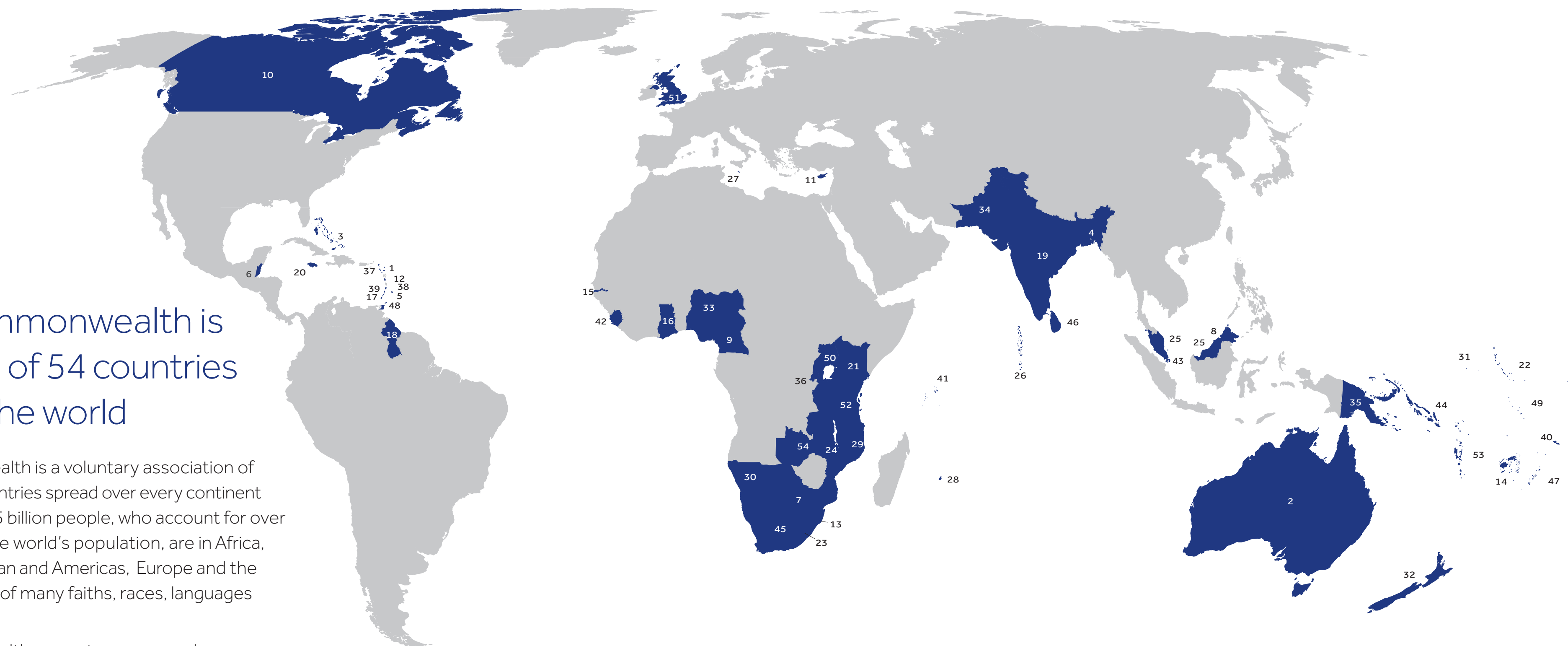


The Commonwealth is made up of 54 countries around the world

The Commonwealth is a voluntary association of independent countries spread over every continent and ocean. Its 2.5 billion people, who account for over 30 per cent 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 THE GAMBIA	Banjul
16 GHANA	Accra
17 GRENADA	St George's
18 GUYANA	Georgetown
19 INDIA	New Delhi
20 JAMAICA	Kingston

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

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

Map source: Commonwealth Secretariat/Maps-in-Minutes™
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Information correct at time of updating February 2022
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