

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
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
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
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
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
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 Staa	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	0			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 Begawan	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		
10	Volksrepublik China	Peking	9,596,961	1,381,517,397	144			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-Nikos	Nord-Nikos	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 E	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	15	7

			All	
Australien	7,682,300	20,010,000	Canberra	1
Fidschi	18,374	881,000	Suva	1
Kiribati	811	103,000	Bairiki	1
Marshall-Inseln	181	59,000	Dalap-Uliga-Darrit	1
Mikronesien	702	108,000	Palikir	1
Nauru	21	13,000	Yaren	1
Neuseeland	270,686	4,050,000	Wellington	1
Palau	501	20,500	Koror	1
Papua-Neuguinea	462,840	5,550,000	Port Moresby	1
Salomonen	28,360	537,000	Honiara	1
Samoa	2,831	178,000	Apia	1
Tonga	750	112,000	Nuku'alofa	1
Tuvalu	26	11,500	Vaiaku	1
Vanuatu	12,190	206,000	Port-Vila	1
	8,480,573	31,839,000		14

All	Visited	Worked	Worked_ex_Europe
188	119	36	30