Europe
199.	Denmark	Copenhagen	Europe

Matthew 28:19-20

19 Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.

20 Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.

COMPREHENSION QUESTIONS:

1. JESUS says, "Go and make _____ of all the nations."
2. What two things are we supposed to do to the new disciples?
3. Will JESUS always be with us?

PROJECT: JESUS tells us to teach the new disciples all the commands He has given us. Many of His commands are written down in the Sermon on the Mount in Matthew 5, 6, and 7. Take some time to read those chapters.

What are some of JESUS' commands that we should be teaching other people?

Who is someone in your life that you can teach JESUS' commands to?