

Source: <https://wiki.openstreetmap.org/wiki/Continents>

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Purpose: Boundaries of Countries

Usage: Click link in list to OSM - Overpass-Turbo

Page Overpass-Turbo opens

Click execute

Press export and choose format (gpx)

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Import as Overlay in Kurviger

Note Too many overlays or much overlay data can slow the app and can lead to more battery usage

Link-Data Do not change or remove, the link to Overpass-Turbo is build from this data.

Part 1 <https://overpass-turbo.eu/?Q=%5Bout%3Ajson%5D%5Btimeout%3A20%5D%3B%0A%0Arelation%28>

Part 2 [%29+%3B%0Aout+body%3B%3E%3B%0Aout+skel+qt%3B&C=47.339808%3B14.628296%3B7](#)

Part 3

Part 4

Alternative Insert this code into [Overpass-Turbo](#) and change as required. 16239 is relation for country Austria)

```
[out:json][timeout:20];
```

```
relation(16239);
```

```
out body;
```

```
>;
```

```
out skel qt;
```

Continent	Country	Capital City	OSM Relation - International border	Link Overpass-Turbo
Europe	Akrotiri (sovereign base of the United Kingdom)	Akrotiri	3267302	Link Overpass-Turbo
Europe	Åland Islands (autonomous region of Finland)	Mariehamn	2375170	Link Overpass-Turbo
Europe	Albania	Tirana	53292	Link Overpass-Turbo
Europe	Andorra	Andorra la Vella	9407	Link Overpass-Turbo
Europe	Armenia	Yerevan	364066	Link Overpass-Turbo
Europe	Austria	Vienna	16239	Link Overpass-Turbo
Europe	Azerbaijan	Baku	364110	Link Overpass-Turbo
Europe	Belarus	Minsk	59065	Link Overpass-Turbo
Europe	Belgium	Brussels	52411	Link Overpass-Turbo
Europe	Bosnia and Herzegovina	Sarajevo	214908	Link Overpass-Turbo
Europe	Bulgaria	Sofia	186382	Link Overpass-Turbo
Europe	Croatia	Zagreb	214885	Link Overpass-Turbo
Europe	Cyprus	Nicosia	307787	Link Overpass-Turbo
Europe	Czech Republic	Prague	51684	Link Overpass-Turbo
Europe	Denmark	Copenhagen	50046	Link Overpass-Turbo
Europe	Dhekelia (sovereign base of the United Kingdom)	Dekhelia	3267303	Link Overpass-Turbo
Europe	Estonia	Tallinn	79510	Link Overpass-Turbo
Europe	Faroe Islands (autonomous region of Denmark)	Tórshavn	52939	Link Overpass-Turbo
Europe	Finland	Helsinki	54224	Link Overpass-Turbo
Europe	France (metropolitan)	Paris	1403916	Link Overpass-Turbo
Europe	France (full country)	Paris	2202162	Link Overpass-Turbo
Europe	Georgia	Tbilisi	28699	Link Overpass-Turbo
Europe	Germany	Berlin	51477	Link Overpass-Turbo
Europe	Gibraltar (overseas territory of the United Kingdom)	Gibraltar	1278736	Link Overpass-Turbo
Europe	Greece	Athens	192307	Link Overpass-Turbo
Europe	Guernsey (Bailiwick of) (British Crown dependency)	Saint Peter Port	270009	Link Overpass-Turbo
Europe	Hungary	Budapest	21335	Link Overpass-Turbo
Europe	Iceland	Reykjavík	299133	Link Overpass-Turbo
Europe	Ireland	Dublin	62273	Link Overpass-Turbo

Europe	Isle of Man (British Crown dependency)	Douglas	62269	Link Overpass-Turbo
Europe	Italy	Rome	365331	Link Overpass-Turbo
Europe	Jersey (Bailiwick of) (British Crown dependency)	Saint Helier	367988	Link Overpass-Turbo
Europe	Kazakhstan	Astana	214665	Link Overpass-Turbo
Europe	Kosovo	Prishtina	2088990	Link Overpass-Turbo
Europe	Latvia	Riga	72594	Link Overpass-Turbo
Europe	Liechtenstein	Vaduz	1155955	Link Overpass-Turbo
Europe	Lithuania	Vilnius	72596	Link Overpass-Turbo
Europe	Luxembourg	Luxembourg	28711	Link Overpass-Turbo
Europe	North Macedonia	Skopje	53293	Link Overpass-Turbo
Europe	Malta	Valletta	365307	Link Overpass-Turbo
Europe	Moldova	Chişinău	58974	Link Overpass-Turbo
Europe	Monaco	Monaco	1124039	Link Overpass-Turbo
Europe	Montenegro	Podgorica	53296	Link Overpass-Turbo
Europe	Netherlands	Amsterdam	47796	Link Overpass-Turbo
Europe	Jan Mayen (territory of Norway)	Olonkinbyen	not defined yet	Link Overpass-Turbo
Europe	Norway	Oslo	1059668	Link Overpass-Turbo
Europe	Svalbard (territory of Norway)	Longyearbyen	not defined yet	Link Overpass-Turbo
Europe	Poland	Warsaw	49715	Link Overpass-Turbo
Europe	Portugal	Lisbon	295480	Link Overpass-Turbo
Europe	Romania	Bucharest	90689	Link Overpass-Turbo
Europe	Russia	Moscow	60189	Link Overpass-Turbo
Europe	San Marino	San Marino	54624	Link Overpass-Turbo
Europe	Serbia	Belgrade	1741311	Link Overpass-Turbo
Europe	Slovakia	Bratislava	14296	Link Overpass-Turbo
Europe	Slovenia	Ljubljana	218657	Link Overpass-Turbo
Europe	Spain	Madrid	1311341	Link Overpass-Turbo
Europe	Sweden	Stockholm	52822	Link Overpass-Turbo
Europe	Switzerland	Bern	51701	Link Overpass-Turbo
Europe	Turkey	Ankara	174737	Link Overpass-Turbo
Europe	Ukraine	Kyiv	60199	Link Overpass-Turbo
Europe	United Kingdom	London	51684	Link Overpass-Turbo
Europe	Vatican (State of the City of) (Holy See)	Rome	36989	Link Overpass-Turbo
Antarctica	Continent		-	Link Overpass-Turbo
Asia	Afghanistan	Kabul	303427	Link Overpass-Turbo

Asia	Armenia	Yerevan	364066	Link Overpass-Turbo
Asia	Azerbaijan	Baku	364110	Link Overpass-Turbo
Asia	Bahrain	Manama	378734	Link Overpass-Turbo
Asia	Bangladesh	Dhaka	184640	Link Overpass-Turbo
Asia	Bhutan	Thimpu	184629	Link Overpass-Turbo
Asia	Brunei	Bandar Seri Begawan	2103120	Link Overpass-Turbo
Asia	Myanmar	Naypyidaw	50371	Link Overpass-Turbo
Asia	Cambodia	Phnom Penh	49898	Link Overpass-Turbo
Asia	China	Beijing	270056	Link Overpass-Turbo
Asia	Cyprus	Nicosia	307787	Link Overpass-Turbo
Asia	Timor-Leste	Dili	305142	Link Overpass-Turbo
Asia	Georgia	Tbilisi	28699	Link Overpass-Turbo
Asia	India	New Delhi	304716	Link Overpass-Turbo
Asia	Indonesia	Jakarta	304751	Link Overpass-Turbo
Asia	Iran	Tehran	304938	Link Overpass-Turbo
Asia	Iraq	Baghdad	304934	Link Overpass-Turbo
Asia	Israel	Jerusalem (de facto contested); Tel Aviv (international)	1473946	Link Overpass-Turbo
Asia	Japan	Tokyo	382313	Link Overpass-Turbo
Asia	Jordan	Amman	184818	Link Overpass-Turbo
Asia	Kazakhstan	Astana	214665	Link Overpass-Turbo
Asia	Kuwait	Kuwait City	305099	Link Overpass-Turbo
Asia	Kyrgyzstan	Bishkek	178009	Link Overpass-Turbo
Asia	Laos	Vientiane	49903	Link Overpass-Turbo
Asia	Lebanon	Beirut	184843	Link Overpass-Turbo
Asia	Malaysia	Kuala Lumpur	2108121	Link Overpass-Turbo
Asia	Maldives	Malé	536773	Link Overpass-Turbo
Asia	Mongolia	Ulaanbaatar	161033	Link Overpass-Turbo
Asia	Nepal	Kathmandu	184633	Link Overpass-Turbo
Asia	North Korea	Pyongyang	192734	Link Overpass-Turbo
Asia	Oman	Muscat	305138	Link Overpass-Turbo
Asia	Pakistan	Islamabad	307573	Link Overpass-Turbo
Asia	Palestine	Gaza (Gaza Strip); Ramallah (West Bank)	1703814	Link Overpass-Turbo
Asia	Philippines	Manila	443174	Link Overpass-Turbo

Asia	Qatar	Doha	305095	Link Overpass-Turbo
Asia	Russia	Moscow	60189	Link Overpass-Turbo
Asia	Saudi Arabia	Riyadh	307584	Link Overpass-Turbo
Asia	Singapore	Singapore	536780	Link Overpass-Turbo
Asia	Sri Lanka	Colombo	536807	Link Overpass-Turbo
Asia	South Korea	Seoul	307756	Link Overpass-Turbo
Asia	Syria	Damascus	184840	Link Overpass-Turbo
Asia	Taiwan (Rep. of China)	Taipei	449220	Link Overpass-Turbo
Asia	Tajikistan	Dushanbe	214626	Link Overpass-Turbo
Asia	Thailand	Bangkok	2067731	Link Overpass-Turbo
Asia	Turkey	Ankara	174737	Link Overpass-Turbo
Asia	Turkmenistan	Ashgabat	223026	Link Overpass-Turbo
Asia	United Arab Emirates	Abu Dhabi	307763	Link Overpass-Turbo
Asia	Uzbekistan	Tashkent	196240	Link Overpass-Turbo
Asia	Vietnam	Hanoi	49915	Link Overpass-Turbo
Asia	Yemen	Sana'a	305092	Link Overpass-Turbo
Oceania	American Samoa (unincorporated territory of the United States)	Pago Pago	2177187	Link Overpass-Turbo
Oceania	Australia	Canberra	80500	Link Overpass-Turbo
Oceania	Baker Island (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	7248461	Link Overpass-Turbo
Oceania	Clipperton Island (sui generis overseas territory of France)	Paris (de jure); Papeete (de facto)	2573009	Link Overpass-Turbo
Oceania	Cook Islands (freely associated to New Zealand)	Avarua	2184233	Link Overpass-Turbo
Oceania	Easter Island (province of Chile)	Hanga Roa	7500145	Link Overpass-Turbo
Oceania	Fiji	Suva	571747	Link Overpass-Turbo
Oceania	French Polynesia (overseas collectivity of France)	Papeete	3412620	Link Overpass-Turbo
Oceania	Guam (unincorporated territory of the United States)	Hagåtña	306001	Link Overpass-Turbo
Oceania	Hawaii (state in the United States)	Honolulu	166563	Link Overpass-Turbo
Oceania	Howland Island (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	7248460	Link Overpass-Turbo
Oceania	Jarvis Island (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	7248459	Link Overpass-Turbo

Oceania	Johnston Atoll (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure); Honolulu (de facto)	7248458	Link Overpass-Turbo
Oceania	Kingman Reef (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	7248457	Link Overpass-Turbo
Oceania	Kiribati	South Tarawa	571178	Link Overpass-Turbo
Oceania	Macquarie Island (territory of Australia)	Hobart (de jure)	8005336	Link Overpass-Turbo
Oceania	Marshall Islands	Majuro	571771	Link Overpass-Turbo
Oceania	Micronesia (Federated States of)	Palikir	571802	Link Overpass-Turbo
Oceania	Midway Atoll (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure); Honolulu (de facto)	-	Link Overpass-Turbo
Oceania	Minami-Tori-shima (territory of Japan)	Ogasawara (de jure)	8004038	Link Overpass-Turbo
Oceania	Nauru	Yaren (de facto)	571804	Link Overpass-Turbo
Oceania	New Caledonia (sui generis overseas territory of France)	Nouméa	3407643	Link Overpass-Turbo
Oceania	New Zealand	Wellington	556706	Link Overpass-Turbo
Oceania	Niue (freely associated to New Zealand)	Alofi	1558556	Link Overpass-Turbo
Oceania	Norfolk Island (external territory of Australia)	Kingston	2574988	Link Overpass-Turbo
Oceania	Northern Mariana Islands (Commonwealth of the) (unincorporated territory of the United States)	Saipan	-	Link Overpass-Turbo
Oceania	Palau	Ngerulmud	571805	Link Overpass-Turbo
Oceania	Palmyra Atoll (incorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	7248454	Link Overpass-Turbo
Oceania	Papua New Guinea	Port Moresby	307866	Link Overpass-Turbo
Oceania	Pitcairn (overseas territory of the United Kingdom)	Adamstown	2185375	Link Overpass-Turbo
Oceania	Samoa (Independent State of)	Apia	1872673	Link Overpass-Turbo
Oceania	Solomon Islands	Honiara	1857436	Link Overpass-Turbo
Oceania	Tokelau (dependent territory of New Zealand)	none (de jure); Atafu; Fakaofu; Nukunonu (de facto)	2186600	Link Overpass-Turbo
Oceania	Tonga	Nuku'alofa	2186665	Link Overpass-Turbo
Oceania	Tuvalu	Funafuti	2177266	Link Overpass-Turbo
Oceania	Vanuatu	Port Vila	2177246	Link Overpass-Turbo
Oceania	Wake Island (unincorporated territory, part of the United States Minor Outlying Islands)	Washington DC (de jure)	6430384	Link Overpass-Turbo
Oceania	Wallis and Futuna (overseas collectivity of France)	Mata-Utu	3412448	Link Overpass-Turbo

South America	Argentina	Buenos Aires	286393	Link Overpass-Turbo
South America	Aruba (constituent state of the Netherlands)	Oranjestad	-	Link Overpass-Turbo
South America	Bolivia	Sucre	252645	Link Overpass-Turbo
South America	Bonaire (special municipality of the Netherlands)	Kralendijk	-	Link Overpass-Turbo
South America	Brazil	Brasília	59470	Link Overpass-Turbo
South America	Chile	Santiago	167454	Link Overpass-Turbo
South America	Colombia	Bogotá	120027	Link Overpass-Turbo
South America	Curaçao (constituent state of the Netherlands)	Willemstad	-	Link Overpass-Turbo
South America	Ecuador	Quito	108089	Link Overpass-Turbo
South America	Falkland Islands (Malvinas) (overseas territory of the United Kingdom)	Port Stanley	1979517	Link Overpass-Turbo
South America	French Guiana (overseas department and region of France)	Cayenne	1260551	Link Overpass-Turbo
South America	Guyana	Georgetown	287083	Link Overpass-Turbo
South America	Paraguay	Asunción	287077	Link Overpass-Turbo
South America	Peru	Lima	288247	Link Overpass-Turbo
South America	South Georgia and the South Sandwich Islands (overseas territory of the United Kingdom)	Grytviken	1983628	Link Overpass-Turbo
South America	Suriname	Paramaribo	287082	Link Overpass-Turbo
South America	Trinidad and Tobago	Port of Spain	555717	Link Overpass-Turbo
South America	Uruguay	Montevideo	287072	Link Overpass-Turbo
South America	Venezuela	Caracas	272644	Link Overpass-Turbo
North America	Anguilla (overseas territory of the United Kingdom)	The Valley	2177161	Link Overpass-Turbo
North America	Antigua and Barbuda	St. John's	536900	Link Overpass-Turbo
North America	Bahamas	Nassau	547469	Link Overpass-Turbo
North America	Barbados	Bridgetown	547511	Link Overpass-Turbo
North America	Belize	Belmopan	287827	Link Overpass-Turbo
North America	Bermuda (overseas territory of the United Kingdom)	Hamilton	1993208	Link Overpass-Turbo
North America	Canada	Ottawa	1428125	Link Overpass-Turbo
North America	Cayman Islands (overseas territory of the United Kingdom)	George Town	2185366	Link Overpass-Turbo
North America	Costa Rica	San José	287667	Link Overpass-Turbo

North America	Cuba	Havana	307833	Link Overpass-Turbo
North America	Dominica	Roseau	307823	Link Overpass-Turbo
North America	Dominican Republic	Santo Domingo	307828	Link Overpass-Turbo
North America	Greenland (autonomous constituent country of Denmark)	Nuuk	2184073	Link Overpass-Turbo
North America	Grenada (Commonwealth of)	St. George's	550727	Link Overpass-Turbo
North America	Guadeloupe (overseas departement and region of France)	Basse-Terre	-	Link Overpass-Turbo
North America	Guatemala	Guatemala City	1521463	Link Overpass-Turbo
North America	Haiti	Port-au-Prince	307829	Link Overpass-Turbo
North America	Honduras	Tegucigalpa	287670	Link Overpass-Turbo
North America	Jamaica	Kingston	555017	Link Overpass-Turbo
North America	Martinique (overseas departement and region of France)	Fort-de-France	-	Link Overpass-Turbo
North America	Mexico	Mexico City	114686	Link Overpass-Turbo
North America	Montserrat (overseas territory of the United Kingdom)	Plymouth (de jure); Brades (de facto)	537257	Link Overpass-Turbo
North America	Navassa Island (unincorporated territory, part of the United States Minor Outlying Islands)	—	-	Link Overpass-Turbo
North America	Nicaragua	Managua	287666	Link Overpass-Turbo
North America	Panama	Panama City	287668	Link Overpass-Turbo
North America	Puerto Rico (unincorporated territory of the United States)	San Juan	-	Link Overpass-Turbo
North America	Saba (special municipality of the Netherlands)	The Bottom	-	Link Overpass-Turbo
North America	Saint-Barthélemy (overseas collectivity of France)	Gustavia	-	Link Overpass-Turbo
North America	Saint Eustatius (special municipality of the Netherlands)	Oranjestad	-	Link Overpass-Turbo
North America	Saint Kitts and Nevis	Basseterre	536899	Link Overpass-Turbo
North America	Saint Lucia	Castries	550728	Link Overpass-Turbo
North America	Saint Martin (overseas collectivity of France)	Marigot	-	Link Overpass-Turbo
North America	Saint Martin (constituent state of the Netherlands)	Philipsburg	-	Link Overpass-Turbo
North America	Saint Pierre and Miquelon (overseas collectivity of France)	Saint-Pierre	-	Link Overpass-Turbo

North America	Saint Vincent and the Grenadines	Kingstown	550725	Link Overpass-Turbo
North America	El Salvador	San Salvador	1520612	Link Overpass-Turbo
North America	Turks and Caicos Islands (overseas territory of the United Kingdom)	Cockburn Town	547479	Link Overpass-Turbo
North America	United States	Washington, D.C.	148838	Link Overpass-Turbo
North America	British Virgin Islands (overseas territory of the United Kingdom)	Road Town	285454	Link Overpass-Turbo
North America	United States Virgin Islands (unincorporated territory of the United States)	Charlotte Amalie	-	Link Overpass-Turbo