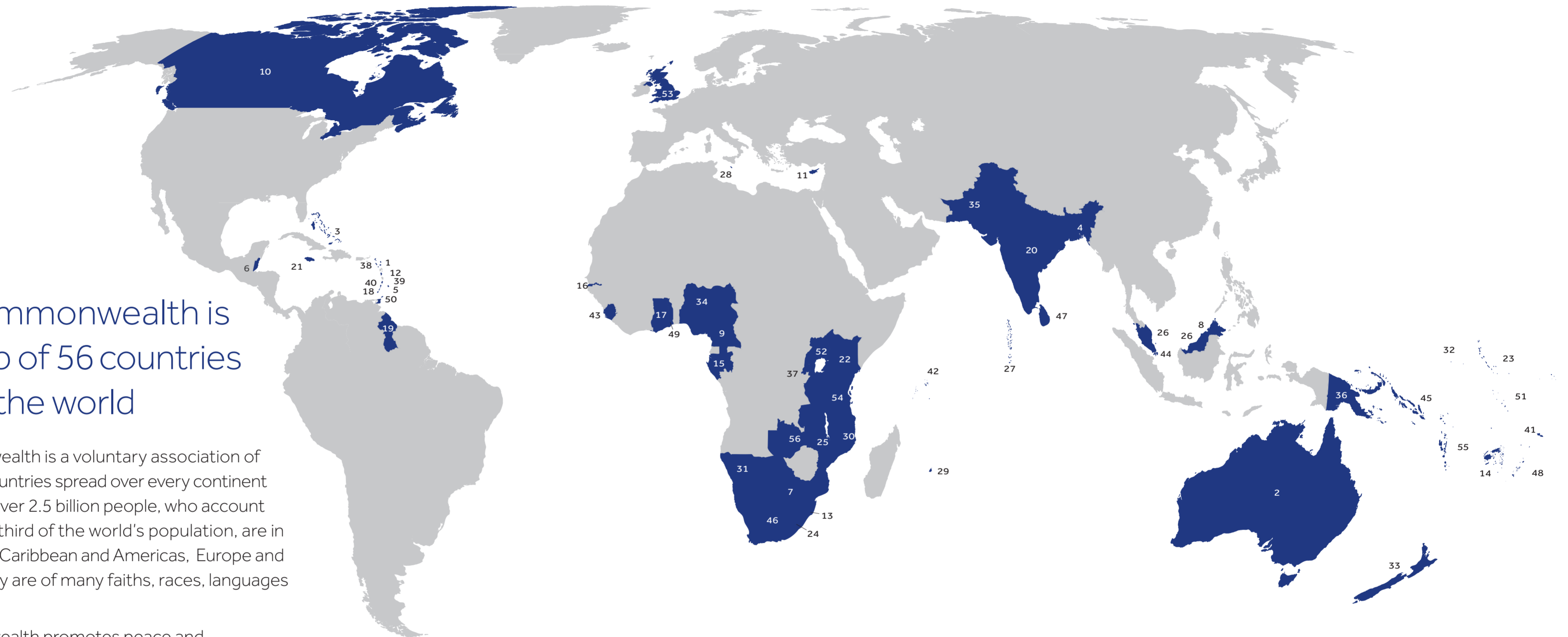


## The Commonwealth is made up of 56 countries around the world

The Commonwealth is a voluntary association of independent countries spread over every continent and ocean. Its over 2.5 billion people, who account for almost one third of the world's population, are in Africa, Asia, the Caribbean and Americas, Europe and the Pacific. They are of many faiths, races, languages and cultures.

The Commonwealth promotes peace and international co-operation, democracy and good governance, respect for human rights and the rule of law, and the improvement of lives through economic and social development.

These values and aspirations are described in the Charter of the Commonwealth. The Charter expresses the commitment of member countries to the development of free and democratic societies and the promotion of peace and prosperity to improve the lives of all Commonwealth people. It also acknowledges the role of civil society in supporting the goals and values of the Commonwealth.



MEMBER COUNTRY	CAPITAL
1 ANTIGUA AND BARBUDA	St John's
2 AUSTRALIA	Canberra
3 THE BAHAMAS	Nassau
4 BANGLADESH	Dhaka
5 BARBADOS	Bridgetown
6 BELIZE	Belmopan
7 BOTSWANA	Gaborone
8 BRUNEI DARUSSALAM	Bandar Seri Begawan
9 CAMEROON	Yaoundé
10 CANADA	Ottawa
11 CYPRUS	Nicosia
12 DOMINICA	Roseau
13 ESWATINI	Mbabane
14 FIJI	Suva
15 GABON	Libreville
16 THE GAMBIA	Banjul
17 GHANA	Accra
18 GRENADA	St George's
19 GUYANA	Georgetown
20 INDIA	New Delhi

MEMBER COUNTRY	CAPITAL
21 JAMAICA	Kingston
22 KENYA	Nairobi
23 KIRIBATI	Tarawa
24 LESOTHO	Maseru
25 MALAWI	Lilongwe
26 MALAYSIA	Kuala Lumpur
27 MALDIVES	Malé
28 MALTA	Valletta
29 MAURITIUS	Port Louis
30 MOZAMBIQUE	Maputo
31 NAMIBIA	Windhoek
32 NAURU	Nauru
33 NEW ZEALAND	Wellington
34 NIGERIA	Abuja
35 PAKISTAN	Islamabad
36 PAPUA NEW GUINEA	Port Moresby
37 RWANDA	Kigali
38 ST KITTS AND NEVIS	Basseterre
39 SAINT LUCIA	Castries

MEMBER COUNTRY	CAPITAL
40 ST VINCENT AND THE GRENADINES	Kingstown
41 SAMOA	Apia
42 SEYCHELLES	Victoria
43 SIERRA LEONE	Freetown
44 SINGAPORE	Singapore
45 SOLOMON ISLANDS	Honiara
46 SOUTH AFRICA	Pretoria
47 SRI LANKA	Colombo
48 TONGA	Nuku'alofa
49 TOGO	Lomé
50 TRINIDAD AND TOBAGO	Port of Spain
51 TUVALU	Funafuti
52 UGANDA	Kampala
53 UNITED KINGDOM	London
54 UNITED REPUBLIC OF TANZANIA	Dodoma
55 VANUATU	Port Vila
56 ZAMBIA	Lusaka

Map source: Commonwealth Secretariat/Maps-in-Minutes™  
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