**Philippines** is a [sovereign](https://en.wikipedia.org/wiki/Sovereign_state) [island country](https://en.wikipedia.org/wiki/Island_country) in [Southeast Asia](https://en.wikipedia.org/wiki/Southeast_Asia) situated in the western Pacific Ocean. It consists of 7,107 islands that are categorized broadly under three main geographical divisions: [Luzon](https://en.wikipedia.org/wiki/Luzon), [Visayas](https://en.wikipedia.org/wiki/Visayas%22%20%5Co%20%22Visayas), and [Mindanao](https://en.wikipedia.org/wiki/Mindanao). Its capital city is [Manila](https://en.wikipedia.org/wiki/Manila%22%20%5Co%20%22Manila)while its most populous city is [Quezon City](https://en.wikipedia.org/wiki/Quezon_City); both are part of [Metro Manila](https://en.wikipedia.org/wiki/Metro_Manila).

**National Capital Region**
(NCR; Metro Manila) Manila No provinces

**Cordillera Administrative Region**
(CAR) -Baguio City
Abra
Apayao
Benguet
Ifugao
Kalinga
Mountain Province

**Ilocos Region**
(Region I) -San Fernando City
Ilocos Norte
Ilocos Sur
La Union
Pangasinan

**Cagayan Valley**
(Region II) -Tuguegarao City
-Batanes
Cagayan
Isabela
Nueva Vizcaya
Quirino
 **Central Luzon**
(Region III) -San Fernando City
Aurora
Bataan
Bulacan
Nueva Ecija
Pampanga
Tarlac
Zambales

**CALABARZON**
(Region IV-A) -Calamba City
Batangas
Cavite
Laguna
Quezon
Rizal

**MIMAROPA**
(Region IV-B) -Calapan City
Marinduque
Occidental Mindoro
Oriental Mindoro
Palawan
Romblon

**Bicol Region**
(Region V) -Legazpi City
Albay
Camarines Norte
Camarines Sur
Catanduanes
Masbate
Sorsogon

**Visayas**

**Western Visayas**
(Region VI)- Iloilo City
Aklan
Antique
Capiz
Guimaras
Iloilo
\*\*\*\*\*\* Occidental

**Central Visayas**
(Region VII) -Cebu City
Bohol
Cebu
\*\*\*\*\*\* Oriental
Siquijor

**Eastern Visayas**
(Region VIII) -Tacloban City
Biliran
Eastern Samar
Leyte
Northern Samar
Samar
Southern Leyte

**Mindanao**

**Zamboanga Peninsula**
(Region IX) -Pagadian City
Zamboanga del Norte
Zamboanga del Sur
Zamboanga Sibugay

**Northern Mindanao**
(Region X)- Cagayan de Oro
Bukidnon
Camiguin
Lanao del Norte
Misamis Occidental
Misamis Oriental

**Davao Region**
(Region XI)- Davao City
Compostela Valley
Davao del Norte
Davao del Sur
Davao Oriental

**SOCCSKSARGEN**
(Region XII) -Koronadal City
North Cotabato
Sarangani
South Cotabato
Sultan Kudarat

**Caraga**
(Region XIII) -Butuan
Agusan del Norte
Agusan del Sur
Dinagat Islands
Surigao del Norte
Surigao del Sur

**Autonomous Region in Muslim Mindanao**
(ARMM)- Cotabato City
Basilan
Lanao del Sur
Maguindanao
Shariff Kabunsuan
Sulu
Tawi-Tawi

CITIES : [Quezon City](https://en.wikipedia.org/wiki/Quezon_City), [Manila](https://en.wikipedia.org/wiki/Manila) [Caloocan](https://en.wikipedia.org/wiki/Caloocan), [Davao City](https://en.wikipedia.org/wiki/Davao_City), [Cebu City](https://en.wikipedia.org/wiki/Cebu_City), [Zamboanga City](https://en.wikipedia.org/wiki/Zamboanga_City), [Antipolo](https://en.wikipedia.org/wiki/Antipolo), [Pasig](https://en.wikipedia.org/wiki/Pasig), [Taguig](https://en.wikipedia.org/wiki/Taguig), [Cagayan de Oro](https://en.wikipedia.org/wiki/Cagayan_de_Oro), [Parañaque](https://en.wikipedia.org/wiki/Para%C3%B1aque), [Dasmariñas](https://en.wikipedia.org/wiki/Dasmari%C3%B1as), [Valenzuela](https://en.wikipedia.org/wiki/Valenzuela%2C_Philippines), [Las Piñas](https://en.wikipedia.org/wiki/Las_Pi%C3%B1as), [General Santos](https://en.wikipedia.org/wiki/General_Santos), [Makati](https://en.wikipedia.org/wiki/Makati) [Bacoor](https://en.wikipedia.org/wiki/Bacoor), [Bacolod](https://en.wikipedia.org/wiki/Bacolod), [Muntinlupa](https://en.wikipedia.org/wiki/Muntinlupa).