



Helpful words and phrases

Loto 'i Tonga | Tongan values

Loto-'ofa	Kind-hearted	Loto-hangamālie	Calmness and confidence
Loto-melino	Peacefulness	Loto-tō	Eagerness
Loto-poto	Understanding	Loto-fiemālie	Contentedness
Loto-fiefia	Gladness	Loto-fakapotopoto	Sensibility
Loto-faka'apa'apa	Respectfulness	Loto-fakakaukau/fifili	Thoughtfulness
Loto-lelei	Willingness	Loto-faitotonu	Honour and honesty
Loto-māfana	Warm-hearted	Loto-feinga/tutui	Perseverance and ambition
Loto-lahi	Bravery	Loto-kataki/ūkuma	Patience
Loto-faka'atu'i	Consideration	Loto-ma'a	Cleanliness
Loto-tonunga	Faithfulness	Loto-to'a	Courage
Loto-totonu	Forthrightness	Poto'iloto	Wisdom
Loto-taha	Modesty	Loto-hounga	Gratefulness

Fāmili | Family

Tāmai	Father	Pēpē	Baby
Fa'ē	Mother	Talavou, Finemui	Youth
Foha	Son	Finemotu'a	Women
'Ofefine	Daughter	Tangata'eiki	Gentleman
Tuonga'ane	Brother	Fine'eiki	Lady
Tuofefine	Sister	'Ofa'anga	Beloved
Kui Tangata	Grandfather	Kui Fefine	Grandmother
Mokopuna	Grandchild	Fa'ē Tangata	Uncle
Mehikitanga	Auntie	Tuasina	Nephew
'Ilamutu	Niece	'Ulumotu'a	Head of the Family

Ngaahi Lea Faka'aho | Introductions

Kohai ho hingoá? What is your name?

Ko _____ hoku
hingoa. My name is _____.

Ko ho'o ha'u mei fē?

Ko 'eku ha'u me i
_____.

Ako | Education

Kalasi	Class	Lautohi	Reading
Faiako	Teacher	Tohi nima	Writing
Puleako	Principal	Pōtalanoo	Conservation
Kaungāme'a	Friends	Talanoa	Speaking, talking
'Apiako	School	Fika	Maths
Ako	To learn, To teach	Fakakaoku	Thinking
Poto fakapotopoto	Wisdom	'Ilo	Knowledge
Fakakoloa	Enriching	Pōto'i	Skilful
Loki	Room	'Aāti	Art
Saianisi	Science	Fakamalohisino	Physical Ed

Ko ho'o 'alu ki fē?

Where are you going?

Ko 'eku 'alu 'o _____.

I am going to _____.

Kohai ho'ō faiako?

Who is your teacher?

Ha'u 'o kai!

Come and eat!

Ko _____ 'a 'eku
faiako.

My teacher is
_____.

Tauō 'o 'eva!

Let's go for a walk!

The Human Rights Commission (HRC) recommends the [Unilang Tongan Course](#) for everyday phrases. This is made up of seven lessons for beginner speakers of the Tongan language.

Find a range of Tongan nouns, verbs and adjectives with the [English/Tongan Translator website](#).

Learn better through play?

Check out these great Tongan [Digital Dialects Games](#) around phrases, numbers, colours, fruit and vegetables, animals and vocab too.

Learn better through listening?

Randwick Park School in Auckland created a great series of YouTube clips for Tongan Language Week in 2013. Listen and learn:

- [Greetings and key words](#)
- [Counting](#)
- [Things in the classroom/office](#)
- [Colours](#)
- [Days and Months](#)

Hierarchical vocabularies

The Tongan language has several levels of vocabulary and usage that reflect hierarchical social structure. A mark of respect at all levels when someone uses the correct vocabularies, whether in conversations or speaking to an audience with the presence of Commoners, Chiefs or King. Try learning some of these variations:

English Words

Commoners (Tu'a/Kakai)

Chief (Hou'eiki)

King (Tu'i)

Hello	Mālō e lelei	Mālō e laumalie	Mālō e lakoifie
Welcome	Mālō e lava mai	Mālō e me'a mai	Hā'ele ā
Goodbye	Nofo ā (to those staying) 'Alu ā (to those leaving)	Me'a ā	Liuaiki ā
Go	'Alu	Me'a	Hā'ele
Eat	Kai	'Ilo	Taumafa
Sleep	Mohe	Toka	Tōfā
Yes	'Io	Koia/ Ko ē	Ko ē
Burial	Tanu	Tanu	Teliō
Head	Takale/ 'Ulu	Fofonga	Langi
Hand	Louhi'i/ Nima	To'ukupu	To'ukupu
Feet	Kaulihi/ Va'e	To'ukupu kelekele	To'ukupu kelekele
Happy	Fiefia	Me'ite	Hoifua
Thank you	Mālō	Fakafeta'i	Fakafeta'i
Angry	'Ita	Tuputamaki	Houhou
Immediate family	Fāmili	Fale	Fale
Extended family	Kāinga	Kāinga/Fale	Kāinga/Fale
Son	Foha	'Alo tangata	Fale'alo tangata
Daughter	'Ofefine	'Alo fefine	Fale'alo fefine
Mum	Fa'ē	Fa'ē	Fehuhu
Dad	Tamai	'Eiki	'Eiki
Drink	Inu	'Ilo	Taumafa
Face	Mata	Fofonga	Langi
Clothing	Kake'i	Fetongi	Fakama'u
Tongan waist wear	Ta'ovala	'Aofivala	'Aofivala
Speak	Lea	Me'a	Folofola