

No	Name	Capital	Surface (km ²)	Population	Pop/km ²	Flag	All	visited	worked
1	Ägypten	Kairo	97,553,151	1,001,450	97.4		1	1	
2	Algerien	Algier	41,318,142	2,381,741	17.3		1	1	1
3	Angola	Luanda	29,784,193	1,246,700	23.9		1	1	
4	Äquatorial Malabo		1,267,689	28,051	45.2		1		
5	Äthiopien	Addis Abeba	104,957,438	1,133,380	105		1		
6	Benin	Porto-Novo	11,175,692	112,622	99.1		1	1	
7	Botswana	Gaborone	2,291,661	581,730	4		1	1	1
8	Burkina Faso	Ouagadougou	19,193,382	274,200	70.2		1	1	
9	Burundi	Gitega	10,864,245	27,834	423.1		1		
10	Dschibuti	Dschibuti-S	956,985	23,200	41.3		1		
11	Elfenbeinküste	Yamoussoukro	24,294,750	322,463	76.4		1	1	
12	Eritrea	Asmara	5,068,831	121,144	50.2		1		
13	Eswatini	Mbabane	1,367,254	17,364	79.5		1		
14	Gabun	Libreville	2,025,137	267,667	7.9		1		
15	Gambia	Banjul	2,100,568	11,295	207.6		1	1	
16	Ghana	Accra	28,833,629	238,537	126.7		1	1	1
17	Guinea	Conakry	12,717,176	245,857	51.8		1		
18	Guinea-Bissau		1,861,283	36,125	66.2		1		
19	Kamerun	Yaoundé	24,053,727	475,442	45.6		1	1	
20	Kap Verde	Praia	546,388	4,036	122.4		1	1	1
21	Kenia	Nairobi	49,699,862	582,646	87.3		1	1	
22	Komoren	Moroni	813,912	1,862	437.4		1		
23	Kongo, Demokratische	Kinshasa	81,339,988	2,344,858	35.9		1	1	
24	Kongo, Republik	Brazzaville	5,260,750	342,000	15.4		1		

25	Lesotho	Maseru	2,233,339	30,355	73.7		1		
26	Liberia	Monrovia	4,731,906	97,754	49.1		1	1	1
27	Libyen	Tripolis	6,374,616	1,775,500	3.6		1	1	
28	Madagaskar	Antananarivo	25,570,895	587,041	44		1	1	1
29	Malawi	Lilongwe	18,622,104	118,484	197.5		1	1	1
30	Mali	Bamako	18,541,980	1,240,192	15.2		1	1	1
31	Marokko	Rabat	35,739,580	458,730	80.1		1	1	
32	Mauretanien	Nouakchott	4,420,184	1,030,700	4.3		1	1	
33	Mauritius	Port Louis	1,265,138	2,040	623.2		1		
34	Mosambik	Maputo	29,668,834	799,380	37.7		1	1	1
35	Namibia	Windhoek	2,533,794	824,292	3.1		1	1	
36	Niger	Niamey	21,477,348	1,267,000	17		1	1	
37	Nigeria	Abuja	190,886,311	923,768	209.6		1	1	1
38	Ruanda	Kigali	12,208,407	26,338	494.9		1	1	1
39	Sambia	Lusaka	17,094,130	752,614	23		1	1	
40	São Tomé	São Tomé	204,327	1,001	212.8		1		
41	Senegal	Dakar	15,850,567	196,722	82.3		1	1	
42	Seychellen	Victoria	94,737	454	206		1		
43	Sierra Leone	Freetown	7,557,212	71,740	104.7		1	1	1
44	Simbabwe	Harare	16,529,904	390,757	42.7		1	1	1
45	Somalia	Mogadischu	14,742,523	637,657	24		1		
46	Südafrika	Pretoria	56,717,156	1,220,813	46.8		1	1	1
47	Sudan	Khartum	40,533,330	1,840,687	23.6		1		
48	Südsudan	Juba	12,575,714	619,745	20.6		1		

49	Tansania	Dodoma	57,310,019	945,087	64.7		1	1	1
50	Togo	Lomé	7,797,694	56,785	143.4		1	1	
51	Tschad	N'Djamena	14,899,994	1,284,000	11.8		1	1	
52	Tunesien	Tunis	11,532,127	163,610	74.2		1	1	1
53	Uganda	Kampala	42,862,958	241,548	214.5		1	1	1
54	Westsahar	El Aaiún	552,628	252,120	2.1		1	1	
55	Zentralafri	Bangui	622,984	5,457,154	8.8		1	1	
			1,251,098,273	35,136,272			55	37	17

No	Name	Capital	Surface (km ²)	Population	Pop/km ²	Flag	All	visited	worked	
1	Albanien	Tirana	28,748	2,930,187	101.9			1	1	
2	Andorra	Andorra la Vella	468	76,965	164.5			1	1	
3	Belarus	Minsk	207,595	9,468,338	45.6			1		
4	Belgien	Brüssel	32,545	11,429,336	351.2			1	1	1
5	Bosnien und Herzegowina	Sarajevo	51,129	3,507,017	68.6			1	1	
6	Bulgarien	Sofia	110,994	7,084,571	63.8			1	1	
7	Dänemark	Kopenhagen	43098	5733551	133.0			1	1	
8	Deutschland	Berlin	357,121	82,114,224	229.9			1	1	1
9	Estland	Tallinn	45,227	1,309,632	29.0			1	1	
10	Finnland	Helsinki	338,144	5,523,231	16.3			1	1	
11	Frankreich	Paris	543,965	64,979,548	119.5			1	1	1
12	Griechenland	Athen	131,957	11,159,773	84.6			1	1	
13	Irland	Dublin	70,273	4,761,657	67.8			1	1	
14	Island	Reykjavík	103,000	335,025	3.3			1	1	
15	Italien	Rom	301,336	59,359,900	197.0			1	1	1
16	Kasachstan	Nur-Sultan	146.7	480	3.3			1		
17	Kosovo	Pristina	10,887	1,907,592	175.2			1		
18	Kroatien	Zagreb	56,542	4,189,353	74.1			1	1	
19	Lettland	Riga	64,589	1,949,670	30.2			1	1	
20	Liechtenstein	Vaduz	160	37,922	237.0			1	1	
21	Litauen	Vilnius	65,301	2,890,297	44.3			1	1	
22	Luxemburg	Luxemburg	2,586	583,455	225.6			1	1	1
23	Malta	Valletta	316	430,835	1363.4			1		
24	Moldau	Chişinău	33,800	4,051,212	119.9			1		
25	Monaco		2	38,695	19347.5			1	1	
26	Montenegro	Podgorica	13,812	628,960	45.5			1	1	
27	Niederlande	Amsterdam	41,526	17,035,938	410.2			1	1	c
28	Nordmazedonien	Skopje	25,713	2,083,160	81.0			1	1	
29	Norwegen	Oslo	323,759	5,305,383	16.4			1	1	

30 Österreich	Wien	83,879	8,823,054	105.2		1	1	
31 Polen	Warschau	312,685	38,170,712	122.1		1	1	
32 Portugal	Lissabon	92,345	10,329,506	111.9		1	1	
33 Rumänien	Bukarest	238,391	19,679,306	82.6		1	1	
34 Russland	Moskau	3,955,800	104,000,000	26.3		1		
35 San Marino	San Marino	61	33,400	547.5		1		
36 Schweden	Stockholm	449,964	9,910,701	22.0		1	1	
37 Schweiz	Bern ^[A 5]	41,285	8,476,005	205.3		1	1	
38 Serbien	Belgrad	88,361	7,058,322	79.9		1	1	
39 Slowakei	Bratislava	49,034	5,457,873	111.3		1	1	
40 Slowenien	Ljubljana	20,253	2,081,912	102.8		1	1	
41 Spanien	Madrid	504,645	46,354,321	91.9		1	1	
42 Tschechien	Prag	78,866	10,637,794	134.9		1	1	
43 Türkei	Ankara	783,562	85,372,377	109.0		1	1	
44 Ukraine	Kiew	603,628	41,830,619	69.3		1	1	
45 Ungarn	Budapest	93,030	9,769,526	105.0		1	1	
46 Vatikanstadt		0.44	453	1029.5		1	1	
47 Vereinigte Staaten	London	242,910	66,181,585	272.5		1	1	1
48 Zypern	Nicosia	9,251	1,244,188	134.5		1		
		10,652,690	786,317,561	73.8		48	40	6

No	Name	Capital	Surface (km ²)	Population	Pop/km ²	Flag	All	visited	worked	
1	Antigua und Barbuda	Saint John's	102,012	443	230.3			1		
2	Argentinien	Buenos Aires	44,271,041	2,780,400	15.9			1	1	
3	Bahamas	Nassau	395,361	13,939	28.4			1		
4	Barbados	Bridgetown	285,719	430	664.5			1		
5	Belize	Belmopan	374,681	22,966	16.3			1	1	
6	Bolivien	Sucre	11,051,600	1,098,581	10.1			1	1	
7	Brasilien	Brasília	209,288,278	8,514,215	24.6			1	1	1
8	Chile	Santiago de Chile	18,054,726	755,696	23.9			1	1	
9	Costa Rica	San José	4,905,769	51,100	96.0			1	1	
10	Dominica	Roseau	73,925	746	99.1			1		
11	Dominikanische Republik	Santo Domingo	10,766,998	48,730	221.0			1		
12	Ecuador	Quito	16,624,858	283,561	58.6			1	1	
13	El Salvador	San Salvador	6,377,853	21,041	303.1			1	1	1
14	Grenada	St. George's	107,825	344	313.4			1		
15	Guatemala	Guatemala	16,913,503	109,021	155.1			1	1	
16	Guyana	Georgetown	777,859	214,970	3.6			1		
17	Haiti	Port-au-Prince	10,981,229	27,750	395.7			1		
18	Honduras	Tegucigalpa	9,265,067	112,090	82.7			1	1	
19	Jamaika	Kingston	2,890,299	10,991	263.0			1		
20	Kanada	Ottawa	36,624,199	9,984,670	3.7			1		
21	Kolumbien	Bogotá	49,065,615	1,138,748	43.1			1	1	
22	Kuba	Havanna	11,484,636	109,884	104.5			1	1	
23	Mexiko	Mexiko-Stadt	129,163,276	1,972,550	65.5			1	1	1
24	Nicaragua	Managua	6,217,581	129,494	48.0			1	1	
25	Panama	Panama-Stadt	4,098,587	75,517	54.3			1	1	
26	Paraguay	Asunción	6,811,297	406,752	16.7			1	1	1
27	Peru	Lima	32,165,485	1,285,220	25.0			1	1	1
28	St. Kitts und Nevis	Basseterre	55,345	269	205.7			1		
29	St. Lucia	Castries	178,844	616.3	290.2			1		
30	St. Vincent und die Grenadinen	Kingstown	109,897	389	282.5			1		
31	Suriname	Paramaribo	563,402	163,820	3.4			1		
32	Trinidad und Tobago	Port of Spain	1,369,125	5,128	267.0			1		

33 Uruguay	Montevideo	3,456,750	176,215	19.6		1	1	
34 Venezuela	Caracas	31,977,065	916,445	34.9		1		
35 Vereinigte Staaten	Washington	324,459,463	9,826,675	33.0		1	1	1
		1,001,309,170	40,259,406	24.9		35	19	6

No	Country	Capital	Surface (km ²)	Population	Pop/km ²	Flag	All	Visited	Worked	
1	Afghanistan	Kabul	652,230	35,530,081	54			1	1	1
2	Armenien	Jerewan	29,743	2,930,450	99			1		
3	Aserbaidshan	Baku	86,600	9,827,589	113			1	1	
4	Bahrain	Manama	760	1,492,584	1964			1		
5	Bangladesch	Dhaka	143,998	164,669,751	1144			1		
6	Bhutan	Thimphu	38,394	807,610	21			1	1	
7	Brunei	Bandar Seri	5,765	428,697	74			1		
8	Cambodia	Phnom Penh	181,035	16,005,373	88			1		
9	China, Republik (Taiwan)	Taipeh	35,980	23,626,456	657			1	1	
10	Volksrepublik China	Peking	9,596,961	1,381,517,397	144			1	1	
11	Georgien	Tiflis	69,700	3,912,061	56			1		
12	Indien	Neu-Delhi	3,287,263	1,339,180,127	407			1	1	1
13	Indonesien	Jakarta	1,904,569	263,991,379	139			1	1	1
14	Irak	Bagdad	438,317	38,274,618	87			1		
15	Iran	Teheran	1,648,195	81,162,788	49			1	1	
16	Israel	Jerusalem	22380	8321570	372			1		
17	Japan	Tokio	377,915	127,484,450	337			1		
18	Jemen	Sanaa	527,968	28,250,420	54			1		
19	Jordanien	Amman	89,342	9,702,353	109			1		
20	Kasachstan	Nur-Sultan	2,724,900	18,204,499	7			1		
21	Katar	Doha	11,586	2,639,211	228			1		
22	Kirgisistan	Bischkek	199951	6045117	30			1		
23	Nordkorea	Pjöngjang	120,538	25,490,965	211			1		
24	Südkorea	Seoul	99,720	50,982,212	511			1		
25	Kuwait	Kuwait	17,818	4,136,528	232			1		
26	Laos	Vientiane	236,800	6,858,160	29			1		
27	Libanon	Beirut	10,400	6,082,357	585			1		
28	Malaysia	Kuala Lumpur	329,847	31,624,264	96			1	1	
29	Malediven	Malé	298	436,330	1464			1		
30	Mongolei	Ulaanbaatar	1,564,116	3,075,647	2			1		
31	Myanmar	Naypyidaw	676,578	53,370,609	79			1	1	1

32	Nepal	Kathmandu	147,181	29,304,998	199		1	1	1
33	Oman	Maskat	309,500	4,636,262	15		1	1	
34	Pakistan	Islamabad	796,095	197,015,955	247		1	1	
36	Philippinen	Manila	299,000	104,918,090	351		1	1	1
37	Russland	Moskau	17,098,242	143,989,754	8		1		
38	Saudi-Arabien	Riad	2,149,690	32,938,213	15		1		
39	Singapur	Stadtstaat	697	5,708,844	8191		1		
40	Sri Lanka	Colombo	65,610	20,876,917	318		1		
41	Syrien	Damaskus	185,180	18,269,868	99		1	1	1
43	Tadschikistan	Duschanbe	143,100	8,921,343	62		1		
44	Thailand	Bangkok	513,120	69,037,513	135		1	1	
45	Timor-Leste/Osttimor	Dili	14,874	1,296,311	87		1		
47	Türkei	Ankara	783,562	80,745,020	103		1	1	
48	Türkische Republik Nord-Nikosia	Nord-Nikosia	3,355	294,406	88		1		
49	Turkmenistan	Aschgabad	488,100	5,758,075	12		1		
50	Usbekistan	Taschkent	447,400	31,910,641	71		1		
51	Vereinigte Arabische Emirate	Abu Dhabi	83,600	9,400,145	112		1		
52	Vietnam	Hanoi	331,210	95,540,800	288		1		
53	Zypern	Nikosia	9,251	1,179,551	128		1		
			48,998,434	4,607,804,359	94		50	17	7

No	Country	Surface (km ²)	Population	Capital	Pop/km ²	Flags
1	Australien	7,682,300	20,010,000	Canberra	3	
2	Fidschi	18,374	881,000	Suva	48	
3	Kiribati	811	103,000	Bairiki	127	
4	Marshall-Inseln	181	59,000	Dalap-Uliga-Darrit	326	
5	Mikronesien	702	108,000	Palikir	154	
6	Nauru	21	13,000	Yaren	619	
7	Neuseeland	270,686	4,050,000	Wellington	15	
8	Palau	501	20,500	Koror	41	
9	Papua-Neuguinea	462,840	5,550,000	Port Moresby	12	
10	Salomonen	28,360	537,000	Honiara	19	
11	Samoa	2,831	178,000	Apia	63	
12	Tonga	750	112,000	Nuku'alofa	149	
13	Tuvalu	26	11,500	Vaiaku	442	
14	Vanuatu	12,190	206,000	Port-Vila	17	
		8,480,573	31,839,000		4	

All
 188

Visited
 121

WorkedAllCountries
 36

Worked_ex_Europe
 30