

## World Journey

The journey begins on the coast of North Africa. Rabat, Morocco and Algiers, Algeria. Due east to Tunis, Tunisia. Then south down the coast to Tripoli, Libya. Continuing along the Mediterranean to Cairo, Egypt near the Red Sea; then down the Nile, we travel for a while to Khartoum, Sudan and Juba, South Sudan. Addis Ababa, Ethiopia. Mogadishu, Somalia. Djibouti, Djibouti. Now let's go north to Asmara, Eritrea. Listen, read and repeat. I guarantee you that having fun, by the time that we're done, you'll know the world's countries and capitals, every one.

Now to West Africa, I'll explain to you: Nouakchott is the capital city of Mauritania. Bamako, Mali. Ouagadougou, Burkina Faso on to Niamey, Niger we go. We've seen a bit of the West; now let's move further in. Many miles we add to N'djamena, Chad. Let's go south to Bangui, Central African Republic. Brazzaville, Congo and cross the river to Kinshasa, Democratic Republic of Congo. Now back west you and me and this song go.

Twelve more countries in the West before we've seen them all. Praia, Cape Verde. Dakar, Senegal. Banjul, Gambia. Bissau, Guinea Bissau. Conakry, Guinea and now, in the same coastal zone, Freetown, Sierra Leone. Monrovia, Liberia then east brings us near to Yamoussoukro, Côte d'Ivoire and Accra in Ghana. Then we're going to want to go to Lomé in Togo and Porto Novo, Benin. Abuja, Nigeria. That means we've seen all the Northwest, the Northeast, and West but only some of Central Africa. Let's visit the rest.

And head to Yaoundé, Cameroon then soon we're in Malabo, Equatorial Guinea and in the Gulf of Guinea, São Tomé, São Tomé and Príncipe. Libreville, Gabon. Please stay on on our trip to the countries in the South and East. You know, when knowledge is released, energy is increased.

Our trip continues on as we go to Southern Africa, starting in Luanda, Angola. Windhoek, Namibia and east to Gaborone, Botswana and Pretoria, South Africa. Maseru, Lesotho. Mbabane in Swaziland. Maputo, Mozambique is then close at hand. Antananarivo out on Madagascar. Then Port Louis, Mauritius isn't far. In the South, we're going to end our stay back on the mainland in Harare, Zimbabwe.

Now let's head north into Central East Africa. After we've been to Lusaka, Zambia we go to Lilongwe, Malawi and over to Monrovia, Comoros and now we head a bit further out to sea to see Victoria, Seychelles and back in to Dodoma, Tanzania. Northwest to Bujumbura, Burundi and up to Kigali, Rwanda and Kampala, Uganda. Our trip through Africa ends in Nairobi, Kenya. Grab yourself a map and listen again to...

Flu will guide you through European terrain. Let's set out in Lisbon, Portugal, head east to Madrid in Spain. From Andorra-la-Vella in Andorra, up North we advance to Paris, France. Then south to Monaco, Monaco, San Marino, San Marino, and Vatican City within the city of Rome, Italy. Further south abroad to Valetta in Malta. Then we head North again, up to Bern, Switzerland. Vaduz, Liechtenstein is just across the borderline. Then Luxembourg, Luxembourg, northwest we can find. As we continue through Europe to Brussels in Belgium, Amsterdam, the Netherlands (called Holland as well) then it's over to Berlin in Germany, which is where we complete the first leg of our journey.

Now we're off to London, U.K., United Kingdom. Then we jump islands nearby to Dublin, Ireland. To Reykjavik, Iceland, south to Copenhagen, Denmark. We start to make our way into Oslo, Norway. Then a stay in Stockholm, Sweden and Helsinki, Finland into Tallinn, Estonia we fly, flew, flown to Riga, Latvia and Vilnius, down in Lithuania. Trekking through Europe, check the ground that we've gained, into Minsk, Belarus, Moscow, Russia, Kiev, Ukraine. Now let's head back west to Warsaw, Poland. Next, to Prague, Czech Republic is where we're going. Vienna, Austria and Ljubljana, Slovenia across to Zagreb, Croatia. Moving southeast, we check out the scene in Sarajevo, Bosnia-Herzegovina. To Belgrade, Serbia, Podgorica, Montenegro, Tirana, Albania, Pristina, Kosovo, Skopje, Macedonia and Athens, Greece to Nicosia, Cypress, way southeast.

Then in Eurasia on the Caspian Sea, we go see Baku, Azerbaijan and continuing on to Yerevan, Armenia and Tbilisi, Georgia. Let's forge ahead to Ankara, Turkey and next door to Sofia, Bulgaria and Bucharest, Romania. That leaves three countries that remain to be named. Chisinau, Moldova, west to Budapest, Hungary, Bratislava, Slovakia.

And then we rock Asia. Let's get started in Damascus, Syria, then west to Beirut, Lebanon and on to the holy cities of Israel and Palestine. East across the border to Amman, Jordan. Soon we find Riyadh in Saudi Arabia. Where are we off to next? From there let me take you to Sanaa, Yemen and Muscat, Oman. Then continuing along the Gulf we keep on to Abu Dhabi in the the United Arab Emirates and Doha, Qatar. Now it's just a bit northwest to get to Manama, Bahrain and up to Kuwait City in Kuwait. Baghdad, Iraq, Tehran, Iran and up north to Nursultan, Kazakhstan. Then back down south to Tashkent, Uzbekistan. Ashgabat, Turkmenistan, Kabul, Afghanistan, continuing south to Islamabad, Pakistan. Then north to Dushanbe, Tajikistan. Our last stop in Central Asia is Bishkek, Kyrgyzstan.

We keep on after we leave to see South Asia. We're blazing through Male, Maldives, Colombo, Sri Lanka, New Delhi, India, and Kathmandu, Nepal. Then southeast we get into Dhaka, Bangladesh and Thimphu, Bhutan, to Naypyidaw, Myanmar we keep covering land. Then it's way up north to Ulan Bator, Mongolia, Beijing, China, and Taipei, Taiwan. To Seoul, South Korea, Pyongyang, North Korea and Tokyo, Japan and we're still going strong.

Switching directions, we head down south to Southeast Asia and Vientiane in Laos. To Bangkok, Thailand, Phnom Penh, Cambodia, Hanoi, Vietnam then east and we go to Manilla, Philippines and Bandar Seri Begawan, Brunei. Then west across the China Sea lies Kuala Lumpur, Malaysia and Singapore, Singapore, Jakarta, Indonesia and Dili, East Timor.

Let's all go now to Oceania, down to Ngerulmud, Palau, Port Moresby, Papua New Guinea and Canberra, Australia. Then east we set sail to Palikir, Micronesia, Majuro, Marshall Islands, Tarawa, Kiribati. Then west and we find Yaren, Nauru and then we push through to Honiara, in the Solomon Islands and Port-Vila, Vanuatu. Down to Wellington, New Zealand and Suva, Fiji, Funafuti, Tuvalu. Two more countries to show you; so, let's go to Apia, Samoa, Nuku'alofa, Tonga. Relax, repeat, and you'll remember this song.



To North America from Ottawa, Canada we go to Washington, USA and Mexico City, Mexico. Across the Gulf due east, let me take you to Havana, Cuba and Kingston, Jamaica. From Port-au-Prince, Haiti the trip is quick to Santo Domingo, Dominican Republic. Up north to Nassau, Bahamas. Then we turn around; now we're southeast bound for Basseterre, St. Kitts and Nevis and St. John's, Antigua and Barbuda to the east. Let's head south to Roseau, Dominica and then a bit further to Castries, St. Lucia. To Bridgetown, Barbados and west to the coast of Kingstown, St. Vincent and the Grenadines. Now nearly all of the Caribbean Islands we've seen. Southwest to St. George's, Grenada then let's go to Port of Spain, Trinidad and Tobago.

Stay with me as we leave the Caribbean. Head west to Belmopan, Belize on the mainland in Central America. Guatemala City, Guatemala. San Salvador, El Salvador, Tegucigalpa, Honduras, Managua, Nicaragua, San Jose, Costa Rica, where we start to seek our way into Panama City, Panama, through to Northern South America; the first capital we hit is Bogota in Colombia. Then Caracas, Venezuela and down the Atlantic coastline we sail to Georgetown, Guyana, Paramaribo, Suriname on to Quito in Ecuador, Lima, Peru and Santiago, Chile. That's when we move north through the Andes to Sucre, Bolivia and further still to Brasilia, Brazil. Next let's head southwest to Asuncion in Paraguay; then off to the coast we make our way to Montevideo, the capital of Uruguay. That makes eleven South American nations we've seen the last stop on our journey is Buenos Aires, Argentina. Stick with me, you'll see the key to free your fluency. Let's build and connect, Planet Earth. Respect.