**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" \o "Visayas), and [Mindanao](https://en.wikipedia.org/wiki/Mindanao). Its capital city is [Manila](https://en.wikipedia.org/wiki/Manila" \o "Manila)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,_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).