

Regions of the Russian Federation

1	Central Federal Region	<i>Continental area Europe</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>Continental area Europe and Asia</i>
	<ul style="list-style-type: none"> • Leningrad (St. Petersburg) Obl. • 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>Continental area Europe</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) 	<ul style="list-style-type: none"> • Kalmykia Republic (Elista) • Karachay-Cherkessia Republic (Cherkessk) • North Ossetia Republic (Vladikavkaz) • Chechnya Republic (Grozny) • Krasnodar Krai (Krasnodar) • Stavropol Krai (Stavropol) • Astrakhan Oblast (Astrakhan) • Volgograd Oblast (Volgograd)
4	Volga Federal Region	<i>Continental area Europe and Asia</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>Continental area Asia</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>Continental area Asia</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) • Krasnoyarsk Krai (Krasnoyarsk), including Evenk Okrug and Taymyria Okrug 	<ul style="list-style-type: none"> • 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>Continental area Asia</i>
	<ul style="list-style-type: none"> • Khabarovsk Krai (Khabarovsk) • Sakha (Yakutia) Republic (Yakutsk) • Primorsky Krai (Vladivostok) • Amur Oblast (Blagoveshchensk) 	<ul style="list-style-type: none"> • Kamchatka Krai (Petropavlovsk-Kamchatsky), including Kamchatka Oblast and Koryakia Okrug (Palana) • Magadan Oblast (Magadan) • Sakhalin Oblast (Yuzhno-Sakhalinsk) • Chukotka Okrug (Anadyr) • Jewish Oblast (Birobidzhan)

Oblast ... Province with governor and regional legislation Krai ... Territory, in general the same as an Oblast

Okrug ... District, frequently with an Ethnic minority

The capital (administrative centre) is written in brackets.

Regions of the USA

1	The North-East	<i>Continental area North America</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>Continental area North America</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>Continental area North America</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>Continental area North America</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>Continental area North America</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>Continental area North America</i>
	<ul style="list-style-type: none"> • NM - New Mexico (Santa 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>Continental area North America</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)

The capital (administrative centre) is written in brackets.

Regions of Brazil

1	Região 1	<i>Continental area South America</i>
	<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	<i>Continental area South America</i>
	<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	<i>Continental area South America</i>
	<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	<i>Continental area South America</i>
	<ul style="list-style-type: none"> • BA – Bahia (Salvador) 	<ul style="list-style-type: none"> • TO – Tocantins (Palmas)
5	Região 5	<i>Continental area South America</i>
	<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	<i>Continental area South America</i>
	<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	<i>Continental area South America</i>
	<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)

The capital (administrative centre) is written in brackets.

Regions of Australia

1	<ul style="list-style-type: none">• Northern Territory (Darwin) – NT• Western Australia (Perth) – WA• South Australia (Adelaide) – SA	Continental area Australia
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	Continental area Australia
3	<ul style="list-style-type: none">• Tasmania (Hobart) – TAS	Continental area Australia

The capital (administrative centre) is written in brackets.

Regions of the Republic South Africa

South Africa is a republic with provinces.

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

The capital (administrative centre) is written in brackets.

1) Mmabatho, the former capital of the Homelands Bophuthatswana, is a part of the city Mafikeng since the re-union with the Republic of South Africa.

2) Polokwane was formerly called Pietersburg. In 2002 cities, which reminded to the former politics of separation, have been renamed countrywide.