

Regionen der Russischen Föderation

1	Central Federal Region	<i>Kontinentalbereich Europa</i>
	<ul style="list-style-type: none"> • Moscow Oblast (Moscow) • Belgorod Oblast (Belgorod) • Bryansk Oblast (Bryansk) • Vladimir Oblast (Vladimir) • Voronezh Oblast (Voronezh) • Ivanovo Oblast (Ivanovo) • Kaluga Oblast (Kaluga) • Kostroma Oblast (Kostroma) • Kursk Oblast (Kursk) 	<ul style="list-style-type: none"> • Lipetsk Oblast (Lipetsk) • Oryol Oblast (Oryol) • Ryazan Oblast (Ryazan) • Smolensk Oblast (Smolensk) • Tambov Oblast (Tambov) • Tver Oblast (Tver) • Tula Oblast (Tula) • Yaroslavl' Oblast (Yaroslavl')
2	North-Western Federal Region	<i>Kontinentalbereich Europa und Asien</i>
	<ul style="list-style-type: none"> • Leningrad (St. Petersburg) Oblast • Karelia Republic (Petrozavodsk) • Komi Republic (Syktyvkar) • Arkhangel'sk Oblast (Arkhangel'sk) • Vologda Oblast (Vologda) 	<ul style="list-style-type: none"> • Kaliningrad Oblast (Kaliningrad) • Murmansk Oblast (Murmansk) • Novgorod Oblast (Novgorod) • Pskov Oblast (Pskov) • Nenetsia Okrug (Naryan-Mar)
3	Southern Federal Region	<i>Kontinentalbereich Europa</i>
	<ul style="list-style-type: none"> • Rostov Oblast (Rostov-na-Donu) • Adygea Republic (Maykop) • Dagestan Republic (Makhachkala) • Ingushetia Republic (Magas) • Kabardino-Balkaria Republic (Nalchik) • Kalmykia Republic (Elista) • Karachay-Cherkessia Republic (Cherkessk) 	<ul style="list-style-type: none"> • North Ossetia Republic (Vladikavkaz) • Chechnya Republic (Grozny) • Krasnodar Krai (Krasnodar) • Stavropol Krai (Stavropol) • Astrakhan Oblast (Astrakhan) • Volgograd Oblast (Volgograd)
4	Volga Federal Region	<i>Kontinentalbereich Europa und Asien</i>
	<ul style="list-style-type: none"> • Nizhny-Novgorod Oblast (Nizhny Novgorod) • Bashkortostan Republic (Ufa) • Mari-El Republic (Yoshkar-Ola) • Mordovia Republic (Saransk) • Tatarstan Republic (Kazan) • Udmurtia Republic (Izhevsk) • Chuvashia Republic (Cheboksary) 	<ul style="list-style-type: none"> • Kirov Oblast (Kirov) • Orenburg Oblast (Orenburg) • Penza Oblast (Penza) • Perm Krai (Perm) • Samara Oblast (Samara) • Saratov Oblast (Saratov) • Ul'yanovsk Oblast (Ulyanovsk)
5	Ural Federal Region	<i>Kontinentalbereich Asien</i>
	<ul style="list-style-type: none"> • Kurgan Oblast (Kurgan) • Sverdlovsk Oblast (Yekaterinburg) • Tyumen Oblast (Tyumen) 	<ul style="list-style-type: none"> • Chelyabinsk Oblast (Chelyabinsk) • Khantia-Mansia Okrug (Khanty Mansiysk) • Yamalia Okrug (Salekhard)
6	Siberian Federal Region	<i>Kontinentalbereich Asien</i>
	<ul style="list-style-type: none"> • Novosibirsk Oblast (Novosibirsk) • Altai Republic (Gomo-Altaysk) • Altai Krai (Barnaul) • Buryatia Republic (Ulan-Ude) • Tyva Republic (Kyzyl) • Khakassia Republic (Abakan) 	<ul style="list-style-type: none"> • Krasnoyarsk Krai (Krasnoyarsk), including Evenk Okrug and Taymyria Okrug • Irkutsk Oblast (Irkutsk), including Ust-Orda Buryatia Okrug (Ust-Ordynsky) • Kemerovo Oblast (Kemerovo) • Omsk Oblast (Omsk) • Tomsk Oblast (Tomsk) • Zabaykalsky Krai (Chita), including Chita Oblast (Chita) and Aga Buryatia Okrug (Aginskoye)
7	Far-Eastern Federal Region	<i>Kontinentalbereich Asien</i>
	<ul style="list-style-type: none"> • Khabarovsk Krai (Khabarovsk) • Sakha (Yakutia) Republic (Yakutsk) • Primorsky Krai (Vladivostok) • Amur Oblast (Blagoveshchensk) • Kamchatka Krai (Petropavlovsk-Kamchatsky), including Kamchatka Oblast and Koryakia Okrug (Palana) 	<ul style="list-style-type: none"> • Magadan Oblast (Magadan) • Sakhalin Oblast (Yuzhno-Sakhalinsk) • Chukotka Okrug (Anadyr) • Jewish Oblast (Birobidzhan)

Oblast ... Provinz mit eigenem Gouverneur und regionaler Legislatur

Krai ... Territorium, im wesentlichen dasselbe wie ein Oblast

Okrug ... Distrikt = Bezirk, oft mit ethnischer Minderheit

In Klammern ist die jeweilige Hauptstadt (administratives Zentrum) angegeben.

Regionen der USA

1	The North-East	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • ME - Maine (Augusta) • NH - New Hampshire (Concord) • VT - Vermont (Montpelier) 	<ul style="list-style-type: none"> • MA - Massachusetts (Boston) • CT - Connecticut (Hartford) • RI - Rhode Island (Providence)
2	The Middle Atlantic	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • NY - New York (Albany) • NJ - New Jersey (Trenton) • Pennsylvania (Harrisburg) 	<ul style="list-style-type: none"> • DE - Delaware (Dover) • DC - Washington, DC • MD - Maryland (Annapolis)
3	The South 1	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • VA - Virginia (Richmond) • KY - Kentucky (Frankfort) • TN - Tennessee (Nashville) • NC - North Carolina (Raleigh) 	<ul style="list-style-type: none"> • SC - South Carolina (Columbia) • GA - Georgia (Atlanta) • FL - Florida /Tallahassee) • AL - Alabama (Montgomery)
4	The South 2	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • MS - Mississippi (Jackson) • AR - Arkansas (Little Rock) • LA - Louisiana (Baton Rouge) 	<ul style="list-style-type: none"> • MO - Missouri (Jefferson City) • TX - Texas (Austin)
5	The Midwest	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • OH - Ohio (Columbus) • MI - Michigan (Lansing) • IN -Indiana (Indianapolis) • WI - Wisconsin (Madison) • IL - Illinois (Springfield) 	<ul style="list-style-type: none"> • MN - Minnesota (St Paul) • IA - Iowa (Des Moines) • ND - North Dakota (Bismarck) • SD - South Dakota (Pierre) • NE - Nebraska (Lincoln)
6	The South-West	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • NM - New Mexico (Sanata Fe) • AZ - Arizona (Phoenix) • NV - Nevada (Carson City) 	<ul style="list-style-type: none"> • OK - Oklahoma (Oklahoma City) • KS - Kansas (Topeka)
7	The West	<i>Kontinentalbereich Nordamerika</i>
	<ul style="list-style-type: none"> • CO - Colorado (Denver) • WY -Wyoming (Cheyenne) • MT - Montana (Helena) • UT - Utah (Salt Lake City) • CA - California (Sacramento) 	<ul style="list-style-type: none"> • ID - Idaho (Boise) • OR -Oregon (Salem) • WA - Washington (Olympia) • AK - Alaska (Juneau) • HI -Hawaii (Honolulu)

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Regionen Brasiliens

1	Região 1	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • AM – Amazonas (Manaus) • AC – Acre (Rio Branco) 	<ul style="list-style-type: none"> • RO – Roraima (Boa Vista) • RR – Rondônia (Puerto Velho)
2	Região 2	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • AP – Amapá (Macapá) • PA – Pará (Belém) 	<ul style="list-style-type: none"> • MT - Mato Grosso (Cuiabá)
3	Região 3	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • MA – Maranhão (São Luís) • CE – Ceará (Fortaleza) • RN - Rio Grande do Norte (Natal) • PB – Paraíba (João Pessoa) 	<ul style="list-style-type: none"> • PE – Pernambuco (Recife) • AL – Alagoas (Maceió) • SE – Sergipe (Aracaju) • PI – Piauí (Teresina)
4	Região 4	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • BA – Bahia (Salvador) 	<ul style="list-style-type: none"> • TO – Tocantins (Palmas)
5	Região 5	Continental area South America
	<ul style="list-style-type: none"> • MG - Minas Gerais (Belo Horizonte) • ES - Espírito Santo (Vitória) 	<ul style="list-style-type: none"> • RJ - Rio de Janeiro (Rio de Janeiro)
6	Região 6	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • DF - Distrito Federal (Brasília) • GO – Goiás (Goiânia) 	<ul style="list-style-type: none"> • MS -Mato Grosso do Sul (Campo Grande) • SP - São Paulo (São Paulo)
7	Região 7	Kontinentalbereich Südamerika
	<ul style="list-style-type: none"> • PR – Paraná (Curitiba) • SC - Santa Catarina (Florianópolis) 	<ul style="list-style-type: none"> • RS - Rio Grande do Sul (Pôrto Alegre)

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Regionen Australiens

1	<ul style="list-style-type: none">• Northern Territory (Darwin) – NT• Western Australia (Perth) – WA• South Australia (Adelaide) – SA	Kontinentalbereich Australien
2	<ul style="list-style-type: none">• Queensland (Brisbane) – QLD• New South Wales (Sydney) – NSW• Australian Capital Territory (Canberra) – ACT• Jervis Bay Territory (Canberra) - JBT• Victoria (Melbourne) – VIC	Kontinentalbereich Australien
3	<ul style="list-style-type: none">• Tasmania (Hobart) – TAS	Kontinentalbereich Australien

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Regionen der Republik Südafrika

Südafrika ist eine Republik mit Provinzen.

1	Region Western Cape	Kontinentalbereich Afrika
	<ul style="list-style-type: none">• province Western Cape (Cape Town)	
2	Region Eastern Cape	Kontinentalbereich Afrika
	<ul style="list-style-type: none">• province Eastern Cape (Bisho)	
3	Region Kwazulu/Natal	Kontinentalbereich Afrika
	<ul style="list-style-type: none">• province Kwazulu/Natal (Pietermaritzburg)	
4	Region 4	Kontinentalbereich Afrika
	<ul style="list-style-type: none">• province Northern Cape (Kimberley)• province Free State (Bloemfontein)	
5	Region 5	Kontinentalbereich Afrika
	<ul style="list-style-type: none">• province North-West (Mafikeng)¹⁾• province Gauteng (Pretoria)• province Mpumalanga (Neilspruit)• province Limpopo (Polokwane)²⁾	

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1)

Mmabatho, die ehemalige Hauptstadt des Homelands Bophuthatswana, ist seit der Wiedervereinigung mit der Republik Südafrika ein Teil der Stadt Mafikeng.

2)

Polokwane hieß früher Pietersburg.

2002 wurden Städte, welche an die frühere Apartheitspolitik erinnerten, im gesamten Land umbenannt.