

S.No.	Region	Province	Capital	Population (2011 census)	Density (pop/km ²)	Area (km ²)	Governor (as of 2021)
1	Highlands	Chimbu (Simbu)	Kundiawa	376,473	42.42	6,112	Noah Kool
2	Highlands	Eastern Highlands	Goroka	579,825	38.35	11,157	Simon Sia
3	Highlands	Enga	Wabag	432,045	22.60	11,704	Peter Ipatas
4	Highlands	Southern Highlands	Mendi	510,245	23.86	15,089	William Powi
5	Highlands	Western Highlands	Mount Hagen	362,850	59.12	4,299	Wai Rapa
6	Highlands	Hela	Tari	249,449	17.71	10,498	Philip Undialu
7	Highlands	Jiwaka	Kurumul	343,987	38.68	4,798	William Tongamp
8	Islands	East New Britain	Kokopo	328,369	14.20	15,274	Michael Marum
9	Islands	Manus	Lorengau	50,231	20.76	2,000	Charlie Benjamin
10	Islands	New Ireland	Kavieng	194,067	12.31	9,557	Julius Chan
11	Islands	Bougainville	Buka	249,358	15.18	9,384	Ishmael Toroama (President 2020) Joe Lera
12	Islands	West New Britain	Kimbe	264,264	8.80	20,387	Sasindran Muthuvel
13	Momase	East Sepik	Wewak	450,530	7.98	43,426	Allan Bird
14	Momase	Madang	Madang	493,906	12.49	28,886	Ramsey Pariwa
15	Momase	Morobe	Lae	674,810	15.56	33,705	Luther Wenge
16	Momase	Sandaun (West Sepik)	Vanimu	248,411	5.12	35,820	Tony Wouwou
17	Southern	Central	Port Moresby	269,756	6.21	29,998	Rufina Peter
18	Southern	Gulf	Kerema	158,194	3.04	34,472	Chris Haiveta
19	Southern	Milne Bay	Alotau	276,512	14.93	14,345	Gordon Wesley
20	Southern	Oro (Northern)	Popondetta	186,309	5.82	22,735	Gary Juffa
21	Southern	Western (Fly)	Daru	201,351	1.53	98,189	Taboi Awe Yoto
22	Southern	National Capital District	Port Moresby	364,125	1051.95	240	Powes Parkop

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