



'O la tātou gagana Sāmoa
i Niu Sila



Our Samoan language
in New Zealand



Contribution to Samoan Language Week



Introduction

This booklet offers basic words and phrases in traditional and modern contexts.

Gagana Sāmoa has five vowels:

Short vowel sounds

a as in English but ala

e as in English bet fe'e

i as in English enough ili

o as in English born ofo

u as in English foot ulu

Long vowel sounds

ā as in English father tamā

ē as in French êtē pē

ī as in English mean iputī

ō as in English thought fōliga

ū as in English pool mū



There are thirteen consonants:
f, g, l, m, n, p, s, t, v, h, k, r and ' (the glottal stop).

Note:

1. The glottal stop is treated as a consonant. It is placed before a vowel at the beginning of a word or between two vowels within a word. It must be used properly as its omission would change the meaning of many words. E.g. 'ai – eat and ai (who etc); fai – do and fa'i – banana.
2. The consonant 'g' is pronounced **ng** as in a word such as **song** or **sing**. Thus logo should be pronounced as longo, and gata should be pronounced as ngata
3. The macron or dash is placed over a vowel (ā, ē, ī, ō, ū) to lengthen the vowel sound. E.g. tamā – father, versus tama – boy. It must be used properly as it also changes the meaning of words.



Greetings

When greeting people in gagana Sāmoa, **tālofa** is used at any time of the day or night. The response is **tālofa lava** or **mālō lava**. Or it could be tālofa or mālō. They both mean the same thing.

tālofa lava	hello (formal)
tālofa	hello
mālō	hello
mālō le soifua	good health to you
mālō lava le soifua	very good health to you
'o ā mai 'oe?	how are you?
'o mai 'oulua?	how are you? (two)
'o mai 'outou?	how are you? (three or more)
manuia fa'afetai	well thank you
tōfā soifua	goodbye (formal)



tōfā	goodbye
fā	bye (informal)
fa'amolemole	please
fa'afetai	thank you
Tālofa 'o ā mai 'oe?	Hello how are you?
Tālofa lava lau susuga Manuia fa'afetai	Hello Mr/Mrs I am well thank you (formal greeting from young person to adult)



Common greetings between friends

Suga mālō	Hi (informal greeting from a peer to a female)
Sole mālō, 'o ā mai 'oe?	Hi (informal greeting from a peer to a male) how are you?
Feoloolo ā. 'Ae ā 'oe?	OK. What about you?
Manuia fo'i	Good also
'O 'ā mai 'oulua?	How are you? (two)
'O 'ā mai 'outou?	How are you? (three or more)
Lelei tele	Very good
Feoloolo lava	OK
'O ai lou suafa fa'amolemole?	What is your name please? (formal)
'O ai lou igoa fa' amolemole	What is your name please?



Teacher:

“*Tālōfa Sione.*
‘O ā mai ‘oe?”

Hello Sione.
How are you?

Sione:

Manuia fa’afetai
‘ae ā ‘oe?

Well thank you and
what about you?

Teacher:

Manuia lava fa’afetai

Very well thank you.

Sione:

Tōfā soifua.

Goodbye.

Teacher:

Tōfā Sione,
manuia le aso.

Goodbye Sione,
have a good day.”

‘O lo’u igoa ‘o

My name is

suga

girl (very informal)

sole

boy (very informal)



Numbers

tasi	1	sefulu lima	15
lua	2	sefulu ono	16
tolu	3	sefulu fitu	17
fā	4	sefulu valu	18
lima	5	sefulu iva	19
ono	6	luasefulu	20
fitu	7	tolusefulu	30
valu	8	fāsefulu	40
iva	9	limasefulu	50
sefulu	10	onosefulu	60
sefulu tasi	11	fitusefulu	70
sefulu lua	12	valusefulu	80
sefulu tolu	13	ivasefulu	90
sefulu fā	14	selau	100
		afe	1000



School

faitau	read
tusitusi	write
tusi	book
nofoa	chair
laulau	table
comepiuta	computer
'api	exercise book
faiā'oga	teacher
peni	pen
ā'oga	school
si'i lou lima	raise your hand
tū 'i luga	stand up (singular)
tutū 'i luga fa'amolemole	stand up please (plural)
nonofo 'i lalo	sit down (plural)
nofo 'i lalo	sit down (singular)



'aua le pisa

don't make a noise

filēmū fa'amolemole

quiet please

alu 'i fafo

go outside

sau 'i luma

come to the front

Days and months

Aso Gafua

Monday

Aso Lua

Tuesday

Aso Lulu

Wednesday

Aso Tofi

Thursday

Aso Faraile

Friday

Aso To'ona' i

Saturday

Aso Sā

Sunday

Ianuari

January

Fepuari

February

Mati

March

'Aperila

April



Me	May
luni	June
lulai	July
'Aukuso	August
Sētema	September
'Oketopa	October
Nōvema	November
Tēsema	December
aso	day
vaiaso	week
māsina	month
tausaga	year
afiafi	afternoon
taeao	tomorrow
ananafi	yesterday
nānei	this evening/tonight



'O le ā le aso lenei?	What day is it today?
'O le Aso Lulu lenei	It is Wednesday today.
'O le aso fia lou asofānau?	What date is your birthday?
'O ā fea lou asofānau?	When is your birthday?
'O ā fea le Kirisimasi?	When is Christmas?
'O anafea na 'e fānau ai?	When were you (singular) born?

Family

'āiga	family or home
tamā	father
tinā	mother
mātua	parents
atali'i	son



afafine	daughter
uso	brother or sister (used by a female referring to her sister or a male to his brother)
tuagane	brother (of a female)
tuafafine	sister (of a male)
tinā matua	grandmother
tamā matua	grandfather
tamaiti	children
tausoga	cousin
tagata	person/people
āvā	wife
tāne	husband



Talking about family

lo'u tamā	my father
lou tamā	your father
'O lo'u tamā lea.	This is my father
'O lona igoa 'o	His name is
E tolusefulu lima tausaga o lona matua	He is 35 years old
E sau mai Savai'i i Sāmoa	He comes from Savai'i in Sāmoa
'O ai lou tamā?	Who is your father?
'O lo'u tamā 'o	My father is

Time

'Ua tā le fia?	What time is it?
'O le ā le taimi?	What's the time?
'Ua tā le lima	It is 5 o'clock
'Ua tā le 'afa o le lima' or Ua 'afa le lima	It is half past 5



'Ua toe kuata i le lima

It is quarter to 5

'Ua sefulu mīnute i le lima

It is 10 minutes to 5

'Ua sefulu mīnute e
te'a ai le lima

It is 10 minutes past 5

'O lō mātou fale

Our house

fale

house

fafo

outside

totonu

inside

luga

on

lalo

under

potu

room

potumoe

bedroom

umukuka

kitchen

potutā'ele

bathroom

moega

bed

'ogāumu

oven



tui	fork
ipu	cup/plate
naifi	knife
nofoa	chair
letiō	radio
masini tāmea	washing machine
'O fea lou fale?	Where is your house?
'O fea le komepiuta?	Where is the computer?
E i totonu o le potu mālōlō	It's inside the living room
E fia potu?	How many rooms?
'O fea 'e te nofo ai?	Where do you live?
'Ou te nofo i	I live in (place)

What are you doing?

nei	now
nānei	later/this evening
taeao	tomorrow/morning



'O ā au mea na e fai?	What are you doing?
'O lea e fai a'u meaā'oga	I am doing my school work
'O lea 'ou te faitautusi	I am reading
'O lea 'ou te siva	I am dancing
'O lea 'ou te matamata 'i le televise	I am watching television
'O lea 'ou te talanoa 'i lo'u tinā	I am talking to my mother
'O lea 'ou te talanoa 'i la'u uō	I am talking to my friend
'O lea 'ou te 'ai	I am eating
Sina 'o ā au mea e fai nānei?	Sina, what are you doing tonight?
'Ou te tausitama. 'Ae ā 'oe?	I am babysitting. What about you?



Colours

pa'epa'e white

mūmū red

lanumeamata green

uliuli black

lanumoana blue

samasama yellow

'ena'ena brown

lanumoli orange

violē violet

pīniki pink

siliva silver

'auro gold

lanu 'apamemea bronze

'efu'efu grey

'O le ā le lanu? What colour is it?



'O le ā le lanu o
lona lauulu?

What colour is his/
her hair?

E 'ena'ena lona lauulu

His/her hair is brown

'O le ā le lanu o le fale?

What colour is the house?

Games and sports

ta'alo

play

tā'aloga

game(s) or sport

'a'au

swim

lakapī

rugby

tēnisi

tennis

tāpolo

golf

soka

soccer/football

kilikiti

cricket

volipolo

volleyball

musa

hop scotch

fa'ase'e

skating/skiing/sliding



kiki le polo

kick the ball

tā le polo

hit the ball

sapo le polo

catch the ball

togi le polo

throw the ball

'Ou te fia ta'alo

I want to play

'Ou te lē fia ta'alo

I do not want to play

'Ou te fia 'a'au i le sami

I want to swim in the sea

'Ou te fialia e ta'alo

I like to play/I enjoy
playing

'Ou te fialia e ta'alo
lakapī i le paka

I like playing rugby
in the park



Vi'iga

lelei tele

mānaia

teine/tama lelei tele 'oe

'Ua 'e filēmū or lelei lava
i lenei aso

Ni mea e mafai ona fai

usu sau pese

siva

filēmū or 'aua le pisa

nofo fa'alelei

nofo 'i lalo

tū 'i luga

teine/tama lelei

Positive things to say

Good work/very good

Something nice/pretty

Very good girl/boy

You are quiet/good today

Things to say

sing a song

dance

be quiet

sit nicely

sit down

stand up

good girl/boy



Mea'ai o aso 'uma

Common foods

'apu	apple
'avoka	avocado
fa'iotā	banana (ripe)
fasipovi	beef
falaoa	bread
pata	butter
keke	cake
sisi	cheese
moa	chicken
niu	coconut/coconut (fresh)
vai inu	juice
tīpolo	lime
mago	mango
susu	milk



moli	orange (fruit)
esi	papaya
pīnati	peanut
pea	pear
fala'ai	pineapple
pai	pie
pateta	potato
alaisa	rice
māsima	salt
suka	sugar
fualā'au'aina	vegetable
vai	water
meleni	watermelon



Human Rights
Commission

Te Kāhui Tika Tangata



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MINISTRY OF EDUCATION

Te Tāhuhu o te Mātauranga