

Tick, write YES or the date next to each country as you visit them.

Afghanistan - Kabul	Ghana - Accra	Norway - Oslo
Albania - Tirane	Greece - Athens	Oman - Muscat
Algeria - Algiers	Grenada - Saint George's	Pakistan - Islamabad
Andorra - Andorra la Vella	Guatemala - Guatemala City	Palau - Melekeok
Angola - Luanda	Guinea - Conakry	Panama - Panama City
Antigua and Barbuda - Saint John's	Guinea-Bissau - Bissau	Papua New Guinea - Port Moresby
Argentina - Buenos Aires	Guyana - Georgetown	Paraguay - Asuncion
Armenia - Yerevan	Haiti - Port-au-Prince	Peru - Lima
Australia - Canberra	Honduras - Tegucigalpa	Philippines - Manila
Austria - Vienna	Hungary - Budapest	Poland - Warsaw
Azerbaijan - Baku	Iceland - Reykjavik	Portugal - Lisbon
The Bahamas - Nassau	India - New Delhi	Qatar - Doha
Bahrain - Manama	Indonesia - Jakarta	Romania - Bucharest
Bangladesh - Dhaka	Iran - Tehran	Russia - Moscow
Barbados - Bridgetown	Iraq - Baghdad	Rwanda - Kigali
Belarus - Minsk	Ireland - Dublin	Saint Kitts and Nevis - Basseterre
Belgium - Brussels	Israel - Jerusalem	Saint Lucia - Castries
Belize - Belmopan	Italy - Rome	Saint Vincent & the Grenadines - Kingstown
Benin - Porto-Novo	Jamaica - Kingston	Samoa - Apia
Bhutan - Thimphu	Japan - Tokyo	San Marino - San Marino
Bolivia - La Paz / Sucre	Jordan - Amman	Sao Tome and Principe - Sao Tome
Bosnia and Herzegovina - Sarajevo	Kazakhstan - Astana	Saudi Arabia - Riyadh
Botswana - Gaborone	Kenya - Nairobi	Senegal - Dakar
Brazil - Brasilia	Kiribati - Tarawa Atoll	Serbia - Belgrade
Brunei - Bandar Seri Begawan	Korea, North - Pyongyang	Seychelles - Victoria
Bulgaria - Sofia	Korea, South - Seoul	Sierra Leone - Freetown
Burkina Faso - Ouagadougou	Kosovo - Pristina	Singapore - Singapore
Burundi - Bujumbura	Kuwait - Kuwait City	Slovakia - Bratislava
Cambodia - Phnom Penh	Kyrgyzstan - Bishkek	Slovenia - Ljubljana
Cameroon - Yaounde	Laos - Vientiane	Solomon Islands - Honiara
Canada - Ottawa	Latvia - Riga	Somalia - Mogadishu
Cape Verde - Praia	Lebanon - Beirut	South Africa - Pretoria / Cape Town
Central African Republic - Bangui	Lesotho - Maseru	Spain - Madrid
Chad - N'Djamena	Liberia - Monrovia	Sri Lanka - Colombo
Chile - Santiago	Libya - Tripoli	Sudan - Khartoum
China - Beijing	Liechtenstein - Vaduz	Suriname - Paramaribo
Colombia - Bogota	Lithuania - Vilnius	Swaziland - Mbabane
Comoros - Moroni	Luxembourg - Luxembourg	Sweden - Stockholm
Congo, Republic of the - Brazzaville	Macedonia - Skopje	Switzerland - Bern
Congo, Democratic Republic of the - Kinshasa	Madagascar - Antananarivo	Syria - Damascus
Costa Rica - San Jose	Malawi - Lilongwe	Taiwan - Taipei
Cote d'Ivoire - Yamoussoukro / Abidjan	Malaysia - Kuala Lumpur	Tajikistan - Dushanbe
Croatia - Zagreb	Maldives - Male	Tanzania - Dar es Salaam / Dodoma
Cuba - Havana	Mali - Bamako	Thailand - Bangkok
Cyprus - Nicosia	Malta - Valletta	Togo - Lome
Czech Republic - Prague	Marshall Islands - Majuro	Tonga - Nuku'alofa
Denmark - Copenhagen	Mauritania - Nouakchott	Trinidad and Tobago - Port-of-Spain
Djibouti - Djibouti	Mauritius - Port Louis	Tunisia - Tunis
Dominica - Roseau	Mexico - Mexico City	Turkey - Ankara
Dominican Republic - Santo Domingo	Micronesia, Federated States of - Palikir	Turkmenistan - Ashgabat
East Timor (Timor-Leste) - Dili	Moldova - Chisinau	Tuvalu - Vaiaku village, Funafuti province
Ecuador - Quito	Monaco - Monaco	Uganda - Kampala
Egypt - Cairo	Mongolia - Ulaanbaatar	Ukraine - Kyiv
El Salvador - San Salvador	Montenegro - Podgorica	United Arab Emirates - Abu Dhabi
Equatorial Guinea - Malabo	Morocco - Rabat	United Kingdom - London
Eritrea - Asmara	Mozambique - Maputo	United States of America - Washington D.C.
Estonia - Tallinn	Myanmar (Burma) - Rangoon/ Nay Pyi Taw	Uruguay - Montevideo
Ethiopia - Addis Ababa	Namibia - Windhoek	Uzbekistan - Tashkent
Fiji - Suva	Nauru - no official capital	Vanuatu - Port-Vila
Finland - Helsinki	Nepal - Kathmandu	Vatican City (Holy See) - Vatican City
France - Paris	Netherlands - Amsterdam	Venezuela - Caracas
Gabon - Libreville	New Zealand - Wellington	Vietnam - Hanoi
The Gambia - Banjul	Nicaragua - Managua	Yemen - Sanaa
Georgia - Tbilisi	Niger - Niamey	Zambia - Lusaka
Germany - Berlin	Nigeria - Abuja	Zimbabwe - Harare